



2GUYSWITHKNIVES
MEAL PREP

7-DAY WEIGHT LOSS MEAL PLAN

1200-1500
Calories Per Day

ROTATION MENU 4



Disclaimer: Our weight loss meal bundles provide a daily calorie range of approximately 1200-1500 calories. These meals are designed for general wellness and convenience and are not intended to provide medical or nutritional advice. Please consult a healthcare professional before starting any new diet or weight loss program, especially if you have any underlying health conditions or specific dietary needs.



WELCOME TO YOUR Weight Loss Meal Plan!

This program is crafted to support your weight loss journey with three delicious, low-carb meals per day—perfectly portioned to stay within **1200–1500 calories daily**.

Our **rotating 4-week menu** keeps things fresh and exciting, so you'll look forward to every bite.

Commit for 5 weeks, and start seeing real results.

We've got you!

Let's crush these 5 weeks together!



DAY 1

BREAKFAST

MINI MATCHA GRANOLA PARFAIT

CAL	PROT	CARBS
280	22	27
FAT	FIBER	
10	4	



LUNCH

NY STRIPLOIN

CAL	PROT	CARBS
510	36	62
FAT	FIBER	
14	12	



DINNER

CHICKEN COBB SALAD

CAL	PROT	CARBS
630	53	26
FAT	FIBER	
35	5	



TOTAL PER DAY:
1420 CAL
111 GR PROTEIN
115 GR CARBS
59 GR FAT
21 GR FIBER

DAY 2

BREAKFAST

BIRCHER MUESLI

CAL	PROT	CARBS
300	7	36
FAT	FIBER	
15	7	



LUNCH

GREEK CHICKEN

CAL	PROT	CARBS
670	47	42
FAT	FIBER	
37	9	



DINNER

MEDITERRANEAN BAKED CHICKEN THIGHS

CAL	PROT	CARBS
490	31	26
FAT	FIBER	
32	10	



TOTAL PER DAY:
1460 CAL
85 GR PROTEIN
104 GR CARBS
84 GR FAT
26 GR FIBER

DAY 3

BREAKFAST

MINI ACAI CHIA BOWL

CAL	PROT	CARBS
300	6	40
FAT	FIBER	
14	10	



LUNCH

SMOKED APPLEWOOD CHICKEN

CAL	PROT	CARBS
500	48	58
FAT	FIBER	
9	12	



DINNER

LEAN BEEF CHILI

CAL	PROT	CARBS
480	37	45
FAT	FIBER	
17	12	



TOTAL PER DAY:
1290 CAL
91 GR PROTEIN
143 GR CARBS
41 GR FAT
34 GR FIBER

DAY 4

BREAKFAST

MEDITERRANEAN FRITTATAS

CAL	PROT	CARBS
450	25	32
FAT	FIBER	
26	4	



LUNCH

SOY CHILI CHICKEN "POKE"

