



LIFE OF AN ATHLETE WEEKLY MEAL PLAN- MALE

	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 1 tbsp. peanut butter
Tues	-Green Morning Smoothie -2 slices whole grain toast -1 tbsp. 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 -3/4 cup cooked pasta -1 cup low-fat milk	-1 cup 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	-4 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 -15 almonds	-Whey Protein -2 graham crackers -1 tbsp. peanut butter
Thurs	-3 medium (5") banana pancakes -2 tbsp. maple syrup -1 peach -1 cup low-fat milk	Turkey Sandwich: -4 slices (4 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 -10 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 cup low-fat yogurt -1/2 cup cereal	-Whey Protein -Power Bar
Fri	-2 cups whole wheat cereal -1 cup low-fat Greek yogurt -1/2 cup sliced strawberries -Cinnamon	Bagel Sandwich: -1 small (3 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 -15 almonds	-Whey Protein -3 rice cakes -1/2 cup applesauce -1tsp. raisins
Sat	-3 frozen whole wheat waffles -1 tbsp. peanut butter -1/2 cup blueberries -1 cup low-fat milk	Chef Salad: -2 cups mixed greens -2 slices ham, 2 slices 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 -8 spears asparagus -1/2 ear corn -1 cup low-fat milk	-1 cereal bar -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 -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 -4 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	-2 slices whole grain toast with 2 tbsp. hummus -1 low-fat cheese stick	-Whey Protein -1 banana -1 tbsp. peanut butter