

Coach Robb's Weekly Meal Plan

Week 23

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 - Grilled chicken breast (or low fat protein equivalent) on pasta with steamed vegetables (broccoli, peas, cauliflower, etc.)

Meal #2 - Crock pot of goulash - *see Week 1 for recipe*

Meal #3 - Easy Minestrone Soup - *Recipe attached*

Breakfast

2 sausage, egg and cheese sandwiches on whole wheat English muffin

8-10 ounces of cold filtered water

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

Snack #1

Cottage cheese with fruit

8-10 ounces of cold filtered water

Lunch

Bowl of pre-prepared goulash topped with a dollop of full-fat sour cream

8-10 ounces of cold filtered water

Snack #2

Apple slices with almond butter

8-10 ounces of cold filtered water

Dinner

Bowl of pre-prepared Minestrone Soup

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

Small slice of honey cornbread

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Snack #3

Power shake (vanilla ice cream, scoop of whey protein, fresh strawberries, blueberries and large orange)

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

- Hydration is an important and often overlooked marker of health. Staying hydrated helps ensure that your body is functioning optimally.
- Most people do not get enough vitamin D. Maintaining adequate vitamin D levels can help to optimize health by improving bone strength, reducing symptoms of depression, and strengthening your immune system.
- Don't shy away from full-fat dairy products. Full fat dairy products contain more protein and less sugar. Full fat dairy, such as milk, yogurt, or sour cream will leave you feeling full for longer periods between meals and promote better heart health.

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.



COACH ROBB TIP: Minestrone is a healthy, vegetable-based soup that often includes beans, pasta, herbs, and broth. In this version, we skip the pasta (carbs) and use pancetta, a rich, flavorful, protein-packed Italian pork for added flavor. This soup is great for cold days, is packed with essential vitamins and minerals, and is easy to make.

Easy Minestrone Soup

INGREDIENTS:

4 oz. Boars Head pancetta, diced into ¼-inch pieces
(look in your grocery's deli department)

2 T. extra virgin olive oil

1-1/2 cups yellow onion, chopped

¾ cup peeled and chopped carrot

1 can green beans

¾ cup sliced celery

3 cloves garlic, minced

4 cups low-sodium chicken broth or vegetable broth

½ cup water

2 tomatoes, diced in small pieces

1 small zucchini, diced

2 cups fresh spinach, roughly chopped

1 rosemary sprig

1 T. oregano

1 T. thyme

1 (14.5 oz.) can dark red kidney beans, drained and rinsed

Sea salt and ground black pepper, to taste

DIRECTIONS:

Step 1: Sauté pancetta with olive oil in a pot over medium heat. Cook until just lightly browned, about 4-5 minutes.

Step 2: Add garlic, onion, carrot, and celery and sauté until starting to soften, about 7 minutes.

Step 3: Pour in broth, water, tomatoes, and add zucchini, green beans, rosemary sprig, oregano, and thyme.

Step 4: Bring to a boil over medium-high heat. Then reduce heat to medium-low, cover and simmer, stirring once halfway through, about 10-15 minutes total or until zucchini is tender.

Step 5: Remove rosemary. Season to taste with salt and pepper.

Step 6: Stir in kidney beans and spinach and let heat through, about 30 seconds. For a brothier soup, add more broth to thin as desired. Serve warm.