

Coach Robb's Weekly Meal Plan

Week 22

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 - Chicken and Vegetable Italian Stir Fry - *Recipe attached*

Meal #2 - Fresh fajitas (shrimp, beef, chicken or tofu), green and/or red peppers, guacamole (*See Week 5*) and salsa

Meal #3 - Three Bean Chili - *See Week 2*

Breakfast

2-3 extra large free-range eggs cooked any style (over easy, scrambled, hard boiled)

8-10 ounces of cold filtered water

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

Snack #1

1/2 large cucumber and 1 whole tomato with a dash of sea salt

8-10 ounces of cold filtered water

Lunch

1 serving of pre-prepared fajitas

Handful of blue corn chips with homemade guacamole

Fresh strawberries and blueberries; add fresh squeezed orange juice for added nutritional value

8-10 ounces of cold filtered water

Snack #2

Berry and Banana Smoothie - *See Week 13*

8-10 ounces of cold filtered water

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Dinner

Serving of pre-prepared Chicken and Vegetable Italian Stir Fry
Spinach and lettuce salad with any green vegetables you have: avocado, almonds and/or cashews, extra virgin olive oil
4-6 ounces of cold filtered water (after your meal)

Snack #3

Handful of nuts or GORP
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

- Some people avoid nuts because they are high in fat. Don't be fooled by this. Nuts are packed with protein, fiber, oils, vitamins, and minerals - all things the body needs.
- The importance of getting enough quality sleep cannot be overstated. Poor sleep can drive insulin resistance, can disrupt your appetite hormones, and reduce your physical and mental performance. Furthermore, poor sleep is one of the strongest risk factors for weight gain.

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.