



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 ½ C whole wheat cereal » 1 C low fat milk » ½ C blueberries 	Turkey Wrap: <ul style="list-style-type: none"> » 1 (9in) Whole Wheat Wrap » 3 Oz Turkey Breast » ¼ cup shredded lettuce, tomato » 1 Tbsp garlic hummus » 1 low fat cheese stick » 1 peach » ¼ cup Almonds 	<ul style="list-style-type: none"> » ¼ Cup cooked pasta » 3 oz grilled chicken, sliced » ½ cup mushrooms » ¼ C tomato sauce » 1 Cup 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 cantaloupe » 1 C low-fat milk 	Grilled Cheese Sandwich: <ul style="list-style-type: none"> » 2 slices whole wheat bread » 2 slices low fat Cheese » 1 slice tomatoes » 1 cup tossed salad » 1 tsp low fat salad dressing » 1 apple 	Shrimp Skewers: <ul style="list-style-type: none"> » 8 pieces grilled shrimp » 3 slices grilled Zucchini » 3 Slices grilled yellow squash » 5 grilled cherry tomatoes » 1 Cup low fat milk » 1 C Fruit Salad 	<ul style="list-style-type: none"> » 3 fig newtons » 1 banana 	<ul style="list-style-type: none"> » Whey Protein » 1 graham cracker with 2 tsp Peanut Butter
Weds	<ul style="list-style-type: none"> » 1/2 whole wheat bagel, toasted » 1 Tbsp reduced-fat peanut butter » 1 tsp honey » 1 apple » 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 banana » 1 (1oz) whole wheat roll » 12 Almonds 	Turkey Burger: <ul style="list-style-type: none"> » 4 Oz lean ground turkey » 1 whole-wheat hamburger bun » 1 Tsp Ketchup » 1 Cup Watermelon » ½ Cup Snap Peas » 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 » 6oz low fat yogurt with ½ Cup Cereal
Thurs	<ul style="list-style-type: none"> » 1 C cooked oatmeal » ½ Cup Applesauce » 2 Tbsp Raisins » 2 Tbsp Chopped Walnuts » 1 C low-fat milk 	Egg Salad Wrap: <ul style="list-style-type: none"> » 1 (9in) Whole wheat wrap » 1 hardboiled egg with 1 egg white and 2 tsp Greek yogurt » lettuce, tomato » ½ cup green pepper slices » 1 pear » 1 C low fat milk 	<ul style="list-style-type: none"> » 3 oz Chicken Breast » 1 baked sweet potato » 6 asparagus spears » 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 » ½ Cup Trail Mix with Pretzels
Fri	<ul style="list-style-type: none"> » 1 ½ C whole wheat cereal in » 1 C low fat yogurt » ½ C sliced bananas/blueberries » cinnamon 	Ham and Cheese Sandwich: <ul style="list-style-type: none"> » 3 Slices(3 oz) Ham » 2 Slices whole-grain bread » 1 slice low fat American cheese » 1 Tbsp mustard » 1 orange » ½ cup baby carrots » 1 oz pretzels 	Salad with Salmon: <ul style="list-style-type: none"> » 2 Cups Spinach » 4 oz grilled salmon » 1/2C mixed vegetables » 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"> » Fruit Smoothie (1 cup fresh fruit with ½ cup juice) » ½ C trail mix 	<ul style="list-style-type: none"> » Whey Protein » 1 graham cracker with 2 tsp Peanut Butter
Sat	<ul style="list-style-type: none"> » 2 slices whole grain French toast » 2 Tbsp maple syrup » 1 Cup Strawberries » 1 C low-fat milk 	Salad with Tuna: <ul style="list-style-type: none"> » 2 Cups Spinach » ½ Cup Tuna Salad made with greek yogurt » ¼ C Cucumbers » ¼ C diced tomatoes » ¼ C carrots, shredded » 1 Tbsp Balsamic Vingarette » 1 peach » 1 oz pretzels » 12 almonds 	Quesadilla: <ul style="list-style-type: none"> » 3 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 	<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"> » 1 egg and 3 egg whites, scrambled with ¼ cup pepper, onions or tomato » 1 Slice whole-grain toast » 1 tsp jam » ¾ Cup red grapes » 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 Greek yogurt 	Grilled Chicken Panini: <ul style="list-style-type: none"> » 3 oz Grilled Chicken Breast » 2 slices whole wheat bread » 1 slice low fat Mozzarella Cheese » baby spinach, tomato slices » 1 slice roasted red pepper » ½ Cup Snap Peas » ½ Cup Cherries 	<ul style="list-style-type: none"> » ½ Cup trail mix » 1 apple with 2 tsp peanut butter 	<ul style="list-style-type: none"> » Whey Protein » ½ C cottage cheese with cinnamon » 2 Fig Newtons

