

Love Veggies and Seafood?

The Pescatarian Life Might Be For You

The Pescatarian diet is a mostly vegetarian diet with fish and shellfish as the only animal protein foods. High in fiber and omega-3 fatty acids (provided the fish that is chosen is wild, fatty fish).

- + What to Eat:** Fruits, vegetables, whole grains, legumes, nuts, seeds, fish, shellfish (shrimp, lobster, crab), and mollusks (clams, oysters, mussels).
- What to Avoid:** Beef, pork, chicken, turkey, lamb, game meat, possibly dairy and eggs.
- ✓ Pros:** Plant-based diets are high in fiber and anti-inflammatory antioxidants and phytochemicals, which are associated with reduced risk for diabetes, heart disease, and cancer. Wild-caught, oily fish, like wild Alaskan salmon, wild Pacific halibut, tuna, and small, oily fish like herring, sardines, and mackerel are rich in anti-inflammatory omega-3 fats (EPA and DHA) as well as zinc, selenium, and B12. It eliminates refined and processed foods.
- ✗ Cons:** Eliminating all land animals MAY lead to some nutritional deficiencies, such as iron, B12, zinc, and calcium. Some fish may be high in mercury and PCBs, such as tilefish, king mackerel, shark, and large species of tuna, and should be avoided if pregnant or thinking of becoming pregnant.

SUPPLEMENTS: Ocu Support™, Methyl B-12. Ocu Support™ offers a full range of antioxidant nutrients that may aid in maintaining some key visual functions.* B-12 is important for nervous system function and best sources are red meat and poultry.* The methylated form of B-12 is a preferred form for the body to use.



OCU SUPPORT



METHYL B12



Your Pescatarian Meal Plan

Try setting aside red meat and poultry in favor of plant-based fare and seafood. To make things straightforward for you, we limited the shopping list to just 20 ingredients (plus a few pantry staples) and streamlined prep so you can get through the week with ease and energy.

BY JESSE LANE LEE, PHOTOGRAPHY BY CRAYOLA ENGLAND

Squash & Goat Cheese Quiche with Almond Crust

SERVES 4. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 50 MINUTES.

The herbed crust in this versatile quiche is made with almond flour for a nutty, delicate flavor.

CRUST

- 2 cups** almond flour
- 1 large** egg, beaten
- 2 tbsp** minced fresh sage
- 2 cloves** garlic, minced or crushed
- ¼ tsp** each sea salt and ground black pepper
- 2 tsp** organic unsalted butter

FILLING

- 1½ cups** peeled and diced butternut squash
- 1** leek, sliced
- 4 large** eggs
- ⅓ cup** full-fat milk
- ¼ tsp** sea salt
- ½ cup** goat cheese
- 8** fresh sage leaves, optional

1. Prepare crust: Preheat oven to 400°F. Mist a 9-inch pie plate with cooking spray. In a large bowl, whisk almond flour, egg, minced sage, garlic, salt and pepper. Melt butter; using a fork, mix in melted butter. Press dough into bottom and up sides of pie plate. Bake until crust is lightly golden, 15 to 20 minutes.

2. Meanwhile, prepare filling: Mist a large skillet on medium-high with cooking spray. Add squash and sauté for 5 minutes. Add leek and sauté for 5 minutes more, until leek is wilted and squash is soft.

3. In a large bowl, whisk eggs, milk and salt.

4. Place half of squash mixture over baked crust; top with egg mixture then remaining squash mixture. Sprinkle with goat cheese and top with sage leaves (if using).

5. Bake until center of filling is set, about 20 minutes. If crust edges are browning too quickly, cover with foil.

NOTE: Store leftovers in the refrigerator and reheat when called for.

PER SERVING (¼ of quiche): Calories: 521, Fat: 40 g, Sat. Fat: 7 g, Monounsaturated Fat: 21 g, Polyunsaturated Fat: 8 g, Carbs: 24 g, Fiber: 9 g, Sugars: 6 g, Protein: 24 g, Sodium: 410 mg, Cholesterol: 246 mg



GORGEOUS GOURD:

Butternut squash is abundant in vitamin A, which can aid in the growth of healthy hair and skin, while vitamin C, another important glow-boosting nutrient found in this gourd, helps create and preserve collagen.



