



LIFE OF AN ATHLETE WEEKLY MEAL PLAN- FEMALE

	Breakfast	Lunch	Dinner	Pre Workout Snack	Post Workout Snack
Mon	<ul style="list-style-type: none"> » 1/2 whole wheat bagel, toasted » 1 Tbsp reduced-fat peanut butter » 1 tsp honey » 1 apple » 1 C low-fat milk 	Mexican Shrimp Salad: <ul style="list-style-type: none"> » 2 Cups Shredded Lettuce » 8 pieces jumbo shrimp, cooked » ¼ C tomatoes » ¼ C green peppers » ¼ C black olives » ¼ C onion » ¼ cup low fat cheddar cheese » 3 Tbsp Salsa » 10 whole corn tortilla chips » 1 Peach 	<ul style="list-style-type: none"> » 3 oz Honey Lime Chicken Breast » 1 tsp Honey Lime Marinade » 1 Cup steamed snap peas » ½ Cup Brown Rice » 1 Cup Low Fat Milk » ½ C cubed pineapple 	<ul style="list-style-type: none"> » 2 fig newtons » banana 	<ul style="list-style-type: none"> » Whey Protein » Power Bar
Tues	<ul style="list-style-type: none"> » 2 eggs, cooked any way » 1 small (1oz) blueberry muffin » ½ cup cantaloupe » 1 C low-fat milk 	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 	<ul style="list-style-type: none"> » 4 oz Salmon Filet » ½ Cup Brown Rice » 1 C Steamed Broccoli » 1 Cup Low Fat Milk » ½ C cherries 	<ul style="list-style-type: none"> » ¼ Cup Raisins » 6oz low fat yogurt » ½ Cup Cereal 	<ul style="list-style-type: none"> » Whey Protein » 1 banana with 1 tsp peanut butter
Weds	<ul style="list-style-type: none"> » 1 banana » 1 C cooked oatmeal » 2 Tbsp Raisins » 1 C low-fat Greek Yogurt 	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 	Tacos: <ul style="list-style-type: none"> » 3 oz cooked lean ground beef » 2 corn tortilla shells » 2 Tbsp low fat cheese » 2 Tbsp Salsa, tomatoes » ¼ C black beans » 6 green pepper slices 	<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 » 2 rice cakes with 2 tsp peanut butter
Thurs	<ul style="list-style-type: none"> » 2 slices whole grain French toast » 2 Tbsp maple syrup » ½ C Raspberries » 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 Vinaigrette » 1 peach » 1 oz whole wheat roll » 12 almonds 	Chicken Sausage and Peppers: <ul style="list-style-type: none"> » 1 chicken sausage link » ½ cup peppers and onions » 1 small hotdog bun » ½ Cup fruit salad » 1 Cup low fat milk 	<ul style="list-style-type: none"> » 1 low fat cheese stick » 1 Cereal Bar 	<ul style="list-style-type: none"> » Whey Protein » 1 banana » ½ C trail mix
Fri	<ul style="list-style-type: none"> » 2 frozen whole wheat waffles with » 1 Tbsp peanut butter » ½ C Strawberries » 1 C low-fat milk 	<ul style="list-style-type: none"> » 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 » ¼ C Trail mix 	<ul style="list-style-type: none"> » 3 oz Lean Steak » ½ C cubed, baked sweet potato » 6 asparagus spears » 1 C low-fat milk » 1/2 grilled peach 	<ul style="list-style-type: none"> » 1 oz pretzels » 1 Tbsp Hummus » 1 Red Pear 	<ul style="list-style-type: none"> » Whey Protein » ½ C low fat cottage cheese with ½ Cup Cereal
Sat	<ul style="list-style-type: none"> » 1 ½ C whole wheat cereal in » 1 C low fat yogurt » ½ C sliced blueberries/bananas » cinnamon 	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 	Chicken Skewers: <ul style="list-style-type: none"> » 3oz grilled chicken » ½ C grilled Zucchini » ½ C grilled yellow squash » ½ C grilled red potatoes » 5 grilled cherry tomatoes » 1 Cup low fat milk » ½ C Fruit Salad 	<ul style="list-style-type: none"> » 2 fig newtons » ½ Cup trail mix 	<ul style="list-style-type: none"> » 1 graham cracker with 2 tsp Peanut Butter
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 » ½ cup fruit salad » 1 C low-fat milk 	Strawberry Chicken Salad: <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 » ½ C slices Strawberries » 1 (1oz) whole wheat roll » ½ C trail mix 	<ul style="list-style-type: none"> » ¾ Cup cooked pasta » 2 turkey meatballs, sliced » 1 C broccoli » ¼ C tomato sauce » 1 Cup low fat milk » ½ C grapes 	<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