



## LIFE OF AN ATHLETE WEEKLY MEAL PLAN- MALE

	Breakfast	Lunch	Dinner	Pre Workout Snack	Post Workout Snack
<b>Mon</b>	<ul style="list-style-type: none"> <li>» 1 banana</li> <li>» 1 C cooked oatmeal</li> <li>» 2 Tbsp Raisins</li> <li>» 2 tsp walnuts</li> <li>» 1 C low-fat milk</li> </ul>	<b>Farm Stand Steak Salad</b> <ul style="list-style-type: none"> <li>» 1 apple</li> <li>» 1 (1oz) whole wheat roll</li> <li>» 1 Cup low fat milk</li> </ul>	<b>Quesadilla:</b> <ul style="list-style-type: none"> <li>» 4 oz seasoned ground turkey</li> <li>» 2 small whole wheat tortillas</li> <li>» ¼ C low fat cheese</li> <li>» 2 Tbsp Salsa</li> <li>» 1 Cup Tossed Salad</li> <li>» 1 Cup low fat milk</li> </ul>	<ul style="list-style-type: none"> <li>» Fruit Smoothie (1 cup fresh fruit with ½ cup juice)</li> <li>» ½ C trail mix</li> </ul>	<ul style="list-style-type: none"> <li>» Whey Protein</li> <li>» 1 Cup low fat yogurt</li> <li>» ½ Cup Cereal</li> </ul>
<b>Tues</b>	<b>Fresh Veggie Omelet</b> <ul style="list-style-type: none"> <li>» 1 clementine</li> <li>» 2 slices whole wheat toast</li> <li>» 1 Cup Low Fat Milk</li> </ul>	<b>Grilled Chicken Wrap:</b> <ul style="list-style-type: none"> <li>» 1 (9in) Whole Wheat Wrap</li> <li>» 4 Oz Grilled Chicken</li> <li>» ¼ cup shredded lettuce and tomato</li> <li>» 1 tsp low fat Ranch dressing</li> <li>» ½ cup cucumber slices</li> <li>» 1 (6oz) container yogurt with</li> <li>» ½ cup strawberries and</li> <li>» ½ cup cheerios</li> </ul>	<b>Maple Glazed Salmon</b> <ul style="list-style-type: none"> <li>» 6 spears asparagus</li> <li>» 1 ear corn</li> <li>» 1 Cup Low Fat Milk</li> </ul>	<ul style="list-style-type: none"> <li>» 3 fig newtons</li> <li>» 1 pear</li> </ul>	<ul style="list-style-type: none"> <li>» Whey Protein</li> <li>» 2 graham cracker with 2 tsp Peanut Butter</li> </ul>
<b>Weds</b>	<ul style="list-style-type: none"> <li>» 2 C whole wheat cereal in</li> <li>» 1 C low fat Greek yogurt</li> <li>» ½ C sliced strawberries</li> <li>» cinnamon</li> </ul>	<b>Bagel Sandwich:</b> <ul style="list-style-type: none"> <li>» 1 small (2oz) whole wheat bagel</li> <li>» 2 Tbsp garlic hummus</li> <li>» tomato/lettuce/onion</li> <li>» 1 cup snap peas</li> <li>» 1 apple</li> <li>» 1/2 Cup Cottage Cheese with ¼ C cereal</li> </ul>	<b>Chili-Lime Chicken Skewers</b> <ul style="list-style-type: none"> <li>» ½ Cup Boiled Red Potatoes</li> <li>» 1 Cup low fat milk</li> <li>» ½ C fruit salad</li> </ul>	<ul style="list-style-type: none"> <li>» 2 rice cakes</li> <li>» ½ C applesauce</li> <li>» 12 almonds</li> </ul>	<ul style="list-style-type: none"> <li>» Whey Protein</li> <li>» 1 banana</li> <li>» ½ C trail mix with pretzels</li> </ul>
<b>Thurs</b>	<ul style="list-style-type: none"> <li>» 3 small (4") blueberry pancakes</li> <li>» 2 Tbsp maple syrup</li> <li>» 1 Peach</li> <li>» 1 C low-fat milk</li> </ul>	<b>Pear Turkey Salad:</b> <ul style="list-style-type: none"> <li>» 2 Cups Spinach</li> <li>» 4 oz sliced turkey</li> <li>» ¼ C Cucumbers</li> <li>» ¼ C carrots, shredded</li> <li>» ¼ cup low fat feta cheese</li> <li>» 1 Tbsp Balsamic Vingarette</li> <li>» ½ C sliced pear</li> <li>» 2 Tbsp dried cranberries</li> <li>» 1 (1oz) whole wheat roll</li> </ul>	<ul style="list-style-type: none"> <li>» ¾ Cup cooked pasta</li> <li>» 4 oz chicken breast</li> <li>» 1 C broccoli</li> <li>» 1 tsp butter</li> <li>» 1 tsp grated parmesan cheese</li> <li>» 1 Cup low fat milk</li> <li>» ½ C grapes</li> </ul>	<ul style="list-style-type: none"> <li>» 1 low fat cheese stick</li> <li>» 1 Cereal Bar</li> </ul>	<ul style="list-style-type: none"> <li>» Whey Protein</li> <li>» 1 Cup low fat yogurt</li> <li>» ½ Cup Cereal</li> </ul>
