



LIFE OF AN ATHLETE WEEKLY MEAL PLAN- FEMALE

	Breakfast	Lunch	Dinner	Pre Workout Snack	Post Workout Snack
Mon	-Green Morning Smoothie -1 slice whole grain toast -2 tsp. peanut butter	Roast Beef Sandwich: -3 oz. (3 slices) roast beef -2 slices whole grain bread -2 slices red onion -1 tsp. yellow mustard -1 low fat cheese stick -1 plum	-Baked Eggplant Italiano -1/2 cup cooked pasta -1 cup low-fat milk	-1 apple -1 granola bar	-Whey Protein -1 oz. raisins -2 fig newtons
Tues	-1 ½ cup whole wheat cereal -1 cup low fat Greek yogurt -1 sliced banana -Cinnamon	Cashew Chicken Wrap: -1/2 cup cashew chicken salad -1 whole wheat wrap -1 (6 oz.) container low fat yogurt -1 apple -1/2 cup baby carrots	-Turkey Tenders -3/4 cup parmesan potato wedges -1/2 cup steamed green beans -1 cup low-fat milk	-Roasted Winter Train Mix -1/2 cup cherries	-Whey Protein -1 graham cracker with 2 tsp. peanut butter
Weds	-Oatmeal Apple Pie -1 cup low-fat milk	-Roasted Butternut and Pear Salad -1/2 cup low fat cottage cheese -1 oz. pretzels	-3 oz. lean steak -1/2 cup mashed potato -6 asparagus spears -1 cup low-fat milk	-1 low fat frozen waffle -2 tsp. peanut butter	-Whey Protein -PowerBar
Thurs	-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	-Teriyaki Salmon -1/2 cup sautéed zucchini and squash -1/2 cup brown rice -1 cup low-fat milk	-10 almonds -Cranberry Pumpkin Muffin	-Whey Protein -PowerBar
Fri	-1/2 whole wheat bagel, toasted -1 tbsp. reduced fat peanut butter -1 banana -1 cup low-fat milk	-Mediterranean Tuna in Whole Wheat Pita -1 orange -1/2 cup baby carrots -1 low fat cheese stick	Strawberry 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 sliced strawberries -1 (1 oz.) whole wheat roll	-Peach Blueberry Oatmeal Smoothie	-Whey Protein -Roasted winter trail mix
Sat	-1 egg and 3 egg whites, scrambled with ¼ cup pepper, onions or tomato -Banana Nut Muffin -1/2 cup fruit salad -1 cup low-fat milk	-White Bean Corn Chowder -1 apple -1 oz. whole wheat tortilla chips	-Sloppy Jane Sandwich -1/2 cup carrots -1 cup low-fat milk	-1 oz. pretzels -1 tbsp. hummus -1 pear	-Whey Protein -1 oz. raisins -2 fig newtons
Sun	-2 frozen whole wheat waffles -1 tbsp. peanut butter -1/2 cup blueberries -1 cup low-fat milk	Grilled Cheese Sandwich: -2 slices whole wheat bread -2 slices low fat cheese -1 slice tomato -1/2 cup baby carrots -1/2 cup fruit salad	-4 oz. grilled tilapia -1/2 cup brown rice -6 spears asparagus -1 cup low-fat milk -1/2 cup cherries	-1 cereal bar -10 almonds	-Whey Protein -1 banana with 2 tsp. peanut butter