



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 	Farm Stand Steak Salad <ul style="list-style-type: none"> » 1 apple » 1 (1oz) whole wheat roll » 1 Cup low fat milk 	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 	<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 » 6oz low fat yogurt with ½ Cup Cereal
Tues	Fresh Veggie Omelet <ul style="list-style-type: none"> » 1 clementine » 1 slice whole wheat toast » 1 Cup Low Fat Milk 	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 	Maple Glazed Salmon <ul style="list-style-type: none"> » 6 spears asparagus » ½ ear corn » 1 Cup Low Fat Milk 	<ul style="list-style-type: none"> » 2 fig newtons » 1 pear 	<ul style="list-style-type: none"> » Whey Protein » 1 graham cracker with 2 tsp Peanut Butter
Weds	<ul style="list-style-type: none"> » 1 ½ C whole wheat cereal » 1 C low fat Greek yogurt » ½ C sliced strawberries » cinnamon 	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 apple » 1/2 Cup Cottage Cheese 	Chili-Lime Chicken Skewers <ul style="list-style-type: none"> » ½ Cup Boiled Red Potatoes » 1 Cup low fat milk 	<ul style="list-style-type: none"> » 2 rice cakes with ¼ C applesauce » 10 almonds 	<ul style="list-style-type: none"> » Whey Protein » 1 banana » ½ C trail mix with pretzels
Thurs	<ul style="list-style-type: none"> » 2 medium (5") blueberry pancakes » 2 Tbsp maple syrup » 1 Peach » 1 C low-fat milk 	Pear Turkey 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 Vingarette » ½ C sliced pear » 2 Tbsp dried cranberries » 1 (1oz) whole wheat roll 	<ul style="list-style-type: none"> » ¾ Cup cooked pasta » 3 oz chicken breast » 1 C broccoli » 1 tsp butter » 1 tsp grated parmesan cheese » 1 Cup low fat milk » ½ C grapes 	<ul style="list-style-type: none"> » 1 low fat cheese stick » 1 Cereal Bar 	<ul style="list-style-type: none"> » Whey Protein » 6oz low fat yogurt with ½ Cup Cereal
Fri	<ul style="list-style-type: none"> » 2 frozen whole wheat waffles » 1 Tbsp peanut butter » ½ C Strawberries » 1 C low-fat milk 	Fall Harvest Soup <ul style="list-style-type: none"> » ½ Cup snap peas » 1(6oz) cup low fat Greek Yogurt » ¼ C blueberries 	<ul style="list-style-type: none"> » 3 oz Lean Steak » ½ C cubed, baked sweet potato » 6 asparagus spears » 1 C low-fat milk » 1/2 grilled peach 	<ul style="list-style-type: none"> » 1 apple with 2 tsp Peanut Butter » 1 low fat cheese stick 	<ul style="list-style-type: none"> » Whey Protein » PowerBar
Sat	<ul style="list-style-type: none"> » 1 banana » 1 C cooked oatmeal » 2 Tbsp Raisins » 1 C low-fat Greek Yogurt 	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 Vingarette » 1 orange » 1 (1oz) whole wheat roll 	Grilled Turkey Panini 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 Dijon mustard » 1 slice granny smith apple » ½ cup baby carrots » ½ Cup cherries 	<ul style="list-style-type: none"> » 1 (6oz) Greek yogurt » ½ C cereal 	<ul style="list-style-type: none"> » Whey Protein » 2 fig newtons » 10 almonds
Sun	<ul style="list-style-type: none"> » 1 egg and 3 egg whites, scrambled with ¼ cup pepper, onions or tomato » Pumpkin Cranberry Muffin » ½ cup fruit salad » 1 C low-fat milk 	Grilled Cheese Sandwich: <ul style="list-style-type: none"> » 2 slices whole wheat bread » 2 slices low fat Cheese » 1 slice tomatoes » ½ C baby carrots » 1 apple 	<ul style="list-style-type: none"> » 3 oz pork loin » ½ Cup Orzo Pasta » ½ Cup sautéed zucchini » 1 Cup 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 banana with 2 tsp Peanut Butter