



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	Salmon Salad: -2 cups spinach -3 oz. cooked salmon -1/4 cup cucumbers -1/4 cup carrots -1/4 cup low-fat feta cheese -1 tbsp. balsamic vinaigrette -1 oz. whole grain tortilla chips -1/2 cup cherries	-Turkey Tenders -3/4 cup Parmesan Potato Wedges -1/2 cup steamed green beans -1 cup low-fat milk	-1 granola bar -10 almonds	-Whey Protein -1 banana with 2 tsp. peanut butter
Tues	-2 frozen whole wheat waffles -1 tbsp. peanut butter -1/2 cup blueberries -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 -1/2 cup steamed broccoli -1 cup low-fat milk	-1 Banana Nut Muffin -1 pear	-Whey Protein -PowerBar
Weds	-Green Morning Smoothie -1 slice whole grain toast -2 tsp. peanut butter	Ham and Cheese Sandwich: -3 slices (3 oz.) ham -2 slices whole grain bread -1 slice low-fat American cheese -1 tbsp. mustard -1 apple -1/2 cup baby carrots	-4 oz. grilled tilapia -1/2 cup brown rice -1/2 cup zucchini -1 cup low-fat milk -1/2 cup cherries	-2 fig newtons -1 oz. raisins	-Whey Protein -Roasted Winter Trail Mix -1 banana
Thurs	-1 banana -1 cup cooked oatmeal -2 tbsp. raisins -1 cup low-fat milk	-Chicken Caprese Wrap -1 cup grapes -1 cup low-fat yogurt	-Beef Vegetable Soup -1 (1 oz.) whole wheat roll -1 apple -1 tsp. butter -1 cup low-fat milk	-1 low-fat frozen waffle -1/2 cup applesauce	-Whey Protein -1 graham cracker with 2 tsp. peanut butter
Fri	-1 and ½ cup whole wheat cereal -1 cup low-fat Greek yogurt -1 cup blueberries -Cinnamon	Egg Salad Sandwich: -2 slices whole grain bread -2 eggs, hardboiled, chopped -2 tsp. Greek yogurt -1 tsp. Dijon mustard -1/2 cup fruit salad -1 cup low-fat milk	-Black Bean Burger -1 tsp. ketchup -1/2 cup baby carrots -1 cup low-fat milk	-1 oz. pretzels -1 tbsp. hummus -1 pear	-Whey Protein -1/2 cup low-fat cottage cheese -10 almonds
Sat	-1/2 whole wheat bagel, toasted -1 tbsp. reduced fat peanut butter -1 banana -1 cup low-fat milk	-Farm Stand Steak Salad -1 cup low-fat milk -1 (1 oz.) whole wheat roll -1 apple	Grilled Cheese Sandwich: -2 slices whole wheat bread -2 slices low-fat cheese -1 slice tomato -1/2 cup baby carrots	-1 cup low-fat yogurt -1/2 cup fruit salad	-Whey Protein -Roasted Winter Trail Mix
Sun	-2 medium (5") banana pancakes -2 tbsp. maple syrup -1 clementine -1 cup low-fat milk	-Roasted Butternut and Pear Salad -1/2 cup low-fat cottage cheese -1 oz. pretzels	-2 Chicken Enchiladas -1 cup mixed green salad -2 tsp. ranch dressing -1 cup low-fat milk	-1 graham cracker with 2 tsp. peanut butter -1/2 cup fruit salad	-Whey Protein -1 granola bar -1 oz. raisins