

Life of an Athlete Weekly Meal Plan- Male

	Breakfast	Lunch	Dinner	Pre Workout	Post Workout
Mon	<ul style="list-style-type: none"> » 1 small whole wheat bagel, toasted » 1 Tbsp reduced-fat peanut butter » 1 banana » 1 Cup low fat milk 	<p>»Mediterranean Tuna in Whole Grain Pita:</p> <ul style="list-style-type: none"> »½ C grapes »1 cup baby carrots »1 low fat cheese stick »12 almonds 	<ul style="list-style-type: none"> » Red Lentil Curry » 1/2 C brown rice » 1 C low fat milk 	<ul style="list-style-type: none"> » Fruit Smoothie (1 cup fresh fruit with ½ cup juice) » 3/4 C trail mix 	<ul style="list-style-type: none"> » Whey Protein Power Bar
Tues	<ul style="list-style-type: none"> » 2 C whole wheat cereal in » 1 C low fat Greek yogurt » ½ C blueberries » cinnamon 	<p>Strawberry Chicken Salad:</p> <ul style="list-style-type: none"> » 2 Cups Spinach » 4 oz cooked chicken » ¼ C Cucumbers » ¼ C carrots, shredded » ¼ cup low fat feta cheese » 1 Tbsp Balsamic Vingarette » ½ C slices Strawberries » 1 oz pretzels 	<p>Meatball Sandwich:</p> <ul style="list-style-type: none"> »2 1/2 meatballs (94% lean ground beef) »1 whole wheat sandwich roll »1 slice low-fat mozzarella cheese »1 C tossed salad »1/2 C cherries 	<ul style="list-style-type: none"> »1 Cup Low Fat Milk »3 fig Newtons 	<ul style="list-style-type: none"> » Whey Protein » 1 banana with 1 Tbsp Peanut Butter
Weds	<ul style="list-style-type: none"> » 1 banana » 1 C cooked oatmeal » 2 Tbsp Raisins » 1/4 C chopped walnuts » 1 C low-fat milk 	<p>Roast Beef Sandwich:</p> <ul style="list-style-type: none"> » 4oz (4 slices) roast beef » 2 Slices whole-grain bread » 2 slices red onion » 1 Tsp yellow mustard » 1 low fat cheese stick » 1 plum » 1 cup baby carrots 	<p>Baked Eggplant Italiano:</p> <ul style="list-style-type: none"> » 3/4Cup cooked pasta » 1 Cup low fat milk 	<ul style="list-style-type: none"> » 1 Cup Low Fat Yogurt » 15 Almonds 	<ul style="list-style-type: none"> » Whey Protein » 3/4 Cup Trail Mix with Pretzels
Thurs	<ul style="list-style-type: none"> » Fresh Veggie Omelet » 1 clementine » 2 slices whole wheat toast » 1 Cup Low Fat Milk 	<p>Taco Salad:</p> <ul style="list-style-type: none"> 2 Cups Shredded Lettuce » 4 oz cooked shredded chicken » ¼ C tomatoes » ¼ C green peppers » ¼ C black olives » ¼ C onion » ¼ cup low fat cheddar cheese » 2 Tbsp Salsa » 10 whole corn tortilla chips » 1 Apple 	<p>Chicken Sausage and Peppers:</p> <ul style="list-style-type: none"> » 1 1/2 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) » 3/4 C trail mix 	<ul style="list-style-type: none"> » Whey Protein » 2 graham cracker with 2 tsp peanut butter
Fri	<ul style="list-style-type: none"> » 3 medium (5") banana pancakes » 2 Tbsp maple syrup » 1 Peach » 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 » 1 cup snap peas » 1 cup Strawberries » 1 Cup non fat Greek yogurt with 1/4 C cereal 	<ul style="list-style-type: none"> » Beef with Broccoli » 1/2 C brown rice » 1 C low fat milk 	<ul style="list-style-type: none"> » 2 rice cakes with ¼ C applesauce and 1 tsp raisins » 1 pear 	<ul style="list-style-type: none"> »Whey Protein »Power Bar
Sat	<ul style="list-style-type: none"> » Fresh Veggie Omelet » Pumpkin Cranberry Muffin » ½ cup fruit salad » 1 C low-fat milk 	<p>Butternut Squash and Carrot Soup:</p> <ul style="list-style-type: none"> 1 whole wheat Roll ½ Cup low fat Cottage Cheese with 1 Tbsp Raisins 1 apple 15 almonds 	<p>2-3 Chicken Enchiladas</p> <ul style="list-style-type: none"> 1 Cup mixed green salad with 2 tsp ranch dressing 1 Cup Low Fat Milk 	<ul style="list-style-type: none"> » 1 oz pretzels » 12Tbsp Hummus » 1 Red Pear 	<ul style="list-style-type: none"> » Whey Protein » 1 Cup low fat yogurt with ½ Cup Cereal
Sun	<ul style="list-style-type: none"> » 3 frozen whole wheat waffles with » 1 Tbsp peanut butter » ½ C Strawberries » 1 C low-fat milk 	<p>Ham and Cheese Sandwich:</p> <ul style="list-style-type: none"> » 4 Slices(4 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 	<p>Turkey Burger:</p> <ul style="list-style-type: none"> » 5 Oz lean ground turkey » 1 whole-wheat hamburger bun » 1 slice American cheese » 1 Tsp Ketchup » 1/2 Cucumber slice » 1 C low fat Milk » 1/2 C Grapes 	<ul style="list-style-type: none"> » ½ Cup trail mix » 1 apple with 2 tsp peanut butter 	<ul style="list-style-type: none"> » Whey Protein » 1 cheese stick » 3 Fig Newtons