

Coach Robb's Weekly Meal Plan

Week 5

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 - Chicken and Vegetable Italian Stir Fry - *Recipe attached*

Meal #2 - Fresh fajitas (shrimp, beef, chicken or tofu), green and/or red peppers, guacamole (*recipe attached*) and salsa

Meal #3 - Vegetable lasagna (add lean protein source as a side dish)

Breakfast

2-3 extra large free-range eggs cooked any style (over easy, scrambled, hard boiled)

8-10 ounces of cold filtered water

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

Snack #1

1/2 large cucumber and 1 whole tomato with a dash of sea salt

8-10 ounces of cold filtered water

Lunch

1 serving of pre-prepared fajitas

Handful of blue corn chips with homemade guacamole

Fresh strawberries and blueberries; add fresh squeezed orange juice for added nutritional value

8-10 ounces of cold filtered water

Snack #2

Nutella spread & banana on top of whole wheat bread

8-10 ounces of cold filtered water

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Dinner

Serving of pre-prepared Chicken and Vegetable Italian Stir Fry
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 Peanut Butter 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

- To help you create a personalized meal plan, maintain both a food and energy log. Document what, when & how much you eat each day along with your energy levels (and performance abilities).
- When you think about your food and fluid choices, always focus on what your body is able to absorb and it's effects on your energy levels. If you consume a particular food item and you feel sleepy within 10 minutes, then you know that you have a sensitivity to that food item and should avoid eating that item by itself (Note: by combining food items, you can sometimes offset the negative side affects).

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.



Rich in Vitamins & Minerals



COACH ROBB TIP: This dish is loaded with vitamins and minerals to support your immune system and provides powerful antioxidants to offset the aging process. One of my favorites!

CHICKEN & VEGETABLE ITALIAN STIR FRY

Chicken breasts
Quarter of onion
1-2 cloves of garlic, minced
Cherry tomatoes or sun-dried tomatoes
Squash
Zucchini
Baby bella mushrooms
Extra virgin olive oil (EVO)
Sea Salt
Black pepper
Oregano
Basil
Angel hair pasta
Parmesan cheese

In large frying pan or wok, sauté chopped garlic and sliced onion in 2 tablespoons of EVO for about 2-3 minutes. Add chopped vegetables to pan and season with salt, pepper, oregano and basil. Cook for about 3 minutes until slightly cooked but not mushy. Remove vegetables from pan.

Rinse chicken and cut off fatty parts. Liberally rub about 2 tablespoons of extra virgin olive oil on both sides of chicken and season with sea salt and pepper. Chop into bite size pieces and add to pan. Cook until chicken is browned stirring frequently. Add vegetables back into pan with another tablespoon of EVO and let simmer for about 3-4 minutes.

Serve over cooked angel hair pasta and sprinkle with parmesan cheese.





Rich in Vitamins & Minerals

CHUNKY Guacamole

HOMEMADE GUACAMOLE

2 ripe avocados
Tomato
Onion
Cilantro
Lime juice
Cumin
Chili powder
Cayenne pepper
Sea salt

Peel, pit and chop avocados into bit size chunks. Chop tomatoes and onion and combine with avocados in small bowl. Chop 2-3 tablespoons of fresh cilantro and add to bowl with a few squirts of lime juice. Season with cumin, chili powder, cayenne pepper and sea salt to taste. Mix carefully as not to smush the avocados. Refrigerate and serve!



COACH ROBB TIP: You can never go wrong with avocados as they are an excellent source of vitamins, minerals, fiber and mono-unsaturated fatty acids. In addition to being incredibly good for you, this is one of my all-time favorite snacks and is more flavorful than any pre-packaged guacamole on the market.





Energy & Immunity Enhancement

Simply Delicious!

BANANA PEANUT BUTTER SMOOTHIE

- 1 sliced or frozen banana
- 2 tablespoons peanut butter
- 1 date
- 1 cup whole milk or soy milk
- 1 scoop of [Best Whey Protein](#)

Combine everything and blend until creamy smooth.
Serve in frosted glass and enjoy!

 **COACH ROBB
SOLUTIONS**