**Squash & Goat
Cheese Quiche**

MONDAY	TUESDAY	WEDNESDAY
<p>BREAKFAST: <i>Apple Cinnamon Smoothie:</i> Blend 1 cup milk, 1 apple, cored and chopped, 1 tbsp each ground flaxseed and coconut oil, ½ scoop protein powder and ½ tsp cinnamon with ½ cup ice</p> <p>SNACK: 1 orange; ¼ cup walnuts</p> <p>LUNCH: 1 serving Squash & Goat Cheese Quiche with Almond Crust (p. 48; save leftovers)</p> <p>SNACK: 1½ cups vegetable broth, heated</p> <p>DINNER: 1 Serving Orange Miso Salmon Bowl (p. 51; save leftovers)</p>	<p>BREAKFAST: <i>Apple Oats</i> (p. 52)</p> <p>SNACK: <i>Parsnip Fries:</i> Toss 6 cups parsnip strips with 3 tbsp melted coconut oil, 2 cloves garlic, chopped, ½ tsp each pepper, cumin and cinnamon and ¼ tsp salt. Bake at 450°F for 10 minutes, flip and bake 10 to 15 minutes more, until tender. (Divide into 4 servings; eat 1 serving, save leftovers.)</p> <p>LUNCH: 1 Serving Orange Miso Salmon Bowl (leftovers, p. 51)</p> <p>SNACK: <i>Carrot Cake Smoothie:</i> Blend 1 cup milk, 1 cup grated carrots, ¼ cup oats, 1 tbsp each ground flaxseed and maple syrup and ¼ tsp cinnamon with ½ cup ice</p> <p>DINNER: 1 serving Squash & Goat Cheese Quiche with Almond Crust (leftovers, p. 48)</p> <p>½ cup cooked brown rice</p>	<p>BREAKFAST: 1 serving Squash & Goat Cheese Quiche with Almond Crust (leftovers, p. 48)</p> <p>SNACK: 1 orange</p> <p>LUNCH: 1 serving <i>Shaved Brussels Sprouts Salad</i> (p. 51; save leftovers)</p> <p>SNACK: <i>Carrot Cake Smoothie:</i> Blend 1 cup milk, 1 cup grated carrots, ¼ cup oats, 1 tbsp each ground flaxseed and maple syrup and ¼ tsp cinnamon with ½ cup ice</p> <p>DINNER: 1 Serving Orange Miso Salmon Bowl (leftovers, p. 51)</p>
<p>NUTRIENTS: Calories: 1,780, Fat: 95 g, Sat. Fat: 33 g, Carbs: 156 g, Fiber: 33 g, Sugars: 69 g, Protein: 86 g, Sodium: 1,689 mg, Cholesterol: 337 mg</p>	<p>NUTRIENTS: Calories: 1,997, Fat: 84 g, Sat. Fat: 30 g, Carbs: 241 g, Fiber: 45 g, Sugars: 72 g, Protein: 85 g, Sodium: 1,665 mg, Cholesterol: 337 mg</p>	<p>NUTRIENTS: Calories: 2,090, Fat: 111 g, Sat. Fat: 27 g, Carbs: 205 g, Fiber: 42 g, Sugars: 91 g, Protein: 91 g, Sodium: 1,581 mg, Cholesterol: 345 mg</p>

THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>BREAKFAST: <i>Apple Oats</i> (p. 52)</p> <p>SNACK: <i>Carrot Cake Smoothie:</i> Blend 1 cup milk, 1 cup grated carrots, ¼ cup oats, 1 tbsp each ground flaxseed and maple syrup and ¼ tsp cinnamon with ½ cup ice</p> <p>LUNCH: 1 Serving Orange Miso Salmon Bowl (leftovers, p. 51)</p> <p>SNACK: 1 serving Parsnip Fries (leftovers, reheated)</p> <p>DINNER: 1 serving <i>Butternut Squash, Leek & Apple Soup</i> (p. 52; save leftovers)</p> <p>1 baked potato with 1 tbsp butter and pinch salt</p>	<p>BREAKFAST: <i>Apple Cinnamon Smoothie:</i> Blend 1 cup milk, 1 apple, cored and chopped, 1 tbsp each ground flaxseed and coconut oil, ½ scoop protein powder and ½ tsp cinnamon with ½ cup ice</p> <p>SNACK: 1 orange</p> <p>LUNCH: 1 serving Squash & Goat Cheese Quiche with Almond Crust (leftovers, p. 48)</p> <p>SNACK: 1 serving Parsnip Fries (leftovers, reheated)</p> <p>DINNER: 1 serving Butternut Squash, Leek & Apple Soup (leftovers, p. 52; reheated)</p> <p>1 baked potato with 1 tbsp butter and pinch salt</p>	<p>BREAKFAST: <i>Apple Oats</i> (p. 52)</p> <p>SNACK: <i>Carrot Cake Smoothie:</i> Blend 1 cup milk, 1 cup grated carrots, ¼ cup oats, 1 tbsp each ground flaxseed and maple syrup and ¼ tsp cinnamon with ½ cup ice</p> <p>LUNCH: 1 serving Butternut Squash, Leek & Apple Soup (leftovers, p. 52; reheated)</p> <p>1 baked potato with 1 tbsp butter and pinch salt</p> <p>SNACK: 1 serving Parsnip Fries (leftovers, reheated)</p> <p>DINNER: 1 serving Shaved Brussels Sprouts Salad (leftovers, p. 52)</p> <p>½ cup cooked brown rice</p>	<p>BREAKFAST: <i>Breakfast Bowl:</i> Cook ¼ cup brown rice in ½ cup water. Toss with ¼ tsp apple cider vinegar. Cook 1 leek, sliced, and 1 clove garlic, minced, in 1 tbsp coconut oil; toss with rice. Top with 1 egg, cooked, and dash of hot sauce.</p> <p>SNACK: <i>Apple Cinnamon Smoothie:</i> Blend 1 cup milk, 1 apple, cored and chopped, 1 tbsp each ground flaxseed and coconut oil, ½ scoop protein powder and ½ tsp cinnamon with ½ cup ice</p> <p>LUNCH: 1 serving Shaved Brussels Sprouts Salad (leftovers, p. 52)</p> <p>SNACK: 1 orange; ¼ cup walnuts</p> <p>DINNER: 1 serving Butternut Squash, Leek & Apple Soup (leftovers, p. 52; reheated)</p> <p>1 baked potato with 1 tbsp butter and pinch salt</p>
<p>NUTRIENTS: Calories: 1,970, Fat: 82 g, Sat. Fat: 37 g, Carbs: 263 g, Fiber: 46 g, Sugars: 80 g, Protein: 71 g, Sodium: 1,699 mg, Cholesterol: 125 mg</p>	<p>NUTRIENTS: Calories: 1,963, Fat: 115 g, Sat. Fat: 48 g, Carbs: 191 g, Fiber: 41 g, Sugars: 77 g, Protein: 62 g, Sodium: 1,269 mg, Cholesterol: 305 mg</p>	<p>NUTRIENTS: Calories: 2,209, Fat: 114 g, Sat. Fat: 37 g, Carbs: 271 g, Fiber: 50 g, Sugars: 94 g, Protein: 51 g, Sodium: 1,067 mg, Cholesterol: 68 mg</p>	<p>NUTRIENTS: Calories: 2,396, Fat: 146 g, Sat. Fat: 54 g, Carbs: 232 g, Fiber: 41 g, Sugars: 93 g, Protein: 65 g, Sodium: 993 mg, Cholesterol: 254 mg</p>

Orange Miso Salmon Bowl

SERVES 4. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 50 MINUTES.

Brown rice is topped with roasted carrots, parsnips and Brussels sprouts for a satisfying meal in a bowl. The salmon is baked with a zesty miso glaze that doubles as the sauce.

