

Coach Robb's Weekly Meal Plan

Week 2

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 - White tuna with full-fat mayonnaise. Add any additional fruits & vegetables (i.e. celery, onions, apples, etc.)

Meal #2 - Greek Yogurt Chicken Salad - *Recipe attached*

Meal #3 - Three Bean Chili - *Recipe attached*

Breakfast

2 extra large hard boiled eggs (or protein equivalent if you are a vegetarian)

2 cups of oatmeal (no sugar added) - *Overnight Oatmeal Recipe attached*

1 cup of organic Greek yogurt with choice of fruit

8-10 ounces of cold filtered water

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

Snack #1

Apple Slices with Almond Butter - *Recipe in Week 1*

8-10 ounces of cold filtered water

Lunch

1 bowl of pre-prepared white tuna or Greek Yogurt Chicken Salad

1 large apple

8-10 ounces of cold filtered water

Snack #2

Blueberry or Blueberry Banana Smoothie - *Recipe attached*

8-10 ounces of cold filtered water

Dinner

1 serving of pre-prepared Three Bean Chili

Large power salad - spinach base, California blend lettuce, fresh raw green peppers, cucumbers, tomatoes, etc. (any vegetables you desire, the darker the higher the nutritional quality)

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Snack #3

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

Right Before Bed

8-10 ounces of cold filtered water

Evening supplements: [Sleep Time](#), [Super Zinc 50](#), [Omega 3D II](#)

Food for Thought

- Amino acids are the building blocks of muscles. Having adequate of amino acids in your daily diet will enhance your muscle development, improve endurance, and strengthen your immune system.
- The egg has the perfect amino acid profile. Everything else is based off of an egg.
- Know your eggs! Certified organic - hens are fed organic, vegetable, and non-hormone diet. Free Range - hens are not caged, but have access to the outdoors. Cage Free - hens are not caged, kept inside, and or have limited access to the outdoors.

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.

GREEK YOGURT CHICKEN SALAD

2 to 2-1/2 cups shredded or cubed chicken

1/3 cup dried cranberries, craisins, or other dried fruit

1/4 cup (about 1 stalk) celery, diced

1/4 cup red or white onion, diced

1/4 cup chopped almonds or pecans

3/4 cup plain Greek yogurt

1/2 t. garlic powder

Salt and pepper to taste

To cook chicken for this recipe, salt & pepper chicken and bake at 375°F. for 15 minutes on each side for a total of 30 minutes. Alternatively, pan-fry in a medium skillet over medium-high heat, turning after about 8-10 minutes on each side and until chicken is thoroughly cooked. Feel free to use rotisserie or precooked chicken too.

Shred or chop chicken and combine with dried cranberries, celery, onion and chopped almonds in a medium sized bowl. Stir in Greek yogurt, garlic powder, salt and pepper.



Recipe from Snacknation

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High in Plant-Based Protein

THREE BEAN CHILI

1 lb. lean ground beef
Quarter onion
1 clove garlic, minced
1 can red kidney beans
1 can chili beans
1 can black beans
1 large can whole peeled tomatoes
3 cans tomato sauce
Chili powder
Oregano
Basil
Sea salt
Black pepper
Extra virgin olive oil (EVO)
Grated cheese and green onions for garnish

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 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 and simmer for at least 30 minutes. Garnish with grated cheese and green onions and serve.

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: Legumes are packed with protein and are considered one of the best sources of plant-based protein. They are also high in fiber, low in calories, and nutrient dense with tons of vitamins and minerals in each serving making their consumption beneficial for weight loss.



OVERNIGHT OATMEAL

1/2 cup oats

1/2 cup of whole milk

Maple syrup

Your favorite add-ins (i.e. peanut butter, chia seeds, or fruit)

Add ingredients to a small jar or bowl. Stir the mixture to make sure the oats have been fully immersed in the milk. Cover and leave in the refrigerator overnight to let the oats soften and flavors meld.



COACH ROBB TIP:

Similar to quinoa, oats are higher in protein than most grains - half a cup boasts an impressive 13 grams of protein! They are also high in fiber, and many vitamins and minerals.



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BLUEBERRY SMOOTHIE

- 1/2 bag of frozen blueberries
- 2 tablespoons blueberry preserves
- 7 or 8 ice cubes
- 1 1/2 cups of soy milk
- 1 banana
- 1 scoop [Pro Purples](#) (optional)

This is super easy. Just toss everything into a blender, switch to the highest setting, and let fly until you stop hearing ice cubes crunching and everything is fairly smooth. There are an infinite number of variations on this using different combinations of fruit and jam. You might also consider adding ground flax seed, or any other supplement that strikes your fancy. It's best to wait until near the end, and just blend long enough to mix the protein powder in. You can also substitute apple juice for the soy milk to create a tangier concoction.

BLUEBERRY BANANA SMOOTHIE

- 1 banana, preferably frozen
 - Handful of blueberries, frozen or fresh
 - 1 cup of milk (or soy or almond milk)
- Combine in a blender. Enjoy!



Rich in Antioxidants

