



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 banana » 1 C cooked oatmeal » 2 Tbsp Raisins » 1 C low fat milk 	<ul style="list-style-type: none"> » 1 whole wheat English Muffin with » 1 Tbsp peanut butter » 1 tsp honey » ½ tsp cinnamon » ½ cup snap peas » 1 cup Strawberries » 1 (6 oz) container non-fat Greek yogurt 	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"> » 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"> » 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 	Ham and Cheese Sandwich: <ul style="list-style-type: none"> » 3 Slices(3 oz) Ham » 2 Slices whole-grain bread » 1 slice low fat American cheese » 1 Tbsp mustard » ½ C applesauce » ½ cup baby carrots » 1 oz pretzels 	<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"> » 2 rice cakes with 2 tsp peanut butter 	<ul style="list-style-type: none"> » Whey Protein » 2 fig newtons » Banana
Weds	<ul style="list-style-type: none"> » 2 frozen whole wheat waffles » 1 Tbsp peanutbutter » 1/2C strawberries » 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 	Black Bean Burger: <ul style="list-style-type: none"> » 4 Oz Black Bean Patty » 1 whole-wheat hamburger bun » 1 Tsp Ketchup » 1/2 Cup Fruit Salad » ½ Cup cucumber slices » 1 Cup low fat milk 	<ul style="list-style-type: none"> » 1 (6oz) Greek yogurt » ½ C cheerios » 1 Tbsp Raisins 	<ul style="list-style-type: none"> » Whey Protein » 1 graham cracker with 2 tsp Peanut Butter
Thurs	<ul style="list-style-type: none"> » 1/2 whole wheat bagel, toasted » 1 Tbsp jelly » 1 hard-boiled egg » 1 apple » 1 C low-fat milk 	Salad with Chicken: <ul style="list-style-type: none"> » 2 Cups Spinach » 3 oz cooked chicken » ¼ C Cucumbers » ¼ C carrots, shredded » ¼ cup low fat feta cheese » 1 Tbsp Balsamic Vingarette » 1 pear » 1 (1oz) whole wheat roll 	Soy Lime Shrimp with Fruit Salsa <ul style="list-style-type: none"> » ½ C baked sweet potato "fries" » ½ C tossed greens salad » 1 Tbsp balsamic vinaigrette » 1 Cup low fat milk 	<ul style="list-style-type: none"> » 1 banana » ½ C trail mix 	<ul style="list-style-type: none"> » Whey Protein » PowerBar
Fri	<ul style="list-style-type: none"> » Fresh Veggie Omelet » ½ C fruit salad » 1 slice whole wheat toast 	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 	Steak Fajitas: <ul style="list-style-type: none"> » 3 oz Lean Steak » 2 small flour tortillas » ½ C cooked peppers and onions in 1 tsp olive oil » 2 tsp salsa » 1 C low-fat milk 	<ul style="list-style-type: none"> » 1 oz pretzels » 1 Tbsp Hummus » 1 Orange 	<ul style="list-style-type: none"> » Whey Protein » 1 (6oz) container of yogurt with ½ Cup Cereal
Sat	<ul style="list-style-type: none"> » 1 ½ C whole wheat cereal in » 1 C low fat yogurt » ½ C blueberries » cinnamon 	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 vinagrette dressing » 1 banana » 12 almonds 	<ul style="list-style-type: none"> » 3 oz Turkey Cutlet » ½ C corn » ½ C steamed broccoli » 1 Cup Low Fat Milk » ½ Cup cherries 	<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 » 1 whole grain waffle with 1 tsp Peanut Butter
Sun	<ul style="list-style-type: none"> » 2 slices whole grain French toast » 2 Tbsp maple syrup » 1 peach » 1 C low-fat milk 	Butternut Squash and Carrot Soup <ul style="list-style-type: none"> » 1 whole wheat Roll » ½ Cup low fat Cottage Cheese with » 1 Tbsp Raisins » 1 apple » 10 almonds 	Grilled Chicken Panini: <ul style="list-style-type: none"> » 3 oz Grilled Chicken Breast » 2 slices whole wheat bread » 1 slice low fat Mozzarella Cheese » baby spinach, tomato slices » 1 slice roasted red pepper » ½ Cup Snap Peas » 1 Clementine 	<ul style="list-style-type: none"> » 1 banana » 1 Cereal Bar 	<ul style="list-style-type: none"> » Whey Protein » 1 lowfat cheese stick » ½ Cup Trail mix with Pretzels