

# Life of an Athlete Weekly Meal Plan- Female

|       | Breakfast  | Lunch  | Dinner  | Pre Workout Snack  | Post Workout Snack  |
|-------|--|--|---|--|---|
| Mon   | <ul style="list-style-type: none"> <li>» 1/2 whole wheat bagel, toasted</li> <li>» 1 Tbsp reduced-fat peanut butter</li> <li>» 1 banana</li> <li>» 1 Cup low fat milk</li> </ul> | <b>Mediterranean Tuna in Whole Grain Pita:</b><br><ul style="list-style-type: none"> <li>» ¼ C grapes</li> <li>» 1 cup baby carrots</li> <li>» 1 low fat cheese stick</li> </ul>   | <ul style="list-style-type: none"> <li>» Red Lentil Curry</li> <li>» 1/2 C brown rice</li> <li>» 1 C 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 Power Bar</li> </ul>  |
| Tues  | <ul style="list-style-type: none"> <li>» 1 ½ C whole wheat cereal in</li> <li>» 1 C low fat Greek yogurt</li> <li>» ½ C blueberries</li> <li>» cinnamon</li> </ul>               | <b>Strawberry Chicken Salad:</b><br><ul style="list-style-type: none"> <li>» 2 Cups Spinach</li> <li>» 3 oz cooked chicken</li> <li>» ¼ C Cucumbers</li> <li>» ¼ C carrots, shredded</li> <li>» ¼ cup low fat feta cheese</li> <li>» 1 Tbsp Balsamic Vinaigrette</li> <li>» ½ C slices Strawberries</li> <li>» 1 oz pretzels</li> </ul>                                    | <b>Meatball Sandwich:</b><br><ul style="list-style-type: none"> <li>» 2 meatballs (94% lean ground beef)</li> <li>» 1 whole wheat sandwich roll</li> <li>» 1 slice low-fat mozzarella cheese</li> <li>» 1 C tossed salad</li> <li>» 1/2 C cherries</li> </ul> | <ul style="list-style-type: none"> <li>» 1 Cup Low Fat Milk</li> <li>» 2 fig newtons</li> </ul>                                  | <ul style="list-style-type: none"> <li>» Whey Protein</li> <li>» 1 banana with 2 tsp Peanut Butter</li> </ul>         |
| Weds  | <ul style="list-style-type: none"> <li>» 1 banana</li> <li>» 1 C cooked oatmeal</li> <li>» 2 Tbsp Raisins</li> <li>» 1 C low-fat milk</li> </ul>                                 | <b>Roast Beef Sandwich:</b><br><ul style="list-style-type: none"> <li>» 3oz (3 slices) roast beef</li> <li>» 2 Slices whole-grain bread</li> <li>» 2 slices red onion</li> <li>» 1 Tsp yellow mustard</li> <li>» 1 low fat cheese stick</li> <li>» 1 plum</li> <li>» 1 cup baby carrots</li> </ul>   | <b>Baked Eggplant Italiano:</b><br><ul style="list-style-type: none"> <li>» ½ Cup cooked pasta</li> <li>» 1 Cup low fat milk</li> </ul>   | <ul style="list-style-type: none"> <li>» 1 (6oz) Container Low Fat Yogurt</li> <li>» 12 Almonds</li> </ul>                       | <ul style="list-style-type: none"> <li>» Whey Protein</li> <li>» ½ Cup Trail Mix with Pretzels</li> </ul>             |
| Thurs | <ul style="list-style-type: none"> <li>» Fresh Veggie Omelet</li> <li>» 1 clementine</li> <li>» 1 slice whole wheat toast</li> <li>» 1 Cup Low Fat Milk</li> </ul>               | <b>Taco Salad:</b><br><ul style="list-style-type: none"> <li>» 2 Cups Shredded Lettuce</li> <li>» 3 oz cooked shredded chicken</li> <li>» ¼ C tomatoes</li> <li>» ¼ C green peppers</li> <li>» ¼ C black olives</li> <li>» ¼ C onion</li> <li>» ¼ cup low fat cheddar cheese</li> <li>» 2 Tbsp Salsa</li> <li>» 10 whole corn tortilla chips</li> <li>» 1 Apple</li> </ul> | <b>Chicken Sausage and Peppers:</b><br><ul style="list-style-type: none"> <li>» 1 chicken sausage link</li> <li>» ½ cup peppers and onions</li> <li>» 1 small hotdog bun</li> <li>» ½ Cup fruit 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 graham cracker with 2 tsp peanut butter</li> </ul> |
