



LIFE OF AN ATHLETE WEEKLY MEAL PLAN- MALE

	Breakfast	Lunch	Dinner	Pre Workout Snack	Post Workout Snack
Mon	<ul style="list-style-type: none"> » 2 egg and 3 egg whites, scrambled with ¼ cup pepper, onions or tomato » 2 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 » 1/2 C cherries 	<ul style="list-style-type: none"> » 1 banana » 3 fig newtons 	<ul style="list-style-type: none"> » Whey Protein » 1 C low fat yogurt » 1/4 cup cereal
Tues	<ul style="list-style-type: none"> » 3 frozen whole wheat waffles » 1 1/2 Tbsp peanut butter » ½ C Strawberries » 1 C low-fat milk 	Roast Beef Sandwich <ul style="list-style-type: none"> » 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 	Tomato and Mushroom Medley over Sauteed Polenta <ul style="list-style-type: none"> » 4 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 1 Tbsp Peanut Butter
Weds	<ul style="list-style-type: none"> » 2 C whole wheat cereal in » 1 C low fat Greek yogurt » ½ C sliced strawberries » cinnamon 	<ul style="list-style-type: none"> » 1 small whole wheat bagel » 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"> » 4 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 » 2 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 » 2 Tbsp chopped walnuts » 1 C low-fat Greek Yogurt 	Ham and Cheese Wrap <ul style="list-style-type: none"> » 4 Slices(4 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) » 15 almonds 	<ul style="list-style-type: none"> » Whey Protein » 1 C low fat yogurt with 1/4 cup cereal
Fri	<ul style="list-style-type: none"> » Fresh Veggie Omelet » 1 clementine » 2 slice whole wheat toast » 1 Cup Low Fat Milk 	Strawberry Chicken Salad <ul style="list-style-type: none"> » 2 Cups Spinach » 4 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"> » 1 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"> » 3 rice cakes » 1/2 C applesauce » 1 tsp raisins » 1 cheese stick 	<ul style="list-style-type: none"> » Whey Protein » 2 graham cracker with 1Tbsp peanut butter
Sat	<ul style="list-style-type: none"> » 3 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 with 1 Tbsp Raisins » 1 apple » 15 almonds 	Grilled Turkey Panini Turkey Sandwich <ul style="list-style-type: none"> » 4 Slices (4 oz) Turkey breast » 2 Slices whole-grain bread » 1 slice low fat American cheese » 1 Tbsp Dijon mustard » 1 granny smith apple » ½ cup baby carrots » ½ Cup cherries 	<ul style="list-style-type: none"> » 1 C low fat yogurt with 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 » 2 Tbsp chopped walnuts » 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) » 15 almonds 	<ul style="list-style-type: none"> » Whey Protein » 1 pear » 3 Fig Newtons