<table>
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<th>Day</th>
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| Mon | - 1 small whole wheat bagel, toasted | - Mediterranean Tuna in Whole Grain Pita:  
+ ½ C grapes  
+ 1 cup baby carrots  
+ 1 low fat cheese stick  
+ 12 almonds | - Red Lentil Curry  
+ 1/2 C brown rice  
+ 1 C low fat milk | - Fruit Smoothie (1 cup fresh fruit with ¾ cup juice) | - 3/4 C trail mix  
- Whey Protein Power Bar |
| Tues | - 2 C whole wheat cereal in  
- 1 C low fat Greek yogurt  
- ½ C blueberries  
- cinnamon | Strawberry Chicken Salad:  
+ 2 Cups Spinach  
+ 4 oz cooked chicken  
+ ¼ C Cucumbers  
+ ¼ C carrots, shredded  
+ ¼ cup low fat feta cheese  
+ 1 Tbsp Balsamic Vingarette  
+ ½ C slices Strawberries  
+ 1 oz pretzels | Meatball Sandwich:  
+ 2 1/2 meatballs (94% lean ground beef)  
+ 1 whole wheat sandwich roll  
+ 1 slice low-fat mozzarella cheese  
+ 1 C tossed salad  
+ 1/2 C cherries | - 1 Cup Low Fat Milk  
- 3 fig Newtons  
- 1 banana with 1 Tbsp Peanut Butter | - 3/4 Cup Trail Mix with Pretzels  
- Whey Protein | |
| Weds | - 1 banana  
- 1 C cooked oatmeal  
- 2 Tbsp Raisins  
- 1/4 C chopped walnuts  
- 1 C low-fat milk | Roast Beef Sandwich:  
+ 4oz (4 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 | Baked Eggplant Italiano:  
+ 3/4 Cup cooked pasta  
+ 1 Cup low fat milk | - 1 Cup Low Fat Yogurt  
- 15 Almonds  
- 3/4 C trail mix | - 3/4 Cup Trail Mix with Pretzels  
- Whey Protein | |
| Thurs | - Fresh Veggie Omelet  
- 1 clementine  
- 2 slices whole wheat toast  
- 1 Cup Low Fat Milk | Taco Salad:  
+ 2 Cups Shredded Lettuce  
+ 4 oz cooked shredded chicken  
+ ¼ C tomatoes  
+ ¼ C green peppers  
+ ¼ C black olives  
+ ¼ C onion  
+ 1/2 cup low fat cheddar cheese  
+ 2 Tbsp Salsa  
+ 10 whole corn tortilla chips  
+ 1 Apple | Chicken Sausage and Peppers:  
+ 1 1/2 chicken sausage link  
+ 1/2 cup peppers and onions  
+ 1 small hotdog bun  
+ 1/2 C cup fruit salad  
+ 1 C low fat milk | - Fruit Smoothie (1 cup fresh fruit with ¾ cup juice)  
- 3/4 C trail mix | - 3/4 Cup Trail Mix with Pretzels  
- Whey Protein  
- 2 graham cracker with 2 tsp peanut butter | |
| Fri | - 3 medium (5”) banana pancakes  
- 2 Tbsp maple syrup  
- 1 Peach  
- 1 C low-fat milk | - 1 whole wheat English Muffin with  
+ 1 Tbsp peanut butter  
+ 1 tsp honey  
+ ½ tsp cinnamon  
+ 1 cup snap peas  
+ 1 cup Strawberries  
+ 1 Cup non fat Greek yogurt with 1/4 C cereal  
+ 1 Apple | - Beef with Broccoli  
+ 1/2 C brown rice  
+ 1 C low fat milk  
+ 2 rice cakes with ¾ C applesauce and 1 tsp raisins  
+ 1 pear | - Whey Protein  
+ Power Bar | |
| Sat | - Fresh Veggie Omelet  
- Pumpkin Cranberry Muffin  
- ½ cup fruit salad  
- 1 C low-fat milk | Butternut Squash and Carrot Soup:  
+ 1 whole wheat Roll  
+ 1/2 Cup low fat Cottage Cheese with 1 Tbsp Raisins  
+ 1 apple  
+ 15 almonds | 2-3 Chicken Enchiladas  
+ 1 Cup mixed green salad with 2 tsp ranch dressing  
+ 1 Cup Low Fat Milk | - 1 oz pretzels  
- 12 Tbsp Hummus  
- 1 Red Pear | - 3/4 Cup Trail Mix with Pretzels  
- Whey Protein  
+ 1 C low fat yogurt with 1/4 C Cereal | |
| Sun | - 3 frozen whole wheat waffles with  
- 1 Tbsp peanut butter  
- ½ C Strawberries  
- 1 C low-fat milk | Ham and Cheese Sandwich:  
+ 4 Slices (4 oz) Ham  
+ 2 Slices whole-grain bread  
+ 1 slice low fat American cheese  
+ 1 Tbsp mustard  
+ 1 orange  
+ 1/2 cup baby carrots  
+ 1 oz pretzels | Turkey Burger:  
+ 5 Oz lean ground turkey  
+ 1 whole-wheat hamburger bun  
+ 1 slice American cheese  
+ 1 Tbsp Ketchup  
+ 1/2 Cucumber slice  
+ 1 C low fat Milk  
+ 1/2 C Grapes | - ½ Cup trail mix  
- 1 apple with 2 tsp peanut butter | - 3/4 Cup Trail Mix with Pretzels  
- Whey Protein  
+ 1 cheese stick  
+ 3 Fig Newtons | |