

Coach Robb's Weekly Meal Plan

Week 18

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 - Spanish yellow rice with grilled free-range chicken breasts

Meal #2 - Lasagna with free-range lean beef (or protein of your choice)

Meal #3 - Large batch of Soup - *Recipe to Amber's Taco Soup attached*

Breakfast

3 extra large eggs (any style - scrambled, sunny side, fried or hard boiled)

2 pieces of toasted whole grain bread with butter & raw honey

1 piece of fresh and ripe fruit

8-10 ounces of cold filtered water

Morning supplements: [Energy Enhancer](#), [Complete Multi-Vitamin](#)

Snack #1

Stuffed Celery - *Recipe attached*

8-10 ounces of cold filtered water

Lunch

Meat and Cheese Roll Ups with hummus - *See Week 1*

1 large bowl of cottage cheese with fruit - *See Week 7*

8-10 ounces of cold filtered water

Snack #2

2-3 ounces of nuts (almonds, pecans, cashews - any nut except peanuts)

8-10 ounces of cold filtered water

Dinner

1 serving of pre-prepared meal of your choice

Spinach and lettuce salad with any green vegetables you have: avocado, almonds and/or cashews, extra virgin olive oil

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Snack #3

Berry Blue Smoothie - See Week 1
8-10 ounces of cold filtered water

Right Before Bed

8-10 ounces of cold filtered water
Evening supplements: [Complete ZMA](#), [Complete Endurance Formula](#), [Complete Multi-Vitamin](#)

Food for Thought

- Choose good carbs, not no carbs. Whole grains, vegetables and fruit are your best bet.
- In general, eat more vegetables and fruits, Go for color and variety - dark green, yellow, orange, and red.
- Water is best to quench your thirst. Skip the sugary drinks.
- Calcium is important, but milk isn't the only, or evenm the best source.
- Choose more fresh foods and fewer processed foods.
- Remember to shop the perimeter of the grocery store.

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.



Amber's Taco Soup

INGREDIENTS:

- 1-pound lean ground beef
- ½ onion, chopped
- 3 cans (15-1/2 ounce) Mexican-style chili beans
- 1 can (15-1/2 ounce) whole kernel corn
- 1 can (15-ounce) tomato sauce
- 2 diced tomatoes
- 1 can chopped green chilis
- 1 envelope taco seasoning mix
- 1 envelope Ranch-style dressing mix
- 1-1/2 cups water
- Toppings: shredded cheddar cheese, sliced avocado, black olives, etc.

DIRECTIONS:

Step 1: Cook beef and onions over medium-high heat until meat is brown, and onions are tender.

Step 2: Stir beans, corn, tomato sauce, tomatoes, green chilis, taco seasoning, ranch-style dressing mix, and water into beef mixture and bring to a boil. Reduce heat and simmer, uncovered, for 15 minutes, stirring occasionally.

Step 3: Spoon soup into bowls and top with desired toppings.

Serve with fresh baked cornbread and enjoy!



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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