CAL	PROT	CARBS
580	51	67
FAT	FIBER	
13	7	



DINNER

BRAZILIAN BEEF STROGANOFF

CAL	PROT	CARBS
450	36	24
FAT	FIBER	
24	7	



TOTAL PER DAY:
1480 CAL
112 GR PROTEIN
123 GR CARBS
63 GR FAT
18 GR FIBER

DAY 5

BREAKFAST

BERRY & WHITE CHOC BAKED PROTEIN OATMEAL

CAL	PROT	CARBS
430	15	59
FAT	FIBER	
15	6	



LUNCH

SRIRACHA LIME CHICKEN

CAL	PROT	CARBS
410	47	40
FAT	FIBER	
8	12	



DINNER

CHICKEN SHAWARMA DINNER

CAL	PROT	CARBS
510	30	31
FAT	FIBER	
30	6	



TOTAL PER DAY:
1350 CAL
92 GR PROTEIN
130 GR CARBS
53 GR FAT
21 GR FIBER

DAY 6

BREAKFAST

MEDITERRANEAN FRITTATAS

CAL	PROT	CARBS
450	25	32
FAT	FIBER	
26	4	



LUNCH

NY STRIPLOIN

CAL	PROT	CARBS
510	36	62
FAT	FIBER	
14	12	



DINNER

SMOKED APPLEWOOD CHICKEN

CAL	PROT	CARBS
500	48	58
FAT	FIBER	
9	12	



TOTAL PER DAY:
1460 CAL
109 GR PROTEIN
152 GR CARBS
49 GR FAT
28 GR FIBER

DAY 7

BREAKFAST

BERRY & WHITE CHOC BAKED PROTEIN OATMEAL

CAL	PROT	CARBS
430	15	59
FAT	FIBER	
15	6	



LUNCH

SOY CHILI CHICKEN "POKE"

CAL	PROT	CARBS
580	51	67
FAT	FIBER	
13	7	



DINNER









BRAZILIAN BEEF STROGANOFF

CAL	PROT	CARBS
450	36	24
FAT	FIBER	
24	7	



TOTAL PER DAY:
1460 CAL
102 GR PROTEIN
150 GR CARBS
52 GR FAT
20 GR FIBER

SUPPORTIVE SNACKS (OPTIONAL)

-  **Carrots** – Crunchy, naturally sweet, and full of fiber.
-  **Cucumbers** – Refreshing and hydrating, perfect for snacking.
-  **10 Almonds** – A small but mighty snack packed with protein and healthy fats.
-  **Bone Broth** – Nourishing and comforting, great for keeping you full.
-  **Sugar-Free Jello** – A light, sweet treat to satisfy cravings.
-  **Plain Greek Yogurt** – Creamy, high in protein, and great for digestion.
-  **Cherry Tomatoes** – Juicy and full of antioxidants.
-  **Celery Sticks** – Crisp and hydrating, great with a sprinkle of salt.
-  **Raw Broccoli** – A fiber-packed, crunchy snack.
-  **Bell Pepper Strips** – Sweet, colorful, and loaded with vitamins.

READY TO TRANSFORM YOUR BODY AND FEEL AMAZING?

LET'S DO THIS! 🌞💪

5 STEPS

TO SUPPORT YOUR HEALTH

01. GET ENOUGH SLEEP

Prioritize good sleep to boost your energy, mood, and overall health. 😴

02. MOVE YOUR BODY

Aim for 45 minutes to 1 hour of exercise daily, whether it's strength training, cardio, or a fun activity you enjoy! 💪🏃♂️

