

Coach Robb's Weekly Meal Plan

Week 4

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 - Grilled Salmon and asparagus - *Recipe attached*

Meal #2 - Grilled lean steak (your choice of cut), brown bread, steamed vegetables.

Meal #3 - Fresh tuna with whole fat mayonnaise (add celery, onion, etc. to your liking) - Note: Consume within 2 days of preparing

Meal #4 - Cold fruit salad with apples, bananas, peaches, plums, pears, and oranges (mix in big bowl and keep refrigerated)

Breakfast

Power Oatmeal - Old fashioned rolled oats, coconut butter, raw organic honey, raisins, fresh blueberries and/or blackberries

8-10 ounces of cold filtered water

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

Snack #1

Bowl of pre-made fruit salad with big scoop of full-fat Cool Whip™

8-10 ounces of cold filtered water

Lunch

Dr. McDougal's Black Bean All Natural Soup with cooked quinoa added; topped with shredded cheddar cheese and onions. Add salsa or hot sauce for extra flavor

Piece of fresh fruit

8-10 ounces of cold filtered water

Snack #2

Large apple with almond butter

8-10 ounces of cold filtered water

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Dinner

Grilled Salmon and asparagus

Spinach and lettuce salad with any green vegetables you have: avocado, almonds and/or cashews, extra virgin olive oil

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

Snack #3

Banana Dippers - *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

- Evaluate your energy levels as they relate to the foods you are consuming.
- If you are experiencing low energy levels, try the following meal:
 - Lean red meat (6-8 ounces). Chew slowly to facilitate absorption.
 - Brown bread (pumpernickel, etc.)
 - Steamed vegetables (the darker green the better)
 - Supplement with Omega 3

The red meat will provide your body the iron necessary to increase your hemoglobin in your blood (this is where oxygen is carried in your blood. The brown bread provides B vitamins (commonly referred to as the "energy vitamin") which facilitates the absorption of the iron and provides the infrastructure of energy within the blood and cells.

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.



Energy & Immunity Enhancement

We ♥ Salmon.

GRILLED SALMON

1 salmon filet (Scottish Salmon preferred)
Extra virgin olive oil (EVO)
Sea salt
Black pepper
Lemon

Rinse fish and dry pat. Liberally rub about 2 tablespoons of EVO on both sides of fish (leave skin on). Season with sea salt and pepper. Preheat grill. Place salmon filets down skin side first. Cook about 6-7 minutes (for slightly pink). Flip and peel skin off. Rest for 1 minute. Squeeze lemon juice over fish and serve hot.



COACH ROBB TIP: There are so many health benefits to eating salmon. Salmon is rich in omega-3 fatty acids EPA and DHA which have been credited with decreasing inflammation, lowering blood pressure and reducing the risk of cancer. It is also rich in high-quality protein, B vitamins, potassium, and is delicious!





Rich in Vitamins & Minerals

GRILLED ASPARAGUS

Bundle of asparagus
Extra virgin olive oil (EVO)
Clove garlic, minced
Red pepper
Sea salt
Black pepper

Rinse asparagus and snap off ends. Lay clean asparagus in two layers of aluminum foil.

Toss asparagus with a tablespoon of EVO. Chop one clove of fresh garlic into small pieces and sprinkle over asparagus. Thinly slice a quarter of red pepper and mix in with asparagus. Sprinkle with salt and pepper. Wrap aluminum foil so asparagus is well packaged (like a burrito). Place over a preheated grill to high heat and turn aluminum package occasionally, cook for about 6 to 8 minutes. You will know it is close when you start to smell the garlic!



COACH ROBB TIP: The folic acid found in asparagus helps to optimize the cellular processes of the body, enabling it to produce sufficient red blood cells. It also contains iron, which helps prevent deficiency.





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BANANA DIPPERS

1-2 bananas

Almond butter

Granola or GORP

Unsweetened coconut flakes

Cut a banana into 1-1/2-inch chunks. Spread one end of each with about 1/2 teaspoon almond butter (or peanut butter). Dip in granola and/or trail mix and sprinkled with coconut flakes.



COACH ROBB TIP:

This is another really delicious snack that is super simple to make and offers a full nutritional profile. The fat in the almond butter brings down the sugar content in the banana, while the nuts add plant-based protein...all in a small bite!