



## LIFE OF AN ATHLETE WEEKLY MEAL PLAN- MALE

	Breakfast	Lunch	Dinner	Pre Workout Snack	Post Workout Snack
<b>Mon</b>	-Green Morning Smoothie -1 slice whole grain toast -2 tsp. peanut butter	<b>Ham and Cheese Sandwich:</b> -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 <b>-3/4 cup Parmesan Potato Wedges</b> -1/2 cup steamed carrots -1 cup low-fat milk	-1 oz. raisins -3 fig newtons	-Whey Protein -PowerBar
<b>Tues</b>	-Oatmeal Apple Pie -1 cup low-fat milk	<b>Chef Salad:</b> -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	<b>-Tomato and Mushroom Medley over Sautéed Polenta</b> -4 oz. lean steak -1 cup low-fat milk	<b>-Roasted Winter Trail Mix</b> -1/2 cup cherries	-Whey Protein -1 banana with 1 tbsp. peanut butter
<b>Weds</b>	-3 frozen whole wheat waffles -1 tbsp. peanut butter -1/2 cup blueberries -1 cup low-fat milk	<b>Hummus Sandwich:</b> -3 tbsp. garlic hummus, tomato/lettuce -2 slices whole wheat bread -1 cup snap peas -1 banana -1 (6 oz.) container non-fat Greek yogurt	<b>-Chicken Fried Rice</b> -1 cup low-fat milk	-1 apple -15 almonds	-Whey Protein -1 cup low-fat milk -1 granola bar
<b>Thurs</b>	-2 cups whole wheat cereal -1 cup low fat Greek yogurt -1 cup blueberries -Cinnamon	<b>-Peanut Butter and Jelly Sandwich:</b> -1 tbsp. peanut butter -2 tsp. jelly -2 slices whole wheat bread -1 low-fat cheese stick -1 apple -1 cup baby carrots	<b>-Maple Glazed Salmon</b> -6 spears asparagus -1/2 cup corn -1 cup low-fat milk	<b>-Roasted Winter Trail Mix</b> -1/2 cup grapes	-Whey Protein -2 graham crackers with 1 tbsp. peanut butter
<b>Fri</b>	-3 medium (5") blueberry pancakes -2 tbsp. maple syrup -1 peach -1 cup low-fat milk	<b>-Mexican Stuffed Sweet Potato</b> -1 apple	<b>Grilled Turkey Panini:</b> -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
<b>Sat</b>	-1 banana -1 cup cooked oatmeal -2 tbsp. raisins -1 cup low-fat milk	<b>Grilled Chicken Wrap:</b> -1 (9 in.) whole wheat wrap -4 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	<b>-Beef with Broccoli</b> -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
<b>Sun</b>	-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	<b>-Butternut Squash and Carrot Soup</b> -1 whole wheat roll -1/2 cup low-fat cottage cheese with 1 tbsp. raisins -1 apple -15 almonds	<b>-Pulled Pork Sandwich</b> <b>-1/2 cup Lemon Broccoli Parmesan</b> -1 cup low-fat milk	-5 saltines with tbsp. peanut butter	-Whey Protein -1 granola bar -1 peach