



2GUYSWITHKNIVES
MEAL PREP

ROTATION MENU 1

7 DAY

HIGH PROTEIN MEAL PLAN

**+ 150g
PROTEIN
PER DAY**



SNACKS INCLUDED



2GUYSWITHKNIVES
M E A L P R E P

WELCOME TO YOUR High Protein Meal Plan!

Welcome to your High Protein Meal Plan! 💪

Designed to help you build muscle, recover faster, and boost performance, this plan delivers over **150g of high-quality protein per day.**

Each meal is thoughtfully balanced with lean protein, complex carbs, and nutrient-dense veggies to keep your energy high and your muscles fueled.

Our 4-week rotating menu keeps things fresh and delicious, and we recommend committing to 5 weeks to see your best results.

Eat smart | Train hard | See real results

We've got your gains covered. 🔥

Let's crush these 5 weeks together!



HIGH PROTEIN MEAL PLAN

ROTATION
MENU 1 OF 4

DAY 1

BREAKFAST



Tex Mex Lean Beef & Egg Hash

CAL	PROT	CARBS
580	35	49
FAT	FIBER	
27	9	

LUNCH



Greek Souvlaki Chicken

CAL	PROT	CARBS
640	50	52
FAT	FIBER	
25	6	

SNACK



The Athlete

CAL	PROT	CARBS
330	19	41
FAT	FIBER	
12	11	

DINNER



Ancho Chili Chicken

CAL	PROT	CARBS
420	48	44
FAT	FIBER	
6	9	

TOTAL PER DAY:
1970 CAL
152 GR PROTEIN
186 GR CARBS
70 GR FAT
35 GR FIBER

DAY 2

BREAKFAST



Cinnamon Roll Protein Pancakes

CAL	PROT	CARBS
630	43	74
FAT	FIBER	
18	8	

LUNCH



Calico Beef & Bean Stew

CAL	PROT	CARBS
910	51	106
FAT	FIBER	
35	26	

SNACK



Friends with Benefits

CAL	PROT	CARBS
540	16	34
FAT	FIBER	
40	6	

DINNER



Spicy Jerk Basa

CAL	PROT	CARBS
650	45	73
FAT	FIBER	
20	13	

TOTAL PER DAY:
2730 CAL
155 GR PROTEIN
287 GR CARBS
113 GR FAT
53 GR FIBER

DAY 3

BREAKFAST



Cranberry Orange Baked Protein Oatmeal

CAL	PROT	CARBS
510	21	67
FAT	FIBER	
17	7	

LUNCH



Jerk Chicken

CAL	PROT	CARBS
620	62	75
FAT	FIBER	
9	16	

SNACK



Blueberry Boost

CAL	PROT	CARBS
300	18	26
FAT	FIBER	
15	11	

DINNER



Greek Chicken Salad

CAL	PROT	CARBS
690	50	24
FAT	FIBER	
44	4	

TOTAL PER DAY:
2120 CAL
151 GR PROTEIN
192 GR CARBS
85 GR FAT
38 GR FIBER

DAY 4

BREAKFAST



Chicken & Feta Egg-White Omelette

CAL	PROT	CARBS
230	26	24
FAT	FIBER	
3.5	4	

LUNCH



Teriyaki Stiploin

CAL	PROT	CARBS
810	53	74
FAT	FIBER	
36	7	

SNACK



Chocolate Banana Protein Smoothie Bowl

CAL	PROT	CARBS
300	26	38
FAT	FIBER	
7	11	

DINNER



Satay Chicken Curry

CAL	PROT	CARBS
580	53	28
FAT	FIBER	
29	8	

TOTAL PER DAY:
1920 CAL
158 GR PROTEIN
164 GR CARBS
75.5 GR FAT
30 GR FIBER

DAY 5

BREAKFAST



Cinnamon Roll Protein Pancakes

CAL	PROT	CARBS
630	43	74
FAT	FIBER	
18	8	

LUNCH



Lean Beef Chili

CAL	PROT	CARBS
560	37	74
FAT	FIBER	
12	14	

SNACK



Rosemary Chicken Wrap

CAL	PROT	CARBS
660	34	71
FAT	FIBER	
24	6	

DINNER



BBQ Pulled Beef

CAL	PROT	CARBS
630	36	86
FAT	FIBER	
17	13	

TOTAL PER DAY:
2480 CAL
150 GR PROTEIN
305 GR CARBS
71 GR FAT
41 GR FIBER

DAY 6

BREAKFAST



Lemon & Cottage Cheese Protein Pancakes

CAL	PROT	CARBS
510	21	67
FAT	FIBER	
17	7	

LUNCH



Jerk Chicken

CAL	PROT	CARBS
620	62	75
FAT	FIBER	
9	16	

SNACK



Blueberry Boost

CAL	PROT	CARBS
330	19	41
FAT	FIBER	
12	11	

DINNER



Ancho Chili Chicken

CAL	PROT	CARBS
420	48	44
FAT	FIBER	
6	9	

TOTAL PER DAY:
1880 CAL
150 GR PROTEIN
227 GR CARBS
44 GR FAT
43 GR FIBER

DAY 7

BREAKFAST



Matcha Muscle

CAL	PROT	CARBS
730	22	108
FAT	FIBER	
24	15	

LUNCH



Greek Souvlaki Chicken

CAL	PROT	CARBS
640	50	52
FAT	FIBER	
25	6	

SNACK



Chocolate Banana Protein Smoothie Bowl

CAL	PROT	CARBS
300	26	38
FAT	FIBER	
7	11	

DINNER



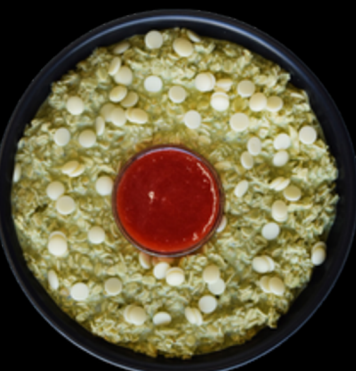
Satay Chicken Curry

