



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 ½ C whole wheat cereal » 1 C low fat Greek yogurt » 1 sliced banana » cinnamon 	Chef Salad: <ul style="list-style-type: none"> » 2 Cups mixed Greens » 1 slice ham, 1 slice turkey breast, 1 slice low fat American cheese, rolled and sliced, 1 hardboiled egg » ¼ C Cucumbers » ¼ C carrots, shredded » ¼ cup tomato slices » 1 Tbsp Balsamic Vinaigrette » 1 orange 	Quesadilla: <ul style="list-style-type: none"> » 3 oz seasoned ground turkey » 2 small whole wheat tortillas » ¼ C low fat cheese » 2 Tbsp Salsa » 1 Cup Tossed Salad » 1 Cup low fat milk » ½ Cup Snap Peas » 1 Cup low fat milk 	<ul style="list-style-type: none"> » 1 C low fat milk » 1/2 C trail mix 	<ul style="list-style-type: none"> » Whey Protein » 1 graham cracker with 2 tsp peanut butter
Tues	<ul style="list-style-type: none"> » Green Morning Smoothie » 1 slice whole grain toast » 2 tsp peanut butter 	Bagel Sandwich: <ul style="list-style-type: none"> » 1 small (2oz) whole wheat bagel » 2 Tbsp garlic hummus » tomato/lettuce/onion » 1 cup snap peas » 1/2 C grapes » 1 Cup low fat yogurt 	<ul style="list-style-type: none"> » 4 oz Tilapia Filet » ½ Cup mashed potatoes » 6 spears asparagus » 1 Cup Low Fat Milk » ½ C cherries 	<ul style="list-style-type: none"> » Cheese stick » 2 fig newtons 	<ul style="list-style-type: none"> » Whey Protein » PowerBar
Weds	<ul style="list-style-type: none"> » 1 banana » 1 C cooked oatmeal » 2 Tbsp Raisins » 1 C low-fat milk 	Sloppy Jane Sandwich <ul style="list-style-type: none"> » 1/2 C Carrots » 1/2 C mixed fruit salad » 1 Cup Low Fat Milk 	Tomato and Mushroom Medley over Sautéed Polenta <ul style="list-style-type: none"> » 3 oz grilled chicken » 1 Cup Low Fat Milk » ½ C grapes 	<ul style="list-style-type: none"> » 1/2 C cottage cheese » 10 almonds 	<ul style="list-style-type: none"> » Whey Protein » 1/2 C trail mix » 1 oz pretzels
Thurs	<ul style="list-style-type: none"> » Fresh Veggie Omelet » Banana Nut Muffin » 1/2 C applesauce » 1 C low-fat milk 	Mediterranean Tuna in Whole Grain Pita <ul style="list-style-type: none"> » 1 orange » ½ cup baby carrots » 1 low fat cheese stick 	Farm Stand Steak Salad <ul style="list-style-type: none"> » 1 (1oz) whole wheat roll » 1 Cup low fat milk 	<ul style="list-style-type: none"> » 1 (6oz) container yogurt » 1/4 C cereal 	<ul style="list-style-type: none"> » Whey Protein » 1 banana 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 	Fall Harvest Soup <ul style="list-style-type: none"> » 1 whole wheat Roll » ½ Cup low fat Cottage Cheese » 1 apple 	Grilled Turkey Panini: <ul style="list-style-type: none"> » 3 Slices (3 oz) Turkey breast » 2 Slices whole-grain bread » 1 slice low fat American cheese » 1 Tbsp Dijon mustard » 1 granny smith apple » ½ cup baby carrots » ½ Cup cherries 	<ul style="list-style-type: none"> » Cereal Bar » 1 C low fat milk 	<ul style="list-style-type: none"> » Whey Protein » 2 rice cakes » ¼ C applesauce and 1 tsp raisins
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 	Ham and Cheese Wrap: <ul style="list-style-type: none"> » 3 Slices(3 oz) Ham » 1 (9in) Whole Grain Wrap » 1 slice low fat American cheese » 1 Tbsp mustard » ½ C Apple » ½ cup baby carrots » 1 oz pretzels 	Chicken Sausage and Peppers: <ul style="list-style-type: none"> » 1 chicken sausage link » ½ cup peppers and onions » 1 small hotdog bun » ½ Cup fruit salad » 1 Cup 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 » PowerBar
Sun	<ul style="list-style-type: none"> » 1 egg and 3 egg whites, scrambled with ¼ cup peppers, onions or tomato » 1 slice whole grain toast » ½ cup fruit salad » 1 C low-fat milk 	Turkey Pear Salad: <ul style="list-style-type: none"> » 2 Cups Spinach » 3 oz sliced turkey » ¼ C Cucumbers » ¼ C carrots, shredded » ¼ cup low fat feta cheese » 1 Tbsp Balsamic Vinaigrette » ½ C sliced green pear » 2 Tbsp dried cranberries » 1 (1oz) whole wheat roll 	<ul style="list-style-type: none"> » 1 1/2 Cup cooked spaghetti squash » 3 (1 oz each) meatballs » 1/4 C tomato sauce » 1 tsp grated parmesan cheese » 1 Cup low fat milk » 1 slice Italian bread with 1 tsp butter 	<ul style="list-style-type: none"> » 1 slice whole grain toast » 1 Tbsp hummus » 1 cheese stick 	<ul style="list-style-type: none"> » Whey Protein » 1 banana with 2 tsp peanut butter