

Coach Robb's Weekly Meal Plan

Week 8

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 - Grilled Salmon - see Week 4 for recipe

Meal #2 - Homemade hummus - Recipe attached

Meal #3 - Marinated and grilled chicken breast

Breakfast

Texas eggs - scrambled eggs sauteed in extra virgin olive oil with tomato, red onion, spinach, red pepper, jalepeno cheese. Top with fresh salsa.

8-10 ounces of cold filtered water

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

Snack #1

Carrots and hummus

8-10 ounces of cold filtered water

Lunch

Salad wraps - Recipe attached

Fresh fruit salad

8-10 ounces of cold filtered water

Snack #2

Fresh grapes with handful of almonds and walnuts

8-10 ounces of cold filtered water

Dinner

1 large Salmon fillet on large power salad (spinach base, cucumbers, mushrooms, green and red peppers, nuts, extra virgin olive oil)

1 cup of steamed broccoli seasoned with salt and pepper

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Snack #3

1 Klondike ice cream bar
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

- Think about your meals and snacks based on purpose:
 - Morning to mid-day: Source of calories complex carbs (i.e. fruits and vegetables) geared towards generating energy for workouts, work, school, etc.
 - Evening: Source of calories are protein sources (lean meats, legumes, dairy) geared towards repair and rebuilding
- Each meal should have a combination of fruits, vegetables and lean protein. Change the percentage of each based on the above outline.

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.



COACH ROBB TIP:

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Garbanzo beans (aka chickpeas) contain zinc, a nutrient essential for a healthy immune system. Zinc helps decrease gastrointestinal inflammation and diarrhea, aids in the repair of soft tissue, and decreases the frequency of infections. Zinc may also help to increase lean body mass and decrease fat.

HOMEMADE HUMMUS

- 2 cans garbanzo beans
- 1 clove garlic, minced
- ¼ t. sea salt
- ¼ cup tahini or sesame oil
- ½ extra virgin olive oil (EVO)
- ¼ cup of lemon juice
- Paprika for garnish

Drain and rinse garbanzo beans and put in food processor with lemon juice, tahini (or sesame oil) and garlic. Pulse until smooth. With the motor running, slowly pour in the EVO in a steady stream. Add salt and puree until very smooth.

To serve, transfer to serving bowl and drizzle some EVO over the top. Garnish with a sprinkling of paprika. Serve with flatbread, chips or raw vegetables for dipping.

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SALAD WRAPS

4 tbsp. hummus

1 medium cucumber, peel and sliced into sticks

2 medium carrots, peeled and sliced into sticks

2 sliced avocados

4 large Boston Bibb or Butter Lettuce Leaves

Spread one tablespoon hummus into the middle of each bib lettuce leaf. Divide veggies among leaves and gently roll up each into a wrap. Add chicken for a protein boost. Enjoy!

