

Coach Robb's Weekly Meal Plan

Week 19

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 - Healthy Chicken Pot Pie - *Recipe attached*

Meal #2 - Greek Yogurt Chicken Salad - *See Week 2*

Meal #3 - Meaty Spaghetti - *See Week 3*

Breakfast

2 extra large hard boiled eggs (or protein equivalent if you are a vegetarian)

2 cups of oatmeal (no sugar added) - *See Week 2*

1 cup of organic Greek yogurt with choice of fruit

8-10 ounces of cold filtered water

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

Snack #1

Apple Slices with Almond Butter

8-10 ounces of cold filtered water

Lunch

1 bowl of pre-prepared Chicken Pot Pie or Greek Yogurt Chicken Salad

1 large apple

8-10 ounces of cold filtered water

Snack #2

Blueberry or Blueberry Banana Smoothie - *See Week 2*

8-10 ounces of cold filtered water

Dinner

1 serving of pre-prepared Meaty Spaghetti

Large power salad - spinach base, California blend lettuce, fresh raw green peppers, cucumbers, tomatoes, etc. (any vegetables you desire, the darker the higher the nutritional quality)

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Snack #3

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

Right Before Bed

8-10 ounces of cold filtered water

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

Food for Thought

- Strive to eat a protein source once a week - red meat, chicken, fish, eggs, beans. Protein helps with muscle recovery after an intense workout.
- Resist purchasing processed lunch meat. Instead, slice up a fresh roasted chicken which will have less sodium and nutrients.
- Cut back on carbs and increase your protein intake. In addition to improving levels of triglycerides and high-density lipoprotein (HDL) in the bloodstream, more protein will make you feel full longer and stave off hunger pains.

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.



Chicken Pot Pie



COACH ROBB TIP: Chicken pot pie often gets a bad rap for being unhealthy. I disagree. Pot pies are chock full of vegetables and chicken – all rich in vitamins and minerals. In this recipe we only use a top pie crust to cut down on the carbs and fat. In fact, this chicken pot pie clocks in at about 400 calories for an entire fourth of the pie dish. So, do not be afraid to indulge!

INGREDIENTS:

Pillsbury refrigerated pie crust – you only need one!
½ cup chopped carrots
½ cup chopped onions
1 cup frozen peas
½ cup chopped celery
½ cup chopped mushroom
2 T. butter
1 clove garlic, minced
1/3 cup all-purpose flour
2 cups of diced cooked chicken
2 cups chicken stock
½ cup milk
¼ tsp. dried thyme
Salt and pepper to taste

DIRECTIONS:

Step 1: Cook chicken and dice. Set aside.

Step 2: Preheat oven to 425 degrees F.

Step 3: In saucepan, melt butter over medium heat. Add onion and garlic cooking 2 minutes until tender.

Step 4: Stir in flour, salt, pepper, and thyme until well blended. Gradually stir in chicken broth and milk, cooking and stirring until bubbly and mixture starts to thicken (approximately 5 minutes).

Step 5: Stir in chicken and vegetables. Remove from heat. Spoon into pie plate. Top with your Pillsbury crust; seal edge and flute. Cut slits in several places in top crust.

Step 6: Bake 20 minutes. Cover with foil and bake an additional 15-20 minutes. Let stand 5 minutes before