Coach Robb's Weekly Meal Plan

Week 1

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 - Spanish yellow rice with grilled free-range chicken breasts

Meal #2 - Lasagna with free-range lean beef (or protein of your choice)

Meal #3 - Crock pot of goulash - Recipe to Grandma's Goulash attached

Breakfast

3 extra large eggs (any style - scrambled, sunny side, fried or hard boiled)

2 pieces of Ezekiel bread with butter & raw honey

1 piece of fresh and ripe fruit

8-10 ounces of cold filtered water

Morning supplements: Power CoQ10 600, Fronteir Multi

Snack #1

Apple Slices with Almond Butter - *Recipe attached* 8-10 ounces of cold filtered water

Lunch

Meat and Cheese Roll Ups - Recipe attached

1 large bowl of non-sweetened apple sauce

8-10 ounces of cold filtered water

Snack #2

2-3 ounces of nuts (almonds, pecans, cashews - any nut except peanuts)

8-10 ounces of cold filtered water

Dinner

1 serving of pre-prepared meal of your choice 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

Berry Blue Smoothie - *Recipe attached* 8-10 ounces of cold filtered water

Right Before Bed

8-10 ounces of cold filtered water

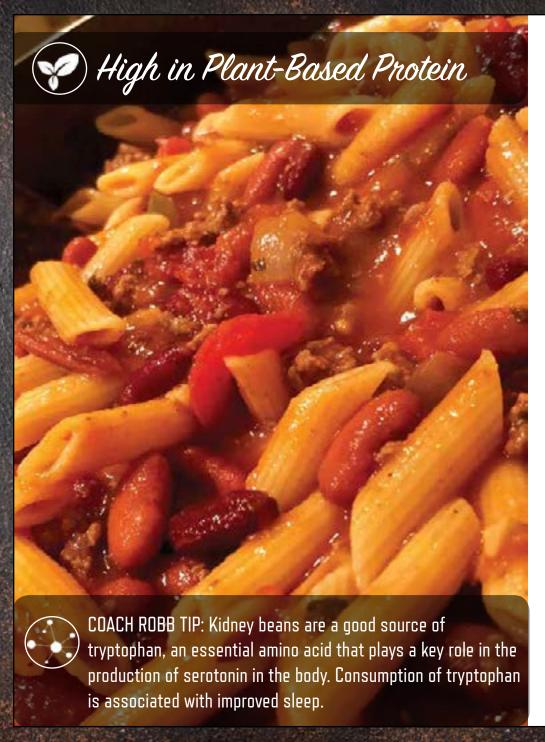
Evening supplements: Sleep Time, Super Zinc 50, Omega 3D II

Food for Thought

- Take a bite, put down the eating utensil and chew your food completely.
- No distractions while eating such as television, computer, phone, etc.
- If your goal is to lose weight or control portions, consume 4-6 ounces of cold filtered water 15 minutes before you sit down to eat.
- Avoid drinking too much water during your meal ideally, none to avoiddiluting the nutritional content of the food in your stomach; consume yourfluid intake post meal.
- Eat before you become hungry YOU SHOULD NEVER BE HUNGRY!

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.





