<table>
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<th>Day</th>
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</table>
| Mon   | 2 C whole wheat cereal  
1 C low fat Greek yogurt  
1 sliced banana  
cinnamon       | Chef Salad:  
> 2 Cups mixed Greens  
> 2 slices ham, 2 slices 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 Vingarette  
1 orange     | Quesadilla:  
> 4 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 | 1 C low fat milk  
1/2 C trail mix  
Whey Protein | 2 graham cracker with 1 Tbsp peanut butter |
| Tues  | « Green Morning Smoothie  
> 2 slices whole grain toast  
> 2 tsp peanut butter | Bagel Sandwich:  
> 1 small (3oz) whole wheat bagel  
> 2 Tbsp garlic hummus  
tomato/lettuce/onion  
1 cup snap peas  
1/2 C grapes  
1 Cup low fat yogurt | 5 oz Tilapia Filet  
> ½ Cup mashed potatoes  
> 6 spears asparagus  
1 Cup Low Fat Milk  
½ C cherries | Cheese stick  
3 fig newtons  
Whey Protein | PowerBar |
| Weds  | 1 banana  
1 C cooked oatmeal  
1/2 C applesauce  
1 C low-fat milk | Sloppy Jane Sandwich  
> 1/2 C Carrots  
> 1/2 C mixed fruit salad  
1 Cup Low Fat Milk | Tomato and Mushroom Medley over Sauteed Polenta  
> 4 oz grilled chicken  
> 1 Cup Low Fat Milk  
> ½ C cherries | 1/2 C cottage cheese  
10 almonds  
Whey Protein | 1 1/2 C trail mix  
1 oz pretzels |
| Thurs | Fresh Veggie Omelet  
Banana Nut Muffin  
1/2 C applesauce  
1 C low-fat milk | Mediterranean Tuna in Whole Grain Pita  
1 orange  
½ cup baby carrots  
1 low fat cheese stick | Farm Stand Steak Salad  
1 (1oz) whole wheat roll  
1 Cup low fat milk | 1 C Greek yogurt  
1/4 C cereal  
Whey Protein | 1 banana with 1 Tbsp peanut butter |
| Fri   | 1 small (2oz) whole wheat bagel, toasted  
> 1 Tbsp reduced-fat peanut butter  
1 banana  
1 Cup low fat milk | Fall Harvest Soup  
1 whole wheat Roll  
½ Cup low fat Cottage Cheese  
1 apple | Grilled Turkey Panini:  
> 4 Slices (4 oz) Turkey breast  
> 2 Slices whole-grain bread  
> 1 slice low fat American cheese  
1 Tbsp Dijon mustard  
1 granny smith apple  
½ cup baby carrots  
½ C cherries | Cereal Bar  
1 C low fat milk  
Whey Protein | 3 rice cakes  
1/2 C applesauce and 1 tsp raisins |
| Sat   | 3 slices whole grain French toast  
2 Tbsp maple syrup  
1/2 C sliced strawberries  
1 C low-fat milk | Ham and Cheese Wrap:  
> 4 Slices (4 oz) Ham  
> 1 (8in) Whole Grain Wrap  
> 1 slice low fat American cheese  
1 Tbsp mustard  
½ C Apple  
½ cup baby carrots  
1 oz pretzels | Chicken Sausage and Peppers:  
> 1 1/2 chicken sausage links  
½ cup peppers and onions  
1 small hotdog bun  
½ Cup fruit salad  
1 Cup low fat milk | Fruit Smoothie (1 cup fresh fruit with ½ cup juice)  
> 10 almonds | 1 banana with 1 Tbsp peanut butter |
| Sun   | 2 egg and 3 egg whites, scrambled with 1/4 cup pepper, onions or tomato  
1 slice whole grain toast  
½ cup fruit salad  
1 C low-fat milk | Turkey Pear Salad:  
> 2 Cups Spinach  
> 4 oz sliced turkey  
¼ C Cucumbers  
¼ C carrots, shredded  
¼ cup low fat feta cheese  
1 Tbsp Balsamic Vingarette  
½ C sliced green pear  
2 Tbsp dried cranberries  
1 (1oz) whole wheat roll | 1 1/2 Cup cooked spaghetti squash  
4 (1 oz each) meatballs  
1/4 C tomato sauce 1 tsp grated parmesan cheese  
1 Cup low fat milk  
1 slice Italian bread with 1 tsp butter | 1 slice whole grain toast with 2 Tbsp hummus  
1 cheese stick | Whey Protein  
1 banana with 1 Tbsp peanut butter |