



LIFE OF AN ATHLETE WEEKLY MEAL PLAN- MALE

	Breakfast	Lunch	Dinner	Pre Workout Snack	Post Workout Snack
Mon	-Fresh Veggie Omelet -Banana Nut Muffin -3/4 cup cantaloupe -1 cup low-fat milk	-Farm Stand Steak Salad -1 (1oz) 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) -15 almonds	-Whey Protein -1 banana with 1 tbsp. peanut butter
Tues	- 1 banana -2 cups cooked oatmeal -2 tbsp. raisins and 2 tbsp. walnuts -1 cup low-fat milk	Strawberry Chicken Salad: -2 cups spinach -4 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	Meatball Sandwich: -3 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 -3 fig newtons	-Whey Protein -Power Bar
Weds	-Green Morning Smoothie -2 slices whole grain toast -2 tsp. peanut butter	Turkey Sandwich: -4 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 -3/4 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 -15 almonds	-Whey Protein -2 graham crackers -1 tbsp. peanut butter
Thurs	-3 slices whole grain French toast -2 tbsp. maple syrup -3/4 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 -15 almonds	-4 oz. chicken breast -3/4 cup Parmesan Potato Wedges -1/2 cup steamed carrots -1 cup low-fat milk	-1 cup low fat yogurt -1/4 cup cereal	-Whey Protein -2 rice cakes -1/2 cup applesauce -1 tsp. raisins
Fri	-Oatmeal Apple Pie -1 cup low-fat milk	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 plum -1 cup baby carrots	-Red Lentil Curry -1/2 cup brown rice -1 cup low-fat milk	-3 fig newtons -15 almonds	-Whey Protein -Power Bar
Sat	-2 cups whole grain cereal -1 cup low-fat Greek yogurt -1 sliced banana -cinnamon	Egg Salad Sandwich: -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	-15 almonds -1 apple	-Whey Protein -1 cup trail mix -Pretzels
Sun	-2 eggs and 3 egg whites, scrambled with 1/4 cup pepper, onions or tomato -2 slices 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 -15 almonds	-5 oz. Tilapia filet -1/2 cup brown rice -1 cup zucchini and tomatoes -1 cup low-fat milk	-1 slice whole grain toast with 2 tbsp. hummus -1 cheese stick	-Whey Protein -1 banana -1 tbsp. peanut butter