



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 	Ham Panini: <ul style="list-style-type: none"> » 3 Slices (3 oz) ham » 2 Slices whole-grain bread » 1 slice low fat Mozzarella cheese » 1 clementine » ½ cup baby carrots » 1 oz pretzels 	<ul style="list-style-type: none"> » 2 Chicken Enchiladas » 1 Cup mixed green salad with 2 tsp ranch dressing » 1 Cup Low Fat Milk 	<ul style="list-style-type: none"> » 1 cereal bar » 10 almonds 	<ul style="list-style-type: none"> » Whey Protein » 1 banana » 2 Fig Newtons
Tues	<ul style="list-style-type: none"> » 1 whole wheat English muffin, toasted » 1 Tbsp reduced-fat peanut butter » 1 banana » 1 Cup low fat milk 	Turkey Apple Salad: <ul style="list-style-type: none"> » 2 Cups Spinach » 3 oz sliced turkey » ¼ C Cucumbers » ¼ C carrots, shredded » ¼ cup low fat feta cheese » 1 Tbsp Balsamic Vinaigrette » ½ C sliced apple » 2 Tbsp dried cranberries » 1 (1oz) whole wheat roll 	Meatball Sandwich: <ul style="list-style-type: none"> » 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 	<ul style="list-style-type: none"> » 1 oz pretzels » 1 Tbsp Hummus » 1 Pear 	<ul style="list-style-type: none"> » Whey Protein » 6 oz low fat yogurt » 1/4 cup cereal
Weds	<ul style="list-style-type: none"> » Oatmeal Apple Pie » 1 C low-fat milk 	Beef Vegetable Soup <ul style="list-style-type: none"> » 1 oz whole wheat crackers » 1/2 C mixed greens salad » 2 tsp Balsamic Vinaigrette » 1 orange » 1 Cup Low Fat Milk 	<ul style="list-style-type: none"> » 4 oz Tilapia Filet » 1 small baked sweet potato » 1 C zucchini and tomatoes » 1 Cup Low Fat Milk 	<ul style="list-style-type: none"> » 1 cheese stick » 1/2 C trail mix with dried fruit 	<ul style="list-style-type: none"> » Whey Protein » 1 graham cracker » 2 tsp peanut butter
Thurs	<ul style="list-style-type: none"> » Fresh Veggie Omelet » Pumpkin Cranberry Muffin » 1 clementine » 1 C low-fat milk 	Sloppy Jane Sandwich <ul style="list-style-type: none"> » 1/2 C Carrots » 1/2 C mixed fruit salad » 1 Cup Low Fat Milk 	<ul style="list-style-type: none"> » 3 oz Chicken Breast » ½ Cup pasta salad with green peppers and Italian dressing » ½ Cup steamed carrots » 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 » PowerBar
Fri	<ul style="list-style-type: none"> » 2 medium (5") banana pancakes » 2 Tbsp maple syrup » 1 Peach » 1 C low-fat milk 	Chef Salad: <ul style="list-style-type: none"> » 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 » ¼ cup tomato slices » 1 Tbsp Balsamic Vinaigrette » 1 orange 	Beef with Broccoli <ul style="list-style-type: none"> » 1/2 C brown rice » 1 C low fat milk 	<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 » 1 banana » 2 tsp peanut butter
Sat	<ul style="list-style-type: none"> » Green Morning Smoothie » 1 slice whole grain toast » 2 tsp peanut butter 	Bagel Sandwich: <ul style="list-style-type: none"> » 1 small (2oz) whole wheat bagel » 2 Tbsp garlic hummus » tomato/lettuce/onion » 1 cup snap peas » 1/2 C grapes » 1 Cup low fat yogurt 	Mexican Shrimp Salad: <ul style="list-style-type: none"> » 2 Cups Shredded Lettuce » 8 pieces jumbo shrimp, cooked » ¼ C tomatoes » ¼ C green peppers » ¼ C black olives » ¼ C onion » ¼ cup low fat cheddar cheese » 3 Tbsp Salsa » 10 corn tortilla chips 	<ul style="list-style-type: none"> » 1 C low fat milk » 2 Fig Newtons 	<ul style="list-style-type: none"> » Whey Protein » PowerBar
Sun	<ul style="list-style-type: none"> » 2 slices whole grain French toast » 2 Tbsp maple syrup » 1 banana » 1 C low-fat milk 	Farm Stand Steak Salad <ul style="list-style-type: none"> » 1 (1oz) whole wheat roll » 1 apple » 1 Cup low fat milk 	Baked Eggplant Italiano <ul style="list-style-type: none"> » ½ Cup cooked pasta » 1 Cup low fat milk 	<ul style="list-style-type: none"> » 1 oz pretzels » 1 Tbsp Hummus » 1 Red Pear 	<ul style="list-style-type: none"> » Whey Protein » 10 almonds » 1/2 C cottage cheese