



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 ½ C whole wheat cereal in » 1 C low fat Greek yogurt » ½ C sliced grapes » cinnamon 	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 	Strawberry Chicken Salad: <ul style="list-style-type: none"> » 2 Cups Spinach » 3 oz cooked chicken » 1/4 C Chickpeas » ¼ C Cucumbers » ¼ C carrots, shredded » ¼ cup low fat feta cheese » 1 Tbsp Balsamic Vinaigrette » ½ C sliced strawberries 	<ul style="list-style-type: none"> » 1 C low fat milk » 2 Fig Newtons 	<ul style="list-style-type: none"> » Whey Protein » 1 banana with 2 tsp peanut butter
Tues	<ul style="list-style-type: none"> » Fresh Veggie Omelet » Pumpkin Cranberry Muffin » 1 clementine » 1 C low-fat milk 	Peanut Butter and Jelly Sandwich: <ul style="list-style-type: none"> » 1 Tbsp Peanut Butter » 2 tsp Jelly » 2 slice whole wheat bread » 1 low fat cheese stick » 1 apple » 1 cup baby carrots 	Red Lentil Curry <ul style="list-style-type: none"> » 1/2 C brown rice » 1 C low fat milk 	<ul style="list-style-type: none"> » 1 oz pretzels » 1 Tbsp Hummus » 1 Pear 	<ul style="list-style-type: none"> » Whey Protein » 6 oz low fat yogurt » 1/4 cup cereal
Weds	<ul style="list-style-type: none"> » Green Morning Smoothie » 1 slice whole grain toast » 2 tsp peanut butter 	Mediterranean Tuna in Whole Grain Pita <ul style="list-style-type: none"> » 1 orange » ½ cup baby carrots » 1 low fat cheese stick 	<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"> » 10 almonds » 1/2 C cottage cheese 	<ul style="list-style-type: none"> » Whey Protein » PowerBar
Thurs	<ul style="list-style-type: none"> » 2 medium (5") banana pancakes » 2 Tbsp maple syrup » 1 Peach » 1 C low-fat milk 	Butternut Squash and Carrot Soup <ul style="list-style-type: none"> » 1 whole wheat Roll » ½ Cup low fat Cottage Cheese » 1 Tbsp Raisins » 1 apple » 10 almonds 	<ul style="list-style-type: none"> » ¾ Cup cooked pasta » 3 oz chicken breast » 1 C broccoli » 1 tsp butter » 1 tsp grated parmesan cheese » 1 Cup low fat milk 	<ul style="list-style-type: none"> » Fruit Smoothie (1 cup fresh fruit with ½ cup juice) » 1/2 C trail mix 	<ul style="list-style-type: none"> » Whey Protein » 1 banana with 2 tsp peanut butter
Fri	<ul style="list-style-type: none"> » Oatmeal Apple Pie » 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 » 1/2 C mixed fruit » ½ cup baby carrots » 1 oz pretzels » 1 Tbsp Balsamic Vinaigrette » 1 orange 	Maple Glazed Salmon <ul style="list-style-type: none"> » 6 spears asparagus » ½ ear corn » 1 Cup Low Fat Milk 	<ul style="list-style-type: none"> » 6oz low fat yogurt » 1/4 cup cereal » banana 	<ul style="list-style-type: none"> » Whey Protein » 2 rice cakes » ¼ C applesauce » 1 tsp raisins » 1 cheese stick
Sat	<ul style="list-style-type: none"> » 2 frozen whole wheat waffles » 1 Tbsp peanut butter » ½ C blueberries » 1 C low-fat milk 	Grilled Chicken Salad: <ul style="list-style-type: none"> » 2 Cups Mixed Green » 3 oz cooked chicken » 1/2 C chopped vegetables » ¼ cup low fat cheddar cheese » 1 Tbsp Balsamic Vinaigrette » 1 banana » 1 (1oz) whole wheat roll 	Steak Fajitas: <ul style="list-style-type: none"> » 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"> » 1 oz pretzels » 1 Tbsp Hummus » 1 Pear 	<ul style="list-style-type: none"> » Whey Protein » PowerBar
Sun	<ul style="list-style-type: none"> » 1 banana » 1 C cooked oatmeal » 2 Tbsp Raisins » 1 C low-fat Greek Yogurt 	Egg salad sandwich: <ul style="list-style-type: none"> » 2 Slices whole-grain bread » 2 eggs, hardboiled, chopped » 2 tsp Greek yogurt » 1 tsp Dijon mustard » 1 Pear » 6 oz Nonfat Yogurt 	White Bean and Kale Soup <ul style="list-style-type: none"> » 2 Crostini » 1 C low fat milk » 1 Apple 	<ul style="list-style-type: none"> » 1 graham cracker » 2 tsp peanut butter 	<ul style="list-style-type: none"> » Whey Protein » 10 almonds » 1/2 C cottage cheese