

Coach Robb's Weekly Meal Plan

Week 9

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 - Greek Yogurt Chicken Salad - *see Week 2 for recipe*

Meal #2 - Three Bean Chili with Lean Ground Beef - *see Week 2 for recipe*

Meal #3 - Marinated (Italian dressing) and grilled chicken breast

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

Breakfast

3 eggs any style

2 slices of whole wheat bread with real butter

1 bowl of your fruit salad

8-10 ounces of cold filtered water

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

Snack #1

Almond butter and honey on brown bread (add a banana for extra vitamins)

8-10 ounces of cold filtered water

Lunch

Chicken salad on toasted pita pocket

Fresh fruit salad

8-10 ounces of cold filtered water

Snack #2

Blueberry or Blueberry Banana Smoothie - *see Week 2 for recipe*

8-10 ounces of cold filtered water

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Dinner

2 large chicken breasts

Grilled asparagus - *see Week 4 for recipe*

Large spinach salad with cucumbers, tomatoes, green and red peppers, mushrooms and extra virgin olive oil

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

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

- Your largest meal of the day needs to be breakfast. You are re-stocking your body after going anywhere from 8-10 hours since your last meal (i.e. bed time snack 10:00pm, wake up at 6:00am)
- Set an alarm, if necessary, to remind yourself to eat and snack every 2 hours. This will help stabilize your blood sugar levels and reduce your potential for “binging” because you are so hungry.
- Though mentioned before, chew your food slowly. This will improve the absorption of the vitamins and minerals in the food that you are consuming. This will also keep you from over-eating by not over riding your body’s mechanism that your brain receives from your stomach that you are full.

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.