- 3 cups** halved Brussels sprouts
- 1 cup** chopped carrots (1-inch pieces)
- 1 cup** chopped parsnips (1-inch pieces)
- 2 tbsp** coconut oil, melted
- ½ tsp** each sea salt and ground black pepper
- 1 cup** brown rice, rinsed
- 2** oranges (**NOTE:** Zest oranges to yield 1 tbsp zest, then peel and section both.)
- 1½ tbsp** yellow miso
- 1 tbsp** reduced-sodium tamari or soy sauce
- 1 1-inch** piece fresh ginger, peeled
- 4 5-oz** wild salmon fillets

- 1.** Preheat oven to 400°F. On a large, parchment-lined baking sheet, toss Brussels sprouts, carrots, parsnips, oil, salt and pepper; spread evenly on sheet. Bake for 30 minutes, stirring halfway.
- 2.** Cook rice according to the package directions.
- 3.** Meanwhile, in a blender, place orange zest, orange sections, miso, tamari and ginger; blend until smooth.

4. Place salmon fillets on a second parchment-lined baking sheet. Transfer about 2 heaping tbsp sauce into a small bowl; brush over salmon fillets. Bake salmon until cooked through and opaque, 10 to 12 minutes.

5. To assemble, top rice with cooked vegetables, salmon and a drizzle of remaining sauce.

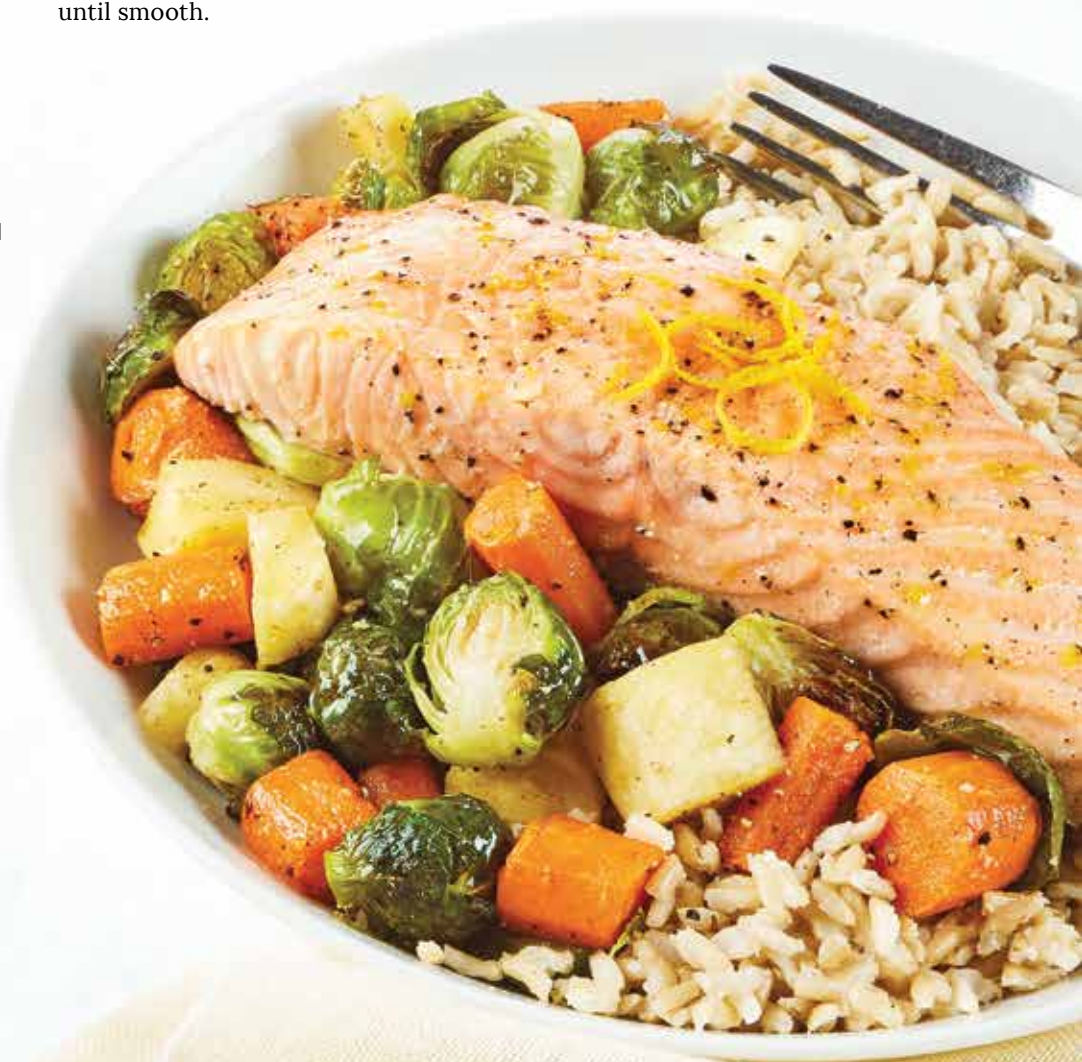
NOTE: Refrigerate leftover rice, vegetables, salmon and sauce in separate containers. Reheat and assemble when called for.

