



LIFE OF AN ATHLETE WEEKLY MEAL PLAN- FEMALE

	Breakfast	Lunch	Dinner	Pre Workout Snack	Post Workout Snack
Mon	<ul style="list-style-type: none"> » 1 egg and 3 egg whites, scrambled with ¼ cup pepper, onions or tomato » 1 slice whole grain toast » ½ cup fruit salad » 1 C low-fat milk 	<ul style="list-style-type: none"> » Beef Vegetable Soup » 1 (1oz) whole wheat roll » 1 apple » 1 Cup Low Fat Milk 	<ul style="list-style-type: none"> » 3 oz pork loin » ½ Cup Applesauce » 1 baked sweet potato » ½ Cup sautéed zucchini » 1 Cup Low Fat Milk 	<ul style="list-style-type: none"> » Fruit Smoothie (1 cup fresh fruit with ½ cup juice) » 1/2 C trail mix 	<ul style="list-style-type: none"> » Whey Protein » 1 banana with 2 tsp peanut butter
Tues	<ul style="list-style-type: none"> » Oatmeal Apple Pie » 1 C low-fat milk 	<ul style="list-style-type: none"> » Ham and Cheese Sandwich: » 3 Slices(3 oz) Ham » 2 Slices whole-grain bread » 1 slice low fat American cheese » 1 Tbsp mustard » 1 orange » ½ cup baby carrots » 1 oz pretzels 	<ul style="list-style-type: none"> » Chili-Lime Chicken Skewers » ½ Cup Boiled Red Potatoes » 1 Cup low fat milk 	<ul style="list-style-type: none"> » 1 banana » 2 fig newtons 	<ul style="list-style-type: none"> » Whey Protein » 6 oz low fat yogurt » 1/4 cup cereal
Weds	<ul style="list-style-type: none"> » 1 ½ C whole wheat cereal » 1 C low fat Greek yogurt » 1 sliced banana » cinnamon 	<ul style="list-style-type: none"> » Grilled Vegetable Panini: » 1/2 cup mixed vegetables (sliced carrots, cucumbers, peppers) » 2 slices whole wheat bread » 1 slice low fat Mozzarella Cheese » baby spinach » 1 Clementine » 1 (6oz) container low fat Greek Yogurt 	<ul style="list-style-type: none"> » White Bean Corn Chowder » 3 oz turkey breast » 1/2 C cooked green beans 	<ul style="list-style-type: none"> » 1 C low fat milk » 10 almonds 	<ul style="list-style-type: none"> » Whey Protein » PowerBar
Thurs	<ul style="list-style-type: none"> » 1 banana » 1 C cooked oatmeal » 2 Tbsp Raisins » 1 C low-fat milk 	<ul style="list-style-type: none"> » Grilled Chicken Wrap: » 1 (9in) Whole Wheat Wrap » 3 Oz Grilled Chicken » ¼ cup shredded lettuce and tomato » 1 tsp low fat Ranch dressing » ½ cup cucumber slices » 1 (6oz) container yogurt with 1/2 C diced peaches 	<ul style="list-style-type: none"> » 4 oz Grilled Halibut » ½ Cup Brown Rice » 6 spears asparagus » 1 Cup Low Fat Milk » ½ C cherries 	<ul style="list-style-type: none"> » 1 oz pretzels » 1 Tbsp Hummus » 1 Pear 	<ul style="list-style-type: none"> » Whey Protein » 1 graham cracker with 2 tsp peanut butter
Fri	<ul style="list-style-type: none"> » 1/2 whole wheat bagel, toasted » 1 Tbsp reduced-fat peanut butter » 1 banana » 1 Cup low fat milk 	<ul style="list-style-type: none"> » Roasted Butternut and Pear Salad » 1/2 Cup low fat cottage Cheese » 1 oz pretzels 	<ul style="list-style-type: none"> » Turkey Burger: » 4 Oz lean ground turkey » 1 whole-wheat hamburger bun » 1 Tsp Ketchup » 1 C cucumber slices » 1 C low fat Milk » 1/2 C Grapes 	<ul style="list-style-type: none"> » Cheese stick » 2 rice cakes » ¼ C applesauce and 1 tsp raisins 	<ul style="list-style-type: none"> » Whey Protein » PowerBar
Sat	<ul style="list-style-type: none"> » 2 slices whole grain French toast » 2 Tbsp maple syrup » 1/2 C sliced strawberries » 1 C low-fat milk 	<ul style="list-style-type: none"> » Grilled Cheese Sandwich: » 2 slices whole wheat bread » 2 slices low fat Cheese » 1 slice tomatoes » ½ C baby carrots » 1 orange 	<ul style="list-style-type: none"> » Salad with Shrimp: » 2 Cups Spinach » 8 pieces cooked shrimp » ¼ C Cucumbers » ¼ C diced tomatoes » ¼ C carrots, shredded » 1/4 C cooked quinoa » 1 Tbsp Balsamic Vinaigrette » 1 C low fat milk 	<ul style="list-style-type: none"> » Fruit Smoothie (1 cup fresh fruit with ½ cup juice) » 10 almonds 	<ul style="list-style-type: none"> » Whey Protein » 10 almonds » 1 (6oz) container nonfat yogurt
Sun	<ul style="list-style-type: none"> » Fresh Veggie Omelet » Blueberry Muffin » 1/2 C cantaloupe, cubed » 1 C low-fat milk 	<ul style="list-style-type: none"> » 1 whole wheat English Muffin » 1 Tbsp peanut butter » 1 tsp honey » ½ tsp cinnamon » ½ cup snap peas » 1 Banana » 1/2 Cup low fat cottage cheese 	<ul style="list-style-type: none"> » 3 oz Lean Steak » ½ C mashed potato » 6 asparagus spears » 1 C low-fat milk » 1/2 grilled peach 	<ul style="list-style-type: none"> » 1 graham cracker with 2 tsp peanut butter 	<ul style="list-style-type: none"> » Whey Protein » 1oz raisins » 2 fig newtons