

Coach Robb's Weekly Meal Plan

Week 10

Meals to Prepare & Freeze

(Make a large dish that you can partition off into meal-sized portions to refrigerate or freeze and heat up during the week)

Meal #1 - 2-4 pounds of free range beef, chicken or tofu to be used as a topping for various dishes

Meal #2 - 1 large batch of spaghetti sauce - see Week 3 for recipe

Meal #3 - Meat and cheese roll ups. Create enough for the week and store in Tupperware

Breakfast

Avocado toast (*Recipe attached*) with 2 eggs on top

Fresh fruit

8-10 ounces of cold filtered water

Morning supplements: [Sleep Time](#), [Super Zinc 50](#), [Omega 3D II](#)

Snack #1

1/2 large cucumber and 1 whole tomato with a dash of sea salt

8-10 ounces of cold filtered water

Lunch

Deli meat and cheese roll ups

Black corn chips with salsa - *Salsa Recipe attached*

8-10 ounces of cold filtered water

Snack #2

The Coach Robb Smoothie - see Week 3 for Recipe

8-10 ounces of cold filtered water

Dinner

Large plate of pasta (any style) with your homemade spaghetti sauce. Note: use 2 parts meat to 1 part pasta

Large power salad with blue cheese dressing

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Snack #3

1 scoop of [Chocolate Best Whey Protein](#) mixed into 8-10 ounces of organic whole milk or cold filtered water

Right Before Bed

8-10 ounces of cold filtered water

Evening supplements: [Sleep Time](#), [Super Zinc 50](#), [Omega 3D II](#)

Food for Thought

- If you are craving simple sugars, bump up your intake of fresh avocados, extra virgin olive oil and fish oil. Craving simple sugars is not you being “weak”, but rather a definitive sign that your body is in need of essential fatty acids. The calories that come from avocados, extra virgin olive oil and fish oil will be either converted to energy or passed as waste, meaning you will not gain weight by consuming them.
- Avoid any and all items that have artificial sweeteners in them. Some of the artificial sweeteners that are on the market have the same chemical profile of chlorine – nothing that you should be “eating”.

Note: Coach Robb Meal Plans are suggestions and are not intended to override the recommendations of your physician. Please do not consume of the suggested items if you have experienced allergic reactions associated with the touching or consumption of said foods.

AVOCADO TOAST

Sliced rye or wheat bread

1 slightly soft avocado

Red pepper flakes (optional)

Slice avocado in half and remove seed. Spoon out avocado and spread onto toasted bread using the spoon (do not over mash!) Sprinkle lightly with red pepper flakes.

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COACH ROBB TIP:

This has become one of my favorite snacks and is a great addition to breakfast! Try pairing your avocado toast with an over easy egg for a highly nutritious start to your day.





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FRESH SPICY SALSA

2-3 tomatoes, chopped

1/4 red or yellow onion, chopped

1 jalapeno, finely chopped

2-3 T. chopped cilantro

Lime juice

Blue corn chips

Chop tomatoes and onion into bite size chunks. Remove seeds from jalapeno and finely chop. Mix tomatoes, onion, jalapeno and cilantro together. Add a few squirts of lime juice and stir together. Serve with blue corn chips for dipping or as a condiment for quesadillas or eggs.



COACH ROBB TIP:

While I personally can't deal with spicy foods, I can't deny the health benefits of the jalapeno pepper. Peppers contain a natural chemical known as capsaicin, which is actually what gives peppers their hot properties. Capsaicin acts as an inflammatory, is known to block the pain transmitters to the brain making it a natural headache reliever, and is also commonly found in weight loss supplements.