

Coach Robb's Weekly Meal Plan

Week 3

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 - Meaty spaghetti sauce twith lean ground beef - *Recipe attached*

Meal #2 - Grilled free-range chicken or beef (season as you like; cook completely so that you can freeze and re-heat during the week)

Meal #3 - Cold vegetable salad with fresh tomatoes, cucumbers and onions with balsamic vinegar (mix in big bowl and keep refrigerated)

Meal #4 - Cold fruit salad with blueberries, strawberries, apples and grapes (mix in big bowl and keep refrigerated)

Breakfast

Breakfast (eat your protein first, then toast, then fruit & water)

3 eggs any style - *Egg Omelet Recipe attached*

2 slices of whole wheat bread with real butter

1 mandarin orange

8-10 ounces of cold filtered water

Morning supplements: [Power CoQ10 600](#), [Frontier Multi](#)

Snack #1

Bowl of pre-made fruit salad with big scoop of full-fat Cool Whip™

8-10 ounces of cold filtered water

Lunch

Spinach salad topped with grilled chicken or beef (add as many vegetables as you want). Top with extra virgin olive oil or balsamic dressing

1 large banana

1 cup of organic Greek yogurt

8-10 ounces of cold filtered water

Snack #2

The Coach Robb Smoothie - *Recipe attached*

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Dinner

Plate of pasta (any style) topped with large serving of pre-made meaty spaghetti sauce (use more sauce than pasta)

Large power salad - spinach base, California blend lettuce, fresh raw green peppers, cucumbers, tomatoes, etc. (any vegetables you desire, the darker the higher the nutritional quality)

4-6 ounces of cold filtered water (after your meal)

Snack #3

1 Klondike ice cream bar

Right Before Bed

8-10 ounces of cold filtered water

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

Food for Thought

- Avoid food items that come out of a box, jar, can, or wrapper (unless it is certified organic).
- If the product you are eating has a UPC bar code on it, it is not good for you (It has been processed and enriched)
- Strive to consume half of your body weight in cold filtered water (Example: Body weight - 150 pounds x 50% = 75 ounces of cold filtered water a day).

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.



Protein, Protein, Protein.

Bon Appetit!

MEATY SPAGHETTI

1 lb lean ground beef
1/2 package of Jimmy Dean's Italian Sausage
Quarter onion, chopped
1 clove garlic, minced
Baby bella mushrooms
1 jar of marinara sauce (any brand)
Extra virgin olive oil (EVO)
Balsamic vinegar
Oregano
Basil
Sea Salt
Black pepper
Pasta
Parmesan cheese

In large sauce pan or stock pot, sauté chopped garlic and sliced onion in 2 tablespoons of EVO for about 2-3 minutes. Add sausage and ground beef and season with salt, pepper, oregano and basil. Cook until beef is browned. Add in marinara sauce and bring to boil. Continue to season for taste. Note – most canned sauces are high in sugar so you will need to add sea salt to balance the sugar content. Once the sauce has boiled, reduce temperature and simmer for at least 30 minutes.

If you are a mushroom lover like I am, saute sliced mushrooms in EVO and a couple of dashes of balsamic vinegar. Season with salt and pepper.

Serve sauce over cooked pasta. Top with sautéed mushrooms and sprinkle with parmesan cheese. Bon appetit!



COACH ROBB TIP: The meaty sauce is high in protein which will offset the simple carb/sugar content of the pasta. Use more sauce than pasta to get the benefit.

**COACH ROBB
SOLUTIONS**



The Perfect Protein



COACH ROBB TIP: An egg has the perfect amino acid profile meaning it has one hundred percent of the amino acids necessary for the rebuilding and recovery of torn down muscle tissues. Everything is indexed according to the profile of an egg.

TWO EGG OMELET

2 eggs

1 T. butter

Chopped onion

Ham or turkey

Veggies of your choice (i.e. mushrooms, olives, bell peppers)

Grated cheddar cheese

Sea salt and black pepper to taste

Heat a nonstick saute pan over medium heat for 2-3 minutes. Add one tablespoon of butter. Crack eggs into the pan, season with salt and pepper and stir vigorously with a whisk or fork. Sprinkle onions, ham or turkey, vegetables and grated cheddar cheese on to egg mixture. Cook at medium heat for approximately 20 seconds. Use the spatula to shape the edge and make sure the omelet isn't sticking. Lift up the far edge of the egg mixture and fold over. Cook for a few more seconds and remove from pan.





Energy & Immunity Enhancement

More berries please!

THE COACH ROBB SMOOTHIE

Berries of choice (blueberries, raspberries, strawberries)

1/2 banana

1/2 cup almond milk

1 scoop of [Best Whey Protein](#)

In blender or food processor, combine berries, banana, Premium Muscle Builder and almond milk and blend until smooth. For an added treat, add a couple dark chocolate morsels or a scoop of your favorite ice cream. Yummy!

BERRY GREEN SMOOTHIE

Blend 1/2 cup almond milk, 1/2 cup blueberries, 1/2 cup strawberries 1 banana, 1/2 cup spinach and 1 tablespoon honey until creamy. Pour into a chilled glass and serve immediately.



COACH ROBB TIP: Adding greens to a fruit smoothie is an excellent way to get more nutrients into your diet, especially if you don't like vegetables. You won't taste the greens, but they provide a huge benefit!