



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 	<p>Bagel Sandwich</p> <ul style="list-style-type: none"> 1 small (2oz) whole wheat bagel » 2 Tbsp garlic hummus » tomato/lettuce/onion » 1 cup snap peas » 1 apple » 1 (6oz) Container lowfat yogurt 	<p>Salad with Salmon:</p> <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 oz pretzels » 1 Tbsp Hummus » 1 peach 	<ul style="list-style-type: none"> » Whey Protein » Power Bar
Tues	<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 	<p>Strawberry Chicken Salad:</p> <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 Vingarette » ½ C slices Strawberries » 1 (1oz) whole wheat roll » ½ C trail mix 	<p>Black Bean Burger:</p> <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"> » ¼ Cup Raisins » 1 banana with 1 tsp peanut butter 	<ul style="list-style-type: none"> » Whey Protein » 6oz low fat yogurt with ½ Cup Cereal
Weds	<ul style="list-style-type: none"> » 1 ½ C whole wheat cereal in » 1 C low fat yogurt » ½ C sliced strawberries/bananas » cinnamon 	<p>Roast Beef Sandwich:</p> <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 	<p>Grilled Chicken Teriyaki:</p> <ul style="list-style-type: none"> » 3 oz Chicken Breast » 1 tsp Teriyaki Sauce » ½ Cup steamed broccoli and carrots » ½ Cup Brown Rice » 1 Cup Low Fat Milk » ½ Cup Cherries 	<ul style="list-style-type: none"> » 1 low fat frozen waffle » ½ Cup applesauce 	<ul style="list-style-type: none"> » Whey Protein » 2 rice cakes with 2 tsp peanut butter
Thurs	<ul style="list-style-type: none"> » 2 medium (5") blueberry pancakes » 2 Tbsp maple syrup » 1 Peach » 1 C low-fat milk 	<p>Taco Salad:</p> <ul style="list-style-type: none"> » 2 Cups Shredded Lettuce » 3 oz cooked shredded chicken » ¼ C tomatoes » ¼ C green peppers » ¼ C black olives » ¼ C onion » ¼ cup low fat cheddar cheese » 2 Tbsp Salsa » 10 whole corn tortilla chips » 1 Cup Raspberries 	<ul style="list-style-type: none"> » 4 oz Tilapia Filet » 1 ear grilled corn on the cob » 1 C zucchini and tomatoes » 1 Cup Low Fat Milk 	<ul style="list-style-type: none"> » 1 low fat cheese stick » Fruit Smoothie (1 cup fresh fruit with ½ cup juice) 	<ul style="list-style-type: none"> » Whey Protein » 1 banana » ¼ C almonds
Fri	<ul style="list-style-type: none"> » 2 frozen whole wheat waffles » ½ Cup applesauce » 1 hardboiled egg » 1 C low-fat milk 	<p>Turkey Sandwich:</p> <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 Peach » ½ cup baby carrots » 1 oz pretzels 	<ul style="list-style-type: none"> » 3 oz pork loin » ½ Cup Applesauce » ½ C mashed potatoes » ½ Cup sautéed broccoli » 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 » 1 graham cracker with 2 tsp Peanut Butter
Sat	<ul style="list-style-type: none"> » 1 banana » 1 C cooked oatmeal » 2 Tbsp Raisins » 1 C low-fat Greek Yogurt 	<ul style="list-style-type: none"> » 1 whole wheat English Muffin » 1 Tbsp peanut butter » 1 tsp honey » ½ tsp cinnamon » 1 cup baby carrots » 1 cup Strawberries » 1 (6 oz) container non-fat cottage cheese 	<p>Steak Fajitas:</p> <ul style="list-style-type: none"> » 3 oz Lean Steak » 2 small flour tortillas » ½ C cooked peppers and onions in 1 tsp olive oil » 2 tsp salsa » 1 C low-fat milk » 2 grilled peach halves 	<ul style="list-style-type: none"> » 2 fig newtons » ½ Cup trail mix 	<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) banana muffin » ½ cup cantaloupe » 1 C low-fat milk 	<p>Baked Potato:</p> <ul style="list-style-type: none"> » 1 medium potato, baked » ¼ C steamed broccoli » ¼ C low fat cheddar cheese » ¼ C black beans » 1 cup snap peas » 1 pear » 1 (6 oz) container non-fat cottage cheese with ½ C cereal 	<p>Turkey Panini:</p> <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"> » 1 banana » 1 (6oz) yogurt with ½ C cheerios 	<ul style="list-style-type: none"> » Whey Protein » Power Bar