03. AVOID TOBACCO, ALCOHOL, AND DRUGS

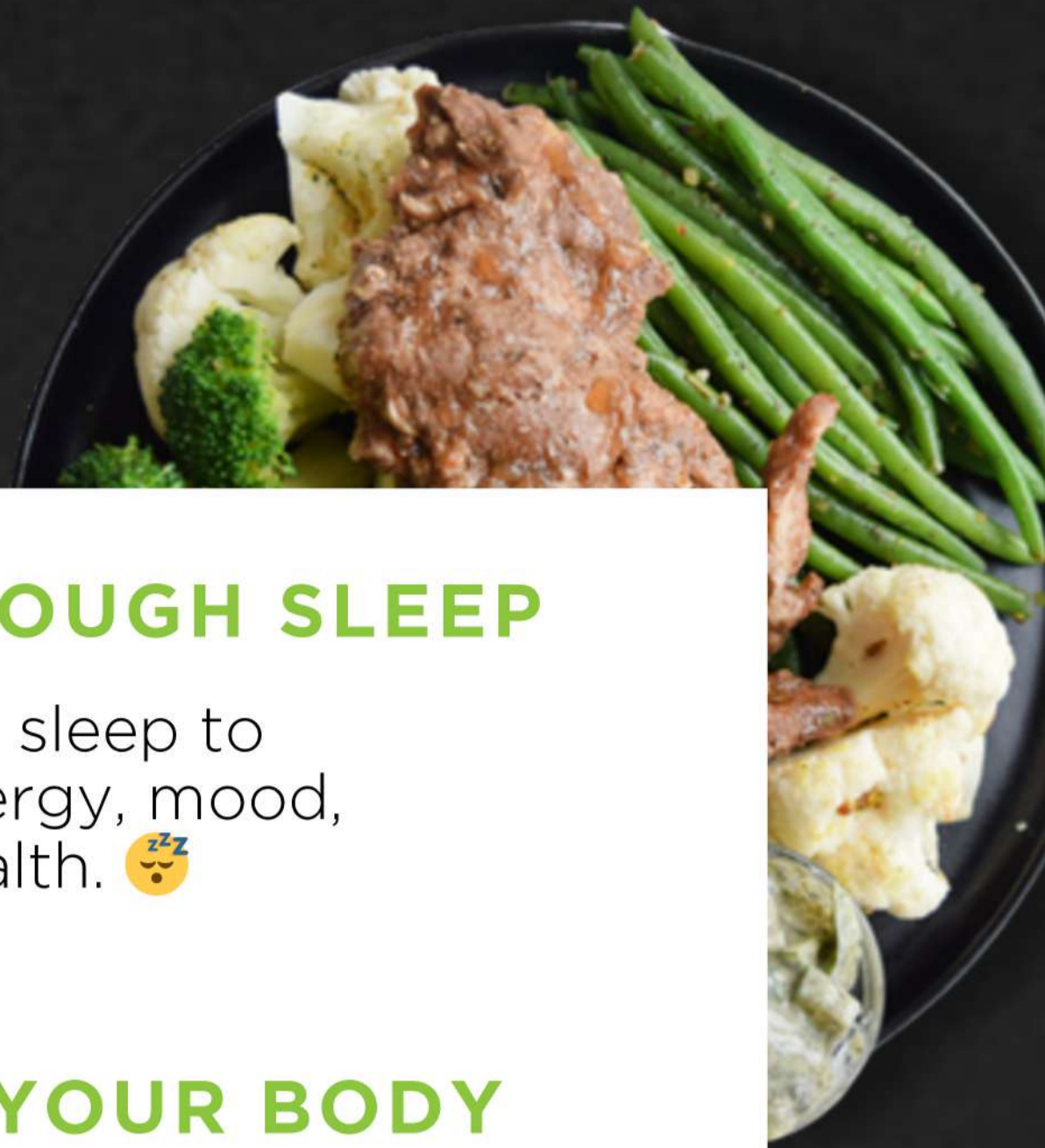
Avoid tobacco, limit alcohol, and stay away from harmful substances to keep your body feeling its best. 🚫🍷

04. BALANCED NUTRITION

Our menu provides nutrient dense breakfast, lunch, and dinner 🥗🥑

05. HYDRATION IS KEY

Drink at least 2 liters of water per day to stay energized and support digestion. ✅



DETAILED MENU INGREDIENTS

BREAKFAST

	Mini Matcha Granola Parfait with Greek yoghurt & roasted berries	Organic gluten free oats, almonds, cashews, walnuts, organic coconut oil, shredded coconut, organic matcha powder, organic maple syrup, organic agave, vanilla extract, roasted berries, Greek yoghurt
	Bircher Muesli with Peaches, Berries & Greek Yoghurt	Organic gluten free oats with fresh peaches, dried cranberries, flax, Greek yoghurt, pecans, cinnamon and vanilla topped with fresh strawberries & blueberries
	Acai Chia Bowl with dried blueberries & grain free granola	Antioxidant packed açai with blueberries, raspberries, organic chia, banana, vanilla and almond milk, topped with dried blueberries and our house made grain free granola
	Mediterranean Frittatas with Greek Roasted Potatoes & Red Pepper Feta Sauce	Eggs, organic unsweetened almond milk, coconut milk, onion, spinach, grape tomatoes, feta cheese, kalamata olives, Greek seasonings, black pepper, salt, olive oil, roasted red peppers, chili flakes, lemon juice, Greek yoghurt, golden potatoes, herbs & spices
	Berry & White Choc Baked Protein Oatmeal with Vanilla Greek Yoghurt & Blueberry Compote	Organic gluten free oats baked with flax, chia, isolate protein, blueberries & white chocolate served with house made blueberry compote, vanilla Greek yoghurt & hard boiled egg


