



2GUYSWITHKNIVES
MEAL PREP

ROTATION MENU 4

7 DAY

HIGH PROTEIN MEAL PLAN

+ 150G
PROTEIN
PER DAY



SNACKS INCLUDED



2GUYSWITHKNIVES
MEAL PREP

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 4 OF 4

DAY 1

BREAKFAST



Mama Mia

CAL	PROT	CARBS
450	25	32
FAT	FIBER	
26	4	

LUNCH



Soy Chili Chicken "Poke"

CAL	PROT	CARBS
610	57	67
FAT	FIBER	
13	7	

SNACK



Peanut Karma

CAL	PROT	CARBS
540	10	29
FAT	FIBER	
17	4	

DINNER



Chicken Cobb Salad

CAL	PROT	CARBS
660	59	26
FAT	FIBER	
36	5	

TOTAL PER DAY:
2260 CAL
151 GR PROTEIN
154 GR CARBS
92 GR FAT
20 GR FIBER

DAY 2

BREAKFAST



AAA Steak & Baked Eggs

CAL	PROT	CARBS
620	46	24
FAT	FIBER	
36	3	

LUNCH



Smoked Applewood Chicken

CAL	PROT	CARBS
660	51	89
FAT	FIBER	
12	15	

SNACK



House of Royals

CAL	PROT	CARBS
640	12	68
FAT	FIBER	
40	10	

DINNER



Red Wine Braised Sirloin

CAL	PROT	CARBS
670	41	55
FAT	FIBER	
30	8	

TOTAL PER DAY:
2590 CAL
150 GR PROTEIN
236 GR CARBS
118 GR FAT
36 GR FIBER

DAY 3

BREAKFAST



Lemon & Cottage Cheese Protein Pancakes

CAL	PROT	CARBS
600	37	59
FAT	FIBER	
25	7	

LUNCH



Steak Marsala

CAL	PROT	CARBS
570	41	64
FAT	FIBER	
18	12	

SNACK



Blueberry Acai Protein Smoothie Bowl

CAL	PROT	CARBS
300	25	36
FAT	FIBER	
8	11	

DINNER



Chicken & Butternut Squash Stew

CAL	PROT	CARBS
440	51	39
FAT	FIBER	
9	9	

TOTAL PER DAY:
1910 CAL
154 GR PROTEIN
198 GR CARBS
60 GR FAT
39 GR FIBER

DAY 4

BREAKFAST



Buon Giorno

CAL	PROT	CARBS
640	23	72
FAT	FIBER	
28	6	

LUNCH



Sriracha Lime Chicken

CAL	PROT	CARBS
570	57	63
FAT	FIBER	
10	12	

SNACK



Smoothie Nutty Chocolate Lover

CAL	PROT	CARBS
390	20	42
FAT	FIBER	
19	12	

DINNER



Chicken & Broccoli Salad

CAL	PROT	CARBS
910	52	49
FAT	FIBER	
54	8	

TOTAL PER DAY:
2510 CAL
152 GR PROTEIN
226 GR CARBS
111 GR FAT
38 GR FIBER

DAY 5

BREAKFAST



AAA Steak & Baked Eggs

CAL	PROT	CARBS
620	46	24
FAT	FIBER	
36	3	

LUNCH



Shawarma Chicken

CAL	PROT	CARBS
840	39	89
FAT	FIBER	
36	3	

SNACK



Blueberry Acai Protein Smoothie Bowl

CAL	PROT	CARBS
300	25	36
FAT	FIBER	
8	11	

DINNER



Beef & Mushroom Stroganoff

CAL	PROT	CARBS
520	41	26
FAT	FIBER	
27	14	

TOTAL PER DAY:
2280 CAL
151 GR PROTEIN
175 GR CARBS
107 GR FAT
36 GR FIBER

DAY 6

BREAKFAST



Lemon & Cottage Cheese Protein Pancakes

CAL	PROT	CARBS
600	37	59
FAT	FIBER	
25	7	

LUNCH



Smoked Applewood Chicken

CAL	PROT	CARBS
660	51	89
FAT	FIBER	
12	15	

SNACK



House of Royals

CAL	PROT	CARBS
640	12	68
FAT	FIBER	
40	10	

DINNER



Chicken & Butternut Squash Stew

CAL	PROT	CARBS
440	51	39
FAT	FIBER	
9	9	

TOTAL PER DAY:
2340 CAL
151 GR PROTEIN
255 GR CARBS
86 GR FAT
41 GR FIBER

DAY 7

BREAKFAST



Dark Choc Pecan Baked Protein Oatmeal

CAL	PROT	CARBS
640	23	63
FAT	FIBER	
35	8	

LUNCH



Sriracha Lime Chicken

CAL	PROT	CARBS
570	57	63
FAT	FIBER	
10	12	

SNACK



Smoothie Pack Maca Energy

CAL	PROT	CARBS
350	20	46
FAT	FIBER	
11	11	

DINNER



Chicken & Broccoli Salad

CAL	PROT	CARBS
910	52	49
FAT	FIBER	
54	8	

TOTAL PER DAY:
2470 CAL
152 GR PROTEIN
221 GR CARBS
110 GR FAT
39 GR FIBER

DETAILED MENU INGREDIENTS





BREAKFAST

	<p>Mama Mia Mediterranean Frittatas with Greek Roasted Potatoes & Red Pepper Feta Sauce</p>	<p>Mediterranean inspired mini breakfast frittatas baked with baby spinach, grape tomatoes, Kalamata olives, feta & spices served alongside Greek roasted potatoes and our house made roasted red pepper & feta dip</p>
	<p>AAA Steak & Baked Eggs with Golden Potato Wedges & Roasted Garlic Aioli</p>	<p>AAA Manhattan cut steak seasoned and grilled to perfection served with roasted golden potato wedges, baked eggs and our house made roasted garlic aioli</p>
	<p>Lemon & Cottage Cheese Protein Pancakes with Lemon Yoghurt & Baked Coconut Nut Medley</p>	<p>Lemon cottage cheese protein pancakes with vanilla isolate protein, vanilla & oat flour served with lemon Greek Yoghurt and roasted coconut-nut medley</p>
	<p>Buon Giorno Italian Chorizo & Egg Breaky Wrap</p>	<p>Free range eggs tossed with fresh organic spinach, gluten free Italian chorizo, roasted sweet potatoes, juicy Roma tomato and our chipotle aioli wrapped up in a delicious 12 inch white flour tortilla</p>
