

# Coach Robb's Weekly Meal Plan

## Week 20

### 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** - Red Curry Stir Fry - *Recipe attached*

**Meal #2** - Grilled free-range chicken or beef (season as you like; cook completely so that you can freeze and re-heat during the week)

**Meal #3** - Cold vegetable salad with fresh tomatoes, cucumbers and onions with balsamic vinegar (mix in big bowl and keep refrigerated)

**Meal #4** - Cold fruit salad with blueberries, strawberries, apples and grapes (mix in big bowl and keep refrigerated)

### Breakfast

Breakfast (eat your protein first, then toast, then fruit & water)

3 eggs any style

2 slices of whole wheat bread with real butter or peanut/almond butter

1 mandarin orange

8-10 ounces of cold filtered water

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

### Snack #1

Bowl of pre-made fruit salad with granola and honey

8-10 ounces of cold filtered water

### Lunch

Spinach salad topped with grilled chicken or beef (add as many vegetables as you want). Top with extra virgin olive oil or balsamic dressing

1 large banana

1 cup of organic Greek yogurt

8-10 ounces of cold filtered water

### Snack #2

The Coach Robb Smoothie - *Recipe attached*

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## Dinner

Serving of Red Curry Stir Fry served with a scoop of cooked jasmine rice  
Cucumber Salad - *Recipe attached*  
4-6 ounces of cold filtered water (after your meal)

## Snack #3

Handful of GORP - *see Week 6*

## Right Before Bed

8-10 ounces of cold filtered water  
Evening supplements: [Sleep Time](#), [Super Zinc 50](#), [Omega 3D II](#)

## Food for Thought

- Don't be afraid to try spices such as curry in your foods. Many spices have been proven to have health benefits such as antioxidants that protect your cells from damage.
- Spices also add flavor to food and can make healthy meals delicious. Enjoying your food is key to maintaining healthy habits that are sustainable.
- Strive to consume half of your body weight in cold filtered water (Example: Body weight - 150 pounds x 50% = 75 ounces of cold filtered water a 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.*

# Red Curry Stir Fry

## INGREDIENTS:

1-2 T. Thai Kitchen Roasted  
Red Curry Paste

1 T. corn starch

¾ cup water

1 tsp. brown sugar

2 T. soy sauce

1 clove garlic, minced

Salt & pepper

2 boneless, skinless chicken  
breasts (or beef if preferred)

1 quarter onion

½ red pepper

½ cup chopped broccoli

½ cup mushrooms

3-4 T. sesame oil

1 T. fresh cilantro

Sriracha sauce (optional)

## DIRECTIONS:

**Step 1:** Mince 1 clove of garlic and sauté in small saucepan. Combine chili paste, corn starch, water, brown sugar, soy sauce, garlic, salt, and pepper to make sauce.

**Step 2:** Slice vegetables and set aside.

**Step 3:** Wash chicken (or beef) and trim off fatty parts. Slice into bit size pieces.

**Step 4:** Heat 2 T. sesame oil in medium size sauté pan and add chicken. Season with salt and pepper and cook until ¾ done. Remove chicken.

**Step 5:** Heat remaining sesame oil and add onion, pepper, broccoli (or any other vegetable that you like). Cook on low-medium heat for 2-3 minutes.

**Step 6:** Add chicken back to pan and cover with red curry sauce. Simmer for 10 minutes stirring every 2-3 minutes.

**Step 7:** Serve with steamed jasmine rice and top with fresh cilantro.



**COACH ROBB TIP:** Many of the ingredients found in Thai curry paste (turmeric, chili peppers, lemongrass, garlic) have medicinal properties that have been used in traditional Thai herbal remedies. These herbs serve as a stimulant for digestion, act as a detoxifying agent, and are powerful against colds, coughs, and congestion.



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### **CUCUMBER SALAD**

2 cups of thinly sliced cucumbers

1/2 cup rice wine vinegar

2-3 T. sesame oil

1/4 cup thinly sliced red onion

Sea salt

Black pepper

Combine rice wine vinegar, sesame oil, black pepper and sea salt into a medium bowl. Add thinly sliced cucumber and red onion. Toss well and serve.



**COACH ROBB TIP:** Cucumbers are made up of 95 percent water, making them an ideal hydrating and cooling food. They are also rich in fiber when eaten unpeeled.



*Energy & Immunity Enhancement*

# More berries please!

## THE COACH ROBB SMOOTHIE

Berries of choice (blueberries, raspberries, strawberries)  
1/2 banana  
1/2 cup almond milk  
1 scoop of Best Whey Protein

In blender or food processor, combine berries, banana, Best Whey Protein and almond milk and blend until smooth. For an added treat, add a couple dark chocolate morsels or a scoop of your favorite ice cream. Yummy!

## BERRY GREEN SMOOTHIE

Blend 1/2 cup almond milk, 1/2 cup blueberries, 1/2 cup strawberries 1 banana, 1/2 cup spinach and 1 tablespoon honey until creamy. Pour into a chilled glass and serve immediately.



**COACH ROBB TIP:** Adding greens to a fruit smoothie is an excellent way to get more nutrients into your diet, especially if you don't like vegetables. You won't taste the greens, but they provide a huge benefit!

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