



LIFE OF AN ATHLETE WEEKLY MEAL PLAN- FEMALE

	Breakfast	Lunch	Dinner	Pre Workout Snack	Post Workout Snack
Mon	-1 banana -1 cup cooked oatmeal -2 tbsp. raisins -1 cup low-fat milk	-Mediterranean Tuna in whole grain pita -1 orange -1/2 cup baby carrots -1 low-fat cheese stick	-3 oz. chicken breast -3/4 cup Parmesan Potato Wedges -1/2 cup steamed carrots -1 cup low-fat milk	-Fruit smoothie (1 cup fresh fruit with ½ cup juice) -10 almonds	-Whey Protein -Roasted Winter Trail Mix
Tues	-1 egg and 3 egg whites scrambled with ¼ cup peppers, onions or tomatoes -1 slice whole grain toast -1/2 cup fruit salad -1 cup low-fat milk	-Turkey Apple Salad: -2 cups spinach -3 oz. sliced turkey -1/4 cup cucumbers -1/4 cup carrots, shredded -1/4 cup low-fat feta cheese 1 tbsp. Balsamic Vinaigrette -1 red apple, sliced -1 (1 oz.) whole grain roll	-Beef with Broccoli -½ cup brown rice -1 cup low-fat milk	-1/2 cup low-fat cottage cheese -1 Banana Nut Muffin	-Whey Protein -1 banana with 2 tsp. peanut butter
Weds	-2 medium (5") blueberry pancakes -2 tbsp. maple syrup -1 peach -1 cup low-fat milk	-Mexican Stuffed Sweet Potato -1 apple	-Grilled Turkey Panini: -3 slices (3 oz.) turkey breast -2 slices whole grain bread -1 slice low-fat American cheese -1 tbsp. Dijon mustard -1 granny smith apple, sliced -1/2 cup baby carrots -1/2 cup cherries	-1 cup low fat yogurt -1/2 cup whole grain cereal	-Whey Protein -PowerBar
Thurs	-1 and ½ cups whole wheat cereal -1 cup low fat Greek yogurt -1 sliced banana -Cinnamon	-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	-White Chicken Chili -1 oz. tortilla chips -1 cup snap peas	-1 cup low-fat milk -1 granola bar	-Whey Protein -1 oz. raisins -2 fig newtons
Fri	-Peach Blueberry Oatmeal Smoothie -1 slice whole grain toast -2 tbsp. peanut butter	-Grilled Chicken Wrap: -1 (9 in.) whole wheat wrap -3 oz. grilled chicken -1/4 cup shredded lettuce and tomato -1 tsp. low-fat ranch dressing -1/2 cup cucumber slices -1 (6 oz.) container yogurt with ½ cup diced fruit	-Fresh Veggie Omelet -1 clementine -1 slice whole wheat toast -1 cup low-fat milk	-1 oz. pretzels -1 tbsp. hummus -1 pear	-Whey Protein -Roasted winter trail mix
Sat	-1/2 whole wheat bagel, toasted -1 tbsp. reduced fat peanut butter -1 banana -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 hardboiled egg -1/4 cup cucumbers -1/4 cup carrots, shredded -1/4 cup tomato slices -1 tbsp. Balsamic Vinaigrette -1 orange	-Pulled Pork Sandwich -1/2 cup snap peas -1 cup low-fat milk	-1/2 cup low-fat cottage cheese -Cranberry Pumpkin Muffin	-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	-Slow Cooker Minestrone Soup -1 apple -1 cup low-fat milk	-Maple Glazed Salmon -6 spears asparagus -1/2 ear corn -1 cup low-fat milk	-1 cereal bar -1 cup applesauce	-Whey Protein -1 graham cracker with 2 tsp. peanut butter