



## LIFE OF AN ATHLETE WEEKLY MEAL PLAN- FEMALE

	Breakfast	Lunch	Dinner	Pre Workout Snack	Post Workout Snack
<b>Mon</b>	-1 banana -1 cup cooked oatmeal -2 tbsp. raisins -1 cup low-fat milk	<b>Mandarin Chicken Salad:</b> -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	-3/4 cup cooked pasta -2 turkey meatballs -1 cup broccoli -1/4 cup tomato sauce -1 cup low fat milk -1/2 cup grapes	-1 low fat cheese stick -1 granola bar	-Whey Protein -1 oz. raisins -2 fig newtons
<b>Tues</b>	- <b>Fresh Veggie Omelet</b> - <b>Pumpkin Cranberry Muffin</b> -1 clementine -1 cup low-fat milk	<b>Ham and Cheese Sandwich:</b> -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 -1 oz. pretzels	<b>Chicken Teriyaki Stir Fry:</b> -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	-1/2 cup low fat cottage cheese -1/2 cup whole grain cereal -1/2 cup cherries	-Whey Protein -1 banana with 2 tsp. peanut butter
<b>Weds</b>	- <b>Green Morning Smoothie</b> -1 slice whole grain toast -2 tsp. peanut butter	<b>Turkey Sandwich:</b> -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 orange	- <b>Soy Lime Shrimp with Fruit Salsa</b> -1/2 cup baked sweet potato fries -1/2 cup tossed greens salad -1 tbsp. balsamic vinaigrette -1 cup low-fat milk	- <b>Roasted Winter Trail Mix</b>	-Whey Protein -PowerBar
<b>Thurs</b>	- <b>Oatmeal Apple Pie</b> -1 cup low-fat milk	<b>Taco Salad:</b> -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	-3 oz. pork loin -1/2 cup applesauce -1 baked sweet potato -1/2 cup sautéed zucchini -1 cup low-fat milk	-1 slice toast -1 tbsp. hummus -12 almonds	-Whey Protein -1 banana -2 tsp. peanut butter
<b>Fri</b>	-2 frozen whole wheat waffles -1 tbsp. peanut butter -1/2 cup blueberries -1 cup low-fat milk	- <b>Beef Vegetable Soup</b> -1 (1 oz.) whole wheat roll -1 apple -2 tsp. balsamic vinaigrette -1 cup low-fat milk	- <b>Black Bean Burger</b> -1 tsp. ketchup -1/2 cup baby carrots -1 cup low-fat milk	- <b>Peach Blueberry Oatmeal Smoothie</b>	-Whey Protein -Roasted winter trail mix
<b>Sat</b>	-1 egg and 3 egg whites, scrambled -1/4 cup peppers, onions or tomato -1 slice whole grain toast -1/2 cup fruit salad -1 cup low-fat milk	<b>Hummus Sandwich:</b> -2 tbsp. hummus, tomato/lettuce -2 slices whole wheat bread -1 cup snap peas -1 banana -1 (6 oz.) container non-fat Greek yogurt	- <b>White Bean and Kale Soup with 2 Crostini</b> -1 cup low-fat milk -1 apple	-1 low fat frozen waffle -1/2 cup applesauce	-Whey Protein -PowerBar
<b>Sun</b>	-1 ½ cup whole wheat cereal -1 cup low fat Greek yogurt -2 sliced banana -Cinnamon	<b>Peanut Butter and Jelly Sandwich:</b> -1 tbsp. peanut butter -2 tsp. jelly -2 slices whole wheat bread -1 low fat cheese stick -1 apple -1 cup baby carrots	<b>Steak Fajitas:</b> -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 cereal bar -1 pear	-Whey Protein -1 graham cracker with 2 tsp. peanut butter