| Fri   | <ul style="list-style-type: none"> <li>» 2 medium (5") banana pancakes</li> <li>» 2 Tbsp maple syrup</li> <li>» 1 Peach</li> <li>» 1 C low-fat milk</li> </ul>                   | <ul style="list-style-type: none"> <li>» 1 whole wheat English Muffin with</li> <li>» 1 Tbsp peanut butter</li> <li>» 1 tsp honey</li> <li>» ½ tsp cinnamon</li> <li>» 1 cup snap peas</li> <li>» 1 cup Strawberries</li> <li>» 1 (6 oz) container non fat Greek yogurt</li> </ul>   | <ul style="list-style-type: none"> <li>» Beef with Broccoli</li> <li>» 1/2 C brown rice</li> <li>» 1 C low fat milk</li> </ul>  | <ul style="list-style-type: none"> <li>» 2 rice cakes with ¼ C applesauce and 1 tsp raisins</li> <li>» 1 pear</li> </ul>         | <ul style="list-style-type: none"> <li>» Whey Protein</li> <li>» Power Bar</li> </ul>                                 |
| Sat   | <ul style="list-style-type: none"> <li>» Fresh Veggie Omelet</li> <li>» Pumpkin Cranberry Muffin</li> <li>» ½ cup fruit salad</li> <li>» 1 C low-fat milk</li> </ul>             | <b>Butternut Squah and Carrot Soup</b><br><ul style="list-style-type: none"> <li>» 1 whole wheat Roll</li> <li>» ½ Cup low fat Cottage Cheese with 1 Tbsp Raisins</li> <li>» 1 apple</li> <li>» 10 almonds</li> </ul>  | <ul style="list-style-type: none"> <li>» 2 Chicken Enchiladas</li> <li>» 1 Cup mixed green salad with 2 tsp ranch dressing</li> <li>» 1 Cup Low Fat Milk</li> </ul>   | <ul style="list-style-type: none"> <li>» 1 oz pretzels</li> <li>» 1 Tbsp Hummus</li> <li>» 1 Red Pear</li> </ul>                 | <ul style="list-style-type: none"> <li>» Whey Protein</li> <li>» 6oz low fat yogurt with ½ Cup Cereal</li> </ul>      |
| Sun   | <ul style="list-style-type: none"> <li>» 2 frozen whole wheat waffles with</li> <li>» 1 Tbsp peanut butter</li> <li>» ½ C Strawberries</li> <li>» 1 C low-fat milk</li> </ul>    | <b>Ham and Cheese Sandwich:</b><br><ul style="list-style-type: none"> <li>» 3 Slices (3 oz) Ham</li> <li>» 2 Slices whole-grain bread</li> <li>» 1 slice low fat American cheese</li> <li>» 1 Tbsp mustard</li> <li>» 1 orange</li> <li>» ½ cup baby carrots</li> <li>» 1 oz pretzels</li> </ul>   | <b>Turkey Burger:</b><br><ul style="list-style-type: none"> <li>» 4 Oz lean ground turkey</li> <li>» 1 whole-wheat hamburger bun</li> <li>» 1 Tsp Ketchup</li> <li>» 1 C cucumber slices</li> <li>» 1 C low fat Milk</li> <li>» 1/2 C Grapes</li> </ul>       | <ul style="list-style-type: none"> <li>» ½ Cup trail mix</li> <li>» 1 apple with 2 tsp peanut butter</li> </ul>                  | <ul style="list-style-type: none"> <li>» Whey Protein</li> <li>» 1 cheese stick</li> <li>» 2 Fig Newtons</li> </ul>   |