Pescatarian Diet Plan

Name:		Age	e: Heig	Height: Weight:		
Dietary	goals		Restrictions	}		
and 2. Inco soul 3. Use 4. Opti eggs 5. Ens	legumes. orporate fish and shellfices. olive oil, nuts, and see ons like Greek yogurt, s add variety.	s, vegetables, whole grash as primary protein eds for optimal nutrition. almond milk, and boiled als with sufficient protein	d			
Day	Breakfast	Lunch	Snack	Dinner	Notes	

Healthcare provider's information Name: Signature: License number: Contact number:	Grocery list					
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