

# 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



# Coach Robb's Weekly Meal Plan

## 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 avoid diluting the nutritional content of the food in your stomach; consume your fluid 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.*





*High in Plant-Based Protein*



## 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.



**COACH ROBB TIP:** Kidney beans are a good source of tryptophan, an essential amino acid that plays a key role in the production of serotonin in the body. Consumption of tryptophan is associated with improved sleep.





40

### APPLE SLICES WITH ALMOND BUTTER

1-2 apples (red or green)

Almond butter

Wash apples and slice into wedges. Add a spoonful of almond butter to each wedge and enjoy!



### COACH ROBB TIP:

By combining the apple with the almond butter you create a sweet and savory snack that all can enjoy. The protein and fat in the almond butter brings down the sugar content in the apple and is a great source of energy during the afternoon hours or as a light snack before bed.





### COACH ROBB TIP:

This is a perfect protein snack after a workout to aid in the recovery of loaded muscle tissue.

34

### MEAT AND CHEESE ROLL UPS

Thinly sliced turkey, chicken or ham from deli

Thinly sliced favorite cheese – I like Harvarti

Sliced salami

Hummus or guacamole for dipping (optional)

Layer your favorite meat and cheese and top with one or two slices of salami. Roll together and enjoy! For added flavor, dip into your favorite hummus or guacamole.





*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.

 **COACH ROBB  
SOLUTIONS**