



## LIFE OF AN ATHLETE WEEKLY MEAL PLAN- MALE

	Breakfast	Lunch	Dinner	Pre Workout Snack	Post Workout Snack
<b>Mon</b>	<ul style="list-style-type: none"> <li>» 2 egg and 3 egg whites, scrambled with ¼ cup pepper, onions or tomato</li> <li>» 2 Slice whole-grain toast</li> <li>» 1 tsp reduced calorie butter</li> <li>» ½ cup fruit salad</li> <li>» 1 C low-fat milk</li> </ul>	<b>Bagel Sandwich:</b> <ul style="list-style-type: none"> <li>» 1 small (2oz) whole wheat bagel</li> <li>» 2 Tbsp garlic hummus</li> <li>» tomato/lettuce/onion</li> <li>» 1 cup snap peas</li> <li>» 1 apple</li> <li>» 1 (6oz) Container lowfat yogurt</li> <li>» ¾ C trail mix</li> </ul>	<b>Salad with Salmon:</b> <ul style="list-style-type: none"> <li>» 2 Cups Spinach</li> <li>» 5 oz grilled salmon</li> <li>» ¼ C Cucumbers</li> <li>» ¼ C carrots, shredded</li> <li>» ½ C grilled zucchini</li> <li>» ¼ C goat cheese</li> <li>» 1 Tbsp Balsamic Vingarette</li> <li>» 1 Tbsp Sliced Almonds</li> <li>» 1 Tbsp dried cranberries</li> <li>» 1 (1oz) whole wheat roll</li> </ul>	<ul style="list-style-type: none"> <li>» 1 oz pretzels</li> <li>» 2 Tbsp Hummus</li> <li>» 1 peach</li> </ul>	<ul style="list-style-type: none"> <li>» Whey Protein</li> <li>» Power Bar</li> </ul>
<b>Tues</b>	<ul style="list-style-type: none"> <li>» 1 small whole wheat bagel, toasted</li> <li>» 1 Tbsp reduced-fat peanut butter</li> <li>» 1 tsp honey</li> <li>» 1 apple</li> <li>» 1 C low-fat milk</li> </ul>	<b>Strawberry Chicken Salad:</b> <ul style="list-style-type: none"> <li>» 2 Cups Spinach</li> <li>» 4 oz cooked chicken</li> <li>» ¼ C Cucumbers</li> <li>» ¼ C carrots, shredded</li> <li>» ¼ cup low fat feta cheese</li> <li>» 1 Tbsp Balsamic Vingarette</li> <li>» ½ C slices Strawberries</li> <li>» 1 (1oz) whole wheat roll</li> <li>» 15 Almonds</li> </ul>	<b>Black Bean Burger:</b> <ul style="list-style-type: none"> <li>» 4 Oz Black Bean Patty</li> <li>» 1 whole-wheat hamburger bun</li> <li>» 1 slice low fat American Cheese</li> <li>» 1 Tsp Ketchup</li> <li>» 1 Cup Fruit Salad</li> <li>» ½ Cup baby carrots</li> <li>» 1 Cup low fat milk</li> </ul>	<ul style="list-style-type: none"> <li>» ¼ Cup Raisins</li> <li>» 1 banana with 1 tsp peanut butter</li> </ul>	<ul style="list-style-type: none"> <li>» Whey Protein</li> <li>» 6oz low fat yogurt with 1 Cup Cereal</li> </ul>
<b>Weds</b>	<ul style="list-style-type: none"> <li>» 2 C whole wheat cereal in 1 C low fat yogurt</li> <li>» 1 C sliced strawberries/bananas</li> <li>» cinnamon</li> </ul>	<b>Roast Beef Sandwich:</b> <ul style="list-style-type: none"> <li>» 4oz (4 slices) roast beef</li> <li>» 2 Slices whole-grain bread</li> <li>» 2 slices red onion</li> <li>» 1 Tsp yellow mustard</li> <li>» 1 low fat cheese stick</li> <li>» 1 apple</li> <li>» 1 cup baby carrots</li> <li>» 1 oz pretzels</li> </ul>	<b>Grilled Chicken Teriyaki:</b> <ul style="list-style-type: none"> <li>» 4 oz Chicken Breast</li> <li>» 1 tsp Teriyaki Sauce</li> <li>» ½ Cup steamed broccoli and carrots</li> <li>» ½ Cup Brown Rice</li> <li>» 1 Cup Low Fat Milk</li> <li>» ½ Cup Cherries</li> </ul>	<ul style="list-style-type: none"> <li>» 2 low fat frozen waffle</li> <li>» ½ Cup applesauce</li> </ul>	<ul style="list-style-type: none"> <li>» Whey Protein</li> <li>» 3 rice cakes with 2 tsp peanut butter</li> </ul>
