



LIFE OF AN ATHLETE WEEKLY MEAL PLAN- MALE

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