

TODAY'S SEAFOOD

The Dietary Guidelines for Americans encourage you and your family to enjoy seafood at least twice each week. But, we often forget to put seafood on our shopping list. Make a weekly meal plan before hitting the supermarket so you don't forget the fish—whether fresh, frozen or canned—and other good-for-you foods.

MEAL PLANNER

WEEK OF:

GROCERY LIST:

SUNDAY

MAKE AHEAD: Make canned or pouch Seaside Salmon Silders today and store overnight for an easy heat-and-eat Monday dinner.

MONDAY

TUESDAY

TACO TUESDAY TWIST: Get fish and veggies all in one bite with a tasty Tilapia Wrap with Corn Salsa.

WEDNESDAY

THURSDAY

IN A LUNCH RUT? Pack a bento box filled with Shrimp and Avocado Salad, whole wheat tortilla chips and mango chunks.

FRIDAY

SATURDAY

RUNNING LOW ON GROCERIES? Mediterranean Orzo with Tuna is a cinch to make and uses pantry staples.

HAVE YOU HAD YOUR 2 SERVINGS OF SEAFOOD THIS WEEK?

☐

FIRST SERVING

☐

SECOND SERVING

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TILAPIA WRAP WITH CORN SALSA



Cooked in foil pouches, tilapia is great from the oven and as leftovers. Try this healthy take on burritos at the dinner table or on-the-go.

SHRIMP AND AVOCADO SALAD



Keep cooked shrimp on hand as a quick and easy mix-in for this fresh, luscious salad. Serve immediately.

SEASIDE SALMON SLIDERS



Pre-made and refrigerated, these cakes make perfect heat-and-eat appetizers, small plates or burgers.

MEDITERRANEAN ORZO WITH TUNA



Canned tuna goes gourmet with this light and lemony recipe. Great for small plates and appetizers and perfectly portable for tomorrow's lunch.

RECIPE:

Makes: 6-8 servings

Prep Time: 10 minutes

INGREDIENTS:

4 (5-oz) cans tuna packed in water, drained and flaked

2 cups orzo, cooked

1 clove garlic, minced

1 lemon, zested and juiced

3 Tbsp olive oil

1 tsp dried red pepper flakes

2 Tbsp parsley, finely chopped

Salt and freshly ground black pepper

DIRECTIONS:

1. In a 4-quart salad bowl, mix tuna, orzo, garlic, lemon zest and lemon juice. Let rest 5 minutes.

2. Stir in remaining ingredients and season to taste with salt and freshly ground pepper. Serve immediately.

Chef's Tip: For a portable snack, place into small serving containers and refrigerate. Perfect for a post-workout meal or an afternoon pick-me-up. Can be stored up to 5 days.

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