

LifeofanAthleteWeeklyMealPlan- Male

	Breakfast	Lunch	Dinner	Pre Workout Snack	Post Workout Snack
Mon	<ul style="list-style-type: none"> » 1 C cooked oatmeal » 1 banana » 2 Tbsp Raisins ¼ C chopped walnuts » 1 C low-fat milk 	Strawberry Chicken Salad <ul style="list-style-type: none"> » 2 Cups Spinach » 4 oz cooked chicken » ¼ C Cucumbers » ¼ C carrots, shredded » ¼ cup low fat feta cheese » 1 Tbsp Balsamic Vingarette 	Baked Eggplant Italiano <ul style="list-style-type: none"> » ½ Cup cooked pasta » 1 Cup low fat milk » 1 small peach 	<ul style="list-style-type: none"> » Fruit Smoothie (1 cup fresh fruit with ½ cup juice) » ½ C trail mix 	<ul style="list-style-type: none"> » Whey Protein Power Bar
Tues	<ul style="list-style-type: none"> » 2 egg and 3 egg whites, scrambled with ¼ cup pepper, onions or tomato » 2 Slice whole-grain toast » 1 tsp jam » ½ cup cantaloupe » 1 C low-fat milk 	Roast Beef Sandwich: <ul style="list-style-type: none"> » 4oz (4 slices) roast beef » 2 Slices whole-grain bread » 2 slices red onion » 1 Tsp yellow mustard » 1 low fat cheese stick » 1 plum » 1 cup baby carrots 	Chili Lime Chicken Skewets ½ C boiled red potatoes 1 Cup low fat milk	1 Cup low fat yogurt with ½ Cup Cereal Banana	<ul style="list-style-type: none"> » Whey Protein » 2 graham cracker with 2 tsp Peanut Butter
Weds	2 C whole wheat cereal » 1 C low fat milk » ½ Cup blueberries	Bagel Sandwich 1 small (2oz) whole wheat bagel » 2 Tbsp garlic hummus » tomato/lettuce/onion » 1 cup snap peas	Quesadilla <ul style="list-style-type: none"> » 4 oz seasoned ground turkey » 2 small whole wheat tortillas » ¼ C low fat cheese » 2 Tbsp Salsa » 1 Cup Tossed Salad 	» 3 fig newtons banana	<ul style="list-style-type: none"> » Whey Protein » ½ Cup Trail Mix with Pretzels
Thurs	<ul style="list-style-type: none"> » 1 small whole wheat bagel, toasted » 1 Tbsp reduced-fat peanut butter » 1 tsp honey » ½ Cup Cantaloupe 1 Cup low fat milk 	Mediterranean Tuna in Whole Grain Pita ¾ C grapes 1 Cup baby carrots 1 low fat cheese stick	<ul style="list-style-type: none"> » 4 oz Chicken Breast » ¾ Cup pasta salad with green peppers and Italian dressing » ½ Cup steamed carrots » 1 Cup Low Fat Milk 	» 3 rice cakes with ½ C applesauce and 1 tsp raisins » 1 pear	<ul style="list-style-type: none"> » Whey Protein 1 Cup low fat yogurt with ½ Cup Cereal
Fri	<ul style="list-style-type: none"> » 3 eggs, cooked any way » 1 small (1oz) blueberry muffin » ½ cup cantaloupe » 1 C low-fat milk 	Ham and Cheese Sandwich: <ul style="list-style-type: none"> » 4 Slices(4 oz) Ham » 2 Slices whole-grain bread » 1 slice low fat American cheese » 1 Tbsp mustard » 1 orange » ½ cup baby carrots 	Farm Stand Steak Salad 1 (1oz) whole wheat roll 1 Cup low fat milk 1 peach	» Fruit Smoothie (1 cup fresh fruit with ½ cup juice) » ½ C trail mix	<ul style="list-style-type: none"> » Whey Protein 1 banana with 2 tsp Peanut Butter
Sat	2 C whole wheat cereal in » 1 C low fat yogurt » ½ C sliced strawberries/bananas » cinnamon	Grilled Cheese Sandwich <ul style="list-style-type: none"> » 2 slices whole wheat bread » 2 slices low fat Cheese » 1 slice tomatoes » 1 cup tossed salad » 1 tsp low fat salad dressing » 1 apple 	<ul style="list-style-type: none"> » 5 oz Tilapia Filet » 1 ear grilled corn on the cob » 1 C zucchini and tomatoes » 1 Cup Low Fat Milk ½ Cup Grilled Pineapple 	» 1 oz pretzels » 2 Tbsp Hummus » 1 Red Pear	<ul style="list-style-type: none"> » Whey Protein » 1 Cup low fat yogurt with ½ Cup Cereal
Sun	<ul style="list-style-type: none"> » 3 medium (5") blueberry pancakes » 2 Tbsp maple syrup » 1 Peach » 1 C low-fat milk 	<ul style="list-style-type: none"> » 1 whole wheat English Muffin with <ul style="list-style-type: none"> » 1 Tbsp peanut butter » 1 tsp honey » ½ tsp cinnamon » 1 cup snap peas » 1 cup Strawberries » 1 (6 oz) container non fat Greek yogurt 12 almonds 	Turkey Burger: <ul style="list-style-type: none"> » 4 Oz lean ground turkey » 1 whole-wheat hamburger bun » 1 Tsp Ketchup » 1 Cup Watermelon 	» ½ Cup trail mix » 1 apple with 2 tsp peanutbutter	<ul style="list-style-type: none"> » Whey Protein » ½ C cottage cheese with cinnamon 3 Fig Newtons