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| Mon  | 1 C cooked oatmeal + 1 banana + 2 Tbsp Raisins + 1 C low-fat milk | Strawberry Chicken Salad:  
- 2 Cups Spinach  
- 3 oz cooked chicken  
- ½ C Cucumbers  
- ¼ C carrots, shredded  
- ¼ cup low fat feta cheese  
- 1 Tbsp Balsamic Vingarette  
- ½ C slices Strawberries  
- 1 (1oz) whole wheat roll  
- ½ C trail mix | Baked Eggplant Italiano:  
- ½ Cup cooked pasta  
- 1 Cup low fat milk | - Fruit Smoothie (1 cup fresh fruit with ½ cup juice)  
- ½ C trail mix | - Whey Protein  
- Power Bar |
| Tues | 1 egg and 3 egg whites, scrambled with ¼ cup pepper, onions or tomato + 1 tsp jam + ½ cup cantaloupe + 1 C low-fat milk | Roast Beef Sandwich:  
- 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 | Chili-Lime Chicken Skewers:  
- ½ Cup Boiled Red Potatoes  
- 1 Cup low fat milk | - 6oz low fat yogurt  
- ½ Cup Cereal  
- Banana | - Whey Protein  
- 1 graham cracker with 2 tsp Peanut Butter |
| Weds | 1 ½ C whole wheat cereal + 1 C low fat milk + ½ Cup blueberries | Bagel Sandwich:  
- 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:  
- 3 oz seasoned ground turkey  
- 2 small whole wheat tortillas  
- ½ 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 | - 2 fig newtons  
- banana | - Whey Protein  
- ½ Cup Trail Mix with Pretzels |
| Thurs | 1/2 whole wheat bagel, toasted + 1 Tbsp reduced-fat peanut butter + ½ Cup Cantaloupe + 1 Cup low fat milk | Mediterranean Tuna in Whole Grain Pita  
- ½ C grapes  
- 1 cup baby carrots  
- 1 low fat cheese stick | 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 | - 2 rice cakes with ½ C applesauce and 1 tsp raisins  
- 1 pear | - Whey Protein  
- 6 oz low fat yogurt with ½ Cup Cereal |
| Fri  | 2 eggs, cooked any way + 1 small (1oz) blueberry muffin + ½ cup cantaloupe + 1 C low-fat milk | Ham and Cheese Sandwich:  
- 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:  
- 1 (10z) whole wheat roll  
- 1 Cup low fat milk | - Fruit Smoothie (1 cup fresh fruit with ½ cup juice)  
- ½ C trail mix | - Whey Protein  
- 1 banana with 2 tsp Peanut Butter |
| Sat  | 1 ½ C whole wheat cereal in  
- 1 C low fat yogurt  
- ½ C sliced strawberries & bananas + cinnamon | Grilled Cheese Sandwich:  
- 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 | - 4 oz Tilapia Filet  
- 1 ear grilled corn on the cob  
- 1 C zucchini and tomatoes  
- 1 Cup Low Fat Milk | - 1 oz pretzels  
- 1 Tbsp Hummus  
- 1 Red Pear | - Whey Protein  
- 6 oz low fat yogurt with ½ Cup Cereal |
| Sun  | 2 medium (5”) blueberry pancakes + 2 Tbsp maple syrup + 1 Peach + 1 C low-fat milk | Turkey Burger:  
- 1 whole wheat English Muffin  
- 1 Tbsp peanut butter  
- ½ tsp honey  
- 1 cup snap peas  
- 1 cup Strawberries  
- 1 (6 oz) container non-fat Greek yogurt | - ½ Cup trail mix  
- 1 apple with 2 tsp peanut butter | - Whey Protein  
- ½ C cottage cheese with cinnamon  
- 2 Fig Newtons |