

PESCETARIAN DIET



Fish is on the menu!
Based on your results, we believe the pescetarian diet is the BEST diet for You! The pescetarian diet is based on a vegetarian diet with the exception of



seafood. Seafood contains omega-3 and other fatty acids that have a protective impact on your heart health. The mix of plant based eating and the protein supply from seafood will help with weight loss and muscle growth. Not only does the pescatarin diet focus on fish but, all other seafood is included.



We offer a variety of articles and recipes for seafood eaters! The Daily Fork can help you get started!