

Easy Pescatarian Recipes

Shrimp Skewers with Zucchini and Bell Peppers

🕒 30 min 🍽️ 4 servings

Per serving: 174 Kcal 23g Protein 8g Fat 5g Carbs

Ingredients

- **Lemon juice**, 2 tablespoons (30 g)
- **Oregano**, 1 teaspoons (2 g)
- **Salt**, 1 tsp (6 g)
- **Olive oil**, 2 tablespoon (27 g)
- **Zucchini**, 1 medium (196 g)
- **Bell pepper**, 1 medium (131 g)
- **Shrimps**, 1 pound (445 g)



Instructions

In a bowl, combine olive oil, lemon juice, dried oregano, and salt. Mix well.

Add shrimps to the marinade and let it marinate for 10 minutes.

Preheat the grill or grill pan over medium heat.

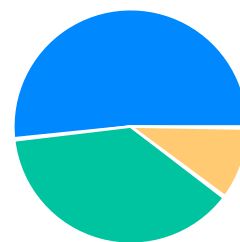
Thread the marinated shrimps, zucchini and bell peppers onto skewers.

Grill the skewers for about 10-15 minutes, turning occasionally, until the shrimp is cooked through and the vegetables are tender.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	697.5	83.3	174.4
Protein [g]	93.4	11.2	23.4
Fat [g]	30.3	3.6	7.6
Carbs [g]	17.8	2.1	4.5
Fiber [g]	4.1	0.5	1
Net Carbs [g]	13.7	1.6	3.4



52 % Protein 38 % Fat 10 %
Carbs

Avocado Shrimp Wrap

🕒 21 min 🍽️ 4 servings

Per serving: 289 Kcal 16g Protein 14g Fat 27g Carbs

Ingredients

- **Avocado**, 1 avocado, ns as to florida or california (201 g)
- **Cilantro**, 2 tbsp (0.9 g)
- **Lime juice**, 2 tablespoon (30.1 g)
- **Cucumber**, 1/4 cup (34.7 g)
- **Olive oil**, 1 tablespoon (13.5 g)
- **Shrimp**, 1/2 pound (226.8 g)
- **Onion**, 1/4 cup (40 g)
- **Bell pepper**, 1/4 cup (37.3 g)
- **Salt and pepper**, 1 tsp (2 g)
- **Tortillas**, 4 piece (168 g)



Instructions

In a medium bowl, combine shrimp, olive oil, lime juice, salt, and pepper. Toss to coat the shrimp evenly.

Heat a skillet over medium heat and cook the shrimp for 2-3 minutes on each side until they turn pink and opaque. Remove from heat and set aside.

Place a tortilla on a clean surface and layer with avocado slices, red onion, bell pepper, cucumber, and cooked shrimp.

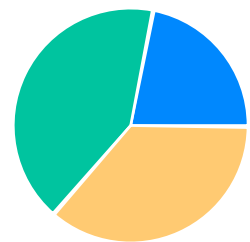
Sprinkle with chopped cilantro and roll the tortilla tightly, tucking in the sides as you go.

Repeat with the remaining tortillas and ingredients.

Slice each wrap in half diagonally and serve immediately.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1155.8	153.4	289.2
Protein [g]	65.7	8.7	16.4
Fat [g]	55.5	7.4	13.9
Carbs [g]	108.6	14.4	27.2
Fiber [g]	26.5	3.5	6.6
Net Carbs [g]	82.1	10.9	20.5



22 % Protein 42 % Fat 36 % Carbs

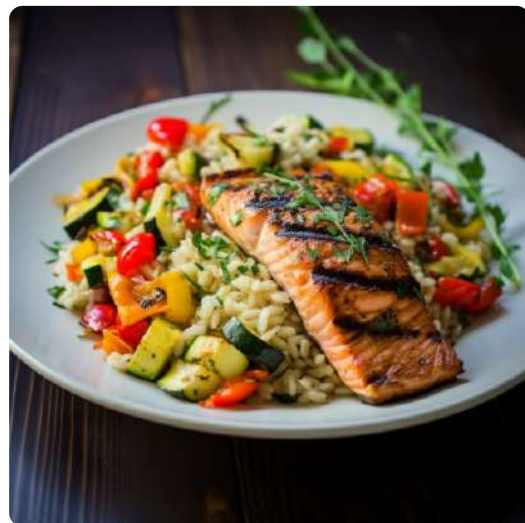
Grilled Salmon & Zucchini and Peppers with Lemon-Garlic Vinaigrette

🕒 15 min 🍽️ 4 servings

Per serving: 363 Kcal 21g Protein 17g Fat 34g Carbs

Ingredients

- Lemons, 2 lemon (216 g)
- Olive oil, 3 tbsp (42 g)
- Zucchini, 1 medium (196 g)
- Garlic, 4 clove (12 g)
- Bell pepper, 2 cup (318 g)
- Salmon, 2 fillet (340 g)
- Salt and pepper, 2 pinch (0.2 g)
- Onion, 1 medium (105.8 g)
- brown rice, cooked, 2 cup (320 g)



Instructions

Preheat the grill to medium-high heat.

