



LIFE OF AN ATHLETE WEEKLY MEAL PLAN- FEMALE

	Breakfast	Lunch	Dinner	Pre Workout	Post Workout
Mon	<ul style="list-style-type: none"> » 1 banana » 1 C cooked oatmeal » 2 Tbsp Raisins » 1 C low-fat milk 	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 	<ul style="list-style-type: none"> » 3 oz Chicken Breast » 1 Baked Sweet Potato » 1 Tsp butter » 1 Cup Sautéed Zucchini » 1 Cup Low Fat Milk » 1 Peach 	<ul style="list-style-type: none"> » Fruit Smoothie (1 cup fresh fruit with ½ cup juice) » small cereal bar 	<ul style="list-style-type: none"> » Whey Protein » 1 graham cracker with 2 tsp Peanut Butter
Tues	<ul style="list-style-type: none"> » 1 ½ C whole wheat cereal » 1 C low fat milk » ½ C blueberries 	<ul style="list-style-type: none"> » 1 whole wheat English Muffin with ½ cup cottage cheese » 1 tsp honey » ¼ cup walnuts » 1 cup snap peas » 1 cup melon 	<ul style="list-style-type: none"> » 3 oz Lean Steak » ¼ Cup Mango Salsa » ¾ C Red Potatoes » 6 Asparagus Spears cooked in 1 tsp Olive Oil » ½ C low-fat milk 	<ul style="list-style-type: none"> » 1 low fat frozen waffle » ½ Cup applesauce 	<ul style="list-style-type: none"> » Whey Protein » 6oz low fat yogurt with ½ Cup Cereal
Weds	<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 Tbsp jam » 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 cheese » 1 Tbsp Balsamic Vinaigrette » 1 peach » 1 (1oz) whole wheat roll 	Quesadilla <ul style="list-style-type: none"> » ¼ Cup Black beans » 2 whole wheat tortillas » ¼ C low fat cheese » 2 Tbsp Salsa » 2 Cups Spinach and Cucumber Salad 	<ul style="list-style-type: none"> » 1 oz pretzels » 1 Tbsp Hummus » 1 Apple 	<ul style="list-style-type: none"> » Whey Protein » 1 banana » ¼ Cup Almonds
Thurs	<ul style="list-style-type: none"> » 2 slices whole-wheat toast » 1 Tbsp reduced-fat peanut butter » 1 apple » 1 C low-fat milk 	Turkey Wrap: <ul style="list-style-type: none"> » 1 (9in) Whole Wheat Wrap » 3 Oz Turkey Breast » ¼ cup shredded lettuce, tomato » 1 Tbsp garlic hummus » 1 low fat cheese stick » 1cup strawberries » ¼ cup Almonds 	<ul style="list-style-type: none"> » 4 oz Salmon Filet » ½ Cup Brown Rice » 1 C Steamed Broccoli » 1 Cup Low Fat Milk » 3 Fresh pineapple rings 	<ul style="list-style-type: none"> » ¼ Cup Raisins » 1 banana 	<ul style="list-style-type: none"> » Whey Protein » 1 Power Bar
Fri	<ul style="list-style-type: none"> » 1 ½ C whole wheat cereal » 1 C low fat milk » 1 banana 	Tuna salad sandwich: <ul style="list-style-type: none"> » 2 Slices whole-grain bread » 3 Oz canned tuna (in water) » 2 tsp mayonnaise or Greek yogurt » Chopped celery, lettuce leaves » 1 Pear » 6 oz Nonfat Yogurt 	Salad with Chicken and Strawberries: <ul style="list-style-type: none"> » 2 Cups Spinach » 3 oz cooked chicken » ¼ C Cucumbers » ¼ C carrots, shredded » 2 cup strawberries » 1 Tbsp Balsamic Vinaigrette » 1 Tbsp Sliced Almonds » 1 (1oz) whole wheat roll » 1 Cup Low fat Milk 	<ul style="list-style-type: none"> » ½ Whole Wheat Bagel » 1 Tbsp Strawberry Jam 	<ul style="list-style-type: none"> » Whey Protein » ½ Cup Trail Mix with Pretzels
Sat	<ul style="list-style-type: none"> » 2 medium (5") pancakes » 1 Tbsp reduced-calorie butter » 1 Cup Cantaloupe » 1 C low-fat milk 	Salad with Salmon: <ul style="list-style-type: none"> » 2 Cups Mixed Greens » 3 oz cooked salmon » ¼ C Cucumbers » ¼ C green peppers » ¼ cup low fat feta cheese » 1 Tbsp Balsamic Vinaigrette » 1 peach » 1 (1oz) whole wheat roll 	<ul style="list-style-type: none"> » 3 oz pork loin » ½ Cup Applesauce » 1 ear corn on the cob » 1 tsp butter » 1 cup steamed carrots » 1 Cup Low Fat Milk 	<ul style="list-style-type: none"> » 1 Cereal Bar » 1 Cup Fresh Fruit Salad 	<ul style="list-style-type: none"> » Whey Protein » 1 small tortilla with Nut Butter
Sun	<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 Tbsp jam » 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 » 1 cup cucumber and tomato salad » 1 tsp lowfat salad dressing » 1 apple 	Turkey Burger: <ul style="list-style-type: none"> » 4 Oz lean ground turkey » 1 whole-wheat hamburger bun » 1 Tsp Ketchup » 1 Cup Watermelon » ½ Cup Snap Peas » 1 Cup low fat milk 	<ul style="list-style-type: none"> » 1 small banana muffin » ½ cup blueberries 	<ul style="list-style-type: none"> » Whey Protein » 6oz low fat yogurt with ½ Cup Cereal