<b>Fri</b>	<ul style="list-style-type: none"> <li>» 3 frozen whole wheat waffles</li> <li>» 1 ½ Tbsp peanut butter</li> <li>» ½ C Strawberries</li> <li>» 1 C low-fat milk</li> </ul>	<b>Fall Harvest Soup</b> <ul style="list-style-type: none"> <li>» ½ Cup snap peas</li> <li>» 1 cup low fat Greek Yogurt</li> <li>» ¼ C blueberries</li> <li>» 1 oz pretzels</li> </ul>	<ul style="list-style-type: none"> <li>» 4 oz Lean Steak</li> <li>» ½ C cubed, baked sweet potato</li> <li>» 6 asparagus spears</li> <li>» 1 C low-fat milk</li> <li>» 1/2 grilled peach</li> </ul>	<ul style="list-style-type: none"> <li>» 1 apple</li> <li>» 2 tsp Peanut Butter</li> <li>» 1 low fat cheese stick</li> </ul>	<ul style="list-style-type: none"> <li>» Whey Protein</li> <li>» PowerBar</li> </ul>
<b>Sat</b>	<ul style="list-style-type: none"> <li>» 1 banana</li> <li>» 1 C cooked oatmeal</li> <li>» 2 Tbsp Raisins</li> <li>» 2 tsp walnuts</li> <li>» 1 cup low fat milk</li> </ul>	<b>Chef Salad:</b> <ul style="list-style-type: none"> <li>» 2 Cups mixed Greens</li> <li>» 2 slice ham, 2 slice turkey breast, 1 slice low fat American cheese, rolled and sliced, 1 hardboiled egg</li> <li>» ¼ C Cucumbers</li> <li>» ¼ C carrots, shredded</li> <li>» ¼ cup tomato slices</li> <li>» 1 Tbsp Balsamic Vingarette</li> <li>» 1 orange</li> <li>» 1 (1oz) whole wheat roll</li> </ul>	<b>Grilled Turkey Panini Turkey Sandwich:</b> <ul style="list-style-type: none"> <li>» 4 Slices (4 oz) Turkey breast</li> <li>» 2 Slices whole-grain bread</li> <li>» 1 slice low fat American cheese</li> <li>» 1 Tbsp Dijon mustard</li> <li>» 1 slice granny smith apple</li> <li>» ½ cup baby carrots</li> <li>» 1 Cup cherries</li> </ul>	<ul style="list-style-type: none"> <li>» 1 C Greek yogurt</li> <li>» ½ C cereal</li> </ul>	<ul style="list-style-type: none"> <li>» Whey Protein</li> <li>» 3 fig newtons</li> <li>» 12 almonds</li> </ul>
<b>Sun</b>	<ul style="list-style-type: none"> <li>» 1 egg and 3 egg whites, scrambled with ¼ cup pepper, onions or tomato</li> <li>» <b>Pumpkin Cranberry Muffin</b></li> <li>» ½ cup fruit salad</li> <li>» 1 C low-fat milk</li> </ul>	<b>Grilled Cheese Sandwich:</b> <ul style="list-style-type: none"> <li>» 2 slices whole wheat bread</li> <li>» 2 slices low fat Cheese</li> <li>» 1 slice tomatoes</li> <li>» ½ C baby carrots</li> <li>» 1 apple</li> <li>» 10 almonds</li> </ul>	<ul style="list-style-type: none"> <li>» 4 oz pork loin</li> <li>» 3/4 Cup Orzo Pasta</li> <li>» ½ Cup sautéed zucchini</li> <li>» 1 Cup Low Fat Milk</li> </ul>	<ul style="list-style-type: none"> <li>» 1 oz pretzels</li> <li>» 2 Tbsp Hummus</li> <li>» 1 Orange</li> </ul>	<ul style="list-style-type: none"> <li>» Whey Protein</li> <li>» 1 banana</li> <li>» 2 tsp Peanut Butter</li> </ul>