

Coach Robb's Weekly Meal Plan

Week 11

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 - Marinated (Italian dressing) grilled chicken breasts

Meal #2 - Fresh free-range albacore tuna with full-fat mayonnaise, diced onions, celery and cucumber (make enough for 2 days)

Meal #3 - Combo bowl of fresh fruit and vegetables. Note: wash and leave the fruit in its skin (don't peel). The more readily available your fruits and vegetables are, the higher your consumption rate.

Breakfast

Frosty peach smoothie - *Recipe attached*

Egg and cheese sandwich - egg, swiss cheese & tomato on toasted English muffin
8-10 ounces of cold filtered water

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

Snack #1

1 large banana with large scoop of almond butter or Nutella
8-10 ounces of cold filtered water

Lunch

Tuna salad: green spinach, iceberg lettuce with a dollop of pre-made tuna. Top with one whole avocado

1 fresh kiwi, handful of red grapes, 1 red apple - all diced and covered in fresh squeeze orange juice

8-10 ounces of cold filtered water

Snack #2

1 large apple with two rolls of Swiss cheese
8-10 ounces of cold filtered water

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Dinner

Large power salad with pre-cooked chicken. Use mixed greens, cucumbers, green and red peppers, mushrooms, nuts, hard boiled egg, olive oil and balsamic vinegar

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

Snack #3

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

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

- If you are not sleeping through the night, please look into all natural melatonin to help reestablish your circadian rhythms. Once your body is back in sync, your ability to sleep will improve.
- If you are waking up because you are hungry, you need to consume one glass of whey protein to help feed your brain and muscles throughout the evening.
- The deeper & longer you sleep, the leaner you will become. This is because when you sleep deeply, your body released HGH (human growth hormone naturally) which makes you leaner. When you are well fed and are getting high quality & quantity of sleep you will become LEANER!

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.



Anti-Aging Properties

Peachy Keen :)

FROSTY PEACH SMOOTHIE WITH WHEAT GERM

- 1 cup vanilla yogurt
- 1 cup sliced peaches
- 1 ripe banana, cut into chunks
- 1/4 cup wheat germ
- 1/4 cup orange juice
- 1 cup ice cubes

In blender or food processor, combine yogurt, peaches, banana, wheat germ, orange juice and ice cubes. Cover and blend about 1 minute, or until smooth. Serve immediately, poured into tall glasses and garnished with peach or banana slices and sprinkled with 2 teaspoons wheat germ.



COACH ROBB TIP: Peaches contain vitamins A, C and E, as well as carotenoids and flavonoids, which all help to reduce tissue inflammation and provide stability to cell membranes.