CAL	PROT	CARBS
580	53	28
FAT	FIBER	
29	8	

TOTAL PER DAY:
2250 CAL
151 GR PROTEIN
226 GR CARBS
85 GR FAT
40 GR FIBER

DETAILED MENU INGREDIENTS

BREAKFAST

	Tex Mex Lean Beef & Egg Hash with Avocado Cream & Hard Boiled Egg	Taco Seasoned lean ground beef sautéed with red bell pepper, mushrooms, roasted yams & red onion served over fresh spinach with house made avocado cream sauce and hard boiled egg
	Cinnamon Roll Protein Pancakes with Maple Coconut Protein Icing & Blueberry Compote	Delicious cinnamon roll protein pancakes made with isolate protein, cottage cheese, oats & your favourite cinnamon roll spices served with maple coconut protein icing and house made blueberry compote
	Cranberry Orange Baked Protein Oatmeal with Fresh Cranberry Ginger Sauce & Vanilla Greek Yoghurt	Cranberry-Orange Baked Oatmeal with clean isolate protein, honey & almonds served with our house made cranberry ginger chutney, vanilla Greek yoghurt and hard boiled egg
	Chicken & Feta Egg-White Omelette with Sweet Potato and Tomato Salsa	Delicious egg white omelette with mushrooms, rossdown baked chicken breast, spinach and feta served with baked sweet potato wedges and fresh tomato salsa
	Matcha Muscle Matcha Latte Protein Oats	Your matcha latte in a power breakfast! Gluten free organic oats soaked with oat milk, organic chia, whey isolate protein, organic matcha and vanilla, topped with white chocolate and house made strawberry compote

HIGH PROTEIN
MEAL PLAN

DETAILED MENU INGREDIENTS

LUNCH

	Greek Souvlaki Chicken with Grilled Bell Pepper & Vegan Tzatziki	Greek inspired baked Rosstown chicken souvlaki over brown rice tabbouleh with grilled bell pepper & our house made vegan tzatziki sauce
	Lean Beef Chili with Jasmine Rice	Lean ground beef slow cooked with hearty bean medley, jalapeño, fire roasted tomatoes, red bell pepper and your favourite warming chili spices over white jasmine rice
	Jerk Chicken with Fresh Mango Salsa & Broccoli	Grilled Caribbean jerk spiced Rosstown chicken breast over organic tricolour quinoa with broccoli and fresh mango salsa
	Teriyaki Striploin with Garlic Button Mushrooms & Rice Pilaf	AAA Striploin marinated for 48 hours in our house made teriyaki, grilled to perfection and served over rice pilaf with garlic button mushrooms, roasted asparagus and beets
	Calico Beef & Bean Stew with Crispy Bacon & Jasmine Rice	Lean ground beef simmered with Spanish onion, tomato puree, kidney & white beans, herbaceous spices and white jasmine rice

HIGH PROTEIN MEAL PLAN

DETAILED MENU INGREDIENTS

SNACKS

	Smoothie The Athlete	The Athlete Smoothie is high in key vitamins and minerals and packed with antioxidant and recovery components for post work.
	Rosemary Chicken Wrap	Herb rubbed baked chicken with roasted sweet potatoes, red bell pepper, organic spinach and our fresh rosemary aioli wrapped up in a yummy 12 inch spinach tortilla
	Smoothie Blueberry Boost	The Blueberry Boost smoothie is high in key vitamins and minerals, and contains a carefully orchestrated balance of carbs, protein, and healthy fats.
	Smoothie Chocolate Banana Protein Smoothie Bowl	We turned this banana-chocolate classic into an energy-giving, mood-boosting bowl. Lion's Mane, creatine, flax and sprouted protein are the heavy-lifters that will support your mind and body health goals.
	Friends with Benefits Peanut Butter Protein Balls	Our Signature Peanut Butter Protein Balls featuring clean vegan protein & antioxidant packed dark chocolate (package of 5)

