

# Coach Robb's Weekly Meal Plan

## Week 7

### Meals to Prepare & Freeze

*(Make a large dish so that you can partition off into meal-sized portions that you will wrap and freeze to be easily heated up during the week)*

**Meal #1** - Crock Pot Ribs - *Recipe attached*

**Meal #2** - Tuna salad with free-range tuna and full-fat mayonnaise

**Meal #3** - Marinated and grilled chicken breast

### Breakfast

2 hard boiled eggs with a dash of sea salt

Double Apple or Apricot Apple Smoothie - *Recipe attached*

8-10 ounces of cold filtered water

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

### Snack #1

Meat and Cheese Roll Ups - *see Week 1 for recipe*

8-10 ounces of cold filtered water

### Lunch

Fresh egg salad in pita pockets

Fresh plum and peach diced and topped with Cool Whip™

8-10 ounces of cold filtered water

### Snack #2

Cottage cheese with fruit - *Recipe attached*

8-10 ounces of cold filtered water

### Dinner

2 large grilled chicken breasts sliced on large salad (spinach base, cucumbers, mushrooms, green and red peppers, pine nuts, extra virgin olive oil)

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## Snack #3

Bowl of berries (your choice) on top of sponge cake and full fat Cool Whip™  
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

- Avoid drinking with your meal. Only drink enough fluids to avoid choking. If you consume too much fluid, you will dilute the nutrient value of the food in your stomach.
- Do not consume your “dessert” immediately after dinner. Your stomach is already full with a highly dense dinner, if you eat your dessert immediately following dinner, you will not enjoy it as much and you will cross that threshold into feeling miserable. Instead, eat dessert as your snack before bedtime. If it consists of protein and high-quality fat, it will help you sleep better!

*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.*



*High in Protein*

### **CROCK POT RIBS**

- 1 lean rack of ribs
- 1 purple onion
- 2 bottles of barbecue sauce of your choice (I like Sweet Baby Ray's)
- Sea salt
- Black pepper

Break (or cut) ribs apart making sure to trim any excess fat. You do not want fatty ribs!! In crock pot, add sliced onion, ribs and barbecue sauce. Season with salt and pepper. Cook on low for 5-6 hours, stirring occasionally.



**COACH ROBB TIP:** The ease of creating this tasty meal is ideal for the busy athlete trying to balance career, family and training. Literally put everything in the pot in the morning and when you come home it is ready to serve and eat. You will be amazed how these ribs fall off the bone!



## *Increases Energy & Endurance*

### **Double Apple Smoothie**

2 bananas

1 green apple

1 red apple

10-12 strawberries

1-2 cups apple juice

Put all the ingredients in the blender in the order listed and mix on high until fully blended.

### **Apricot Apple Smoothie**

1 apple, peeled, cored & chopped

1 cup apple juice

4 apricots, fresh, pitted (skin optional)

1 banana, peeled

3/4 cups yogurt, plain

10-12 ice cubes

1 tablespoon honey

Place all ingredients in a blender and puree until smooth.





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# Super Healthy & Nutritious!

## COTTAGE CHEESE WITH FRUIT

- 1 cup cottage cheese
- Your favorite fruit
- 1 T honey (optional)

Simply combine a cup of cold cottage cheese with your favorite fruit – sliced pineapple, berries, sliced bananas, peach slices, pear slices, mandarin wedges, melon chunks, etc. For a little added sweetness, add a tablespoon of honey.



### COACH ROBB TIP:

Cottage cheese is an excellent source of protein and is also packed with many healthy nutrients such as B vitamins, calcium, phosphorus and selenium. Because of its high protein content, it is an excellent snack if you are looking to build lean muscle mass.