



LIFE OF AN ATHLETE WEEKLY MEAL PLAN- FEMALE

	Breakfast	Lunch	Dinner	Pre Workout Snack	Post Workout Snack
Mon	-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	Meatball Sandwich: -2 turkey meatballs -1 whole wheat sandwich bun -1 cup steamed broccoli -1 cup low-fat milk -1/2 cup grapes	-1 oz. raisins -2 fig newtons	-Whey Protein -PowerBar
Tues	-Peach Blueberry Oatmeal Smoothie -1 slice whole grain toast -2 tsp. peanut butter	Cashew Chicken Wrap: -1/2 cup cashew chicken salad -1 whole wheat wrap -1 (6 oz.) container low-fat yogurt -1 clementine -1/2 cup baby carrots	-3 oz. pork loin -1/2 cup applesauce -1/2 cup Vegetable Orzo Risotto -1 cup low-fat milk	-1 Banana Nut Muffin -1/2 cup cherries	-Whey Protein - Roasted Winter Trail Mix -1 low-fat cheese stick
Weds	-Peanut Butter French Toast -1 tsp. maple syrup -1/2 cup strawberries -1 cup low-fat milk	-Mediterranean Tuna in Whole Grain Pita -1 orange -1/2 cup baby carrots -1 low-fat cheese stick	-White Chicken Chili -1 oz. tortilla chips -1 cup snap peas	-1 cup low fat yogurt -1/2 cup whole grain cereal	-Whey Protein -1 banana with 2 tsp. peanut butter
Thurs	-1 and ½ cups whole wheat cereal -1 cup low fat Greek yogurt -1 cup blueberries -Cinnamon	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 cup grapes	-Fresh Veggies Omelet -1 clementine -1 slice whole wheat toast -1 cup low-fat milk	-1 granola bar -10 almonds	-Whey Protein -PowerBar
Fri	-Oatmeal Apple Pie -1 cup low-fat milk	Taco Salad: -2 cups shredded lettuce -3 oz. cooked shredded chicken -1/4 cup tomatoes -1/4 cup green peppers -1/4 cup black olives -1/4 cup onion -1/4 cup low-fat cheddar cheese -2 tbsp. salsa -10 whole corn tortilla chips -1/2 cup raspberries	-Soy Lime Shrimp with Fruit Salsa -1/2 cup baked sweet potato fries -1/2 cup tossed greens salad -1 tbsp. balsamic vinaigrette -1 cup low-fat milk	-1 oz. pretzels -1 tbsp. hummus -1 pear	-Whey Protein -2 fig newtons -10 almonds
Sat	-Green Morning Smoothie -1 slice whole grain toast -2 tsp. peanut butter	Turkey Sandwich: -3 slices (3 oz.) turkey breast -2 slices whole grain bread -1 slice low-fat American cheese -1 tbsp. mustard -1/2 cup baby carrots -1 apple	Chicken Teriyaki Stir Fry: -3 oz. chicken breast -1 tsp. Teriyaki sauce -1/2 cup steamed broccoli and carrots -1/2 cup brown rice -1 cup low-fat milk	-Roasted Winter Trail Mix -1 banana	-Whey Protein -1 graham cracker with 2 tsp. peanut butter
Sun	-1 and ½ cup whole wheat cereal -1 cup low-fat Greek yogurt -1 banana -Cinnamon	-White Bean and Kale Soup with 2 Crostini -1 cup low-fat milk -1 apple	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 cup low-fat yogurt -1/2 cup fruit salad	-Whey Protein -1 granola bar -1/4 cup raisins