



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 C cooked oatmeal » 1 banana » 2 Tbsp Raisins » 1 C low-fat milk 	Strawberry Chicken Salad: <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 Vinaigrette » ½ C slices Strawberries » 1 (1oz) whole wheat roll » ½ C trail mix 	Baked Eggplant Italiano: <ul style="list-style-type: none"> » ½ Cup cooked pasta » 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"> » 1 egg and 3 egg whites, scrambled with ¼ cup pepper, onions or tomato » 1 Slice whole-grain toast » 1 tsp jam » ½ cup cantaloupe » 1 C low-fat milk 	Roast Beef Sandwich: <ul style="list-style-type: none"> » 3oz (3 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 	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"> » 6oz low fat yogurt » ½ Cup Cereal » Banana 	<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 milk » ½ Cup blueberries 	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 (6oz) Container lowfat yogurt 	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 » 1 Cup low fat milk » ½ Cup Snap Peas » 1 Cup low fat milk 	<ul style="list-style-type: none"> » 2 fig newtons » banana 	<ul style="list-style-type: none"> » Whey Protein » ½ Cup Trail Mix with Pretzels
Thurs	<ul style="list-style-type: none"> » 1/2 whole wheat bagel, toasted » 1 Tbsp reduced-fat peanut butter » 1 tsp honey » ½ cup Cantaloupe » 1 Cup low fat milk 	<ul style="list-style-type: none"> » Mediterranean Tuna in Whole Grain Pita » ½ C grapes » 1 cup baby carrots » 1 low fat cheese stick 	<ul style="list-style-type: none"> » 3 oz Chicken Breast » ½ Cup pasta salad with green peppers and Italian dressing » ½ Cup steamed carrots » 1 Cup Low Fat Milk » ½ Cup cherries 	<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 » 6 oz low fat yogurt with ½ Cup Cereal
Fri	<ul style="list-style-type: none"> » 2 eggs, cooked any way » 1 small (1oz) blueberry muffin » ½ cup cantaloupe » 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 » 1 orange » ½ cup baby carrots » 1 oz pretzels 	Farm Stand Steak Salad: <ul style="list-style-type: none"> » 1 (1oz) whole wheat roll » 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 » 1 banana with 2 tsp Peanut Butter
Sat	<ul style="list-style-type: none"> » 1 ½ C whole wheat cereal in » 1 C low fat yogurt » ½ C sliced strawberries & bananas » cinnamon 	Grilled Cheese Sandwich: <ul style="list-style-type: none"> » 2 slices whole wheat bread » 2 slices low fat Cheese » 1 slice tomatoes » 1 cup tossed salad » 1 tsp low fat salad dressing » 1 apple 	<ul style="list-style-type: none"> » 4 oz Tilapia Filet » 1 ear grilled corn on the cob » 1 C zucchini and tomatoes » 1 Cup Low Fat Milk 	<ul style="list-style-type: none"> » 1 oz pretzels » 1 Tbsp Hummus » 1 Red Pear 	<ul style="list-style-type: none"> » Whey Protein » 6oz low fat yogurt with ½ Cup Cereal
Sun	<ul style="list-style-type: none"> » 2 medium (5") blueberry pancakes » 2 Tbsp maple syrup » 1 Peach » 1 C low-fat milk 	<ul style="list-style-type: none"> » 1 whole wheat English Muffin » 1 Tbsp peanut butter » 1 tsp honey » ½ tsp cinnamon » 1 cup snap peas » 1 cup Strawberries » 1 (6 oz) container non-fat Greek yogurt 	Turkey Burger: <ul style="list-style-type: none"> » 4 Oz lean ground turkey » 1 whole-wheat hamburger bun » 1 Tsp Ketchup » 1 Cup Watermelon 	<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 » ½ C cottage cheese with cinnamon » 2 Fig Newtons