



LIFE OF AN ATHLETE WEEKLY MEAL PLAN- FEMALE

| | Breakfast | Lunch | Dinner | Pre Workout Snack | Post Workout Snack |
|--------------|---|--|---|---|---|
| Mon | -Fresh Veggie Omelet -Pumpkin Cranberry Muffin -1 clementine -1 cup low-fat milk | -Mexican Stuffed Sweet Potato -1 apple | -Beef with Broccoli -1/2 cup brown rice -1 cup low-fat milk | -Fruit smoothie (1 cup fresh fruit with 1/2 cup juice) -15 almonds | -Whey Protein -1 banana with 2 tsp. peanut butter |
| Tues | -Green Morning Smoothie -1 slice whole grain toast -1 tsp. butter -1 hard-boiled egg | Peanut Butter and Jelly Sandwich -1 tbsp. peanut butter -2 tsp. jelly -2 slices whole wheat bread -1 low-fat cheese stick -1 apple -1 cup baby carrots | -Baked Eggplant Italiano -1/2 cup cooked pasta -1 cup low-fat milk | -1 (6 oz.) non-fat yogurt -2 fig newtons | -Whey Protein -Power Bar |
| Weds | -Oatmeal Apple Pie -1 cup low-fat milk | Grilled Vegetable Wrap: -1/2 cup mixed vegetables (sliced carrots, cucumbers, peppers) -1 whole wheat wrap -1 slices low-fat mozzarella cheese -Baby spinach -1/2 cup mixed fruit salad -1 oz. goldfish crackers | -3 oz. pork loin -1/2 cup applesauce -1 baked sweet potato -1/2 cup sautéed zucchini -1 cup low-fat milk | -1/2 cup cottage cheese -10 almonds | -Whey Protein -1 graham cracker -2 tsp. peanut butter |
| Thurs | -2 medium (5") banana pancakes -2 tbsp. maple syrup -1 peach -1 cup low-fat milk | Turkey Sandwich: -3 slices (3 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 | Mexican Shrimp Salad: -2 cups shredded lettuce -8 pieces jumbo shrimp, cooked -1/4 cup tomatoes -1/4 cup green peppers -1/4 cup black olives -1/4 cup onions -1/4 cup low-fat cheddar cheese -3 tbsp. salsa -10 corn tortilla chips | -1 (6 oz.) low-fat yogurt -1/4 cup cereal | -Whey Protein -Power Bar |
| Fri | -1 ½ cups whole wheat cereal -1 cup low-fat Greek yogurt -1/2 cup sliced strawberries -Cinnamon | Bagel Sandwich: -1 small (2 oz.) whole wheat bagel -2 tbsp. garlic hummus -Tomato/lettuce/onion -1 cup snap peas -1/2 cup grapes -1 cup low-fat milk | -White Bean and Kale Soup -2 crostini -1 cup low-fat milk -1 apple | -1 low-fat cheese stick -10 almonds | -Whey Protein -2 rice cakes -1/4 cup applesauce -1tsp. raisins |
| Sat | -2 frozen whole wheat waffles -1 tbsp. peanut butter -1/2 cup blueberries -1 cup low-fat milk | Chef Salad: -2 cups mixed greens -1 slice ham, 1 slice turkey, 1 slice low-fat American cheese, rolled and sliced -1 hard-boiled egg -1/4 cup cucumbers -1/4 cup carrots, shredded -1/4 cup tomato slices -1 tbsp. balsamic vinaigrette -1 orange | -Maple Glazed Salmon -6 spears asparagus -1/2 ear corn -1 cup low-fat milk | -1 cereal bar -1 apple | -Whey Protein -3/4 cup trail mix -Pretzels |
| Sun | -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 | -Slow Cooker Minestrone Soup -1 apple -1 cup low-fat milk | Steak Fajitas -3 oz. lean steak -2 small flour tortillas -1/2 cup cooked peppers and onions in 1 tsp. olive oil -2 tsp salsa -1 cup low-fat milk | -1 slice whole grain toast with 1 tbsp. hummus -1 low-fat cheese stick | -Whey Protein -1 banana -2 tsp. peanut butter |