

Coach Robb's Weekly Meal Plan

Week 24

Meals to Prepare & Freeze

(Make a large dish so that you can partition off into meal-sized portions that you will wrap and freeze to be easily heated up during the week)

Meal #1 - Crock Pot Ribs - See Week 7

Meal #2 - Tuna salad with free-range tuna and full-fat mayonnaise

Meal #3 - Marinated and grilled chicken breast

Breakfast

Morning Glory Breakfast Cake with butter - See attached

8-10 ounces of cold filtered water

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

Snack #1

Meat and Cheese Roll Ups - see Week 1

8-10 ounces of cold filtered water

Lunch

Fresh egg salad in pita pockets

Fresh plum and peach diced and topped with Cool Whip™

8-10 ounces of cold filtered water

Snack #2

Cottage cheese with fruit

8-10 ounces of cold filtered water

Dinner

2 large grilled chicken breasts sliced on large salad (spinach base, cucumbers, mushrooms, green and red peppers, pine nuts, extra virgin olive oil)

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Snack #3

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

- Instead of dieting, strive to balance nutrition as a lifestyle change. Diets are generally ineffective and are rarely sustainable. In fact, dieting is one of the strongest predictors for future weight gain. Focusing on nourishing your body instead of depriving it.
- Not all carbs are created equal. Most ultra-processed foods are made from refined carbs, like processed corn, white flour, and added sugars. Studies show that a diet high in refined carbs may be linked to overeating, weight gain, and chronic diseases like type 2 diabetes and heart disease. Instead, focus on eating fruits, vegetables, and whole grains for healthy carbohydrates.

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.



Morning Glory Breakfast Cake

INGREDIENTS:

1 cup grated apple (unpeeled)
1 cup grated carrot
½ cup well drained crushed pineapple
1/3 cup shredded unsweetened coconut
¼ cup raisins or another dried fruit (optional)
Finely grated zest of 1 lemon
2/3 cup raw or granulated sugar
2/3 cup vegetable oil
2 large eggs
½ tsp. cardamom
½ tsp. ground ginger
½ tsp. ground cinnamon
¾ tsp. kosher salt
1-1/2 tsp. baking powder
½ tsp. baking soda
1-1/4 cups all-purpose flour
2 T. toasted, salted pepitas (optional)

DIRECTIONS:

Step 1: Heat oven to 350 degrees F. Coat 8-inch square baking pan with butter. Line the bottom with parchment and let it extend up two sides of the pan.

Step 2: In large bowl, combine apple, carrot, pineapple, coconut, dried fruit, lemon zest, sugar, and oil. Add eggs and whisk to combine.

Step 3: Sprinkle spices, salt, baking powder, and baking soda over the batter and stir well to combine. Add flour and stir until it disappears.

Step 4: Pour batter into prepared pan and smooth the top. Sprinkle pepitas over cake.

Step 5: Bake for 30 to 35 minutes, until a toothpick inserted into the center of the cake comes out batter free. Let cool in pan then carefully cut into squares. Keep in the refrigerator.



COACH ROBB TIP: If you are going to indulge in a breakfast bread, I highly recommend this one. This recipe uses the natural sugars found in fruit rather than raw sugar making it an ideal treat without being too sweet. For added benefit, heat the bread and top with full fat butter to bring down the sugar content and provide much needed fat and protein into your diet.