



LIFE OF AN ATHLETE WEEKLY MEAL PLAN- FEMALE

	Breakfast	Lunch	Dinner	Pre Workout Snack	Post Workout Snack
Mon	-2 frozen whole wheat waffles -1 tbsp peanut butter -1/2 cup blueberries -1 cup low-fat milk	-BLT Avocado Wrap -1 cheese stick -1 cup applesauce	Turkey burger: -4 oz. lean ground turkey -1 whole wheat hamburger bun -1 tsp ketchup -1 cup cucumber slices -1 cup low-fat milk -1/2 cup grapes	-Fruit smoothie (1 cup fresh fruit, ½ cup juice) -10 almonds	-Whey Protein -PowerBar
Tues	-Fresh Veggie Omelet -Pumpkin Cranberry Muffin -1 clementine -1 cup low-fat milk	Ham and Cheese Sandwich: -3 slices (3 oz.) ham -2 slices whole grain bread -1 slice low-fat American cheese -1 tsp mustard -1 orange -1/2 cup baby carrots -1 oz. pretzels	-4 oz. grilled halibut -1/2 cup brown rice -6 spears asparagus -1 cup low-fat milk -1/2 cup cherries	-1 cereal bar -1 apple	-Whey Protein -1 banana -2 tsp. peanut butter
Weds	-1/2 whole wheat bagel, toasted -1 tbsp. reduced-fat peanut butter -1 banana -1 cup low-fat milk	-Slow Cooker Minestrone Soup -1 apple -1 cup low-fat milk	-3 oz. lean steak -1/2 cup mashed potato -6 asparagus spears -1 cup low-fat milk	-1/2 cup low-fat cottage cheese -Banana Nut Muffin	-Whey Protein -2 rice cakes -1/4 cup applesauce -1 tsp raisins
Thurs	-1 ½ cups whole wheat cereal -1 cup low-fat greek yogurt -1 sliced banana -cinnamon	-Mediterranean Tuna in Whole Grain Pita -1 orange -1/2 cup baby carrots -1 low-fat cheese stick	-White Bean Corn Chowder -3 oz. chicken breast -1/2 cup cooked green beans	-1 cup low-fat milk -2 fig newtons	-Whey Protein -1 graham cracker -2 tsp. peanut butter
Fri	-Oatmeal Apple Pie -1 cup low-fat milk	-Beef Vegetable Soup -1 (1 oz.) whole wheat roll -1 apple -2 tsp balsamic vinaigrette -1 cup low-fat milk	-3 oz. turkey cutlet -1/2 cup corn -1/2 cup steamed broccoli -1 cup low-fat milk -1/2 cup cherries	-1 oz. pretzels -1 tbsp. hummus -1 pear	-Whey Protein -6 oz. low-fat yogurt -1/4 cup cereal
Sat	-Peach Blueberry Oatmeal Smoothie -1 slice whole grain toast -2 tsp. peanut butter	Grilled Cheese Sandwich: -2 slices whole wheat bread -2 slices low-fat cheese -1 slice tomato -1/2 cup baby carrots -1/2 cup fruit salad	Strawberry Chicken Salad: -2 cups spinach -3 oz. cooked chicken -1/4 cup chickpeas -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 (1 oz.) whole wheat roll	-1 banana -1/2 cup trail mix	-Whey Protein -PowerBar
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	-Roasted Butternut and Pear Salad -1/2 cup low-fat cottage cheese -1 oz. pretzels	-Sloppy Jane Sandwich -1/2 cup carrots -1/2 cup mixed fruit salad -1 cup low-fat milk	-1 cheese stick -1 cup applesauce	-Whey Protein -1 oz. raisins -2 fig newtons