

Heart-healthy Omega-3 rich 3-day meal plan

	Breakfast	Lunch	Snack	Dinner
Monday	Veggie omelet <ul style="list-style-type: none"> 2 egg whites +1 whole egg ½ c veggies of choice 1 tbsp. feta cheese 70 - 80 mg Omega-3s	Widow Rockfish taco salad <ul style="list-style-type: none"> 4-6oz Widow Rockfish ¼ sliced avocado mixed greens pico de gallo salsa chopped cucumbers tomatoes 551-826 mg Omega-3s	<ul style="list-style-type: none"> 1 C 0% greek yogurt with ¼-½ c mixed berries, ¼ c no added sugar granola 40-50mg Omega-3s (ALA only)	Baked Thornyhead <ul style="list-style-type: none"> 4-6 oz Thornyhead ¼ -½ c roasted sweet potatoes side of steamed asparagus 1131-1697 mg Omega-3s
Tuesday	Avocado toast <ul style="list-style-type: none"> 1 slice high-fiber whole grain bread ¼ avocado diced tomatoes Handful of raw spinach Side of 2 cooked egg whites and 1 whole egg 70-80 mg Omega-3s	Pan-seared Black Cod <ul style="list-style-type: none"> 4-6oz Black Cod Lemon capers fresh parsley ¼-½ c rice pilaf served with roasted eggplant, red bell peppers, and zucchini 2048-3072 mg Omega-3s	<ul style="list-style-type: none"> 1 Celery and carrot sticks with 2 tbsp raw walnuts 400mg Omega-3s (ALA only)	Pan-seared Thornyhead with chimichurri <ul style="list-style-type: none"> 4-6 oz Thornyhead chimichurri sauce ¼-½ c cooked quinoa roasted cauliflower 1131-1697 mg Omega-3s
Wednesday	Chocolate Protein Shake <ul style="list-style-type: none"> 1-½ scoops high quality chocolate protein powder small handful spinach 1 tsp cacao nibs 1 tbsp. nut butter of choice 1-½ c unsweetened almond milk 1000 mg Omega-3s (ALA only)	Baked Widow Rockfish with Greek quinoa salad <ul style="list-style-type: none"> 4-6 oz Widow Rockfish cucumbers tomatoes romaine lettuce olives ¼-½ c cooked quinoa Olive oil & lemon vinaigrette 556-826 mg Omega-3s	<ul style="list-style-type: none"> 2 hard boiled eggs with side of cucumber slices 70-140 mg Omega-3s	Roasted Black Cod with vegetables and rice <ul style="list-style-type: none"> 4-6 oz black cod sauteed bok choy and mushrooms soy sauce sesame oil sesame seeds ¼-½ c cooked brown rice 2048-3100 mg Omega-3s