



LIFE OF AN ATHLETE WEEKLY MEAL PLAN- FEMALE

	Breakfast	Lunch	Dinner	Pre Workout Snack	Post Workout Snack
Mon	<ul style="list-style-type: none"> » ½ cup Blueberries » 1 C cooked oatmeal » 2 Tbsp Craisins » 1 Tbsp chopped walnuts » 1 C low-fat milk 	Bagel Sandwich: <ul style="list-style-type: none"> » 1 small (2oz) whole wheat bagel » 3 slices turkey breast » tomato/lettuce » 1 tsp hummus spread » 1 cup snap peas » 1 C red grapes » 1 low fat cheese stick 	<ul style="list-style-type: none"> » 3 oz Lean Steak » ¼ C Red Potatoes » 6 Asparagus Spears cooked in 1 tsp Olive Oil » 2 grilled pineapple rings » 1 C low-fat milk 	<ul style="list-style-type: none"> » Fruit Smoothie (1 cup fresh fruit with ½ cup juice) » ½ C trail mix 	<ul style="list-style-type: none"> » Whey Protein » 1 banana » ¼ C almonds
Tues	<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 jam » ½ cup fruit salad » 1 C low-fat milk 	Turkey Sandwich: <ul style="list-style-type: none"> » 3 Slices(3 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 	<ul style="list-style-type: none"> » 3 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"> » 3 fig newtons » ¼ C almonds 	<ul style="list-style-type: none"> » Whey Protein » 1 graham cracker with 2 tsp Peanut Butter
Weds	<ul style="list-style-type: none"> » 2 medium (5") pancakes » 2 Tbsp maple syrup » 1 banana » 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 Vinaigrette » 1 orange » 1 (1oz) whole wheat roll » 12 Almonds 	Black Bean Burger: <ul style="list-style-type: none"> » 4 Oz Black Bean Patty » 1 whole-wheat hamburger bun » 1 Tsp Ketchup » 1 Cup Fruit Salad » ½ Cup baby carrots » 1 Cup low fat milk 	<ul style="list-style-type: none"> » 1 oz pretzels » 1 Tbsp Hummus » 1 Apple 	<ul style="list-style-type: none"> » Whey Protein » 6oz low fat yogurt with ½ Cup Cereal
Thurs	<ul style="list-style-type: none"> » 1 whole wheat English Muffin with 1 Tbsp reduced-fat peanut butter » 1 tsp honey » ½ C low fat cottage cheese » 1 apple 	Tuna salad sandwich: <ul style="list-style-type: none"> » 2 Slices whole-grain bread » 3 Oz canned tuna (in water) » 2 tsp mayonnaise or Greek yogurt » Chopped celery, lettuce leaves » 1 Pear » 6 oz Nonfat Yogurt 	<ul style="list-style-type: none"> » 3 oz Chicken Breast » 1 Baked Sweet Potato » 1 Tsp butter » 1 Cup Tossed Salad » 1 Cup Low Fat Milk » ½ Cup Cherries 	<ul style="list-style-type: none"> » 2 rice cakes with ¼ C applesauce and 1 tsp raisins » 1 banana 	<ul style="list-style-type: none"> » Whey Protein » Power Bar
Fri	<ul style="list-style-type: none"> » 1 ½ C whole wheat cereal in » 1 C low fat yogurt » ½ C sliced strawberries/bananas » cinnamon 	Roast Beef Sandwich: <ul style="list-style-type: none"> » 3oz (3 slices) roast beef » 2 Slices whole-grain bread » 2 slices red onion » 1Tsp yellow mustard » 1 low fat cheese stick » 1 plum » 1 cup baby carrots 	Salad with Shrimp: <ul style="list-style-type: none"> » 2 Cups Spinach » 8 pieces grilled shrimp » ¼ C Cucumbers » ¼ C carrots, shredded » ½ C beets, sliced » ¼ C goat cheese » 1 Tbsp Balsamic Vinaigrette » 1 Tbsp walnuts » 1 Tbsp dried cranberries 	<ul style="list-style-type: none"> » 1 banana » 1 (6oz) Greek yogurt with ½ C cheerios 	<ul style="list-style-type: none"> » Whey Protein » ½ Cup Trail Mix with Pretzels
Sat	<ul style="list-style-type: none"> » 1 banana » 1 C cooked oatmeal » 2 Tbsp Raisins » 1 C low-fat milk 	Salad with Chicken: <ul style="list-style-type: none"> » 2 Cups Spinach » 3 oz cooked chicken » ¼ C Cucumbers » ¼ C carrots, shredded » ¼ cup low fat feta cheese » 1 Tbsp Balsamic Vinaigrette » 1 peach » 1 (1oz) whole wheat roll 	Chicken Sausage and Peppers: <ul style="list-style-type: none"> » 1 chicken sausage link » ½ cup peppers and onions » 1 small hotdog bun » 1 Cup Watermelon » 1 Cup low fat milk 	<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
Sun	<ul style="list-style-type: none"> » 2 eggs, cooked any way » 1 small (1oz) blueberry muffin » ½ cup cantaloupe » 1 C low-fat milk 	Vegetable Wrap: <ul style="list-style-type: none"> » 1 (9in) Whole wheat wrap » 1/2 cup mixed vegetables (sliced carrots, cucumbers, peppers) » lettuce, tomato » 1 slice low fat American cheese » 1 tsp vinaigrette dressing » 1 pear » 12 almonds 	<ul style="list-style-type: none"> » 4 oz Salmon Filet » ½ Cup Brown Rice » 1 C Steamed Broccoli » 1 Cup Low Fat Milk 	<ul style="list-style-type: none"> » ½ C cottage cheese with cinnamon » 1 apple with 2 tsp peanutbutter 	<ul style="list-style-type: none"> » Whey Protein » Power Bar

