



LIFE OF AN ATHLETE WEEKLY MEAL PLAN- FEMALE

	Breakfast	Lunch	Dinner	Pre Workout Snack	Post Workout Snack
Mon	<ul style="list-style-type: none"> » 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 	Mediterranean Tuna in Whole Grain Pita <ul style="list-style-type: none"> » 1 orange » ½ cup baby carrots » 1 low fat cheese stick 	Chili-Lime Chicken Skewers <ul style="list-style-type: none"> » ½ Cup Boiled Red Potatoes » 1 Cup low fat milk 	<ul style="list-style-type: none"> » 1 banana » 2 fig newtons 	<ul style="list-style-type: none"> » Whey Protein » 6 oz low fat yogurt » 1/4 cup cereal
Tues	<ul style="list-style-type: none"> » 2 frozen whole wheat waffles » 1 Tbsp peanut butter » ½ C Strawberries » 1 C low-fat milk 	Roast Beef Sandwich: <ul style="list-style-type: none"> » 3oz (3 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 	Tomato and Mushroom Medley over Sautéed Polenta <ul style="list-style-type: none"> » 3 oz grilled chicken » 1 Cup Low Fat Milk » ½ C grapes 	<ul style="list-style-type: none"> » 1 pear » 1/2 C trail mix with pretzels 	<ul style="list-style-type: none"> » Whey Protein » 1 banana with 2 tsp Peanut Butter
Weds	<ul style="list-style-type: none"> » 1 ½ C whole wheat cereal in » 1 C low fat Greek yogurt » ½ C sliced strawberries » cinnamon 	<ul style="list-style-type: none"> » 1 whole wheat English Muffin with » 1 Tbsp peanut butter » 1 tsp honey » ½ tsp cinnamon » ½ cup snap peas » 1 Banana » 1/2 Cup low fat cottage cheese 	<ul style="list-style-type: none"> » 3 oz pork loin » ½ Cup Applesauce » 1 ear corn on the cob » 1 tsp butter » ½ Cup sautéed zucchini » 1 Cup Low Fat Milk 	<ul style="list-style-type: none"> » 1 oz pretzels » 1 Tbsp Hummus » 1 Apple 	<ul style="list-style-type: none"> » Whey Protein » PowerBar
Thurs	<ul style="list-style-type: none"> » 1 banana » 1 C cooked oatmeal » 2 Tbsp Raisins » 1 C low-fat Greek Yogurt 	Ham and Cheese Wrap <ul style="list-style-type: none"> » 3 Slices(3 oz) Ham » 1 (9in) Whole Grain Wrap » 1 slice low fat American cheese » 1 Tbsp mustard » ½ C Apple » ½ cup baby carrots » 1 oz pretzels 	Beef Vegetable Soup <ul style="list-style-type: none"> » 1 (1oz) whole wheat roll » 1/2 C mixed greens salad » 2 tsp Balsamic Vinaigrette » 1 Cup Low Fat Milk 	<ul style="list-style-type: none"> » Fruit Smoothie (1 cup fresh fruit with ½ cup juice) » 10 almonds 	<ul style="list-style-type: none"> » Whey Protein » 6 oz low fat yogurt » 1/4 cup cereal
Fri	Fresh Veggie Omelet <ul style="list-style-type: none"> » 1 clementine » 1 slice whole wheat toast » 1 Cup Low Fat Milk 	Strawberry Chicken Salad <ul style="list-style-type: none"> » 2 Cups Spinach » 3 oz cooked chicken » ¼ C Cucumbers » ¼ C carrots, shredded » ¼ cup low fat feta cheese » 1 Tbsp Balsamic Vinaigrette » ½ C slices Strawberries » 1 (1oz) whole wheat roll 	<ul style="list-style-type: none"> » ¾ 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 	<ul style="list-style-type: none"> » 2 rice cakes » ¼ C applesauce » 1 tsp raisins » 1 cheese stick 	<ul style="list-style-type: none"> » Whey Protein » 1 graham cracker with 2 tsp peanut butter
Sat	<ul style="list-style-type: none"> » 2 medium (5") banana pancakes » 2 Tbsp maple syrup » 1 Peach » 1 C low-fat milk 	Butternut Squash and Carrot Soup <ul style="list-style-type: none"> » 1 whole wheat Roll » ½ Cup low fat Cottage Cheese » 1 Tbsp Raisins » 1 apple » 10 almonds 	Grilled Turkey Panini Turkey Sandwich <ul style="list-style-type: none"> » 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 	<ul style="list-style-type: none"> » 6oz low fat yogurt » 1/4 cup cereal » 1/2 C trail mix 	<ul style="list-style-type: none"> » Whey Protein » PowerBar
Sun	<ul style="list-style-type: none"> » 1 banana » 1 C cooked oatmeal » 2 Tbsp Raisins » 1 C low-fat Greek Yogurt 	Grilled Cheese Sandwich <ul style="list-style-type: none"> » 2 slices whole wheat bread » 2 slices low fat Cheese » 1 slice tomatoes » ½ C baby carrots » 1 orange 	Maple Glazed Salmon <ul style="list-style-type: none"> » 6 spears asparagus » ½ ear corn » 1 Cup Low Fat Milk 	<ul style="list-style-type: none"> » Fruit Smoothie (1 cup fresh fruit with ½ cup juice) » 10 almonds 	<ul style="list-style-type: none"> » Whey Protein » 1 pear » 2 Fig Newtons