30-DAY REAL FOOD
PESCATARIAN PROTEIN MENU

Snack-Sized Meals · Real Food · No Meat or Poultry · Minimal Prep · Protein-Forward

HOW TO USE THIS MENU

This is a pescatarian adaptation of the original 30-day real food protein menu — all meat and poultry items have been replaced with wild-caught fish, shellfish, eggs, cultured dairy, and plant proteins. It is a rotating template, not a rigid prescription — swap any item for a same-category equivalent based on what's fresh, in season, or in the fridge.

Each day lists **4 small, protein-forward "snack-sized" plates** instead of 2–3 large meals — assemble and eat every 3–4 hours, or space them to fit an intermittent-fasting window. Portions are intentionally modest (roughly a palm-size of protein per plate); adjust up or down for activity level, appetite, and goals.

The Basics

Protein first: Aim for a visible protein source on every plate — estimated at roughly 10–22g per plate depending on portion (not a lab-verified figure). Each plate shows its estimate.

No meat or poultry anywhere: Protein comes from fish, shellfish, eggs, cultured dairy, legumes, nuts & seeds.

Minimal cooking: No cooking required for most plates. The few that involve batch cooking (egg bake, egg muffins, seared shrimp/scallops) can be made once and portioned for the week — see Batch-Prep Notes.

Sourcing Standards

- Wild-caught or sustainably canned/pouched fish and shellfish (BPA-free cans)
- **Tuna:** BPA-free pouch or Tonnino in a glass jar — keep to once weekly
- Pastured eggs
- Organic cultured dairy when tolerated (skip dairy if SIBO-prone)
- Avoid glyphosate/GMO ingredients, artificial fragrances on packaging, BPA-lined cans, and plastic food storage when practical — glass or stainless steel preferred

Almonds, almond flour & other nuts/seeds — organic only, due to glyphosate residue on conventional crops.

Oils & Dressings

Primary fat: Extra virgin olive oil — single-sourced/estate if available, in a dark glass bottle.

Instant dressing: A splash of raw apple cider vinegar with EVOO.

Abbreviations

EVOO — extra virgin olive oil

ACV — apple cider vinegar (Bragg brand is best)

THE PLATE LIBRARY

Every plate in the rotation, grouped by main protein, with estimated protein per plate. Colors match the 30-day calendar, so it's easy to swap within a category.

Fish (Canned, Smoked & Fresh) 16 plates

- Wild-caught canned salmon over cucumber ribbons, EVOO, ACV & fresh dill **~20g**
- Poached wild salmon flakes with capers & EVOO **~20g**
- Smoked wild salmon & cream cheese roll-ups with capers & cucumber **~16g**
- Smoked wild salmon, cream cheese & cucumber rounds **~15g**
- Feta, cucumber, tomato & smoked salmon plate, EVOO & ACV **~15g**
- Smoked trout with feta, cucumber & fresh dill **~19g**
- Cottage cheese & smoked trout with fresh dill **~19g**
- Smoked wild mackerel with cucumber & lemon **~18g**
- Wild mackerel (canned) with tomato, red onion & EVOO **~19g**
- Wild sardines over sliced tomato, open-face style **~17g**
- Wild sardines (canned in olive oil) over sliced tomato, lemon & cracked pepper **~18g**
- Marinated anchovies with olives, tomato & EVOO **~14g**
- Pickled herring with cucumber & full-fat Greek yogurt **~16g**
- Wild tuna salad (EVOO/ACV based) with celery & cucumber **~21g**
- Wild tuna (BPA-free pouch) with celery, EVOO, ACV & sea salt **~22g**
- Wild tuna & organic white bean salad, EVOO & ACV **~20g**

Cultured Dairy 9 plates

- Full-fat cottage cheese with cucumber, tomato, EVOO & black pepper **~16g**
- Cottage cheese with organic almonds & cinnamon **~16g**
- Organic pumpkin seeds with cottage cheese & cucumber **~15g**
- Full-fat Greek yogurt with organic berries & chia seeds **~14g**
- Hemp seed & full-fat Greek yogurt bowl with organic berries **~15g**
- Full-fat Greek yogurt with cucumber & fresh mint **~13g**
- Full-fat Greek yogurt "tzatziki" with cucumber, dill & EVOO **~15g**
- Greek-style feta, olive, tomato & cucumber plate, EVOO & ACV **~12g**
- Blue cheese, organic walnuts & sliced organic pear, EVOO drizzle **~10g**

