# LIFE OF AN ATHLETE WEEKLY MEAL PLAN - MALE

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| Mon | -Green Morning Smoothie  
-1 slice whole grain toast  
-2 tsp. peanut butter | Ham and Cheese Sandwich:  
-4 slices (4 oz.) ham  
-2 slices whole grain bread  
-1 slice low-fat American cheese  
-1 tbsp. mustard  
-1 orange  
-1/2 cup baby carrots | -4 oz. chicken breast  
-3/4 cup Parmesan Potato Wedges  
-1/2 cup steamed carrots  
-1 cup low-fat milk | -1 oz. raisins  
-3 fig newtons | -Whey Protein  
-PowerBar |
| Tues | -Oatmeal Apple Pie  
-1 cup low-fat milk | Chef Salad:  
-2 cups mixed greens  
-2 slices ham, 2 slices 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  
-4 oz. lean steak  
-1 cup low-fat milk | -Roasted Winter Trail Mix  
-1/2 cup cherries | -Whey Protein  
-1 banana with 1 tbsp. peanut butter |
| Weds | -3 frozen whole wheat waffles  
-1 tsp. peanut butter  
-1/2 cup blueberries  
-1 cup low-fat milk | Hummus Sandwich:  
-4 tsp. garlic hummus, tomato/lettuce  
-2 slices whole wheat bread  
-1 cup snap peas  
-1 banana  
-(6 oz.) container non-fat Greek yogurt | -Chicken Fried Rice  
-1 cup low-fat milk | -1 apple  
-15 almonds | -Whey Protein  
-1 cup low-fat milk  
-1 granola bar |
| Thurs | -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  
-2 graham crackers with 1 tbsp. peanut butter |
| Fri | -3 medium (5") blueberry pancakes  
-2 tbsp. maple syrup  
-1 peach  
-1 cup low-fat milk | -Mexican Stuffed Sweet Potato  
-1 apple | Grilled Turkey Panini:  
-4 slices (4 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 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  
-4 oz. grilled chicken  
-1/4 cup shredded lettuce and tomato  
-1/2 low-fat ranch dressing  
-1/2 cup cucumber slices  
-(6 oz.) container yogurt with 1/2 cup diced fruit | -Butter with Broccoli  
-1/2 cup brown rice  
-1 cup low-fat milk | -1 oz. pretzels  
-2 tbsp. hummus  
-1 pear | -Whey Protein  
-3 fig newtons  
-15 almonds |
| Sun | -2 eggs 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 tbsp. raisins  
-1 apple  
-15 almonds | -Pulled Pork Sandwich  
-1/2 cup Lemon Broccoli Parmesan  
-1 cup low-fat milk | -5 saltines with tbsp. peanut butter | -Whey Protein  
-1 granola bar  
-1 peach |