



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 » 1 tsp reduced calorie butter » ½ cup fruit salad » 1 C low-fat milk 	Grilled Chicken Wrap: <ul style="list-style-type: none"> » 1 (9in) Whole Wheat Wrap » 3 Oz Grilled Chicken » ¼ cup shredded lettuce and tomato » 1 tsp low fat Ranch dressing » ½ cup cucumber slices » 1 (6oz) container yogurt with » 1cup strawberries and » ½ cup cheerios 	<ul style="list-style-type: none"> » ¾ Cup cooked pasta » 2 turkey meatballs, sliced » 1 C broccoli » ¼ C tomato sauce » 1 Cup low fat milk » ½ C grapes 	<ul style="list-style-type: none"> » 1 oz pretzels » 1 Tbsp Hummus » 1 Apple 	<ul style="list-style-type: none"> » Whey Protein » 1 graham cracker with 2 tsp Peanut Butter
Tues	<ul style="list-style-type: none"> » 2 medium (5") blueberry pancakes » 2 Tbsp maple syrup » 1 Peach » 1 C low-fat milk 	<ul style="list-style-type: none"> » 1 whole wheat English Muffin with » 1 Tbsp peanut butter » 1 tsp honey » ½ tsp cinnamon » 1 cup snap peas » 1 cup Strawberries » 1 (6 oz) container non-fat yogurt 	<ul style="list-style-type: none"> » 3 oz Lean Steak » ½ C mashed potatoes » ½ C steamed broccoli » 1 C low-fat milk » 3 slices grilled pineapple 	<ul style="list-style-type: none"> » Fruit Smoothie (1 cup fresh fruit with ½ cup juice) » 1 small (1oz) corn muffin 	<ul style="list-style-type: none"> » Whey Protein » Power Bar
Weds	<ul style="list-style-type: none"> » 1 ½ C whole wheat cereal » 1 C low fat milk » 1 banana 	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 apple » 1 cup baby carrots 	Salad with Salmon: <ul style="list-style-type: none"> » 2 Cups Spinach » 4 oz grilled salmon » ¼ C Cucumbers » ¼ C carrots, shredded » ½ C grilled zucchini » ¼ C goat cheese » 1 Tbsp Balsamic Vingarette » 1 Tbsp Sliced Almonds » 1 Tbsp dried cranberries » 1 (1oz) whole wheat roll 	<ul style="list-style-type: none"> » 1 low fat frozen waffle » ½ Cup applesauce 	<ul style="list-style-type: none"> » Whey Protein » 6oz low fat yogurt with ½ Cup Cereal
Thurs	<ul style="list-style-type: none"> » ½ whole wheat bagel, toasted » 1 Tbsp reduced-fat peanut butter » 1 tsp honey » 1 apple » 1 C low-fat milk 	Grilled Vegetable Sandwich: <ul style="list-style-type: none"> » 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 » ½ C Trail Mix 	<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 » ½ Cup cherries 	<ul style="list-style-type: none"> » ¼ Cup Raisins » 1 banana 	<ul style="list-style-type: none"> » Whey Protein » 3 fig newtons » ¼ C almonds
Fri	<ul style="list-style-type: none"> » 1 banana » 1 C cooked oatmeal » 2 Tbsp Raisins » 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 » ¼ C Cucumbers » ¼ C carrots, shredded » ¼ cup tomato slices » 1 Tbsp Balsamic Vingarette » 1 orange » 1 (1oz) whole wheat roll » 12 Almonds 	Tacos: <ul style="list-style-type: none"> » 3 oz cooked lean ground beef » 2 corn tortilla shells » 2 Tbsp low fat cheese » 2 Tbsp Salsa, tomatoes » ½ C black beans » 6 green pepper slices 	<ul style="list-style-type: none"> » 1 Cereal Bar » 1 Cup Fresh Fruit Salad 	<ul style="list-style-type: none"> » Whey Protein » 6oz low fat yogurt with ½ Cup Cereal
Sat	<ul style="list-style-type: none"> » 2 eggs, cooked any way » 1 small (1oz) banana muffin » ½ cup cantaloupe » 1 C low-fat milk 	Turkey Sandwich: <ul style="list-style-type: none"> » 3 Slices(3 oz) Turkey breast » 2 Slices whole-grain bread » tomato and cucumber slices » 1 Tbsp mustard » ½ cup cottage cheese » ½ C cherries » ½ cup baby carrots » 1 oz pretzels 	<ul style="list-style-type: none"> » 4 oz Tilapia Filet » ½ Cup red potatoes » 1 C tossed salad » 1 Cup Low Fat Milk » 1 peach 	<ul style="list-style-type: none"> » 1 banana » 1 (6oz) yogurt with ½ C cheerios 	<ul style="list-style-type: none"> » Whey Protein » ½ Cup Trail Mix with Pretzels
Sun	<ul style="list-style-type: none"> » 2 slices whole grain French toast » 2 Tbsp maple syrup » 1 Cup Strawberries » 1 C low-fat milk 	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 whole corn tortilla chips » 1 Peach 	Turkey Panini: <ul style="list-style-type: none"> » 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 » ½ Cup Snap Peas 	<ul style="list-style-type: none"> » ½ C cottage cheese with cinnamon » 1 apple with 2 tsp peanut butter 	<ul style="list-style-type: none"> » Whey Protein » Power Bar