Shellfish 7 plates

- Wild shrimp & feta plate, EVOO drizzle **~19g**
- Cooked wild shrimp with avocado, lime, EVOO & chili flake **~18g**
- Wild shrimp "ceviche-style" with lime, cucumber & EVOO **~18g**
- Seared wild scallops with lemon & EVOO **~18g**
- Lump crab & avocado stack with EVOO & lime **~16g**
- Lump crab meat (pasteurized, wild) with cucumber, lemon & EVOO **~17g**
- Tinned wild oysters with lemon & EVOO **~13g**

Eggs 5 plates

- Hard-boiled pastured eggs with everything-bagel seasoning **~13g**
- Hard-boiled pastured eggs & smoked salmon with capers **~19g**
- Deviled pastured eggs with paprika & EVOO-based dressing **~14g**
- Pastured egg muffin bites with feta & spinach (batch-prep) **~17g**
- Spinach, cottage cheese & pastured egg bake, side of pesto (batch-prep) **~20g**

Plant Proteins 3 plates

- Organic edamame with sea salt **~14g**
- Roasted organic chickpeas with feta & cucumber **~13g**
- Chia pudding (unsweetened almond milk) topped with organic almonds **~10g**

Keep On Hand

Hard-boil a dozen pastured eggs Sunday; keep smoked salmon, canned wild tuna/sardines, feta, and cottage cheese on hand at all times — that alone covers a large share of this menu.

YOUR 30-DAY CALENDAR

■ Fish (Canned, Smoked & Fresh) ■ Shellfish ■ Eggs ■ Cultured Dairy ■ Plant Proteins

Day	Meal 1	Meal 2	Meal 3	Meal 4
WEEK 1 · DAYS 1–7				
1 ~77g	Spinach, cottage cheese & pastured egg bake, side of pesto (batch-prep) ~20g protein	Wild-caught canned salmon over cucumber ribbons, EVOO, ACV & fresh dill ~20g protein	Full-fat cottage cheese with cucumber, tomato, EVOO & black pepper ~16g protein	Wild tuna salad (EVOO/ACV based) with celery & cucumber ~21g protein
2 ~70g	Smoked trout with feta, cucumber & fresh dill ~19g protein	Cottage cheese with organic almonds & cinnamon ~16g protein	Roasted organic chickpeas with feta & cucumber ~13g protein	Wild tuna (BPA-free pouch) with celery, EVOO, ACV & sea salt ~22g protein
3 ~58g	Full-fat Greek yogurt with organic berries & chia seeds ~14g protein	Greek-style feta, olive, tomato & cucumber plate, EVOO & ACV ~12g protein	Marinated anchovies with olives, tomato & EVOO ~14g protein	Smoked wild mackerel with cucumber & lemon ~18g protein
4 ~74g	Poached wild salmon flakes with capers & EVOO ~20g protein	Pastured egg muffin bites with feta & spinach (batch-prep) ~17g protein	Wild shrimp & feta plate, EVOO drizzle ~19g protein	Cooked wild shrimp with avocado, lime, EVOO & chili flake ~18g protein
5 ~59g	Wild sardines over sliced tomato, open-face style ~17g protein	Full-fat Greek yogurt with cucumber & fresh mint ~13g protein	Smoked wild salmon & cream cheese roll-ups with capers & cucumber ~16g protein	Hard-boiled pastured eggs with everything-bagel seasoning ~13g protein
