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| Mon | 1 banana  
1 C cooked oatmeal  
2 Tbsp Raisins  
2 C low-fat milk | Farm Stand Steak Salad  
- 1 apple  
- 1 (1oz) whole wheat roll  
- 1 Cup low fat milk | Quesadilla:  
- 3 oz seasoned ground turkey  
- 2 small whole wheat tortillas  
- ¹/₄ C low fat cheese  
- 2 Tbsp Salsa  
- 1 Cup Tossed Salad | Fruit Smoothie (1 cup fresh fruit with ¹/₄ cup juice)  
- ¹/₄ C trail mix | Whey Protein  
- 6oz low fat yogurt with ¹/₄ Cup Cereal |
| Tues | Fresh Veggie Omelet  
- 1 clementine  
- 1 slice whole wheat toast  
- 1 Cup Low Fat Milk | Grilled Chicken Wrap:  
- 1 (6in) Whole Wheat Wrap  
- 3 Oz Grilled Chicken  
- ¹/₄ cup shredded lettuce and tomato  
- 1 tsp low fat Ranch dressing  
- ¹/₂ cup cucumber slices  
- (6oz) container yogurt with  
- ¹/₂ cup strawberries and  
- ¹/₄ cup cherrios | Maple Glazed Salmon:  
- 6 spears asparagus  
- ¹/₂ ear corn  
- 1 Cup Low Fat Milk | 2 fig newtons  
- 1 pear | Whey Protein  
- 1 graham cracker with 2 tsp Peanut Butter |
| Weds | 1 ¹/₂ C whole wheat cereal  
1 C low fat Greek yogurt  
1 ¹/₂ C sliced strawberries  
1 cinnamon | Bagel Sandwich:  
- 1 small (2oz) whole wheat bagel  
- 2 Tbsp garlic hummus  
- tomato/lettuce/onion  
- 1 cup snap peas  
- 1 apple  
- 1/2 Cup Cottage Cheese | Chili-Lime Chicken Skewers  
- 1/2 Cup Boiled Red Potatoes  
- 1 C Cup low fat milk | 2 rice cakes with ¹/₄ C applesauce  
- 10 almonds | Whey Protein  
- 6oz low fat yogurt with ¹/₄ Cup Cereal |
| Thurs | 2 medium (5") blueberry pancakes  
1 Tbsp maple syrup  
1 Peach  
1 C low-fat milk | Pear Turkey Salad:  
- 2 Cups Spinach  
- 3 oz sliced turkey  
- ¹/₄ C Cucumbers  
- ¹/₂ C carrots, shredded  
- ¹/₄ cup low fat feta cheese  
- 1 Tbsp Balsamic Vingarette  
- ¹/₂ C sliced pear  
- 2 Tbsp dried cranberries  
- 1 (1oz) whole wheat roll | ¼ Cup cooked pasta  
- 3 oz chicken breast  
- 1 C broccoli  
- 1 tsp butter  
- 1 tsp grated parmesan cheese  
- 1 Cup low fat milk  
- ½ C grapes | 1 low fat cheese stick  
- 1 Cereal Bar | Whey Protein  
- 6oz low fat yogurt with ¹/₄ Cup Cereal |
| Fri | 2 frozen whole wheat waffles  
1 Tbsp peanut butter  
1 ³/₄ C Strawberries  
1 C low-fat milk | Fall Harvest Soup  
- ¹/₂ Cup snap peas  
- 1(6oz) cup low fat Greek Yogurt  
- ¹/₄ C blueberries | ³/₄ Lean Steak  
- ¹/₂ C cubed, baked sweet potato  
- 6 asparagus spears  
- 1 C low-fat milk  
- 1/2 grilled peach | 1 apple with 2 tsp Peanut Butter  
- 1 low fat cheese stick | Whey Protein  
- PowerBar |
| Sat | 1 banana  
1 C cooked oatmeal  
2 Tbsp Raisins  
1 C low-fat Greek Yogurt | Chef Salad:  
- 2 Cups mixed Greens  
- 1 slice ham, 1 slice turkey breast, 1 slice low fat American cheese, rolled and sliced, 1 hardboiled egg  
- ¹/₄ C Cucumbers  
- ¹/₂ C carrots, shredded  
- ¹/₄ cup tomato slices  
- 1 Tbsp Balsamic Vingarette  
- 1 orange  
- 1 (1oz) whole wheat roll | Grilled Turkey Panini Turkey Sandwich:  
- 3 Slices (3 oz) Turkey breast  
- 2 Slices whole-grain bread  
- 1 slice low fat American cheese  
- 1 Tbsp Dijon mustard  
- 1 slice granny smith apple  
- ½ cup baby carrots  
- ½ Cup cherries | 1 (6oz) Greek yogurt  
- ¹/₂ C cereal | Whey Protein  
- 2 fig newtons  
- 10 almonds |
| Sun | 1 egg and 3 egg whites, scrambled with 1/4 cup pepper, onions or tomato  
1/2 cup Cranberry Muffin  
1 ¹/₂ cup fruit salad  
1 C low-fat milk | Grilled Cheese Sandwich:  
- 2 slices whole wheat bread  
- 2 slices low fat Cheese  
- 1 slice tomatoes  
- ¹/₂ C baby carrots  
- 1 apple | ³/₄ oz pork loin  
- ¹/₂ Cup Orzo Pasta  
- ¹/₂ Cup sautéed zucchini  
- 1 Cup Low Fat Milk | 1 oz pretzels  
- 1 Tbsp Hummus  
- 1 Orange | Whey Protein  
- 1 banana with 2 tsp Peanut Butter |