

Coach Robb's Weekly Meal Plan

Week 21

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 - Mom's Lasagna - *Recipe attached*

Meal #2 - Grilled lean steak (your choice of cut), brown bread, steamed vegetables.

Meal #3 - Greek Chicken Salad - *See Week 2*

Meal #4 - Cold fruit salad with apples, bananas, peaches, plums, pears, and oranges (mix in big bowl and keep refrigerated)

Breakfast

Acai Bowl - *Recipe attached*

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

Meat and cheese roll ups with homemade hummus - *see Week 1*

Piece of fresh fruit

8-10 ounces of cold filtered water

Snack #2

Large apple with almond butter

8-10 ounces of cold filtered water

Dinner

1 serving of Mom's Lasagna

Spinach and lettuce salad with any green vegetables you have: avocado, almonds

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and/or cashews, extra virgin olive oil
4-6 ounces of cold filtered water (after your meal)

Snack #3

Banana Dippers - *See Week 4*

8-10 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

- When traveling, stick with regular mealtimes and look for healthier options, like lean proteins, fruits, vegetables, and whole grains.
- Look for foods that contains tryptogphan, magnesium, and melatonin to help improve your sleep - poultry, salmon, nuts, oatmeal, whole grain crackers, and bananas are a few. Remember, the more deep sleep you can get, the more natural HGH your body will release.
- Take time to savor your food. Eating slowly and mindfully allows you to fully enjoy your meal and digest the nutrients that your body needs.

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.

INGREDIENTS:

1 package of lasagna noodles
2 packages of McCormick's Thick and Zesty Spaghetti Sauce Mix
Mozzarella cheese
Cottage cheese
1 Jimmy Dean Italian Sausage
1 pound of lean ground beef
1 clove garlic, minced
½ onion, chopped
2 cans (28 oz.) of tomato sauce
2-3 T. dried oregano seasoning
2-3 T. dried basil seasoning
Salt and pepper
2 T. extra virgin olive oil
Parmesan cheese



COACH ROBB TIP: This is an extremely meaty dish high in protein, which helps repair torn tissue and aids with recovery. Double up on the meaty sauce to offset the simple carb/sugar content of the noodles. Use more sauce than pasta to get the benefit.

DIRECTIONS:

Step 1: Heat olive oil in pan on medium-high heat and sauté onions and garlic. Add ground beef and Italian sausage. Season with salt and pepper and cook until brown

Step 2: Add tomato sauce, McCormick's spaghetti sauce packets, oregano, and basil to browned meat. Stir completely and bring sauce to boil. Reduce heat and simmer for 15-20 minutes. Add salt and pepper if needed.

Step 3: Cook lasagna noodles while sauce is simmering. Let noodles cool.

Step 4: In large glass rectangular baking dish, layer noodles, then sauce, cottage cheese, and mozzarella cheese. Repeat until the pan is almost full. End with a layer of meat and top with a bunch of parmesan cheese.

Step 5: Bake at 350 degrees F. for 25-30 minutes. Let stand for 15 minutes before serving.

Mom's Lasagna



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HOMEMADE ACAI BOWL

- 1 banana, sliced and frozen
- ½ cup frozen blueberries
- ½ cup frozen strawberries
- ¾ cup almond milk or juice (apple or grape)
- ½ cup plain Greek yogurt
- 200 grams (2 packets) of unsweetened frozen acai puree (Sambazon is an excellent brand)
- Assorted toppings such as nuts, seeds, fresh fruit, granola, coconut

Freeze your fruit by lining tray with parchment paper and transferring to the freezer for several hours, or purchase frozen fruit. Once frozen, add almond milk and yogurt to high-speed blender. Add frozen blueberries, strawberries, banana, and broken up acai puree. Continue to blend on low until smooth, only adding additional liquid when needed. Assemble with your favorite toppings and serve immediately.



COACH ROBB TIP:

The acai berry – grown on the acai palm tree in South American rainforests, contains more antioxidants than most berries. They are also low in sugar and high in healthy fats.

Recipe from The Forked Spoon