6 ~56g	Lump crab & avocado stack with EVOO & lime ~16g protein	Chia pudding (unsweetened almond milk) topped with organic almonds ~10g protein	Feta, cucumber, tomato & smoked salmon plate, EVOO & ACV ~15g protein	Full-fat Greek yogurt "tzatziki" with cucumber, dill & EVOO ~15g protein
7 ~61g	Blue cheese, organic walnuts & sliced organic pear, EVOO drizzle ~10g protein	Wild sardines (canned in olive oil) over sliced tomato, lemon & cracked pepper ~18g protein	Deviled pastured eggs with paprika & EVOO-based dressing ~14g protein	Hard-boiled pastured eggs & smoked salmon with capers ~19g protein
WEEK 2 · DAYS 8–14				
8 ~65g	Seared wild scallops with lemon & EVOO ~18g protein	Hemp seed & full-fat Greek yogurt bowl with organic berries ~15g protein	Lump crab meat (pasteurized, wild) with cucumber, lemon & EVOO ~17g protein	Smoked wild salmon, cream cheese & cucumber rounds ~15g protein
9 ~69g	Organic pumpkin seeds with cottage cheese & cucumber ~15g protein	Pickled herring with cucumber & full-fat Greek yogurt ~16g protein	Cottage cheese & smoked trout with fresh dill ~19g protein	Wild mackerel (canned) with tomato, red onion & EVOO ~19g protein
10 ~65g	Organic edamame with sea salt ~14g protein	Wild tuna & organic white bean salad, EVOO & ACV ~20g protein	Wild shrimp "ceviche-style" with lime, cucumber & EVOO ~18g protein	Tinned wild oysters with lemon & EVOO ~13g protein
11 ~61g	Smoked wild salmon & cream cheese roll-ups with capers & cucumber ~16g protein	Deviled pastured eggs with paprika & EVOO-based dressing ~14g protein	Wild sardines over sliced tomato, open-face style ~17g protein	Organic edamame with sea salt ~14g protein
12 ~74g	Feta, cucumber, tomato & smoked salmon plate, EVOO & ACV ~15g protein	Seared wild scallops with lemon & EVOO ~18g protein	Wild tuna (BPA-free pouch) with celery, EVOO, ACV & sea salt ~22g protein	Hard-boiled pastured eggs & smoked salmon with capers ~19g protein
13 ~56g	Hard-boiled pastured eggs with everything-bagel seasoning ~13g protein	Organic pumpkin seeds with cottage cheese & cucumber ~15g protein	Tinned wild oysters with lemon & EVOO ~13g protein	Smoked wild salmon, cream cheese & cucumber rounds ~15g protein
14 ~67g	Cooked wild shrimp with avocado, lime, EVOO & chili flake ~18g protein	Full-fat Greek yogurt with organic berries & chia seeds ~14g protein	Hemp seed & full-fat Greek yogurt bowl with organic berries ~15g protein	Wild-caught canned salmon over cucumber ribbons, EVOO, ACV & fresh dill ~20g protein
WEEK 3 · DAYS 15–21				
15 ~71g	Lump crab & avocado stack with EVOO & lime ~16g protein	Smoked trout with feta, cucumber & fresh dill ~19g protein	Wild tuna & organic white bean salad, EVOO & ACV ~20g protein	Full-fat cottage cheese with cucumber, tomato, EVOO & black pepper ~16g protein

