



Pescatarian Mexican Meal Plan Shopping List

You may already have many of these food items in your kitchen, so shop there first. And keep in mind some of the recipes use the same ingredients. As always make substitutions to fit your family's needs.

Sweet Corn & Zucchini Pie

Veggie Enchiladas

Black Bean Tacos

Chips & Peach Salsa, Rice,
Fish

Shrimp Scampi Pasta &
Asparagus

Items for Sweet Corn & Zucchini Pie

- Butter
- Yellow onion (half)
- 2 ears sweet corn
- 2 large zucchini
- Mushrooms (8 oz)
- Dried basil (optional)
- Dried oregano
- Shredded cheese (12 oz)
- 4 eggs

Items for Veggie Enchiladas

- Onion (whole)
- Garlic
- 1 green pepper
- Olive oil
- Corn (you can use fresh, canned, or frozen)
- Cream cheese (2 tablespoons)
- 10 whole wheat tortillas
- Shredded cheese (12 oz)
- Black beans (1 – 15 oz can)
- Smoked Paprika
- Cumin
- Chili powder
- Large lime
- Enchilada Sauce (8 oz)



Items for Black Bean Tacos

- Black beans (2- 14.5 oz cans)
- Salsa
- Chili powder
- Cumin
- Avocado
- Plain Greek Yogurt (1/2 cup)
- Cilantro
- Lime juice
- Yellow corn tortillas
- Shredded romaine lettuce
- Diced tomatoes

Items for Fish, Chips, & Salsa

- Butter
- Garlic
- Lemon juice
- 4 (6-oz) tilapia fillets (or fish of your choice)
- 2 peaches
- ½ tomato
- onion
- cilantro
- lime
- Jalapenos (optional if you want more heat)
- Favorite type of corn chips

Items for Shrimp Scampi Pasta

- spaghetti
- 1 bundle asparagus
- Butter
- Olive oil
- Garlic
- 1 lb large shrimp, peeled and deveined
- Lemon juice
- Grated parmesan (optional)

Download the meal plan online at thehealthfulpeach.com