

Coach Robb's Weekly Meal Plan

Week 13

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 - Fresh fruits and vegetables that are completely ripe and ready to consume (the darker the color the more nutrient dense the items are)

Meal #2 - 1 large bowl of red quinoa

Meal #3 - Large bowl of black and red beans with desired spices

Breakfast

Berry and Banana Smoothie - *Recipe attached*

OR

2 extra large eggs (any style) with fresh salsa

1 cup of raw oatmeal with rasins and 1 scoop of [Best Whey](#) (vanilla or chocolate)

8-10 ounces of cold filtered water

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

Snack #1

Banana Dippers- see *Week 4 for Recipe*

8-10 ounces of cold filtered water

Lunch

Boars Head deli meat rolls (4) with dab of cream cheese inside

Fresh green and red peppers, cucumbers and sliced pear

1 large banana

8-10 ounces of cold filtered water

Snack #2

Stuffed Celery - *Recipe attached*

8-10 ounces of cold filtered water

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Dinner

Large bowl of red quinoa topped with black and red beans, topped with salsa. For additional calories and protein, add grilled chicken breast.

Small power salad (dark green spinach base, dark green vegetables, balsamic vinegar and extra virgin olive oil).

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

Snack #3

Bowl of cottage cheese with fruit

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

- Beginning your day with an Energy Enhancement smoothie will help you control your appetite throughout the day
- Learn to read product labels - if any ingredient ends with -ose (i.e. fructose, sucrose) it is a sugar. Your goal is to consume as little sugar as possible on a daily basis.
- Regarding labels, as a general rule of thumb, if you can't pronounce it, you shouldn't be eating it.

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.



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BERRY & BANANA SMOOTHIE

1 large banana, peeled, sliced and frozen

3/4 cups frozen or fresh strawberries,
raspberries or blueberries

3/4 cups vanilla frozen yogurt

[1 scoop of Pro Greens](#)

[1 scoop of Pro Reds](#)

Place all the ingredients in a blender or food processor. Cover and blend at highest speed until smooth. Note: if you use fresh berries, try to use a frozen banana, and if you use a fresh banana, go for frozen berries. Otherwise your drink will be too thin. Both fruits being frozen will give you a satisfyingly thick drink.



COACH ROBB TIP:

The powerful antioxidants in berries neutralize free radicals, thus improving the health of the arteries. They also reduce allergic reactions, decrease inflammation, and strengthen connective tissue.



STUFFED CELERY

Celery stalk

Almond Butter (or peanut butter)

Cream Cheese (optional)

Wash celery, cut off leaves, and cut into 2-3-inch pieces. Fill celery cavity with almond butter, peanut butter, or cream cheese. Put together a plate of 5 or 6 pieces and enjoy!



COACH ROBB TIP:

This is a nutritious and yummy snack that both kids and adults can enjoy! Note that almond butter is the healthier choice because almonds are a protein-rich nut, whereas peanuts are actually a legume with a high starch content.

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