

Coach Robb's Weekly Meal Plan

Week 17

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 - Rotisserie chicken (pull the high quality white meat and store for use within 1 day after purchase) or grill chicken breasts sliced and refrigerated

Meal #2 - Black Bean & Quinoa soup (16 ounces of fresh organic black beans, 1 cup of fresh quinoa, 1 cup of cooked chicken)

Meal #3 - Fresh Fruits (apples, oranges, berries) washed and ready to eat

Breakfast

Breakfast Enchilada (3 large scrambled eggs, fresh grated cheddar cheese, fresh diced green/red peppers, top with fresh salsa)

8-10 ounces of cold filtered water

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

Snack #1

Apple Smoothie - *see Week 7 for recipe*

4-6 ounces of cold filtered water

Lunch

Protein Power Pita (fresh rotisserie pulled chicken or sliced grilled chicken, fresh spinach, tomatoes and cucumbers with full fat mayonnaise)

1 large ripe apple with two slices of Havarti cheese

1 large ripe orange

8-10 ounces of cold filtered water

Snack #2

Stuffed celery- *see Week 13 for recipe*

4-6 ounces of cold filtered water

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Dinner

Bowl of pre-prepared Black Bean & Quinoa soup topped with fresh grated cheese topped with onions

Power Salad (spinach and iceberg lettuce mix topped with any dark green or bright colored vegetable) topped with balsamic vinegar and extra virgin olive oil (you can't use too much oil here!)

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

Snack #3

Bowl of berries (your choice) on top of sponge cake and full fat Cool Whip™

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

- Set your personal schedule to stop by the grocery store two times this week: Wednesday and Sunday. This will ensure you have fresh and ripe fruits and vegetables readily available.
- Set time aside both in your personal and professional schedule to prepare AND consume your high quality prepared meals and snacks. Not having enough TIME to eat is the biggest influence for fast food eating.
- Provide your body the second half (the first half is eating) of health is sleeping. Your body repairs and rejuvenates itself when it sleeps. Strive to get 8-10 hours of sleep every day.

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.