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| Mon | - 1 banana  
- 1 C cooked oatmeal  
- 2 Tbsp Raisins  
- 1 C low-fat Greek Yogurt | Farm Stand Steak Salad  
1 (2oz) whole wheat roll  
1 Cup low fat milk  
1 Apple | White Bean and Kale Soup with 2 Crostini  
1 C low fat milk  
1 Apple | - Fruit Smoothie (1 cup fresh fruit with ½ cup juice)  
- ½ C trail mix | - Whey Protein Power Bar |
| Tues | - 1 egg and 3 egg whites, scrambled with ¼ cup pepper, onions or tomato  
- 1 slice whole grain toast  
- ½ cup fruit salad  
- 1 C low-fat milk | Bagel Sandwich  
1 small (2oz) whole wheat bagel  
- 2 Tbsp garlic hummus  
- tomato/lettuce/onion  
- 1 cup snap peas  
- 1/2 C grapes  
- 1 C low fat yogurt | Mexican Shrimp Salad:  
2 Cups Shredded Lettuce  
- 8 pieces jumbo shrimp, cooked  
- ¼ C tomatoes  
- ¼ C green peppers  
- ½ C black olives  
- ¼ C onion  
- ½ cup low fat cheddar cheese  
- 3 Tbsp Salsa | -1 C Cup Low Fat Milk  
-2 fig Newtons | - Whey Protein  
- 1 banana with low fat yogurt with 2 tsp peanut butter |
| Weds | 1 ½ C whole wheat cereal in  
1 C low fat Greek Yogurt  
½ C sliced strawberries  
cinnamon | Roasted Butternut and Pear Salad  
1/2 Cup low fat cottage Cheese 1 oz pretzels | Sloppy Jane Sandwich  
1 C Cup Low Fat Milk  
1 Pear  
12 Almonds | - 1 banana  
½ C trail mix | - Whey Protein Power Bar |
| Thurs | - 2 frozen whole wheat waffles with  
- 1 Tbsp peanut butter  
- ½ C Strawberries  
- 1 C low-fat milk | Turkey Sandwich:  
- 3 Slices (3oz) Turkey breast  
- 2 Slices whole-grain bread  
- 1 slice low fat American cheese  
- 1 Tbsp mustard  
- 1 Orange  
- ½ cup baby carrots  
- 1 oz pretzels | Breakfast for Dinner:  
- Fresh Veggie Omelet  
- 1 clementine  
- 1 slice whole wheat toast  
- 1 Cup Low Fat Milk  
- 2 rice cakes with ¼ C applesauce and 1 tsp raisins  
- 1 cheese stick | - Whey Protein  
- 1 banana with low fat yogurt with 2 tsp peanut butter | |
| Fri | - 1 Whole Wheat English Muffin  
- 1 Tbsp jelly  
- 1/2 Cup low fat cottage cheese  
- 1 apple | Fall Harvest Soup  
-1 whole wheat Roll  
½ Cup low fat Cottage  
1 apple | Steak Fajitas  
- 3 oz. Lean Steak  
- 2 small flour tortillas  
- ½ C cooked peppers and onions in 1 tsp olive oil  
- 2 tsp salsa  
- 1 C low-fat milk | - Fruit Smoothie (1 cup fresh fruit with ½ cup juice)  
-10 almonds | - Whey Protein  
- 6 oz low fat yogurt with 1/4 Cup Cereal |
| 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  
- ¼ C Cucumbers  
- ¼ C carrots, shredded  
- ½ cup tomato slices  
- 1 Tbsp Balsamic Vinaigrette  
- 1 orange | 4 oz Tilapia Filet  
½ Cup mashed potatoes  
6 spears asparagus  
1 Cup Low Fat Milk  
½ C cherries | - 1 oz pretzels  
- 1 Tbsp Hummus  
- 1 clementine | - Whey Protein  
- 1 banana  
- 2 fig Newtons |
| Sun | 2 slices whole grain French toast  
- 2 Tbsp maple syrup  
- 1 peach  
- 1 C low-fat milk | | | | |