<b>Thurs</b>	<ul style="list-style-type: none"> <li>» 3 medium (5") blueberry pancakes</li> <li>» 2 Tbsp maple syrup</li> <li>» 1 Peach</li> <li>» 1 C low-fat milk</li> </ul>	<b>Taco Salad:</b> <ul style="list-style-type: none"> <li>» 2 Cups Shredded Lettuce</li> <li>» 4 oz cooked shredded chicken</li> <li>» ¼ C tomatoes</li> <li>» ¼ C green peppers</li> <li>» ¼ C black olives</li> <li>» ¼ C onion</li> <li>» ¼ cup low fat cheddar cheese</li> <li>» 2 Tbsp Salsa</li> <li>» 15 whole corn tortilla chips</li> <li>» 1 Cup Raspberries</li> </ul>	<ul style="list-style-type: none"> <li>» 5 oz Tilapia Filet</li> <li>» 1 ear grilled corn on the cob</li> <li>» 1 C zucchini and tomatoes</li> <li>» 1 Cup Low Fat Milk</li> <li>» 1 Cup Fruit Salad</li> </ul>	<ul style="list-style-type: none"> <li>» 1 low fat cheese stick</li> <li>» Fruit Smoothie (1 cup fresh fruit with ½ cup juice)</li> </ul>	<ul style="list-style-type: none"> <li>» Whey Protein</li> <li>» 1 banana</li> <li>» 15 almonds</li> </ul>
<b>Fri</b>	<ul style="list-style-type: none"> <li>» 3 frozen whole wheat waffles</li> <li>» ½ Cup applesauce</li> <li>» 1 hardboiled egg</li> <li>» 1 C low-fat milk</li> </ul>	<b>Turkey Sandwich:</b> <ul style="list-style-type: none"> <li>» 4 Slices(4 oz) Turkey breast</li> <li>» 2 Slices whole-grain bread</li> <li>» 1 slice low fat American cheese</li> <li>» 1 Tbsp mustard</li> <li>» 1 Peach</li> <li>» ½ cup baby carrots</li> <li>» 1 oz pretzels</li> </ul>	<ul style="list-style-type: none"> <li>» 4 oz pork loin</li> <li>» ½ Cup Applesauce</li> <li>» ½ C mashed potaotes</li> <li>» 1 Cup sautéed broccoli</li> <li>» 1 Cup Low Fat Milk</li> </ul>	<ul style="list-style-type: none"> <li>» 1 Cereal Bar</li> <li>» 1 Cup Fresh Fruit Salad</li> </ul>	<ul style="list-style-type: none"> <li>» Whey Protein</li> <li>» 2 graham cracker with 2 tsp Peanut Butter</li> </ul>
<b>Sat</b>	<ul style="list-style-type: none"> <li>» 1 banana</li> <li>» 1 C cooked oatmeal</li> <li>» 2 Tbsp Raisins</li> <li>» ¼ cup Chopped walnuts</li> <li>» 1 C low-fat Greek Yogurt</li> </ul>	<ul style="list-style-type: none"> <li>» 1 whole wheat English Muffin</li> <li>» 1 Tbsp peanut butter</li> <li>» 1 tsp honey</li> <li>» ½ tsp cinnamon</li> <li>» 1 cup baby carrots</li> <li>» 1 cup Strawberries</li> <li>» 1 Cup non-fat cottage cheese with 2 tsp pumpkin seeds</li> </ul>	<b>Steak Fajitas:</b> <ul style="list-style-type: none"> <li>» 4 oz Lean Steak</li> <li>» 2 small flour tortillas</li> <li>» ¾ C cooked peppers and onions in 1 tsp olive oil</li> <li>» 2 tsp salsa</li> <li>» 1 C low-fat milk</li> <li>» 3 grilled peach halves</li> </ul>	<ul style="list-style-type: none"> <li>» 3 fig newtons</li> <li>» ¾ Cup trail mix</li> </ul>	<ul style="list-style-type: none"> <li>» Whey Protein</li> <li>» 6oz low fat yogurt with 1 Cup Cereal</li> </ul>
<b>Sun</b>	<ul style="list-style-type: none"> <li>» 3 eggs, cooked any way</li> <li>» 1 small (1oz) banana muffin</li> <li>» ¾ cup cantaloupe</li> <li>» 1 C low-fat milk</li> </ul>	<b>Baked Potato:</b> <ul style="list-style-type: none"> <li>» 1 large potato, baked</li> <li>» ¼ C steamed broccoli</li> <li>» ¼ C low fat cheddar cheese</li> <li>» ¼ C black beans</li> <li>» 1 cup snap peas</li> <li>» 1 pear</li> <li>» 1 Cup non-fat cottage cheese with ¾ C cereal</li> </ul>	<b>Turkey Panini:</b> <ul style="list-style-type: none"> <li>» 4 oz Turkey Breast</li> <li>» 2 slices whole wheat bread</li> <li>» 1 slice low fat Mozzarella Cheese</li> <li>» baby spinach, tomato slices</li> <li>» 1 tsp garlic hummus</li> <li>» 1 Cup Watermelon</li> <li>» ½ Cup Snap Peas</li> </ul>	<ul style="list-style-type: none"> <li>» 1 banana</li> <li>» 1 (6oz) yogurt with 1 C cheerios</li> </ul>	<ul style="list-style-type: none"> <li>» Whey Protein</li> <li>» Power Bar</li> </ul>

