



## LIFE OF AN ATHLETE WEEKLY MEAL PLAN- MALE

	Breakfast	Lunch	Dinner	Pre Workout Snack	Post Workout Snack
<b>Mon</b>	<ul style="list-style-type: none"> <li>» 2 C whole wheat cereal in</li> <li>» 1 C low fat Greek yogurt</li> <li>» ½ C sliced grapes</li> <li>» cinnamon</li> </ul>	<b>Roast Beef Sandwich:</b> <ul style="list-style-type: none"> <li>» 4oz (4 slices) roast beef</li> <li>» 2 Slices whole-grain bread</li> <li>» 2 slices red onion</li> <li>» 1 Tsp yellow mustard</li> <li>» 1 low fat cheese stick</li> <li>» 1 plum</li> <li>» 1 cup baby carrots</li> </ul>	<b>Strawberry Chicken Salad:</b> <ul style="list-style-type: none"> <li>» 2 Cups Spinach</li> <li>» 4 oz cooked chicken</li> <li>» 1/4 C Chickpeas</li> <li>» ¼ C Cucumbers</li> <li>» ¼ C carrots, shredded</li> <li>» ¼ cup low fat feta cheese</li> <li>» 1 Tbsp Balsamic Vingarette</li> <li>» ½ C sliced strawberries</li> </ul>	<ul style="list-style-type: none"> <li>» 1 C low fat milk</li> <li>» 3 Fig Newtons</li> </ul>	<ul style="list-style-type: none"> <li>» Whey Protein</li> <li>» 1 banana with 1 Tbsp peanut butter</li> </ul>
<b>Tues</b>	<ul style="list-style-type: none"> <li>» <b>Fresh Veggie Omelet</b></li> <li>» <b>Pumpkin Cranberry Muffin</b></li> <li>» 1 clementine</li> <li>» 1 C low-fat milk</li> </ul>	<b>Peanut Butter and Jelly Sandwich:</b> <ul style="list-style-type: none"> <li>» 1 Tbsp Peanut Butter</li> <li>» 2 tsp Jelly</li> <li>» 2 slice whole wheat bread</li> <li>» 1 low fat cheese stick</li> <li>» 1 apple</li> <li>» 1 cup baby carrots</li> </ul>	<b>Red Lentil Curry</b> <ul style="list-style-type: none"> <li>» 1/2 C brown rice</li> <li>» 1 C low fat milk</li> </ul>	<ul style="list-style-type: none"> <li>» 1 oz pretzels</li> <li>» 2 Tbsp Hummus</li> <li>» 1 Pear</li> </ul>	<ul style="list-style-type: none"> <li>» Whey Protein</li> <li>» 1 C low fat yogurt</li> <li>» 1/4 cup cereal</li> </ul>
<b>Weds</b>	<ul style="list-style-type: none"> <li>» <b>Green Morning Smoothie</b></li> <li>» 2 slices whole grain toast</li> <li>» 2 tsp peanut butter</li> </ul>	<b>Mediterranean Tuna in Whole Grain Pita</b> <ul style="list-style-type: none"> <li>» 1 orange</li> <li>» ½ cup baby carrots</li> <li>» 1 low fat cheese stick</li> </ul>	<ul style="list-style-type: none"> <li>» 4 oz Turkey Cutlet</li> <li>» ½ C corn</li> <li>» ½ C steamed broccoli</li> <li>» 1 Cup Low Fat Milk</li> <li>» ½ Cup cherries</li> </ul>	<ul style="list-style-type: none"> <li>» 10 almonds</li> <li>» 1/2 C cottage cheese</li> </ul>	<ul style="list-style-type: none"> <li>» Whey Protein</li> <li>» PowerBar</li> </ul>
