



## LIFE OF AN ATHLETE WEEKLY MEAL PLAN- FEMALE

	Breakfast	Lunch	Dinner	Pre Workout Snack	Post Workout Snack
<b>Mon</b>	-1 and ½ cups whole wheat cereal -1 cup low fat Greek yogurt -1 sliced banana -Cinnamon	<b>Ham and Cheese Sandwich:</b> -3 slices (3 oz.) ham -2 slices whole grain bread -1 slice low-fat American cheese -1 tbsp. mustard -1 clementine -1/2 cup baby carrots	<b>-Broccoli and Cheese Stuffed Chicken</b> <b>-3/4 cup Parmesan Potato Wedges</b> -1 cup low-fat milk	<b>-1 Pumpkin Cranberry Muffin</b> -1 oz. raisins	-Whey Protein -Roasted Winter Trail Mix
<b>Tues</b>	-1/2 cup strawberries -1 cup cooked oatmeal -1 tsp. chopped walnuts -1 cup low-fat milk	<b>-Mexican Stuffed Sweet Potato</b> -1 apple -1 cup low-fat milk	<b>-Tomato and Mushroom Medley</b> -3 oz. lean steak -1 cup low-fat milk	-2 fig newtons -1 pear	-Whey Protein -1 banana with 2 tsp. peanut butter
<b>Weds</b>	<b>-Peach Blueberry Oatmeal Smoothie</b> -1 slice whole grain toast -2 tsp. peanut butter	<b>Roast Beef Sandwich:</b> -3 oz. (3 slices) roast beef -2 slices whole grain bread -2 slices red onion -1 tsp. yellow mustard -1 low-fat cheese stick -1 cup grapes	<b>-Chicken Fried Rice</b> -1 cup low-fat milk	-1 low-fat frozen waffle -1 tsp. honey	-Whey Protein -1 granola bar -1 banana
<b>Thurs</b>	<b>-Peanut Butter French Toast</b> -1 tsp. maple syrup -1/2 cup strawberries -1 cup low-fat milk	<b>Chef Salad:</b> -2 cups mixed greens -1 slice ham, 1 slice turkey breast, 1 slice low-fat American cheese, rolled, sliced -1/4 cup cucumbers -1/4 cup carrots -1/4 cup tomato slices -1 tbsp. balsamic vinaigrette -1 pear	<b>-Pulled Pork Sandwich</b> <b>-1/2 cup Lemon Broccoli Parmesan</b> -1 cup low-fat milk	-1 oz. pretzels -1/2 cup fruit salad	-Whey Protein -PowerBar
<b>Fri</b>	<b>-Green Morning Smoothie</b> -1 slice whole grain toast -2 tsp. peanut butter	<b>Cashew Chicken Wrap:</b> <b>-1/2 cup Cashew Chicken Salad</b> -1 whole wheat wrap -1 (6 oz.) container low-fat yogurt -1 clementine -1/2 cup baby carrots	<b>Grilled Turkey Panini:</b> -3 slices (3 oz.) turkey breast -2 slices whole grain bread -1 slice low-fat American cheese -1 tbsp. Dijon mustard -1 sliced granny smith apple -1/2 cup baby carrots	-1 low-fat cheese stick -1 peach	-Whey Protein <b>-1 Banana Nut Muffin</b> -15 almonds
<b>Sat</b>	-1 egg and 3 egg whites, scrambled with ¼ cup pepper, onions or tomato -1 slice whole grain toast -1/2 cup fruit salad -1 cup low-fat milk	<b>-White Bean and Kale Soup with 2 Crostini</b> -1 cup low-fat milk -1 apple	<b>-Black Bean Quesadilla</b> -1 cup tossed salad -1 tbsp. balsamic vinaigrette -1 cup low-fat milk	<b>-Roasted Winter Trail Mix</b> -1/2 cup grapes	-Whey Protein -1 graham cracker with 2 tsp. peanut butter
<b>Sun</b>	<b>-Oatmeal Apple Pie</b> -1 cup low-fat milk	<b>Turkey Apple Salad:</b> -2 cups spinach -3 oz. sliced turkey -1/4 cup cucumbers -1/4 cup carrots, shredded -1/4 cup low-fat feta cheese -1 tbsp. balsamic vinaigrette -1 sliced red apple -1 (1 oz.) whole grain roll	-3 oz. grilled halibut <b>-1/2 cup Vegetable Orzo Risotto</b> -1 cup low-fat milk	-1 cheese stick -1/2 cup fruit salad	-Whey Protein -PowerBar