



# Adolescent Sports Meal Plan - Week 1

	BREAKFAST	LUNCH	DINNER	SNACKS
SUNDAY	<ul style="list-style-type: none"> <li><b>Peanut Butter Wrap:</b> 2 whole wheat tortillas (approximately 6" in diameter), 2 Tbsp peanut butter, ½ banana</li> <li><b>Cantaloupe:</b> 1 cup</li> <li><b>Milk :</b> 8 oz</li> </ul>	<ul style="list-style-type: none"> <li><b>Whole Wheat Pita:</b> Filled with 2 Tbsp light cream cheese, a dash of dill or oregano, sliced cucumber &amp; tomato</li> <li><b>Seedless Grapes:</b> 1 cup</li> <li><b>Baby Carrots:</b> ½ cup with 1 Tbsp light Ranch dressing</li> <li><b>Milk :</b> 8 oz</li> </ul>	<ul style="list-style-type: none"> <li><b>Roasted Chicken:</b> 5 oz</li> <li><b>Baked Sweet Potato:</b> 1 with 1-2 tsp butter</li> <li><b>Whole Wheat Dinner Roll:</b> 2 small, serve with 1-2 tsp butter</li> <li><b>Cranberry Sauce:</b> ½ cup</li> <li><b>Salad with Light Dressing:</b> 2 cups</li> <li><b>Milk :</b> 8 oz</li> </ul>	<p><b>Pre-Practice:</b></p> <ul style="list-style-type: none"> <li><b>Trail Mix:</b> ½ cup</li> </ul> <p><b>After-Practice:</b></p> <ul style="list-style-type: none"> <li><b>Hard-Boiled Egg:</b> 1</li> <li><b>Chocolate Milk:</b> 8 oz</li> </ul>
MONDAY	<ul style="list-style-type: none"> <li><b>Whole Wheat English Muffin with Butter</b></li> <li><b>Strawberries:</b> ½ cup</li> <li><b>Hard-boiled Egg:</b> 1</li> <li><b>Milk :</b> 8 oz</li> </ul>	<ul style="list-style-type: none"> <li><b>Peanut Butter Sandwich:</b> 2 slices whole wheat bread, 2 Tbsp peanut butter, 1 Tbsp honey or jam</li> <li><b>Pear:</b> 1 fresh (skin on)</li> <li><b>Cucumbers:</b> ½ cup with 1 Tbsp light Ranch</li> <li><b>Milk :</b> 8 oz</li> </ul>	<ul style="list-style-type: none"> <li><b>Tacos:</b> 3 corn tortillas, 5 oz browned turkey or beef with taco seasoning, ¼ cup shredded cheese, diced tomatoes, chopped lettuce, 1 Tbsp diced avocado, 1 Tbsp light sour cream, lettuce, salsa</li> <li><b>Applesauce:</b> ½ cup unsweetened</li> <li><b>Milk :</b> 8 oz</li> </ul>	<p><b>Pre-Practice:</b></p> <ul style="list-style-type: none"> <li><b>Pretzels:</b> 1 cup</li> <li><b>100% Fruit Juice:</b> 4 oz</li> </ul> <p><b>After-Practice:</b></p> <ul style="list-style-type: none"> <li><b>½ Turkey Sandwich:</b> whole wheat bread</li> <li><b>Chocolate Milk:</b> 8 oz</li> </ul>
TUESDAY	<ul style="list-style-type: none"> <li><b>Cereal with Walnuts:</b> 1 Tbsp walnuts, 1 cup low-fat or non-fat milk, 1 cup of cold cereal</li> <li><b>Blueberries:</b> ½ cup fresh</li> <li><b>Toast:</b> 100% whole wheat, 1 Tbsp unsweetened jelly or jam</li> </ul>	<ul style="list-style-type: none"> <li><b>Tuna Salad on Whole Wheat Crackers:</b> 2 oz, 8-10 crackers</li> <li><b>Tomato:</b> 1 sliced</li> <li><b>Apple:</b> 1 fresh (skin on)</li> <li><b>Milk :</b> 8 oz</li> </ul>	<ul style="list-style-type: none"> <li><b>Braised Pork or Lamb Chop:</b> 5 oz</li> <li><b>Mashed Potatoes:</b> ½ -1 cup, ½ Tbsp butter or sour cream</li> <li><b>Broccoli:</b> 1 cup steamed</li> <li><b>Fruit Cocktail (Light):</b> ½ cup canned</li> <li><b>Milk :</b> 8 oz</li> </ul>	<p><b>Pre-Practice:</b></p> <ul style="list-style-type: none"> <li><b>Animal Crackers:</b> ½ cup</li> <li><b>Baby Carrots:</b> ½ cup with light Ranch dressing</li> </ul> <p><b>After-Practice:</b></p> <ul style="list-style-type: none"> <li><b>Granola Bar</b></li> <li><b>Chocolate Milk:</b> 8 oz</li> </ul>
