

Coach Robb's Weekly Meal Plan

Week 15

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 Vegetable Bowl: carrot sticks, bite sized tomatoes, cucumbers, zucchini and broccoli florets. Dip in fresh-home made hummus (*see Week 8 for recipe*)

Meal #2 - Boar's Head meat roll ups with fresh cream cheese. Ask your deli to create slices that are 1 ounce in weight; roll the cream cheese right before you eat the meal roll for maximum freshness.

Meal #3 - Free-range chicken, salmon or beef sautéed and grilled to desired texture; dice and store in Tupperware to keep fresh and easy to top off your daily salad.

Breakfast

Blueberry Banana Smoothie (*see Week 2 for recipe*)

OR

Mexican omelet (3 free range XL eggs; ½ of green & red peppers, 1/4 cup of fresh mushrooms, onions and 1 large ripe avocados) topped with 2 tablespoons of fresh salsa (*See Week 10 for Fresh Spicy Salsa Recipe*)

1 bowl of fresh strawberries and blueberries topped with one tablespoon of Cool Whip™

8-10 ounces of cold filtered water

Morning supplements: [Sleep Time](#), [Super Zinc 50](#), [Omega 3D II](#)

Snack #1

Berry Green Smoothie - *See Week 3 for recipe*

8-10 ounces of cold filtered water

Lunch

4 rolls of pre-prepared Boars Head deli meat with fresh cream cheese

1 large apple sliced into quarters

1 large pear sliced into quarters

8-10 ounces of cold filtered water

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Snack #2

1 bowl of fresh vegetables and hummus (pre-prepared)
8-10 ounces of cold filtered water

Dinner

Power Salad (2 large handfuls of fresh washed spinach, 1 handful of iceberg lettuce, diced cucumbers, tomatoes, bell peppers, radishes, zucchini, carrots, 1 tablespoon of cottage cheese, balsamic vinegar & extra virgin olive oil) topped with your grilled chicken, salmon or beef
4-6 ounces of cold filtered water (after your meal)

Snack #3

Chocolate Powershake ([chocolate flavored whey protein](#), 2 cups of whole milk – blend to desired texture)
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

- Sodium is the #1 electrolyte lost through sweat. If you are having troubles with cramping (either at night when you sleep or during exercise), you may want to salt your food lightly with fresh sea salt. If you or anyone in your family have a history of hypertension, ask your physician if this is ok for you prior to adding salt to any food items.
- Prior to consuming any supplements, it is best if you complete a mild form of detoxification to clean out your colon to improve the absorption of the food and supplements that you consume on a daily basis. Keep your detoxification mild to avoid putting the body under unwanted stress and avoid “flushing” the body of good bacteria in both the gut and the colon.

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.