## LIFE OF AN ATHLETE WEEKLY MEAL PLAN - FEMALE

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| Mon  | 1 egg and 3 egg whites, scrambled with 1/4 cup pepper, onions or tomato  
1 Slice whole-grain toast  
1 tsp reduced calorie butter  
1/2 cup fruit salad  
1 C low-fat milk | Grilled Chicken Wrap:  
1 (9in) Whole Wheat Wrap  
3 Oz Grilled Chicken  
1/2 cup shredded lettuce and tomato  
1 tsp low fat Ranch dressing  
1/2 cup cucumber slices  
1 (6oz) container yogurt with  
1 cup strawberries and  
1/2 cup cherries | 1/2 Cup cooked pasta  
2 turkey meatballs, sliced  
1 C brocoli  
1/4 C tomato sauce  
1 C low fat milk  
1/4 C grapes | 1 oz pretzels  
1 Tbsp Hummus  
1 Apple | Whey Protein  
1 graham cracker with 2 tsp Peanut Butter |
| Tues | 2 medium (5”) blueberry pancakes  
2 Tbsp maple syrup  
1 Peach  
1 C low-fat milk | Roast Beef Sandwich:  
3oz (3 slices) roast beef  
2 Slices whole-grain bread  
2 slices red onion  
1 Tsp yellow mustard  
1 low fat cheese stick  
1 apple  
1 cup baby carrots | 3 oz Lean Steak  
1/2 C mashed potatoes  
1/2 C steamed broccoli  
1 C low-fat milk  
3 slices grilled pineapple | Fruit Smoothie (1 cup fresh fruit with 1/2 cup juice)  
1 small (1oz) corn muffin | Whey Protein  
Power Bar |
| Weds | 1 1/2 C whole wheat cereal  
1 C low-fat milk  
1 banana | Grilled Vegetable Sandwich:  
2 Slices whole-grain bread  
1 slice grilled zucchini  
1 slice roasted red pepper  
2 slices grilled red onion  
1 slice low fat American cheese  
1 pear  
1/2 C Trail Mix | 3 oz Chicken Breast  
1/2 Cup pasta salad with green peppers and Italian dressing  
1/2 Cup steamed carrots  
1 C low fat milk  
1/2 C cherries | 1/4 Cup Raisins  
1 banana | Whey Protein  
3 fig newtons  
1/4 C almonds |
| Thurs | 1/2 whole wheat bagel, toasted  
1 Tbsp reduced-fat peanut butter  
1 tsp honey  
1 apple  
1 C low-fat milk | Chef Salad:  
2 Cups mixed Greens  
1 slice ham, 1 slice turkey breast, 1 slice low fat American cheese, rolled and sliced  
1/4 C Cucumbers  
1/4 C carrots, shredded  
1/4 cup tomato slices  
1 Tbsp Balsamic Vingarette  
1 orange  
1 (1oz) whole wheat roll  
12 Almonds | 3 oz cooked lean ground beef  
2 corn tortilla shells  
2 Tbsp low fat cheese  
2 Tbsp Salsa, tomatoes  
1/2 C black beans  
6 green pepper slices | 1 Cereal Bar  
1 Cup Fresh Fruit Salad | Whey Protein  
6oz low fat yogurt with 1/2 Cup Cereal |
| Fri  | 1 banana  
1 C cooked oatmeal  
2 Tbsp Raisins  
1 C low-fat milk | Turkey Sandwich:  
3 Slices(3 oz) Turkey breast  
2 Slices whole-grain bread  
tomato and cucumber slices  
1 Tbsp mustard  
1/2 cup cottage cheese  
1/2 C cherries  
1/2 cup baby carrots  
1 oz pretzels | 4 oz Tilapia Filet  
1/2 Cup red potatoes  
1 C tossed salad  
1 tossed salad  
1 peach | 1 banana  
1 (6oz) yogurt with 1/2 C cherries | Whey Protein  
1/2 Cup Trail Mix with Pretzels |
| Sat  | 2 eggs, cooked any way  
1 small (1oz) banana muffin  
1/2 cup cantaloupe  
1 C low-fat milk | Mexican Shrimp Salad:  
2 Cups Shredded Lettuce  
8 pieces jumbo shrimp, cooked  
1/4 C tomatoes  
1/4 C green peppers  
1/4 C black olives  
1/4 C onion  
1/4 cup low fat cheddar cheese  
3 Tbsp Salsa  
10 whole corn tortilla chips  
1 Peach | Turkey Panini:  
3 oz Turkey Breast  
2 slices whole wheat bread  
1 slice low fat Mozzarella Cheese  
Baby spinach, tomato slices  
1 tsp garlic hummus  
1 Cup Watermelon  
1/2 C Snap Peas | 1/4 C cottage cheese with cinnamon  
1 apple and 2 tsp peanut butter | Whey Protein  
Power Bar |
| Sun  | 2 slices whole grain French toast  
2 Tbsp maple syrup  
1 Cup Strawberries  
1 C low-fat milk | Pre Workout Snack | Post Workout Snack |