



**SUMMER RESET - Pescatarian  
Plan Week 1 Preview**

**Balanced Roots, LLC**

---

Balanced Roots  
<http://www.balancedrootsnutrition.com>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Kimchi Protein Avocado Toast with Eggs	 Kimchi Protein Avocado Toast with Eggs	 Kimchi Protein Avocado Toast with Eggs	 Citrus Avocado Smoothie	 Citrus Avocado Smoothie	 Peas & Feta Breakfast Wrap	 Peas & Feta Breakfast Wrap
Breakfast	 Detox Chia Lemon Water	 Detox Chia Lemon Water	 Detox Chia Lemon Water	 Hard Boiled Eggs	 Hard Boiled Eggs	 Lemon Water	 Lemon Water
Lunch	 Grilled Salmon Salad with Cilantro Lime Dressing	 Grilled Salmon Salad with Cilantro Lime Dressing	 Grilled Salmon Salad with Cilantro Lime Dressing	 2 Cheesy Chickpea Pasta	 2 Cheesy Chickpea Pasta	 Spinach & Tuna Stuffed Pepper	 Spinach & Tuna Stuffed Pepper
Hydrate!	 Lemon Water	 Lemon Water	 Lemon Water	 Lemon Water	 Lemon Water	 Lemon Water	 Lemon Water
Dinner	 Pressure Cooker Spiced Lentils & Collard Greens...	 Pressure Cooker Spiced Lentils & Collard Greens w...	 Pressure Cooker Spiced Lentils & Collard Greens wi...	 Curried Cauliflower Rice & Haddock	 Curried Cauliflower Rice & Haddock	 Lentil & Broccoli Salad with Tahini Dressing	 Lentil & Broccoli Salad with Tahini Dressing
Snack 3	 Blueberry Protein Smoothie	 Blueberry Protein Smoothie	 Blueberry Protein Smoothie	 Greek Yogurt, Chia Seeds, Fruit & Almonds	 Greek Yogurt, Chia Seeds, Fruit & Almonds	 Greek Yogurt, Chia Seeds, Fruit & Almonds	 Greek Yogurt, Chia Seeds, Fruit & Almonds

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  32%	Fat  32%	Fat  32%	Fat  31%	Fat  31%	Fat  34%	Fat  34%
Carbs  39%	Carbs  39%	Carbs  39%	Carbs  38%	Carbs  38%	Carbs  34%	Carbs  34%
Protein  29%	Protein  29%	Protein  29%	Protein  31%	Protein  31%	Protein  32%	Protein  32%
Calories 1489	Calories 1489	Calories 1489	Calories 1457	Calories 1457	Calories 1487	Calories 1487
Fat 54g	Fat 54g	Fat 54g	Fat 53g	Fat 53g	Fat 57g	Fat 57g
Carbs 149g	Carbs 149g	Carbs 149g	Carbs 144g	Carbs 144g	Carbs 129g	Carbs 129g
Fiber 33g	Fiber 33g	Fiber 33g	Fiber 46g	Fiber 46g	Fiber 38g	Fiber 38g
Sugar 24g	Sugar 24g	Sugar 24g	Sugar 28g	Sugar 28g	Sugar 28g	Sugar 28g
Protein 109g	Protein 109g	Protein 109g	Protein 116g	Protein 116g	Protein 119g	Protein 119g
Cholesterol 248mg	Cholesterol 248mg	Cholesterol 248mg	Cholesterol 501mg	Cholesterol 501mg	Cholesterol 325mg	Cholesterol 325mg
Sodium 1307mg	Sodium 1307mg	Sodium 1307mg	Sodium 1411mg	Sodium 1411mg	Sodium 1814mg	Sodium 1814mg
Vitamin A 5784IU	Vitamin A 5784IU	Vitamin A 5784IU	Vitamin A 3091IU	Vitamin A 3091IU	Vitamin A 7702IU	Vitamin A 7702IU
Vitamin C 79mg	Vitamin C 79mg	Vitamin C 79mg	Vitamin C 111mg	Vitamin C 111mg	Vitamin C 485mg	Vitamin C 485mg
Calcium 597mg	Calcium 597mg	Calcium 597mg	Calcium 911mg	Calcium 911mg	Calcium 1426mg	Calcium 1426mg
Iron 13mg	Iron 13mg	Iron 13mg	Iron 21mg	Iron 21mg	Iron 17mg	Iron 17mg
Vitamin D 679IU	Vitamin D 679IU	Vitamin D 679IU	Vitamin D 192IU	Vitamin D 192IU	Vitamin D 161IU	Vitamin D 161IU
Vitamin B12 6.6µg	Vitamin B12 6.6µg	Vitamin B12 6.6µg	Vitamin B12 72.0µg	Vitamin B12 72.0µg	Vitamin B12 3.4µg	Vitamin B12 3.4µg
Magnesium 265mg	Magnesium 265mg	Magnesium 265mg	Magnesium 196mg	Magnesium 196mg	Magnesium 317mg	Magnesium 317mg