	<p>Dark Choc Pecan Baked Protein Oatmeal with Chocolate Cream & Vanilla Greek Yoghurt</p>	<p>Organic gluten-free oats baked with isolate protein, bananas, dark chocolate, pecans & chia served with dark chocolate coconut cream sauce, vanilla Greek yoghurt and hard boiled egg</p>

HIGH PROTEIN MEAL PLAN

DETAILED MENU INGREDIENTS

LUNCH

	Soy Chili Chicken "Poke" with Coconut Rice, Mango, Radish & Citrus Garlic Sauce	Sesame ginger marinated Rosstown chicken breast over coconut jasmine rice with fresh mango, radish, cucumber, edamame and our house made citrus garlic poke sauce
	Smoked Applewood Chicken with Yam Mash & Roasted Brussel Sprouts	Smoked Applewood Baked Chicken breast over yam mash with herb roasted brussel sprouts
	Steak Marsala with Sweet Potato Mash & Mushroom Marsala Sauce	Grilled AAA New York striploin with button mushrooms, thyme, spices & fragrant marsala wine sauce served with our delicious sweet potato mash with steamed green beans and grilled bell pepper.
	Sriracha Lime Chicken with Organic Quinoa & Steamed Broccoli	Sriracha Lime Grilled Chicken breast over organic tricolour quinoa with steamed broccoli
	Shawarma Chicken with Mediterranean Yellow Rice & Tzatziki Hummus	Tender marinated Rosstown chicken thigh served over our Mediterranean yellow rice with house made tzatziki hummus and fresh garden veggie medley of cucumber, tomato, red onion and kalamata olives

HIGH PROTEIN MEAL PLAN

DETAILED MENU INGREDIENTS

SNACKS

	<p>Peanut Karma Peanut Caramel Protein Balls</p>	<p>Our delish 'snickers' inspired protein balls - organic peanut puree rolled with our house made vanilla caramel, organic gluten free oats, raw cocoa, dates & clean vegan protein powder half dipped in dark chocolate and garnished with crushed peanuts (package of 5)</p>
	<p>House of Royals Cranberry Cashew Protein Truffles</p>	<p>Raw cashews blitzed with shredded coconut, dried cranberries, vanilla & clean whey isolate protein, rolled in decadent dark chocolate (package of 5)</p>
	<p>Smoothie Blueberry Açai Protein Smoothie Bowl</p>	<p>This smoothie bowl is designed to give you a mega nutritious and delicious snack with zero effort required. Antioxidant-packed, complete nutrition and naturally energy-boosting.</p>
	<p>Smoothie Natty Chocolate Lover</p>	<p>All the delicious chocolatey goodness without the sugary badness. It's packed with some kick-a\$\$ antioxidants and a ton of essential nutrients (we've tucked in a good serving of cauli that you won't even taste).</p>
	<p>Smoothie Maca Energy</p>	<p>Some days, we dig deep to find that get-going energy. In this blend, we dug down to the roots of the maca plant to make energy-boosting a delicious breeze. This nutty-tasting root energizes without the jitters and it's also a great mood-balancer and hormone regulator.</p>

HIGH PROTEIN MEAL PLAN

DETAILED MENU INGREDIENTS

DINNER

	Chicken Cobb Salad with Hard Boiled Egg, Crispy Bacon & 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
	Red Wine Braised Sirloin with Golden Potato Mash & Steamed Kale	Braised AAA sirloin strips simmered with red wine, tomatoes, mushrooms, gluten free chorizo and spices served with our signature golden potato mash and herb & garlic steamed kale
	Chicken & Butternut Squash Stew with Chickpeas, Carrots & Organic Peanut Puree	butternut squash & chickpeas simmered with juicy Rosstown halal chicken breast, carrots, celery, house made veggie stock, organic peanut puree, tomatoes and yummy aromatic spices
	Chicken & Broccoli Salad with Crispy Bacon & Dried Cranberries	Grilled Rosstown chicken breast over crisp broccoli florets tossed with oven roasted bacon, dried cranberries, red onion, sunflower seeds and house blend aioli
	Beef & Mushroom Stroganoff with Cauliflower Rice	AAA sirloin strips simmered with our special coconut milk sauce with fresh tomato puree, herbs, and mushrooms over cauliflower rice

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! 💪