

Coach Robb's Weekly Meal Plan

Week 14

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 - Large batch of Three Bean Chili - *see Week 2 for recipe*

Meal #2 - Whole grain corn muffins - enough for 6 servings

Meal #3 - Fruit salad (kiwi, peaches, plums, blueberries, strawberries and pears)

Breakfast

Coffee Energy Smoothie - *Recipe attached*

OR

Breakfast burritos - 3 scrambled eggs with 1/4 cup of diced green and red peppers, mushrooms, and onions. Wrap in tortilla and top with 2 tablespoons of salsa

Small bowl of pre-prepared fruit salad

8-10 ounces of cold filtered water

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

Snack #1

Fresh mango diced and drizzled with lime juice

8-10 ounces of cold filtered water

Lunch

3 large hard boiled eggs with dash of sea salt

1 large bowl of sliced cucumbers, tomatoes and onions covered in balsamic vinegar

1 large bowl of pre-prepared fruit salad topped with a large tablespoon of Cool Whip™

8-10 ounces of cold filtered water

Snack #2

Small bowl of GORP - *see Week 6 for recipe*

8-10 ounces of cold filtered water

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Dinner

Large bowl of pre-made chili and two whole grain corn muffins covered in butter (not margarine)

1 large bowl of pre-made fruit salad with 2 tablespoons of full-fat Cool Whip™

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

Snack #3

Banana Peanut Butter Smoothie - *see Week 5 for recipe*

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

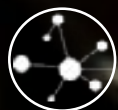
- You cannot “overeat” when it comes to essential fatty acids (avocados, fish oil and extra virgin olive oil); your body will either use or lose what your body doesn't use for energy.
- Loading up on essential fatty acids will help you deal with external adrenal fatigue symptoms such as: night sweats, craving simple sugars and loss of libido (no matter what your age is).
- Only fat and protein satisfy your appetite so when you are hungry, reach for a high-quality protein source that is low in saturated fat (ideally whey protein).

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 Enhancement

For Coffee Lovers



COACH ROBB TIP: Coffee is an ergogenic meaning it has been proven to enhance athletic performance naturally by 11-12%, on average.

Coffee Smoothie

3 to 4 tablespoons instant coffee powder

1 cup milk (nonfat okay)

1 cup vanilla frozen yogurt

1 cup frozen bananas

Pour liquid ingredients into the blender first.

Yogurt is a liquid ingredient. Add bananas.

Put cover on and blend until smooth.