



## LIFE OF AN ATHLETE WEEKLY MEAL PLAN- FEMALE

	Breakfast	Lunch	Dinner	Pre Workout Snack	Post Workout Snack
<b>Mon</b>	<ul style="list-style-type: none"> <li>» 1 ½ C whole wheat cereal in</li> <li>» 1 C low fat Greek yogurt</li> <li>» ½ C sliced strawberries/bananas</li> <li>» cinnamon</li> </ul>	<b>Turkey Sandwich:</b> <ul style="list-style-type: none"> <li>» 3 Slices (3 oz) Turkey breast</li> <li>» 2 Slices whole-grain bread</li> <li>» 1 slice low fat American cheese</li> <li>» 1 Tbsp mustard</li> <li>» 1 Apple</li> <li>» ½ cup baby carrots</li> <li>» 1 oz pretzels</li> </ul>	<b>Chicken Sausage and Peppers</b> <ul style="list-style-type: none"> <li>» 1 chicken sausage link</li> <li>» ½ cup peppers and onions</li> <li>» 1 small hotdog bun</li> <li>» ½ Cup fruit salad</li> <li>» 1 Cup low fat milk</li> </ul>	<ul style="list-style-type: none"> <li>» Fruit Smoothie (1 cup fresh fruit with ½ cup juice)</li> <li>» ½ C trail mix</li> </ul>	<ul style="list-style-type: none"> <li>» Whey Protein</li> <li>» Power Bar</li> </ul>
<b>Tues</b>	<ul style="list-style-type: none"> <li>» <b>Fresh Veggie Omelet:</b></li> <li>» 1 clementine</li> <li>» 1 slice whole wheat toast</li> </ul>	<b>Grilled Chicken Wrap:</b> <ul style="list-style-type: none"> <li>» 1 (9in) Whole Wheat Wrap</li> <li>» 3 Oz Grilled Chicken</li> <li>» ¼ cup shredded lettuce and tomato</li> <li>» 1 tsp low fat Ranch dressing</li> <li>» ½ cup cucumber slices</li> <li>» 1 (6oz) container yogurt with               <ul style="list-style-type: none"> <li>» ½ cup strawberries and</li> <li>» ¼ cup cheerios</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>» 4 oz Salmon Filet</li> <li>» ½ Cup Brown Rice</li> <li>» 1 C Steamed Broccoli</li> <li>» 1 Cup Low Fat Milk</li> <li>» ½ C cherries</li> </ul>	<ul style="list-style-type: none"> <li>» 2 fig newtons</li> <li>» Banana</li> </ul>	<ul style="list-style-type: none"> <li>» Whey Protein</li> <li>» 2 rice cakes with 2 tsp peanut butter</li> </ul>
<b>Weds</b>	<ul style="list-style-type: none"> <li>» 1 banana</li> <li>» 1 C cooked oatmeal</li> <li>» 2 Tbsp Raisins</li> <li>» 1 C low fat milk</li> </ul>	<b>Chef Salad:</b> <ul style="list-style-type: none"> <li>» 2 Cups mixed Greens</li> <li>» 1 slice ham, 1 slice turkey breast, 1 slice low fat American cheese, rolled and sliced</li> <li>» ¼ C Cucumbers</li> <li>» ¼ C carrots, shredded</li> <li>» ¼ cup tomato slices</li> <li>» 1 Tbsp Balsamic Vingarette</li> </ul>	<ul style="list-style-type: none"> <li>» ¾ Cup cooked pasta</li> <li>» 2 turkey meatballs, sliced</li> <li>» 1 C broccoli</li> <li>» ¼ C tomato sauce</li> <li>» 1 Cup low fat milk</li> <li>» ½ C grapes</li> </ul>	<ul style="list-style-type: none"> <li>» ½ Cup Melon</li> <li>» 1 (6oz) Greek yogurt with ½ C cheerios</li> </ul>	<ul style="list-style-type: none"> <li>» Whey Protein</li> <li>» 1 graham cracker with 2 tsp Peanut Butter</li> </ul>
<b>Thurs</b>	<ul style="list-style-type: none"> <li>» 2 frozen whole wheat waffles with</li> <li>» 1 Tbsp peanut butter</li> <li>» ½ C Strawberries</li> <li>» 1 C low-fat milk</li> </ul>	<b>Hummus Sandwich</b> <ul style="list-style-type: none"> <li>» 2 slices whole wheat bread</li> <li>» 2 Tbsp garlic hummus</li> <li>» tomato/lettuce/onion</li> <li>» 1 cup snap peas</li> <li>» 1 apple</li> <li>» 1 (6oz) Container lowfat Greek yogurt</li> </ul>	<ul style="list-style-type: none"> <li>» <b>Chicken Enchiladas</b></li> <li>» 1 Cup mixed green salad with 2 tsp ranch dressing</li> <li>» 1 Cup Low Fat Milk</li> </ul>	<ul style="list-style-type: none"> <li>» Fruit Smoothie (1 cup fresh fruit with ½ cup juice)</li> <li>» 15 Almonds</li> </ul>	<ul style="list-style-type: none"> <li>» Whey Protein</li> <li>» 1 banana</li> <li>» ½ C trail mix</li> </ul>
<b>Fri</b>	<ul style="list-style-type: none"> <li>» 1 ½ C whole wheat cereal</li> <li>» 1 C low fat milk</li> <li>» 1 banana</li> </ul>	<b>Tuna salad sandwich:</b> <ul style="list-style-type: none"> <li>» 2 Slices whole-grain bread</li> <li>» 3 Oz canned tuna (in water)</li> <li>» 2 tsp mayonnaise or Greek yogurt</li> <li>» Chopped celery, lettuce leaves</li> <li>» 1 Pear</li> <li>» 6 oz Nonfat Yogurt</li> </ul>	<ul style="list-style-type: none"> <li>» 3 oz pork loin</li> <li>» ½ Cup Applesauce</li> <li>» 1 ear corn on the cob</li> <li>» 1 tsp butter</li> <li>» ½ Cup sautéed zucchini</li> <li>» 1 Cup Low Fat Milk</li> </ul>	<ul style="list-style-type: none"> <li>» 1 oz pretzels</li> <li>» 1 Tbsp Hummus</li> <li>» 1 Apple</li> </ul>	<ul style="list-style-type: none"> <li>» Whey Protein</li> <li>» ½ C low fat cottage cheese with ½ Cup Cereal</li> </ul>