Season the salmon fillets with salt and pepper.

In a large bowl, combine the sliced zucchini, red bell pepper, and red onion.

Drizzle the vegetables with olive oil and sprinkle with salt and pepper. Toss to coat.

Cut one lemon in half and place the halves cut-side down on the grill. Grill for 2-3 minutes until charred.

In a small bowl, squeeze the juice from the remaining lemon. Add minced garlic, olive oil, salt, and pepper. Whisk to combine.

Grill the salmon fillets for 4-5 minutes per side, or until cooked to your desired level of doneness.

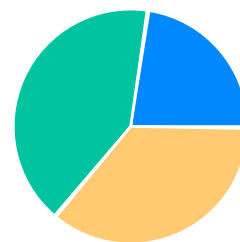
While the salmon is grilling, add the sliced vegetables to the grill. Grill for 3-4 minutes per side, or until tender and slightly charred.

Remove the charred lemon halves from the grill and squeeze the juice into the vinaigrette mixture. Whisk to combine.

Serve the grilled salmon and vegetables with the charred lemon-garlic vinaigrette drizzled on top over cooked brown rice.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1451.3	93.6	362.8
Protein [g]	84.7	5.5	21.2
Fat [g]	68.6	4.4	17.2
Carbs [g]	134.5	8.7	33.6
Fiber [g]	22.5	1.5	5.6
Net Carbs [g]	112	7.2	28



23 % Protein 41 % Fat 36 %
Carbs

Salmon Pasta with Sun-Dried Tomatoes

🕒 15 min 🍽️ 2 servings

Per serving: 470 Kcal 32g Protein 15g Fat 51g Carbs

Ingredients

- Olive oil, 1 tablespoon (13.5 g)
- Garlic, 2 clove (6 g)
- Sun-dried tomatoes, 1/4 cup (26.4 g)
- Salmon fillet, 8 ounces (226.8 g)
- Spaghetti, 4 ounces (113.4 g)



Instructions

Bring a large pot of salted water to a boil and cook spaghetti according to package instructions. Drain and set aside.

While the pasta is cooking, heat olive oil in a large skillet over medium heat.

Add minced garlic and cook for 1-2 minutes until fragrant.

Cut the salmon fillet into small cubes and add them to the skillet. Cook for 3-4 minutes until salmon is cooked through.

Add chopped sun-dried tomatoes to the skillet and cook for an additional 2 minutes to soften.

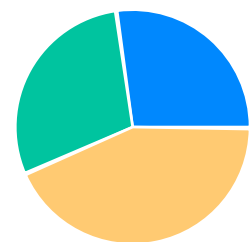
Add the cooked spaghetti to the skillet and toss everything together until well combined.

Cook for another 1-2 minutes to heat the pasta through.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	939,3	243,3	469,7
Protein [g]	63,9	16,5	32
Fat [g]	30,4	7,9	15,2
Carbs [g]	101,4	26,3	50,7
Fiber [g]	7	1,8	3,5
Net Carbs [g]	94,4	24,4	47,2



27 % Protein 29 % Fat 43 % Carbs

White Fish with Corn, Bell Pepper, Onion Relish

🕒 15 min 🍽️ 4 servings

Per serving: 257 Kcal 32g Protein 4g Fat 26g Carbs

Ingredients

- Cilantro, 2 tbsp (0.9 g)
- Corn kernels, 4 cup (656 g)
- Bell pepper, 1 portion (119.1 g)
- Onion, 1/4 cup (41.7 g)
- White Fish, 4 fillet (600 g)



Instructions

Preheat the oven to 400°F (200°C).

Season the white fish fillets with salt and pepper, then place them on a baking sheet lined with parchment paper.

Bake the salmon for 12-15 minutes, or until cooked through and flakes easily with a fork.

Meanwhile, in a skillet over medium heat, cook the frozen corn kernels until heated through.

Add the diced red bell pepper and red onion to the skillet, and cook for an additional 3-4 minutes.

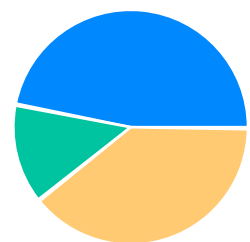
Remove the skillet from heat and stir in the chopped cilantro.

Serve the white fish fillets topped with the corn relish.

Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1027.3	72.5	256.8
Protein [g]	126.5	8.9	31.6
Fat [g]	16.3	1.1	4.1
Carbs [g]	105.2	7.4	26.3
Fiber [g]	16.4	1.2	4.1
Net Carbs [g]	88.8	6.3	22.2



47 % Protein 14 % Fat 39 % Carbs