



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 C whole wheat cereal in » 1 C low fat Greek yogurt » ½ C sliced strawberries » cinnamon 	Hummus Sandwich: <ul style="list-style-type: none"> » 2 slices whole wheat bread » 3 Tbsp garlic hummus » tomato/lettuce/onion » 1 cup snap peas » 1 apple » 1 lowfat cheese stick » 10 almonds 	Soy Lime Shrimp with Fruit Salsa <ul style="list-style-type: none"> » ½ C baked sweet potato "fries" » ¾ C tossed greens salad » 1 Tbsp balsamic vinaigrette » 1 Cup low fat milk 	<ul style="list-style-type: none"> » 1 banana » 3 fig newtons 	<ul style="list-style-type: none"> » Whey Protein » PowerBar
Tues	<ul style="list-style-type: none"> » 1 small whole wheat bagel, toasted » 1 1/2 Tbsp reduced-fat peanut butter » 1 banana » 1 Cup low fat milk 	Roasted Butternut and Pear Salad <ul style="list-style-type: none"> » 1/2 Cup low fat cottage Cheese » 1 oz pretzels 	Quesadilla: <ul style="list-style-type: none"> » 4 oz seasoned ground turkey » 2 small whole wheat tortillas » ¼ C low fat cheese » 2 Tbsp Salsa » 1 Cup Tossed Salad » 1 Cup low fat milk » ½ Cup Snap Peas » 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 » 1/4 cup cereal
Weds	<ul style="list-style-type: none"> » 1 banana » 1 C cooked oatmeal » 2 Tbsp Raisins » 2 Tsp chopped walnuts » 1 C low-fat milk 	Grilled Chicken Wrap: <ul style="list-style-type: none"> » 1 (9in) Whole Wheat Wrap » 4 Oz Grilled Chicken » ¼ cup shredded lettuce and tomato » 1 tsp low fat Ranch dressing » ½ cup cucumber slices » 1 (6oz) container yogurt » ½ cup strawberries » ¼ cup cheerios 	Salad with Halibut: <ul style="list-style-type: none"> » 2 Cups Spinach » 45oz Grilled Halibut » ¼ C Cucumbers » ¼ C diced tomatoes » ¼ C carrots, shredded » 1/4 C cooked quinoa » 1 Tbsp Balsamic Vingarette » 1 peach » 1 C 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 » 2 graham cracker » 1 Tbsp peanut butter
Thurs	<ul style="list-style-type: none"> » Fresh Veggie Omelet » Pumpkin Cranberry Muffin » 1 clementine » 1 C low-fat milk 	Fall Harvest Soup <ul style="list-style-type: none"> » 1 whole wheat Roll » ½ Cup low fat Cottage » 1 apple 	Black Bean Burger: <ul style="list-style-type: none"> » 5 Oz Black Bean Patty » 1 whole-wheat hamburger bun » 1 Tsp Ketchup » 1/2 Cup Fruit Salad » ½ Cup cucumber slices » 1 Cup low fat milk 	<ul style="list-style-type: none"> » 3 rice cakes » 1/2 C applesauce » 2 tsp raisins » 1 cheese stick 	<ul style="list-style-type: none"> » Whey Protein » 1/2 C trail mix with pretzels
Fri	<ul style="list-style-type: none"> » 3 frozen whole wheat waffles » 1 1/2 Tbsp peanut butter » 1 banana, sliced » 1 C low-fat milk 	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 mustard » 1 Apple » ½ cup baby carrots » 1 oz pretzels 	Chicken Sausage and Peppers: <ul style="list-style-type: none"> » 1 1/2 chicken sausage links » ½ cup peppers and onions » 1 small hotdog bun » ½ Cup fruit salad » 1 Cup low fat milk 	<ul style="list-style-type: none"> » 1 C low fat yogurt » 1/4 cup cereal » 1/2 C trail mix 	<ul style="list-style-type: none"> » Whey Protein » PowerBar
Sat	<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 	Tuna salad over Mixed Greens: <ul style="list-style-type: none"> » 2 Cups Mixed Greens » 2/3 C tuna salad » ¼ C Cucumbers » ¼ C carrots, shredded » ¼ C cherry tomatoes » ¼ cup grapes, chopped » 1 Tbsp Balsamic Vingarette » 1 low fat cheese stick » 1 (1oz) whole wheat roll 	<ul style="list-style-type: none"> » 4 oz Lean Steak » ½ C cubed, baked sweet potato » 6 asparagus spears » 1 C low-fat milk » 1/2 grilled peach 	<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 banana with 1 Tbsp peanut butter
Sun	<ul style="list-style-type: none"> » 1 banana » 1 C cooked oatmeal » 2 Tbsp Raisins » 2 tsp chopped walnuts » 1 C low fat milk 	Grilled Vegetable Panini: <ul style="list-style-type: none"> » 1/2 cup mixed vegetables (sliced carrots, cucumbers, peppers) » 2 slices whole wheat bread » 2 slices low fat Mozzarella Cheese » baby spinach » 1 Clementine » 1 C low fat Greek Yogurt 	White Bean Corn Chowder <ul style="list-style-type: none"> » 4 oz turkey breast » 1/2 C cooked green beans 	<ul style="list-style-type: none"> » 15 almonds » 1/2 C cottage cheese 	<ul style="list-style-type: none"> » Whey Protein » 1 pear » 3 Fig Newtons