

Coach Robb's Weekly Meal Plan

Week 12

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 - A dozen deviled eggs - *Recipe attached*

Meal #2 - Chicken salad (fresh grilled chicken-diced, added to full-fat mayonnaise, onions, celery, apples, dash of sea salt and pepper)

Meal #3 - Grilled salmon fillets - *see Week 4 for recipe*

Breakfast

Ezekiel toast with almond butter and sliced banana

Bowl of fresh berries (blueberries, strawberries) grapes and orange slices

8-10 ounces of cold filtered water

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

Snack #1

The Coach Robb Smoothie - *see Week 3 for Recipe*

8-10 ounces of cold filtered water

Lunch

3 deviled eggs

Vegetable stacks: sliced cucumber, tomato and green and red peppers, dip in hummus or blue cheese dressing

1 large, fresh banana with a sliced red apple

8-10 ounces of cold filtered water

Snack #2

2 sliced granny smith apples dipped in almond butter

8-10 ounces of cold filtered water

Dinner

Large power salad with either pre-prepared salmon fillet or two large spoonfuls of chicken salad

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Snack #3

Power milk shake - 4 scoops of full-fat vanilla ice cream, 2 scoops of [Best Whey](#) (vanilla or chocolate), half cup of organic full-fat milk or almond milk, blend to desired thickness

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

- When designing your weekly meal plans, your foundation needs to begin with raw (preferably organic) fruits and vegetables. They provide the micronutrients that interact with your macro nutrients (protein, carbohydrates and fat) for optimum nutrition.
- Consuming supplements DOES NOT replace real food. Nutritional supplements are only intended to “supplement” real food when your daily intake is below what your body needs for overall health, wellness and ultimately performance.
- If your goal is true weight loss, please keep in mind that true weight loss is a combination of eating a raw diet (especially smoothies) and exercising at the correct duration and intensity levels (this is specific to your personal goals and training objectives).

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.



CLASSIC DEVILED EGGS

6 eggs

¼ cup mayonnaise

1 t. white vinegar

1 t. yellow mustard

Sea salt

Ground black pepper

Paprika, for garnish

Green onion, for garnish (optional)

Boil eggs over medium to high heat for 6-7 minutes. Rinse under cold water continuously for 2-3 minutes. When cooled, crack and carefully peel eggs under cool running water. Slice eggs in half lengthwise, removing yolks to a small bowl and placing the whites on a serving platter. Mash the yolks using a fork. Add mayonnaise, vinegar, mustard, salt, and pepper and mix well.

Evenly disperse yolk mixture into whites of eggs, sprinkle with paprika and chopped green onion, and refrigerate for about an hour.

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COACH ROBB TIP:

While there are many versions of a deviled egg available, this classic recipe creates a tasty protein-packed snack that is sure to please!