



## LIFE OF AN ATHLETE WEEKLY MEAL PLAN- FEMALE

	Breakfast	Lunch	Dinner	Pre Workout Snack	Post Workout Snack
<b>Mon</b>	-Fresh Veggie Omelet -Banana Nut Muffin -1/2 cup cantaloupe -1 cup low-fat milk	-Farm Stand Steak Salad -1 (10z) whole wheat roll -1 apple -1 cup low-fat milk	-White Chicken Chili -1 oz. tortilla chips -1 cup snap peas	-Fruit smoothie (1 cup fresh fruit with 1/2 cup juice) -10 almonds	-Whey Protein -1 banana with 2 tsp. peanut butter
<b>Tues</b>	- 1 banana -2 cups cooked oatmeal -2 tbsp. raisins -1 cup low-fat milk	<b>Strawberry Chicken Salad:</b> -2 cups spinach -3 oz. cooked chicken -1/4 cup cucumbers -1/4 cup carrots, shredded -1/4 cup low fat feta cheese -1 tbsp. balsamic vinaigrette -1/2 cup sliced strawberries -1 oz. pretzels	<b>Meatball Sandwich:</b> -2 meatballs (94% lean ground beef) -1 whole wheat sandwich roll -1 slice low-fat mozzarella -1 cup tossed salad -1/2 cup cherries	-1 cup low-fat milk -2 fig newtons	-Whey Protein -Power Bar
<b>Weds</b>	-Green Morning Smoothie -1 slice whole grain toast -2 tsp. peanut butter	<b>Turkey Sandwich:</b> -3 slices (34 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	-Soy Lime Shrimp with Fruit Salsa -1/2 cup baked sweet potato "fries" -1/2 cup tossed green salad -1 tbsp. balsamic vinaigrette -1 cup low-fat milk	-1/2 cup cottage cheese -10 almonds	-Whey Protein -1 graham cracker -1 tsp. peanut butter
<b>Thurs</b>	-2 slices whole grain French toast -2 tbsp. maple syrup -1/2 cup sliced strawberries -1 cup low-fat milk	-Butternut Squash Carrot Soup -1 whole wheat roll -1/2 cup low fat cottage cheese -1 tbsp. raisins -1 apple -10 almonds	-3 oz. chicken breast -3/4 cup Parmesan Potato Wedges -1/2 cup steamed carrots -1 cup low-fat milk	-1 (6 oz.) container yogurt -1/4 cup cereal	-Whey Protein -2 rice cakes -1/4 cup applesauce -1 tsp. raisins
<b>Fri</b>	-Oatmeal Apple Pie -1 cup low-fat milk	<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 plum -1 cup baby carrots	-Red Lentil Curry -1/2 cup brown rice -1 cup low-fat milk	-2 fig newtons -10 almonds	-Whey Protein -Power Bar
<b>Sat</b>	-1 ½ cups whole grain cereal -1 cup low-fat Greek yogurt -1 sliced banana -cinnamon	<b>Egg Salad Sandwich:</b> -2 slices whole grain bread -2 eggs, hardboiled, chopped -2 tsp. Greek yogurt -1 tsp. Dijon mustard -1 pear -1 cup low-fat milk	-2 Chicken Enchiladas -1 cup mixed green salad -2 tsp. ranch dressing -1 cup low-fat milk	-10 almonds -1 apple	-Whey Protein -3/4 cup trail mix -Pretzels
<b>Sun</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	-Butternut Squash and Carrot Soup -1 whole wheat roll -1/2 cup low fat cottage cheese with 1 tbsp. raisins -1 apple -10 almonds	-4 oz. Tilapia filet -1/2 cup brown rice -1 cup zucchini and tomatoes -1 cup low-fat milk	-1 slice whole grain toast with 1 tbsp. hummus -1 cheese stick	-Whey Protein -1 banana -2 tsp. peanut butter