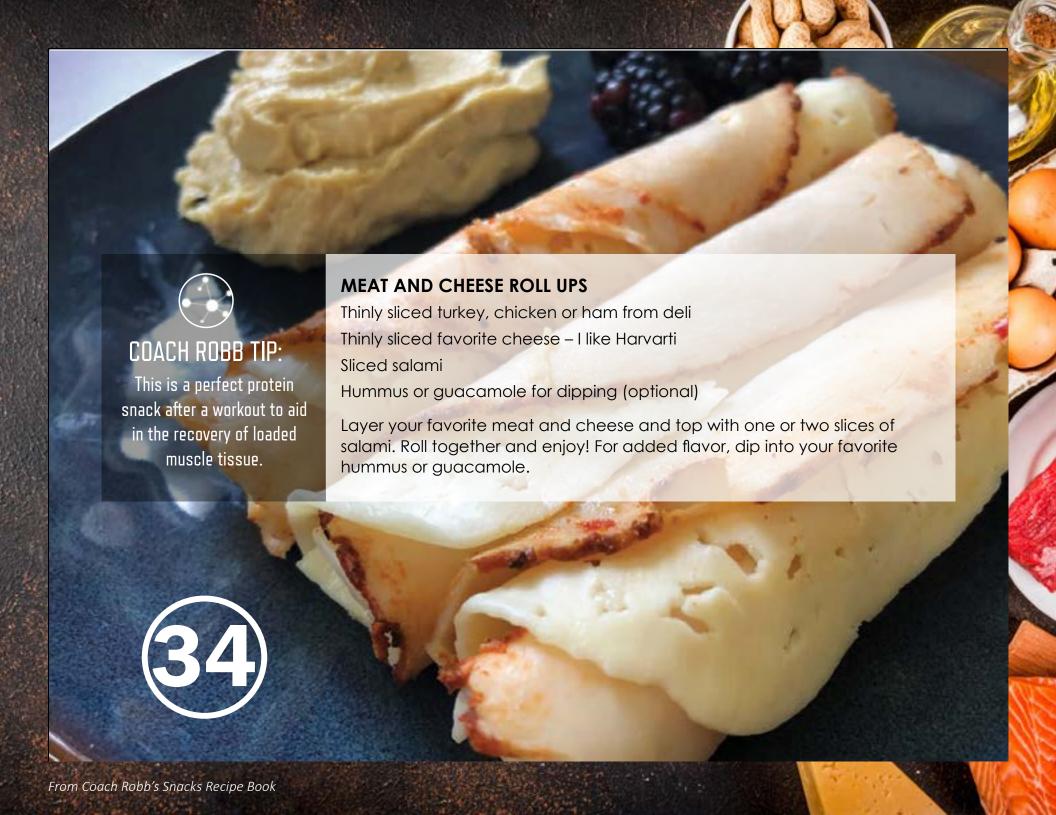
GRANDMA'S GOULASH

1 lb. lean ground beef
Quarter onion, chopped
1 clove garlic, minced
½ green pepper, chopped
3 cans red kidney beans (dark or light)
1 large can whole peeled tomatoes
3 cans tomato sauce
Chili powder
Oregano
Basil
Sea salt / Black pepper
Extra virgin olive oil (EVO)
Penne pasta

In large sauce pan or stock pot, saute chopped garlic and sliced onion in 2 tablespoons of EVO for about 2-3 minutes. Add ground beef and season with salt, pepper, oregano and basil. Cook until beef is browned. Add chopped bell pepper, beans and tomatoes (be sure to chop whole peeled tomatoes to smaller bit size chunks). Season again with salt, pepper, oregano, basil and liberally with chili powder. Stir and bring to boil. Once boiled, turn down the heat, add cooked penne pasta, and simmer for at least 30 minutes. Serve steaming hot. For an added treat, include a dollop of sour cream in the bowl!

If you are short on time, you can also do this in a crock pot by adding all ingredients into the pot at once and letting cook on a low temperature for up to 6 hours.







(Rich in Antioxidants

Bullets of SPEED!

BERRY BLUE SMOOTHIE

2 cups fresh or slightly thawed frozen blueberries

1 (8 ounces) container vanilla Greek yogurt

1 (6 ounces) cup whole milk

1 (12 ounces) can pineapple juice

3 tablespoons honey

12 to 16 ice cubes

1 scoop Pro Purples (optional)

Place all ingredients, except the ice cubes, into container of electric blender and blend on high until smooth. With blender running, add 2 to 3 ice cubes at a time through the center opening in the lid until all ice cubes have been added. Blend until smooth. Serve immediately. Makes 4 servings.



COACH ROBB TIP: The antioxidants found in blueberries help to reduce allergic reactions, decrease inflammation and strengthen connective tissue.

