

Coach Robb's Weekly Meal Plan

Week 16

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 - Green Hummus: Combine 1 cup of fresh edamame, 1 tablespoon of tahini and 2 tablespoons of walnuts; combine all in a blender until smooth

Meal #2 - Head of broccoli, cut into florets; green and red peppers sliced and then diced into bite sized portions

Meal #3 - Bowl of Greek Chicken Salad stored in Tupperware and refrigerated - see *Week 2 for recipe*

Breakfast

Spicy broccoli with a fried eggs (broccoli florets, olive oil, thinly sliced cloves of garlic, red pepper flakes, salt & pepper, 3 eggs)

Recipe: Heat olive oil, garlic, red pepper flakes for 1 minute. Add broccoli and cook until they begin to brown. In a separate skillet, fry your eggs. Combine eggs with broccoli, garlic and pepper flakes.

8-10 ounces of cold filtered water

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

Snack #1

Fresh broccoli, green and red peppers dipped in pre-prepared green hummus

Lunch

Whole grain tortilla filled with pre-prepared chicken salad

1 large/ripe banana

1 large kiwi sliced

8-10 ounces of cold filtered water

Snack #2

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

4-6 ounces of cold filtered water

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Dinner

Boar's Head Salad - (2 large handfuls of fresh washed spinach, 1 handful of iceberg lettuce, diced mushrooms, cucumbers, tomatoes, bell peppers, radishes, balsamic vinegar & extra virgin olive oil) topped with your favorite Boar's Head Deli Meat

8-10 ounces of cold filtered water (after your meal)

Snack #3

Whey Protein Shake ([Vanilla flavored whey protein](#), 2 cups of whole milk – blend to desired texture)

4-6 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

- Eating dark green and brightly colored vegetables (green & red peppers for example) will provide your body with nutrients necessary to improve both your immune system and improve your sleep quality which will offset the negative attributes of cortisol (directly linked to weight gain).
- Cold water will absorb through your stomach faster than room temperature water
- Eat your meal in this order: protein, fresh fruits & vegetables and then carbohydrates (non-fruits and vegetables) like pastas, breads, etc.

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.