

Coach Robb's Weekly Meal Plan

Week 6

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 - Grilled chicken breast (or low fat protein equivalent) on pasta with steamed vegetables (broccoli, peas, cauliflower, etc.)

Meal #2 - Crock pot of goulash - *see Week 1 for recipe*

Meal #3 - Parmesan Crusted Salmon - *Recipe attached*

Breakfast

2 sausage, egg and cheese sandwiches on whole wheat English muffin

8-10 ounces of cold filtered water

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

Snack #1

GORP mix - *Recipe attached*

8-10 ounces of cold filtered water

Lunch

Bowl of pre-prepared goulash topped with a dollop of full-fat sour cream

8-10 ounces of cold filtered water

Snack #2

Apple slices with almond butter

8-10 ounces of cold filtered water

Dinner

Parmesan crusted Salmon

Spinach and lettuce salad with any green vegetables you have: avocado, almonds and/or cashews, extra virgin olive oil

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Snack #3

Power shake (vanilla ice cream, scoop of whey protein, fresh strawberries, blueberries and large orange)
8-10 ounces of 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

- By maintaining a consistent blood sugar level (i.e. eating every two hours), you will avoid that deep hunger feeling that leads to binging on processed food items.
- Take the time to actually sit down and chew your food, strive for a minimum of five to six chews per bite of food; this will facilitate the digestion process and increase your absorption of the vitamins and minerals from the food you are 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.



Energy & Immunity Enhancement

Recipe courtesy of Joshua Guffey, Team MotoE Rider

PARMESAN CRUSTED SALMON

Salmon filets (skinned)
Extra virgin olive oil (EVO)
Parmesan cheese
Toasted bread crumbs
Sea salt
Black pepper

Rinse fish and dry pat. Liberally rub about 2 tablespoons of EVO on both sides of fish. Season with sea salt and pepper. Sprinkle bread crumbs on salmon evenly. Spray tin foil or shallow pan so the fish does not stick. Heat oven to 375 F. Bake uncovered 20-25 minutes or until salmon flakes easily with fork. Sprinkle parmesan cheese over fish about 5 minutes before removing from oven. Serve hot and enjoy!



COACH ROBB TIP: One crucial vitamin that salmon contains is Vitamin D. Consuming a single serving of wild-caught salmon can make you healthier. Vitamin D deficiency is a common illness that people suffer from. This is why it is important to supplement or consume vitamin D-rich foods regularly.





GORP

Almonds

Cashews

Macadamia nuts

Pistachios

Sesame seeds

Dark chocolate morsels

Raisins (optional)

Mix together for a protein packed,
heart healthy snack!



COACH ROBB TIP:

Nuts have impressive effects on cholesterol and triglyceride levels. The cholesterol-lowering power of nuts is believed to be due in part to their high content of monounsaturated and polyunsaturated fatty acids. Specific nuts have also been found to fight inflammation. These include pistachios, brazil nuts, walnuts and almonds.

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