



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	Ham and Cheese Sandwich: -3 slices (3 oz.) ham -2 slices whole grain bread -1 slice low-fat American cheese -1 tbsp. mustard -1 orange -1/2 cup baby carrots	-3 oz. chicken breast -3/4 cup Parmesan Potato Wedges -1/2 cup steamed carrots -1 cup low-fat milk	-1 oz. raisins -2 fig newtons	-Whey Protein -PowerBar
Tues	-Oatmeal Apple Pie -1 cup low-fat milk	Chef Salad: -2 cups mixed greens -1 slice ham, 1 slice turkey breast, 1 slice low-fat American cheese, rolled and sliced -1/4 cup cucumbers -1/4 cup carrots, shredded -1/4 cup tomato slices -1 tbsp. balsamic vinaigrette -1 pear	-Tomato and Mushroom Medley over Sautéed Polenta -3 oz. lean steak -1 cup low-fat milk	-Roasted Winter Trail Mix -1/2 cup cherries	-Whey Protein -1 banana with 2 tsp. peanut butter
Weds	-2 frozen whole wheat waffles -1 tbsp. peanut butter -1/2 cup blueberries -1 cup low-fat milk	Hummus Sandwich: -2 tbsp. garlic hummus, tomato/lettuce -2 slices whole wheat bread -1 cup snap peas -1 banana -1 (6 oz.) container non-fat Greek yogurt	-Chicken Fried Rice -1 cup low-fat milk	-1 apple -10 almonds	-Whey Protein -1 cup low-fat milk -1 granola bar
Thurs	-1 and 1/2 cups whole wheat cereal -1 cup low fat Greek yogurt -1 cup blueberries -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	-Maple Glazed Salmon -6 spears asparagus -1/2 cup corn -1 cup low-fat milk	-Roasted Winter Trail Mix -1/2 cup grapes	-Whey Protein -1 graham cracker with 2 tsp. peanut butter
Fri	-2 medium (5") blueberry pancakes -2 tbsp. maple syrup -1 peach -1 cup low-fat milk	-Mexican Stuffed Sweet Potato -1 apple	Grilled Turkey Panini: -3 slices (3 oz.) turkey breast -2 slices whole grain bread -1 slice low-fat American cheese -1 tbsp. Dijon mustard -1 sliced granny smith apple -1/2 cup baby carrots	-1 cup low-fat yogurt -1/2 cup whole grain cereal	-Whey Protein -PowerBar
Sat	-1 banana -1 cup cooked oatmeal -2 tbsp. raisins -1 cup low-fat milk	Grilled Chicken Wrap: -1 (9 in.) whole wheat wrap -3 oz. grilled chicken -1/4 cup shredded lettuce and tomato -1 tsp. low-fat ranch dressing -1/2 cup cucumber slices -1 (6 oz.) container yogurt with 1/2 cup diced fruit	-Beef with Broccoli -1/2 cup brown rice -1 cup low-fat milk	-1 oz. pretzels -1 tbsp. hummus -1 pear	-Whey Protein -2 fig newtons -10 almonds
Sun	-1 egg and 3 egg whites, scrambled with 1/4 cup pepper, onions or tomato -1 slice whole grain toast -1/2 cup fruit salad -1 cup low-fat milk	-Butternut Squash and Carrot Soup -1 whole wheat roll -1/2 cup low-fat cottage cheese with 1 tsp. raisins -1 apple -10 almonds	-Pulled Pork Sandwich -1/2 cup Lemon Broccoli Parmesan -1 cup low-fat milk	-5 saltines with 2 tsp. peanut butter	-Whey Protein -1 granola bar -1 peach