HIGH PROTEIN MEAL PLAN

DETAILED MENU INGREDIENTS

DINNER

	Ancho Chili Chicken with Baked Root Veggies & Grilled Zucchini	Greek spiced Rosstown chicken breast with baked sweet potato wedges, grilled zucchini, herb roasted carrots & purple beets
	Spicy Jerk Basa with Sweet Potato Mash & Green Beans	Wild Ocean Wise Basa topped with our spicy Caribbean jerk sauce and served over sweet potato mash with steamed green beans
	Greek Chicken Salad with Green Peppers, Feta & Kalamata olives	Delicious Rosstown chicken breast marinated with fresh citrus and spices over our crisp Mediterranean medley of Roma tomatoes, cucumber, green bell pepper, feta cheese and kalamata olives
	Satay Chicken Curry with Steamed Cauliflower Rice	Herb & coconut rubbed baked Rosstown chicken breast simmered in our creamy coconut peanut satay curry with fragrant Indian spices and zucchini, served over cauliflower rice
	BBQ Pulled Beef with Yam Mash & Grilled Zucchini	Velvety AAA brisket slow roasted with our smoky BBQ sauce and served over yam mash with savoury zucchini rounds

HIGH PROTEIN
MEAL PLAN

HIGH PROTEIN MEAL PLAN

WEEK
1

MON

- ☐ Meals
- ☐ Workout
- ☐ Hydration

TUE

- ☐ Meals
- ☐ Workout
- ☐ Hydration

WED

- ☐ Meals
- ☐ Workout
- ☐ Hydration

THU

- ☐ Meals
- ☐ Workout
- ☐ Hydration

FRI

- ☐ Meals
- ☐ Workout
- ☐ Hydration

SAT

- ☐ Meals
- ☐ Workout
- ☐ Hydration

SUN

- ☐ Meals
- ☐ Workout
- ☐ Hydration

WEEK
2

MON

- ☐ Meals
- ☐ Workout
- ☐ Hydration

TUE

- ☐ Meals
- ☐ Workout
- ☐ Hydration

WED

- ☐ Meals
- ☐ Workout
- ☐ Hydration

THU

- ☐ Meals
- ☐ Workout
- ☐ Hydration

FRI

- ☐ Meals
- ☐ Workout
- ☐ Hydration

SAT

- ☐ Meals
- ☐ Workout
- ☐ Hydration

SUN

- ☐ Meals
- ☐ Workout
- ☐ Hydration

WEEK
3

MON

- ☐ Meals
- ☐ Workout
- ☐ Hydration

TUE

- ☐ Meals
- ☐ Workout
- ☐ Hydration

WED

- ☐ Meals
- ☐ Workout
- ☐ Hydration

THU

- ☐ Meals
- ☐ Workout
- ☐ Hydration

FRI

- ☐ Meals
- ☐ Workout
- ☐ Hydration

SAT

- ☐ Meals
- ☐ Workout
- ☐ Hydration

SUN

- ☐ Meals
- ☐ Workout
- ☐ Hydration

WEEK
4

MON

- ☐ Meals
- ☐ Workout
- ☐ Hydration

TUE

- ☐ Meals
- ☐ Workout
- ☐ Hydration

WED

- ☐ Meals
- ☐ Workout
- ☐ Hydration

THU

- ☐ Meals
- ☐ Workout
- ☐ Hydration

FRI

- ☐ Meals
- ☐ Workout
- ☐ Hydration

SAT

- ☐ Meals
- ☐ Workout
- ☐ Hydration

SUN

- ☐ Meals
- ☐ Workout
- ☐ Hydration

WEEK
5

MON

- ☐ Meals
- ☐ Workout
- ☐ Hydration

TUE

- ☐ Meals
- ☐ Workout
- ☐ Hydration

WED

- ☐ Meals
- ☐ Workout
- ☐ Hydration

THU

- ☐ Meals
- ☐ Workout
- ☐ Hydration

FRI

- ☐ Meals
- ☐ Workout
- ☐ Hydration

SAT

- ☐ Meals
- ☐ Workout
- ☐ Hydration

SUN

- ☐ Meals
- ☐ Workout
- ☐ Hydration

Use this calendar to track your progress! ✓

Cross off each day you complete and note your wins—meals, workouts, and hydration.
Stay motivated and push through to feel your best! 💪