



LIFE OF AN ATHLETE WEEKLY MEAL PLAN- MALE

| | Breakfast | Lunch | Dinner | Pre Workout Snack | Post Workout Snack |
|--------------|--|--|---|---|--|
| Mon | -1 banana -1 cup cooked oatmeal -2 tbsp. raisins -1 cup low-fat milk | Mandarin Chicken Salad: -2 cups spinach -4 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 -3 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 -3 fig newtons |
| Tues | - Fresh Veggie Omelet - Pumpkin Cranberry Muffin -1 clementine -1 cup low-fat milk | Ham and Cheese Sandwich: -4 slices (4 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 | 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 | -1/2 cup low fat cottage cheese -1/2 cup whole grain cereal -1/2 cup cherries | -Whey Protein -1 banana with 1 tbsp. peanut butter |
| Weds | - Green Morning Smoothie -2 slices whole grain toast -2 tsp. 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 orange | - 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 | - Roasted Winter Trail Mix | -Whey Protein -PowerBar |
| Thurs | - 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 | -4 oz. pork loin -1/2 cup applesauce -1 baked sweet potato -1/2 cup sautéed zucchini -1 cup low-fat milk | -1 slice toast -2 tbsp. hummus -15 almonds | -Whey Protein -1 banana -1 tbsp. peanut butter |
| Fri | -3 frozen whole wheat waffles -1 ½ tbsp. peanut butter -1/2 cup blueberries -1 cup low-fat milk | - Beef Vegetable Soup -1 (1 oz.) whole wheat roll -1 apple -2 tsp. balsamic vinaigrette -1 cup low-fat milk | - Black Bean Burger -1 tsp. ketchup -1/2 cup baby carrots -1 cup low-fat milk | - Peach Blueberry Oatmeal Smoothie | -Whey Protein -Roasted winter trail mix |
| Sat | -2 eggs 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 | Hummus Sandwich: -2 tbsp. hummus, tomato/lettuce -2 slices whole wheat bread -1 cup snap peas -1 banana -1 (6 oz.) container non-fat Greek yogurt -1 oz. goldfish crackers | - White Bean and Kale Soup with 2 Crostini -1 cup low-fat milk -1 apple | -1 low fat frozen waffle -1/2 cup applesauce | -Whey Protein -PowerBar |
| Sun | -2 cups whole wheat cereal -1 cup low fat Greek yogurt -1 sliced banana -Cinnamon | Peanut Butter and Jelly Sandwich: -1 tbsp. peanut butter -2 tsp. jelly -2 slices whole wheat bread -1 low fat cheese stick -1 apple -1 cup baby carrots | 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 cereal bar -1 pear | -Whey Protein -2 graham crackers with 1 tbsp. peanut butter |