## LIFE OF AN ATHLETE WEEKLY MEAL PLAN- MALE

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<th>Day</th>
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| 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 tsp. 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 1/4 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 tsp. 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 |