WEDNESDAY	<ul style="list-style-type: none"> <li><b>Egg Wrap:</b> 2 eggs scrambled, 1 whole wheat tortilla, 1 oz grated cheese, 1 slice tomato</li> <li><b>Cantaloupe :</b> 1 cup</li> <li><b>Milk :</b> 8 oz</li> </ul>	<ul style="list-style-type: none"> <li><b>Soup:</b> a hearty type such as minestrone, black bean, chili, or chicken vegetable with pasta</li> <li><b>Whole Wheat Baguette:</b> 1-2 slices to dip in soup</li> <li><b>Watermelon:</b> 1 cup cubed</li> <li><b>Milk :</b> 8 oz</li> </ul>	<ul style="list-style-type: none"> <li><b>Whole Wheat Pasta:</b> 2 cups cooked whole wheat pasta with meat sauce</li> <li><b>Garlic Bread:</b> 2 slices</li> <li><b>Salad:</b> 2 cups, light dressing</li> <li><b>Pineapple:</b> ½ cup</li> <li><b>Milk :</b> 8 oz</li> </ul>	<p><b>Pre-Practice:</b></p> <ul style="list-style-type: none"> <li><b>String Cheese:</b> 1</li> <li><b>100% Fruit Juice:</b> 4 oz</li> </ul> <p><b>After-Practice:</b></p> <ul style="list-style-type: none"> <li><b>Oatmeal Cookie:</b> 2</li> <li><b>Chocolate Milk:</b> 8 oz</li> </ul>
THURSDAY	<ul style="list-style-type: none"> <li><b>Whole Wheat Mini-Bagels:</b> 2 with 1 Tbsp light cream cheese or peanut butter per mini-bagel</li> <li><b>Grapefruit:</b> ½ -1 fresh</li> <li><b>Milk :</b> 8 oz</li> </ul>	<ul style="list-style-type: none"> <li><b>Pasta Salad:</b> 1-2 cups</li> <li><b>Kiwi:</b> 2 whole</li> <li><b>Milk :</b> 8 oz</li> </ul>	<ul style="list-style-type: none"> <li><b>Beef Stew:</b> 2 cups</li> <li><b>Strawberry Spinach Salad:</b> 2 cups with balsamic vinegar dressing</li> <li><b>Plums/Prunes:</b> ½ cup canned</li> <li><b>Milk :</b> 8 oz</li> </ul>	<p><b>Pre-Practice:</b></p> <ul style="list-style-type: none"> <li><b>Snack Mix:</b> ½ cup (mix: nuts/pretzels/raisins)</li> </ul> <p><b>After-Practice:</b></p> <ul style="list-style-type: none"> <li><b>Graham Cracker Squares:</b> 4 *add ½ Tbsp of peanut butter per cracker</li> <li><b>Chocolate Milk:</b> 8 oz</li> </ul>
FRIDAY	<ul style="list-style-type: none"> <li><b>Mango Smoothie:</b> 6 oz non-fat or low-fat vanilla Greek yogurt, ½ cup frozen mango, ½ frozen banana, 4 oz juice</li> <li><b>Whole Wheat English Muffin:</b> Serve with 2 tsp of butter and 1 Tbsp jam</li> </ul>	<ul style="list-style-type: none"> <li><b>Tortilla Wrap:</b> 1 whole wheat tortilla, 1 slice cheese, 3 slices ham or turkey, 2 tsp light mayo or Ranch dressing, 1 cup mix of lettuce, avocado, tomato (roll up tightly &amp; use a dab of cream cheese to glue shut)</li> <li><b>Orange:</b> 1 fresh</li> <li><b>Milk :</b> 8 oz</li> </ul>	<ul style="list-style-type: none"> <li><b>Grilled Wild Salmon:</b> 5 oz baked or grilled</li> <li><b>Wild Rice:</b> 1 cup</li> <li><b>Green Beans:</b> ½ cup steamed</li> <li><b>Pineapple:</b> ½ cup fresh or canned</li> <li><b>Milk :</b> 8 oz</li> </ul>	<p><b>Pre-Practice:</b></p> <ul style="list-style-type: none"> <li><b>Fig Newtons:</b> 4</li> <li><b>Cucumbers:</b> ½ cup with light Ranch dressing</li> </ul> <p><b>After-Practice:</b></p> <ul style="list-style-type: none"> <li><b>Apple:</b> 1 fresh (skin on)</li> <li><b>String Cheese:</b> 1</li> </ul>
SATURDAY	<ul style="list-style-type: none"> <li><b>Oatmeal:</b> 1½ cups with 2 Tbsp raisins, 1 Tbsp sliced almonds, 1 Tbsp brown sugar</li> <li><b>Strawberries:</b> ½ cup</li> <li><b>Milk:</b> 8 oz</li> </ul>	<ul style="list-style-type: none"> <li><b>Pita Chips:</b> 1-2 oz chips with ¼ cup hummus</li> <li><b>Fresh Green Pepper:</b> ½ pepper cut into strips--serve with light Ranch dressing for dipping</li> <li><b>Fresh Mango:</b> ½ cup</li> <li><b>Milk :</b> 8 oz</li> </ul>	<ul style="list-style-type: none"> <li><b>Pizza, Homemade:</b> 2-4</li> <li><b>Mandarin Oranges:</b> ½ cup canned</li> <li><b>Milk :</b> 8 oz</li> </ul>	<p><b>Pre-Practice:</b></p> <ul style="list-style-type: none"> <li><b>Light Popcorn:</b> 2 cups</li> <li><b>100% Fruit Juice:</b> 4 oz</li> </ul> <p><b>After-Practice:</b></p> <ul style="list-style-type: none"> <li><b>Banana:</b> 1</li> <li><b>Pudding:</b> 4 oz</li> </ul>