<b>Thurs</b>	<ul style="list-style-type: none"> <li>» 3 medium (5") banana pancakes</li> <li>» 2 Tbsp maple syrup</li> <li>» 1 Peach</li> <li>» 1 C low-fat milk</li> </ul>	<b>Butternut Squash and Carrot Soup</b> <ul style="list-style-type: none"> <li>» 1 whole wheat Roll</li> <li>» ½ Cup low fat Cottage Cheese with</li> <li>» 1 Tbsp Raisins</li> <li>» 1 apple</li> <li>» 10 almonds</li> </ul>	<ul style="list-style-type: none"> <li>» 1 Cup cooked pasta</li> <li>» 4 oz chicken breast</li> <li>» 1 C broccoli</li> <li>» 1 tsp butter</li> <li>» 1 tsp grated parmesan cheese</li> <li>» 1 Cup low fat milk</li> </ul>	<ul style="list-style-type: none"> <li>» Fruit Smoothie (1 cup fresh fruit with ½ cup juice)</li> <li>» 1/2 C trail mix</li> </ul>	<ul style="list-style-type: none"> <li>» Whey Protein</li> <li>» 1 banana with 1Tbsp peanut butter</li> </ul>
<b>Fri</b>	<ul style="list-style-type: none"> <li>» <b>Oatmeal Apple Pie</b></li> <li>» 1 C low-fat milk</li> </ul>	<b>Turkey Sandwich:</b> <ul style="list-style-type: none"> <li>» 4 Slices (4 oz) Turkey breast</li> <li>» 2 Slices whole-grain bread</li> <li>» 1 slice low fat American cheese</li> <li>» 1 Tbsp mustard</li> <li>» 1/2 C mixed fruit</li> <li>» ½ cup baby carrots</li> <li>» 1 oz pretzels</li> <li>» 1 Tbsp Balsamic Vingarette</li> <li>» 1 orange</li> </ul>	<b>Maple Glazed Salmon</b> <ul style="list-style-type: none"> <li>» 6 spears asparagus</li> <li>» ½ ear corn</li> <li>» 1 Cup Low Fat Milk</li> </ul>	<ul style="list-style-type: none"> <li>» 1 C low fat yogurt</li> <li>» 1/4 cup cereal</li> <li>» banana</li> </ul>	<ul style="list-style-type: none"> <li>» Whey Protein</li> <li>» 3 rice cakes</li> <li>» 1/2 C applesauce and 1 tsp raisins</li> <li>» 1 cheese stick</li> </ul>
<b>Sat</b>	<ul style="list-style-type: none"> <li>» 3 frozen whole wheat waffles</li> <li>» 1 Tbsp peanut butter</li> <li>» ½ C blueberries</li> <li>» 1 C low-fat milk</li> </ul>	<b>Grilled Chicken Salad:</b> <ul style="list-style-type: none"> <li>» 2 Cups Mixed Green</li> <li>» 4 oz cooked chicken</li> <li>» 1/2 C chopped vegetables</li> <li>» ¼ cup low fat cheddar cheese</li> <li>» 1 Tbsp Balsamic Vingarette</li> <li>» 1 banana</li> <li>» 1 (1oz) whole wheat roll</li> </ul>	<b>Steak Fajitas:</b> <ul style="list-style-type: none"> <li>» 4 oz Lean Steak</li> <li>» 2 small flour tortillas</li> <li>» ½ C cooked peppers and onions in 1 tsp olive oil</li> <li>» 2 tsp salsa</li> <li>» 1 C low-fat milk</li> </ul>	<ul style="list-style-type: none"> <li>» 1 oz pretzels</li> <li>» 2 Tbsp Hummus</li> <li>» 1 Pear</li> </ul>	<ul style="list-style-type: none"> <li>» Whey Protein</li> <li>» PowerBar</li> </ul>
<b>Sun</b>	<ul style="list-style-type: none"> <li>» 1 banana</li> <li>» 1 C cooked oatmeal</li> <li>» 2 Tbsp Raisins</li> <li>» 1 C low-fat Greek Yogurt</li> </ul>	<b>Egg salad sandwich:</b> <ul style="list-style-type: none"> <li>» 2 Slices whole-grain bread</li> <li>» 2 eggs, hardboiled, chopped</li> <li>» 3 tsp Greek yogurt</li> <li>» 1 tsp Dijon mustard</li> <li>» 1 Pear</li> <li>» 1 C Nonfat Yogurt</li> </ul>	<b>White Bean and Kale Soup</b> <ul style="list-style-type: none"> <li>» 2 Crostini</li> <li>» 1 C low fat milk</li> <li>» 1 Apple</li> </ul>	<ul style="list-style-type: none"> <li>» 2 graham cracker with 1 Tbsp peanut butter</li> </ul>	<ul style="list-style-type: none"> <li>» Whey Protein</li> <li>» 10 almonds</li> <li>» 1/2 C cottage cheese</li> </ul>