Day	Meal 1	Meal 2	Meal 3	Meal 4
16 ~78g	Spinach, cottage cheese & pastured egg bake, side of pesto (batch-prep) ~20g protein	Wild tuna salad (EVOO/ACV based) with celery & cucumber ~21g protein	Lump crab meat (pasteurized, wild) with cucumber, lemon & EVOO ~17g protein	Poached wild salmon flakes with capers & EVOO ~20g protein
17 ~66g	Smoked wild mackerel with cucumber & lemon ~18g protein	Wild sardines (canned in olive oil) over sliced tomato, lemon & cracked pepper ~18g protein	Cottage cheese with organic almonds & cinnamon ~16g protein	Marinated anchovies with olives, tomato & EVOO ~14g protein
18 ~59g	Blue cheese, organic walnuts & sliced organic pear, EVOO drizzle ~10g protein	Wild mackerel (canned) with tomato, red onion & EVOO ~19g protein	Pastured egg muffin bites with feta & spinach (batch-prep) ~17g protein	Roasted organic chickpeas with feta & cucumber ~13g protein
19 ~62g	Full-fat Greek yogurt "tzatziki" with cucumber, dill & EVOO ~15g protein	Cottage cheese & smoked trout with fresh dill ~19g protein	Wild shrimp "ceviche-style" with lime, cucumber & EVOO ~18g protein	Chia pudding (unsweetened almond milk) topped with organic almonds ~10g protein
20 ~60g	Pickled herring with cucumber & full-fat Greek yogurt ~16g protein	Wild shrimp & feta plate, EVOO drizzle ~19g protein	Greek-style feta, olive, tomato & cucumber plate, EVOO & ACV ~12g protein	Full-fat Greek yogurt with cucumber & fresh mint ~13g protein
21 ~61g	Wild mackerel (canned) with tomato, red onion & EVOO ~19g protein	Smoked wild salmon, cream cheese & cucumber rounds ~15g protein	Marinated anchovies with olives, tomato & EVOO ~14g protein	Full-fat Greek yogurt with cucumber & fresh mint ~13g protein
WEEK 4 · DAYS 22–28				
22 ~59g	Pastured egg muffin bites with feta & spinach (batch-prep) ~17g protein	Smoked wild salmon & cream cheese roll-ups with capers & cucumber ~16g protein	Chia pudding (unsweetened almond milk) topped with organic almonds ~10g protein	Full-fat cottage cheese with cucumber, tomato, EVOO & black pepper ~16g protein
23 ~74g	Smoked trout with feta, cucumber & fresh dill ~19g protein	Wild shrimp & feta plate, EVOO drizzle ~19g protein	Cottage cheese with organic almonds & cinnamon ~16g protein	Wild-caught canned salmon over cucumber ribbons, EVOO, ACV & fresh dill ~20g protein
24 ~75g	Wild tuna salad (EVOO/ACV based) with celery & cucumber ~21g protein	Lump crab meat (pasteurized, wild) with cucumber, lemon & EVOO ~17g protein	Cottage cheese & smoked trout with fresh dill ~19g protein	Wild shrimp "ceviche-style" with lime, cucumber & EVOO ~18g protein
25 ~62g	Deviled pastured eggs with paprika & EVOO-based dressing ~14g protein	Organic edamame with sea salt ~14g protein	Wild tuna (BPA-free pouch) with celery, EVOO, ACV & sea salt ~22g protein	Greek-style feta, olive, tomato & cucumber plate, EVOO & ACV ~12g protein
26 ~63g	Full-fat Greek yogurt with organic berries & chia seeds ~14g protein	Pickled herring with cucumber & full-fat Greek yogurt ~16g protein	Wild sardines (canned in olive oil) over sliced tomato, lemon & cracked pepper ~18g protein	Hemp seed & full-fat Greek yogurt bowl with organic berries ~15g protein
27 ~68g	Poached wild salmon flakes with capers & EVOO ~20g protein	Wild tuna & organic white bean salad, EVOO & ACV ~20g protein	Feta, cucumber, tomato & smoked salmon plate, EVOO & ACV ~15g protein	Hard-boiled pastured eggs with everything-bagel seasoning ~13g protein
28 ~56g	Blue cheese, organic walnuts & sliced organic pear, EVOO drizzle ~10g protein	Cooked wild shrimp with avocado, lime, EVOO & chili flake ~18g protein	Organic pumpkin seeds with cottage cheese & cucumber ~15g protein	Tinned wild oysters with lemon & EVOO ~13g protein
WEEK 5 · DAYS 29–30				
29 ~72g	Smoked wild mackerel with cucumber & lemon ~18g protein	Full-fat Greek yogurt "tzatziki" with cucumber, dill & EVOO ~15g protein	Spinach, cottage cheese & pastured egg bake, side of pesto (batch-prep) ~20g protein	Hard-boiled pastured eggs & smoked salmon with capers ~19g protein
30 ~64g	Wild sardines over sliced tomato, open-face style ~17g protein	Lump crab & avocado stack with EVOO & lime ~16g protein	Seared wild scallops with lemon & EVOO ~18g protein	Roasted organic chickpeas with feta & cucumber ~13g protein

Day totals under each day number add up the estimated protein for its four plates.

BATCH-PREP NOTES

Spinach, Cottage Cheese & Egg Bake

Whisk 8–10 pastured eggs with cottage cheese, sautéed spinach, and sea salt. Bake at 350°F for ~30 min; cut into squares for the week. Serve with a spoon of pesto on the side.

Egg Muffin Bites

Pour the same batter into a muffin tin with feta and spinach. Bake 18–20 min. Freezes well.

Shrimp & Scallops

Sear a large batch (EVOO, sea salt) once at the start of the week; portion into glass containers for quick assembly.

This menu is an educational template for general wellness planning and is not individualized medical or nutrition advice. Protein and portion figures are estimates, not laboratory-verified values. Pescatarian diets can be lower in certain nutrients (e.g., B12 status is generally fine, but iron and omega-3 balance still merit periodic monitoring); if you have a diagnosed condition (e.g., SIBO, kidney disease, mercury sensitivity, shellfish allergy) or take medications, review this plan with your provider before starting.