

Abi is a year 13 student planning to go to University. Whilst at University Abi is looking to obtain a sport scholarship in conjunction with British Triathlon. Abi has limited spare time due to her strict schedule of training and competing. Abi's training involves at least 9 sessions a week to include swimming, cycling, running, strength and conditioning. Abi tries to eat meals made from fresh ingredients and avoids eating processed foods.



weekly meal planner

FOR THE WEEK OF:

MONDAY	SHOPPING LIST
B	
L	
D	
TUESDAY	
B	
L	
D	
WEDNESDAY	
B	
L	
D	
THURSDAY	
B	
L	
D	
FRIDAY	
B	
L	
D	
SATURDAY	
B	
L	
D	
SUNDAY	
B	
L	
D	

- Abi has added some weight training into her weekly workouts, and needs to include some extra protein in her diet as a result.
- Abi has a busy schedule and needs to be able to cook quick meals that are high in protein.
- Abi's favourite food is fried chicken, and her least favourite food is steamed vegetables.
- She's trying to reduce her meat consumption but is afraid she won't get all the amino acids she needs from plant sources.

Task outline
 Create a high protein shopping list and meal plan (Breakfast, Lunch, and Dinner) for Abi.