DETAILED MENU INGREDIENTS

LUNCH

	NY Striploin with Yam Mash & Grilled Veggies	AAA Ny Striploin (4oz) seasoned and grilled with steak spices, served over yam mash with fire-grilled bell pepper & sauteed mushrooms
	Greek Chicken with Quinoa, Green Beans & Sautéed Mushrooms	Chicken breast, Greek marinade (olive & soybean oil, filtered water, feta cheese, vinegar, red wine vinegar, salt, black olives, onion, garlic, lemon juice, xanthin gum), green beans, black pepper, mushrooms, organic tricolour quinoa, herbs & spices
	Smoked Applewood Chicken with Yam Mash & Seasonal Veggies	Smoked Applewood Baked Chicken over yam mash with baked asparagus, Brussel sprouts & steamed kale
	Soy Chili Chicken "Poke" with Mango, Radish and Jasmine Rice	Rosstown Halal Chicken breast, gluten free tamari, sesame oil, water, honey, sriracha, rice vinegar, garlic, ginger, lime juice, white jasmine rice, coconut milk, edamame, cucumber, mango, radish, salt, black pepper, herbs & spice
	Sriracha Lime Chicken with Broccoli, Quinoa & Grilled Zucchini	Chicken breast, sriracha lime seasonings, organic tricolour quinoa, broccoli, zucchini, herbs & spices

DETAILED MENU INGREDIENTS

DINNER

	Chicken Cobb Salad with Hard Boiled Egg, Corn & Blue Cheese Dressing	Garlic baked Rosstown chicken breast over crisp romaine with crispy bacon, corn, grape tomatoes, hard boiled egg and our house made blue cheese dressing
	Mediterranean Baked Chicken Thighs with Seasonal Veggies & Coconut Dill Sauce	Chicken thigh, garlic, paprika, allspice, nutmeg, olive oil, lime juice, black pepper, salt, dill, coconut milk, lemon juice, seasonal veggies, herbs & spices
	Lean Beef Chili with Roasted Tomatoes & Feta	Lean ground beef slow cooked with hearty bean medley, jalapeño, fire roasted tomatoes, red bell pepper and your favourite warming chili spices, topped with feta cheese
	Brazilian Beef Stroganoff with cauliflower rice	AAA sirloin strips, mushrooms, coconut milk, tomato puree, mustard, gluten free Worcestershire sauce, cauliflower rice, herbs & spices
	Chicken Shawarma Dinner with Chopped Salad & Tzatziki Hummus	Chicken thigh, onion powder, cumin, turmeric, cayenne pepper, cinnamon, cardamom, olive oil, salt, onion, garlic, pepper, filtered water, parsley, house made tzatziki hummus (chickpeas, salt, garlic, tahini, Greek yoghurt, lemon juice, dill, cucumber, olive oil, pepper), tomato, cucumber, kalamata olives, red onion, herbs & spices



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MEAL PREP

WEIGHT LOSS MEAL PLAN CHALLENGE

WEEK 1	MON	TUE	WED	THU	FRI	SAT	SUN
	<input type="checkbox"/> Meals	<input type="checkbox"/> Meals	<input type="checkbox"/> Meals	<input type="checkbox"/> Meals	<input type="checkbox"/> Meals	<input type="checkbox"/> Meals	<input type="checkbox"/> Meals
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WEEK 3	MON	TUE	WED	THU	FRI	SAT	SUN
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WEEK 4	MON	TUE	WED	THU	FRI	SAT	SUN
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WEEK 5	MON	TUE	WED	THU	FRI	SAT	SUN
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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! 💪