# LIFE OF AN ATHLETE WEEKLY MEAL PLAN - FEMALE

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| Mon | 1/2 whole wheat bagel, toasted  
1 Tbsp reduced-fat peanut butter  
1 tsp honey  
1 apple  
1 C low-fat milk | **Mexican Shrimp Salad:**  
2 Cups Shredded Lettuce  
8 pieces jumbo shrimp, cooked  
1/4 C tomatoes  
1/4 C green peppers  
1/4 C black olives  
1/4 C onion  
1/4 cup low fat cheddar cheese  
3 Tbsp Salsa  
10 whole corn tortilla chips  
1 Peach | 3 oz Honey Lime Chicken Breast  
1 tsp Honey Lime Marinade  
1 Cup steamed snap peas  
1/2 Cup Brown Rice  
1 Cup Low Fat Milk  
1/2 C cubed pineapple | 2 fig newtons  
banana | Whey Protein  
Power Bar |
| Tues | 2 eggs, cooked any way  
1 small (1oz) blueberry muffin  
1/2 cup cantaloupe  
1 C low-fat milk | **Ham and Cheese Sandwich:**  
3 Slices (3 oz) Ham  
2 Slices whole-grain bread  
1 slice low fat American cheese  
1 Tbsp mustard  
1 orange  
1/2 cup baby carrots  
1 oz pretzels | 4 oz Salmon Filet  
1/2 Cup Brown Rice  
1 C Steamed Broccoli  
1 Cup Low Fat Milk  
1/2 C cherries | 1/4 Cup Raisins  
1/2 Cup Low Fat Yogurt  
1/2 C Cereal Bar  | Whey Protein  
2 rice cakes with 2 tsp peanut butter |
| Weds | 1 banana  
1 C cooked oatmeal  
2 Tbsp Raisins  
1 C low-fat Greek Yogurt | **Vegetable 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 | **Tacos:**  
3 oz cooked lean ground beef  
2 corn tortilla shells  
2 Tbsp low fat cheese  
2 Tbsp Salsa, tomatoes  
1/2 C black beans  
6 green pepper slices | 1/4 Cup Raisins  
1/2 Cup Low Fat Yogurt  
1/2 C Trail Mix  | Whey Protein  
1 banana  
1/2 C Trail Mix |
| Thurs | 2 slices whole grain French toast  
2 Tbsp maple syrup  
1/2 C Raspberries  
1 C low-fat milk | **Salad with Tuna:**  
2 Cups Spinach  
1/2 Cup Tuna Salad made with Greek yogurt  
1/2 C Cucumbers  
1/2 C diced tomatoes  
1/2 C carrots, shredded  
1 Tbsp Balsamic Vingarette  
1 peach  
1 oz whole wheat roll  
12 almonds | **Chicken Sausage and Peppers:**  
1 chicken sausage link  
1/2 cup peppers and onions  
1 small hotdog bun  
1/2 Cup fruit salad  
1 Cup low fat milk | 1 low fat cheese stick  
1 Cereal Bar  | Whey Protein  
1 banana  
1/2 C Trail Mix |
| Fri | 2 frozen whole wheat waffles with  
1 Tbsp peanut butter  
1/2 C Strawberries  
1 C low-fat milk | 1 whole wheat English Muffin with  
2 Tbsp garlic hummus  
tomato/lettuce  
1 cup snap peas  
1 banana  
1 (6 oz) container non-fat Greek yogurt  
1/2 C Trail mix | 3 oz Lean Steak  
1/2 C cubed, baked sweet potato  
6 asparagus spears  
1 C low-fat milk  
1/2 grilled peach | 1 oz pretzels  
1 Tbsp Hummus  
1 Red Pear  | Whey Protein  
1/2 C low fat cottage cheese with 1/2 Cup Cereal |
| Sat | 1 1/2 C whole wheat cereal in  
1 C low fat yogurt  
1/2 C sliced blueberries/bananas  
cinnamon | **Turkey Sandwich:**  
3 Slices (3 oz) Turkey breast  
2 Slices whole-grain bread  
1 slice low fat American cheese  
1 Tbsp mustard  
1 Apple  
1/2 cup baby carrots  
1 oz pretzels | **Chicken Skewers:**  
3 oz grilled chicken  
1/2 C grilled zucchini  
1/2 C grilled yellow squash  
1/2 C grilled red potatoes  
5 grilled cherry tomatoes  
1 Cup low fat milk  
1/2 C Fruit Salad | 2 fig newtons  
1/2 Cup trail mix  | 1 graham cracker with 2 tsp Peanut Butter |
| Sun | 1 egg and 3 egg whites, scrambled with 1/4 cup pepper  
onions or tomato  
1 Slice whole-grain toast  
1 tsp jam  
1/2 cup fruit salad  
1 C low-fat milk | **Strawberry Chicken Salad:**  
2 Cups Spinach  
3 oz cooked chicken  
1/4 C Cucumbers  
1/4 C carrots, shredded  
1/4 cup low fat feta cheese  
1 Tbsp Balsamic Vingarette  
1/2 C slices Strawberries  
1 (1oz) whole wheat roll  
1/2 C trail mix | 1/4 Cup cooked pasta  
2 turkey meatballs, sliced  
1 C broccoli  
1/4 C tomato sauce  
1 Cup low fat milk  
1/2 C grapes | 1 banana  
1 (6oz) yogurt with 1/2 C cheerios  | Whey Protein  
Power Bar |