



Life of an Athlete Weekly Meal Plan- Female

	Breakfast	Lunch	Dinner	Pre Workout Snack	Post Workout
Mon	<ul style="list-style-type: none"> » 1 banana » 1 C cooked oatmeal » 2 Tbsp Raisins » 1 C low-fat Greek Yogurt 	Farm Stand Steak Salad 1 (1oz) whole wheat roll 1 Cup low fat milk	White Bean and Kale Soup with 2 Crostini 1 C low fat milk 1 Apple	<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 » ½ cup fruit salad » 1 C low-fat milk 	Bagel Sandwich 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	Mexican Shrimp Salad: 2 Cups Shredded Lettuce » 8 pieces jumbo shrimp, cooked » ¼ C tomatoes » ¼ C green peppers ¼ C black olives ¼ C onion » ¼ cup low fat cheddar cheese » 3 Tbsp Salsa	<ul style="list-style-type: none"> » 1 Cup Low Fat Milk » 2 fig Newtons 	<ul style="list-style-type: none"> » Whey Protein » 1 banana with 2 tsp Peanut Butter
Weds	1 ½ C whole wheat cereal in » 1 C low fat Greek yogurt » ½ C sliced strawberries » cinnamon	Vegetable Wrap: » 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 banana	Sloppy Jane Sandwich Carrots 1 Cup Low Fat Milk	<ul style="list-style-type: none"> » 1 Pear » 12 Almonds 	<ul style="list-style-type: none"> » Whey Protein » Power Bar
Thurs	<ul style="list-style-type: none"> » 2 frozen whole wheat waffles with » 1 Tbsp peanut butter » ½ C Strawberries » 1 C low-fat milk 	Roasted Butternut and Pear Salad 1/2 Cup low fat cottage Cheese 1 oz pretzels	<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"> » 1 banana » ½ C trail mix 	<ul style="list-style-type: none"> » Whey Protein » 6 oz low fat yogurt with 1/4 cup cereal
Fri	<ul style="list-style-type: none"> » 1 Whole Wheat English Muffin » 1 Tbsp jelly » 1/2 Cup low fat cottage cheese » 1 apple 	Turkey Sandwich: » 3 Slices (3 oz) Turkey breast » 2 Slices whole-grain bread » 1 slice low fat American cheese » 1 Tbsp mustard » 1 Orange » ½ cup baby carrots » 1 oz pretzels	Breakfast for Dinner: » Fresh Veggie Omelet » 1 clementine » 1 slice whole wheat toast » 1 Cup Low Fat Milk	<ul style="list-style-type: none"> » 2 rice cakes with ¼ C applesauce and 1 tsp raisins » 1 cheese stick 	<ul style="list-style-type: none"> » Whey Protein » 1 graham cracker with 2tsp peanut butter
Sat	<ul style="list-style-type: none"> » 1 banana » 1 C cooked oatmeal » 2 Tbsp Raisins » 1 C low-fat Greek Yogurt 	Fall Harvest Soup » 1 whole wheat Roll » ½ Cup low fat Cottage » 1 apple	Steak Fajitas » 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"> » Fruit Smoothie (1 cup fresh fruit with ½ cup juice) » 10 almonds 	<ul style="list-style-type: none"> » Whey Protein » 6oz low fat yogurt with 1/4 Cup Cereal
Sun	2 slices whole grain French toast » 2 Tbsp maple syrup » 1 peach » 1 C low-fat milk	Chef Salad: » 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	<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"> » 1 oz pretzels » 1 Tbsp Hummus » 1 clementine 	<ul style="list-style-type: none"> » Whey Protein » 1 banana » 2 Fig Newtons