



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 in » 1 C low fat Greek yogurt » ½ C sliced strawberries/bananas » cinnamon 	Turkey Sandwich: <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 mustard » 1 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) » ½ C trail mix 	<ul style="list-style-type: none"> » Whey Protein » Power Bar
Tues	<ul style="list-style-type: none"> » Fresh Veggie Omelet » 1 clementine » 1 slice whole wheat toast 	Grilled Chicken Wrap: <ul style="list-style-type: none"> » 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 » ½ cup strawberries and » ¼ cup cheerios 	<ul style="list-style-type: none"> » 4 oz Salmon Filet » ½ Cup Brown Rice » 1 C Steamed Broccoli » 1 Cup Low Fat Milk » ½ C cherries 	<ul style="list-style-type: none"> » 2 fig newtons » Banana 	<ul style="list-style-type: none"> » Whey Protein » 2 rice cakes with 2 tsp peanut butter
Weds	<ul style="list-style-type: none"> » 1 banana » 1 C cooked oatmeal » 2 Tbsp Raisins » 1 C low fat milk 	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 » ¼ C Cucumbers » ¼ C carrots, shredded » ¼ cup tomato slices » 1 Tbsp Balsamic Vingarette » 1 orange » 1 (1oz) whole wheat roll » 12 almonds 	<ul style="list-style-type: none"> » ¾ Cup cooked pasta » 2 turkey meatballs, sliced » 1 C broccoli » ¼ C tomato sauce » 1 Cup low fat milk » ½ C grapes 	<ul style="list-style-type: none"> » ½ Cup Melon » 1 (6oz) Greek yogurt with » ½ C cheerios 	<ul style="list-style-type: none"> » Whey Protein » 1 graham cracker with 2 tsp Peanut Butter
Thurs	<ul style="list-style-type: none"> » 2 frozen whole wheat waffles » 1 Tbsp peanut butter » ½ C Strawberries » 1 C low-fat milk 	Hummus Sandwich: <ul style="list-style-type: none"> » 2 slices whole wheat bread » 2 Tbsp garlic hummus » tomato/lettuce/onion » 1 cup snap peas » 1 apple » 1 (6oz) Container low-fat Greek yogurt 	<ul style="list-style-type: none"> » 2 Chicken Enchiladas » 1 Cup mixed green salad with 2 tsp ranch dressing » 1 Cup Low Fat Milk 	<ul style="list-style-type: none"> » Fruit Smoothie (1 cup fresh fruit with ½ cup juice) » 15 Almonds 	<ul style="list-style-type: none"> » Whey Protein » 1 banana » ½ C trail mix
Fri	<ul style="list-style-type: none"> » 1 ½ C whole wheat cereal » 1 C low fat milk » 1 banana 	Tuna salad sandwich: <ul style="list-style-type: none"> » 2 Slices whole-grain bread » 3 Oz canned tuna (in water) » 2 tsp mayonnaise or Greek yogurt » Chopped celery, lettuce leaves » 1 Pear » 6 oz Nonfat Yogurt 	<ul style="list-style-type: none"> » 3 oz pork loin » ½ Cup Applesauce » 1 ear corn on the cob » 1 tsp butter » ½ Cup sautéed zucchini » 1 Cup Low Fat Milk 	<ul style="list-style-type: none"> » 1 oz pretzels » 1 Tbsp Hummus » 1 Apple 	<ul style="list-style-type: none"> » Whey Protein » ½ C low fat cottage cheese with ½ Cup Cereal
Sat	<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 » 1 tsp reduced calorie butter » ½ cup fruit salad » 1 C low-fat milk 	Sloppy Jane Sandwich: <ul style="list-style-type: none"> » Carrots » 1 Clementine » 1 Cup Low Fat Milk 	Salad with Tilapia: <ul style="list-style-type: none"> » 2 Cups Spinach » 4 oz Grilled Tilapia » ¼ C Cucumbers » ¼ C diced tomatoes » ¼ C carrots, shredded » 2 Tbsp White Cannellini Beans » 1 Tbsp Balsamic Vingarette » 1 peach » 1 C low fat milk 	<ul style="list-style-type: none"> » 2 fig newtons » Banana 	<ul style="list-style-type: none"> » Whey Protein » 1 graham cracker with 2 tsp Peanut Butter
Sun	<ul style="list-style-type: none"> » 2 medium (5") blueberry pancakes » 2 Tbsp maple syrup » 1 Peach » 1 C low-fat milk 	Vegetable Wrap: <ul style="list-style-type: none"> » 1 (9in) Whole wheat wrap » 1/2 cup mixed vegetables (sliced carrots, cucumbers, peppers) » lettuce, tomato » 1 slice low fat American cheese » 1 tsp vinaigrette dressing » 1 pear 	<ul style="list-style-type: none"> » 3 oz Lean Steak » ½ C Baked Sweet Potato Wedges » 6 asparagus spears » 1 C low-fat milk 	<ul style="list-style-type: none"> » 1 banana » 1 (6oz) yogurt with ½ C cheerios 	<ul style="list-style-type: none"> » Whey Protein » Power Bar