PER SERVING (1 bowl): Calories: 521, Fat: 14 g, Sat. Fat: 7 g, Monounsaturated Fat: 3 g, Polyunsaturated Fat: 3 g, Carbs: 62 g, Fiber: 10 g, Sugars: 12 g, Protein: 37 g, Sodium: 809 mg, Cholesterol: 66 mg



ROBUST ROOT:

Known for relieving nausea, ginger has long been used in traditional Chinese medicine to aid in digestion and help fight colds and flus. The main bioactive compound in ginger, gingerol, is a powerful anti-inflammatory as well as antimicrobial agent.





SHOPPING LIST

1. ½ dozen eggs
2. 2 qt dairy or unsweetened nondairy milk
3. 10 oz soft goat cheese
4. 1 stick unsalted butter
5. 4 5-oz wild salmon fillets
6. 1 carton protein powder (whey or plant-based)
7. 9 small apples (such as McIntosh)
8. 6 large oranges
9. 1½ lb butternut squash (or 3 10-oz bags frozen cubes)
10. 3 leeks
11. 1¼ lb carrots
12. 2 lb parsnips
13. 2½ lb Brussels sprouts
14. 1 1-inch piece ginger
15. 1 head garlic
16. 1 bunch fresh sage
17. 4 Russet potatoes
18. 1 bag almond flour
19. 1 bag ground flaxseed
20. 8 oz raw unsalted walnuts

SHAVED BRUSSELS SPROUTS SALAD

Combine 8 cups shredded Brussels sprouts, 2 apples, cored and diced, and 1 cup walnuts. Top with ½ cup goat cheese. In a jar, shake ¼ cup extra-virgin olive oil, 2 tbsp each apple cider vinegar and maple syrup, 1 clove garlic, chopped, and pinch each sea salt and ground black pepper. Store dressing and salad separately and combine just before serving. (Makes 3 servings.)



BUTTERNUT SQUASH, LEEK & APPLE SOUP

Sauté 1 leek, sliced, in 2 tbsp coconut oil for 3 minutes. Add 3 cups chopped butternut squash, 5 cups vegetable broth, ⅔ cup full-fat milk, 1 apple, cored and diced, 2 cloves garlic, minced, 1 tbsp chopped sage and ½ tsp cinnamon. Bring to a boil then reduce heat and simmer for 30 minutes. Add 1 tbsp apple cider vinegar and ¼ tsp each salt and pepper. Purée until smooth, adding water if too thick. Top each serving with ¼ cup chopped walnuts. (Makes 4 servings.)

APPLE OATS

Cook ½ cup each oats and diced apple and ½ tsp cinnamon in 1 cup boiling water with pinch salt for 5 minutes. Add 1 tbsp ground flaxseed, remove from heat, cover and set aside for 2 minutes. Top with 1½ tsp maple syrup. (Makes 1 serving.)



PANTRY STAPLES

- coconut oil
- extra-virgin olive oil
- 1 bag brown rice
- 1 carton old-fashioned rolled oats
- 1½ qt low-sodium vegetable broth
- 1 carton yellow miso
- apple cider vinegar
- pure maple syrup
- hot sauce
- reduced-sodium tamari or soy sauce
- ground cinnamon
- ground cumin
- sea salt
- ground black pepper ☼