# LIFE OF AN ATHLETE WEEKLY MEAL PLAN - MALE

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| Mon    | - 2 eggs and 3 egg whites scrambled with 1/4 cup peppers, onions or tomatoes | Turkey Apple Salad:  
- 2 cups spinach  
- 4 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:  
- 3 turkey meatballs  
- 1 whole wheat sandwich bun  
- 1 cup steamed broccoli  
- 1 cup low-fat milk  
- 1/2 cup grapes | - 1 oz. raisins  
- 3 fig newtons | - Whey Protein  
- PowerBar |
| Tues   | - Peach Blueberry Oatmeal Smoothie  
- 2 slices whole grain toast  
- 1 tbsp. 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 | - 4 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 | - Fresh Veggie Omelet  
- 1 oz. tortilla chips  
- 1 cup snap peas |  
| Thurs  | - 2 cups whole wheat cereal  
- 1 cup low fat Greek yogurt  
- 1 cup blueberries  
- Cinnamon | Roast Beef Sandwich:  
- 2 cups shredded lettuce  
- 4 oz. (4 slices) roast beef  
- 2 slices whole grain bread  
- 2 slices red onion  
- 1 tbsp. yellow mustard  
- 1 low-fat cheese stick  
- 1 cup grapes | - 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 granola bar  
- 15 almonds | - Whey Protein  
- PowerBar |
| Fri    | - Oatmeal Apple Pie  
- 1 cup low-fat milk | Taco Salad:  
- 2 cups shredded lettuce  
- 4 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 | - Chicken Teriyaki Stir Fry:  
- 4 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  
- 2 graham crackers with 1 tsp. peanut butter |
| Sat    | - Green Morning Smoothie  
- 2 slices whole grain toast  
- 1 tbsp. peanut butter | Turkey Sandwich:  
- 4 slices (4 oz.) turkey breast  
- 2 slices whole grain bread  
- 1 slice low-fat American cheese  
- 1 tbsp. mustard  
- 1/2 cup baby carrots  
- 1 apple | - Roasted Winter Trail Mix  
- 1 banana |  
| Sun    | - 2 cups 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:  
- 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 | - 1 cup low-fat yogurt  
- 1/2 cup fruit salad | - Whey Protein  
- 1 granola bar  
- 1 oz. raisins |