### LIFE OF AN ATHLETE WEEKLY MEAL PLAN - FEMALE

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| **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 tsp. 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  
- Roasted Winter Trail Mix  
- 1 banana |
| **Wed** | -Green Morning Smoothie  
- 1 banana  
- 1 cup cooked oatmeal  
- 2 tbsp. raisins  
- 1 cup low-fat milk | - 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 | - 1/2 cup fruit  
- 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 tsp. 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 |