



LIFE OF AN ATHLETE WEEKLY MEAL PLAN- FEMALE

	Breakfast	Lunch	Dinner	Pre Workout Snack	Post Workout Snack
Mon	<ul style="list-style-type: none"> -Fresh Veggie Omelet -Pumpkin Cranberry Muffin -1 clementine -1 cup low-fat milk 	Turkey Sandwich: <ul style="list-style-type: none"> -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 	Quesadilla: <ul style="list-style-type: none"> -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 	<ul style="list-style-type: none"> -1 oz. raisins -2 fig newtons 	<ul style="list-style-type: none"> -Whey Protein -1 banana with 2 tsp. peanut butter
Tues	<ul style="list-style-type: none"> -1/2 whole wheat bagel, toasted -1 tbsp. reduced-fat peanut butter -1 banana -1 cup low-fat milk 	-Slow Cooker Minestrone Soup <ul style="list-style-type: none"> -1 apple -1 cup low-fat milk 	-Pepperoni Chicken -3/4 cup Parmesan Potato Wedges <ul style="list-style-type: none"> -1 cup low-fat milk 	-Roasted Winter Trail Mix <ul style="list-style-type: none"> -1/2 cup cherries 	<ul style="list-style-type: none"> -Whey Protein -PowerBar
Weds	-Oatmeal Apple Pie <ul style="list-style-type: none"> -1 cup low-fat milk 	Salmon Salad: <ul style="list-style-type: none"> -2 cups spinach -3oz. cooked salmon -1/4 cup cucumbers -1/4 cup carrots, shredded -1/4 cup low-fat feta cheese -1 tbsp. balsamic vinaigrette -1 oz. whole grain tortilla chips 	-Taco Stuffed Pepper <ul style="list-style-type: none"> -1/2 cup brown rice -1 cup low-fat milk 	-Fruit Smoothie (1 cup fresh fruit with ½ cup juice) <ul style="list-style-type: none"> -10 almonds 	<ul style="list-style-type: none"> -Whey Protein -1 cup low-fat milk -Banana Nut Muffin
Thurs	<ul style="list-style-type: none"> -1 and ½ cups whole wheat cereal -1 cup low fat Greek yogurt -1 cup blueberries -Cinnamon 	Egg Salad Sandwich: <ul style="list-style-type: none"> -2 slices whole grain bread -2 eggs, hardboiled, chopped -2 tsp. Greek yogurt -1 tsp. Dijon mustard -1 pear -1 cup low-fat milk 	<ul style="list-style-type: none"> -4 oz. grilled halibut -1/2 cup brown rice -6 spears asparagus -1 cup low-fat milk -1/2 cup cherries 	<ul style="list-style-type: none"> -1 granola bar -1/2 cup grapes 	<ul style="list-style-type: none"> -Whey Protein -Roasted Winter Trail Mix
Fri	-Peach Blueberry Oatmeal Smoothie <ul style="list-style-type: none"> -1 slice whole grain toast -2 tsp. peanut butter 	Ham and Cheese Sandwich: <ul style="list-style-type: none"> -3 slices (3 oz.) ham -2 slices whole grain bread -1 slices low-fat American cheese -1 tbsp. mustard -1 orange -1/2 cup baby carrots -1 oz. pretzels 	-2 Chicken Enchiladas <ul style="list-style-type: none"> -1 cup mixed green salad with 2 tsp. ranch dressing -1 cup low-fat milk 	<ul style="list-style-type: none"> -1 cup low-fat yogurt -1/2 cup whole grain cereal 	<ul style="list-style-type: none"> -Whey Protein -1 banana with 2 tsp. peanut butter
Sat	<ul style="list-style-type: none"> -2 frozen whole wheat waffles -1 tbsp. peanut butter -1/2 cup blueberries -1 cup low-fat milk 	-BLT Avocado Wrap <ul style="list-style-type: none"> -1 cheese stick -1 cup applesauce 	-Beef Vegetable Soup <ul style="list-style-type: none"> -1 (1 oz.) whole wheat roll -1 apple -1 tsp. butter -1 cup low-fat milk 	<ul style="list-style-type: none"> -1 oz. pretzels -1 tbsp. hummus -1 pear 	<ul style="list-style-type: none"> -Whey Protein -PowerBar
Sun	<ul style="list-style-type: none"> -1 egg and 3 egg whites, scrambled with ¼ cup pepper, onions or tomato -1 slice whole grain toast -1/2 cup fruit salad -1 cup low-fat milk 	-Farm Stand Steak Salad <ul style="list-style-type: none"> -1 cup low-fat milk -1 (1 oz.) whole wheat roll -1 apple 	<ul style="list-style-type: none"> -1 and ½ cup cooked spaghetti squash -3 oz. chicken breast -1/4 cup tomato sauce -1 tsp. grated parmesan cheese -1 cup low-fat milk -1 slice Italian bread with 1 tsp. butter 	<ul style="list-style-type: none"> -1 low-fat frozen waffle -1/2 cup applesauce 	<ul style="list-style-type: none"> -Whey Protein -1 granola bar -1 banana