<p><b>Sat</b></p>	<ul style="list-style-type: none"> <li>» 1 egg and 3 egg whites, scrambled with ¼ cup pepper, onions or tomato</li> <li>» 1 Slice whole-grain toast</li> <li>» 1 tsp reduced calorie butter</li> <li>» ½ cup fruit salad</li> <li>» 1 C low-fat milk</li> </ul>	<p><b>Sloppy Jane Sandwich</b></p> <p>Carrots 1 Clementine 1 Cup Low Fat Milk</p>	<p><b>Salad with Tilapia:</b></p> <ul style="list-style-type: none"> <li>» 2 Cups Spinach</li> <li>» 4 oz Grilled Tilapia</li> <li>» ¼ C Cucumbers</li> <li>» ¼ C diced tomatoes</li> <li>» ¼ C carrots, shredded</li> <li>» 2 Tbsp White Cannellini Beans</li> <li>» 1 Tbsp Balsamic Vingarette</li> <li>» 1 peach</li> <li>» 1 C low fat milk</li> </ul>	<ul style="list-style-type: none"> <li>» 2 fig newtons</li> <li>Banana</li> </ul>	<p>Whey Protein 1 graham cracker with 2 tsp Peanut Butter</p>
<p><b>Sun</b></p>	<ul style="list-style-type: none"> <li>» 2 medium (5") blueberry pancakes</li> <li>» 2 Tbsp maple syrup</li> <li>» 1 Peach</li> <li>» 1 C low-fat milk</li> </ul>	<p><b>Vegetable Wrap:</b></p> <ul style="list-style-type: none"> <li>» 1 (9in) Whole wheat wrap</li> <li>» 1/2 cup mixed vegetables (sliced carrots, cucumbers, peppers)</li> <li>» lettuce, tomato</li> <li>» 1 slice low fat American cheese</li> <li>» 1 tsp vinagrette dressing</li> <li>» 1 pear</li> </ul>	<ul style="list-style-type: none"> <li>» 3 oz Lean Steak</li> <li>» ½ C Baked Sweet Potato Wedges</li> <li>» 6 asparagus spears</li> <li>» 1 C low-fat milk</li> </ul>	<ul style="list-style-type: none"> <li>» 1 banana</li> <li>» 1 (6oz) yogurt with ½ C cheerios</li> </ul>	<ul style="list-style-type: none"> <li>» Whey Protein</li> <li>» Power Bar</li> </ul>