



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 C low-fat milk	-Farm Stand Steak Salad -1 C low-fat milk -1 (1oz) whole wheat roll -1 apple	-Turkey Tenders -1/2 C mashed sweet potatoes - 2 tbsp. cranberry sauce -1 C low-fat milk	-Peach blueberry oatmeal smoothie	-Whey Protein -1 graham cracker with 2tsp. peanut butter.
Tues	-1 ½ C whole wheat cereal -1 C 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 C low-fat milk	-Chili-Lime Chicken Skewers -1/2 C boiled red potatoes -1 C low-fat milk	-1 cereal bar -1 apple	-Whey Protein -Roasted winter trail mix
Weds	-2 slices whole grain French toast -2 tbsp. maple syrup -1/2 C sliced strawberries 1 C low-fat milk	-Butternut Squash and Carrot Soup -1 whole wheat roll -1/2 C low-fat cottage cheese with 1 tbsp. raisins -1 apple -10 almonds	-Quesadilla -3 oz lean, cooked steak, sliced -2 small whole wheat tortillas -1/4 C low-fat cheese -2 tbsp. salsa -1 C tossed salad -1 C low-fat milk -1/2 C snap peas	-1 oz pretzels -1 tbsp. hummus -1 pear	-Whey Protein -1 banana with 2 tsp. peanut butter
Thurs	-2 frozen whole wheat waffles -1 tbsp. peanut butter -1/2 C blueberries -1 C low-fat milk	-Turkey Sandwich -3 slices (3oz) turkey breast -2 slices whole-grain bread -1 slice low-fat American cheese -1 tbsp. mustard -1/2 C baby carrots -1 apple	-Tomato and Mushroom Medley over Sautéed Polenta -3 oz grilled chicken -3 oz low-fat milk ½ C grapes	-1 cheese stick -2 fig newtons	-Whey Protein -Power Bar
Fri	-Green Morning Smoothie -1 slice whole grain toast -2 tsp. peanut butter	-Roast Beef Sandwich -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	-4oz Tilapia Filet -1/2 C brown rice -1 C zucchini and tomatoes -1 C low-fat milk ½ C cherries	-1 C low-fat yogurt -1/2 C whole grain cereal	-Whey Protein -Roasted winter trail mix
Sat	-Oatmeal Apple Pie -1 C low-fat milk	-Salmon Salad -2 C spinach -3oz cooked salmon -1/4 C cucumbers -1/4 C carrots, shredded -1/4 C low-fat feta cheese -1 tbsp. balsamic Vinaigrette -1oz whole grain tortilla chips	-1 ½ C cooked spaghetti squash -3 (1oz) meatballs -1/3 C tomato sauce -1 tsp grated parmesan cheese -1 C low-fat milk -1 slice Italian bread with 1 tsp. butter	-10 almonds	-Whey Protein -1oz raisins -2 fig newton
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	-1 whole wheat English muffin with: -1 tbsp. peanut butter -1 tsp. honey -1/2 tsp. cinnamon -1/2 C snap peas -1 Banana -1 C low-fat yogurt	-Chicken Sausage and Peppers -1 chicken sausage link -1/2 C peppers and onions -1 small hotdog bun -1 C low-fat milk	-1 cereal bar -1 cup applesauce	-Whey Protein -1 graham cracker with 2 tsp. peanut butter