



LIFE OF AN ATHLETE WEEKLY MEAL PLAN- FEMALE

	Breakfast	Lunch	Dinner	Pre Workout Snack	Post Workout Snack
Mon	-1 and ½ cups whole wheat cereal -1 cup low fat Greek yogurt -1 sliced banana -Cinnamon	-BLT Avocado Wrap -1 low-fat cheese stick -1 cup applesauce	-Baked Eggplant Italiano -1/2 cup cooked pasta -1 cup low-fat milk	-1 Pumpkin Cranberry Muffin -1 cup low-fat milk	-Whey Protein -Roasted Winter Trail Mix
Tues	-Oatmeal Apple Pie -1 cup low-fat milk	-Mediterranean Tuna in a Whole Wheat Pita -1 orange -1/2 cup baby carrots -1 low-fat cheese stick	-Taco Stuffed Pepper -1/2 cup brown rice -1 cup low-fat milk	-2 fig newtons -1 pear	-Whey Protein -1 banana with 2 tsp. peanut butter
Weds	-Peach Blueberry Oatmeal Smoothie -1 slice whole grain toast -2 tbsp. 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	-Pepperoni Chicken -1/2 cup mashed potatoes -1 cup low-fat milk	-1 low-fat frozen waffle -1 tsp. honey	-Whey Protein -1 granola bar -1 banana
Thurs	-Fresh Veggie Omelet -1 Pumpkin Cranberry Muffin -1 clementine -1 cup low-fat milk	-White Bean Corn Chowder -1 apple -1 oz. whole wheat tortilla chips	-Teriyaki Salmon -1/2 cup sautéed zucchini and squash -1/2 cup brown rice -1 cup low-fat milk	-1/2 cup cottage cheese -1/2 cup fruit salad	-Whey Protein -PowerBar
Fri	-1 and ½ cups whole wheat cereal -1 cup low fat Greek yogurt -1 cup blueberries -Cinnamon	-1 whole wheat English Muffin -1 tbsp. peanut butter -1 tsp. honey -1/2 tsp. cinnamon -1/2 cup snap peas -1 banana -1 low-fat cheese stick	-Sloppy Jane Sandwich -1/2 cup carrots -1 cup low-fat milk	-2 fig newtons -1 oz. raisins	-Whey Protein -1 Banana Nut Muffin -15 almonds
Sat	-2 slices whole grain French Toast -2 tbsp. maple syrup -1/2 cup fruit salad -1 cup low-fat milk	Mandarin Chicken Salad: -2 cups spinach -3 oz. cooked chicken -1/4 cup chickpeas -1/4 cup cucumbers -1/4 cup carrots, shredded -1/4 cup low-fat feta cheese -1 tbsp. balsamic vinaigrette -1/2 cup mandarin oranges	Quesadilla: -3 oz. lean, cooked steak, sliced -2 small whole wheat tortillas -1/4 cup low fat cheese -2 tbsp. salsa -1 cup tossed salad -1 cup low-fat milk	-Roasted Winter Trail Mix -1/2 cup grapes	-Whey Protein -1 graham cracker with 2 tsp. peanut butter
Sun	-1/2 cup strawberries -1 cup cooked oatmeal -1 tsp. chopped walnuts -1 cup low-fat milk	Peanut Butter and Jelly Sandwich: -1 tbsp. peanut butter -2 tsp. jelly -2 slices whole wheat bread -1 cup low-fat yogurt -1 orange -1 cup baby carrots	-3 oz. chicken breast -1/2 cup Vegetable Orzo -1/2 cup steamed carrots -1 cup low-fat milk	-1 low-fat cheese stick -1/2 cup fruit salad	-Whey Protein -PowerBar