



2GUYSWITHKNIVES
MEAL PREP

ROTATION MENU 3

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 3 OF 4

DAY 1

BREAKFAST



Sausage Party

CAL	PROT	CARBS
530	31	64
FAT	FIBER	
19	8	

LUNCH



Teriyaki Chicken

CAL	PROT	CARBS
720	54	88
FAT	FIBER	
18	5	

SNACK



BREAKY A GO-GO

CAL	PROT	CARBS
780	18	80
FAT	FIBER	
48	16	

DINNER



TACO DIRTY TO ME

CAL	PROT	CARBS
630	50	35
FAT	FIBER	
34	11	

TOTAL PER DAY:
2660 CAL
153 G PROTEIN
267 G CARBS
119 G FAT
40 G FIBER

DAY 2

BREAKFAST



Free Range

CAL	PROT	CARBS
740	23	78
FAT	FIBER	
36	8	

LUNCH



Sun-Dried Tomato Chicken

CAL	PROT	CARBS
610	56	59
FAT	FIBER	
18	11	

SNACK



Shroom Energy

CAL	PROT	CARBS
340	20	46
FAT	FIBER	
10	10	

DINNER



Garlic & Herb Chicken

CAL	PROT	CARBS
600	51	73
FAT	FIBER	
12	14	

TOTAL PER DAY:
2290 CAL
150 G PROTEIN
256 G CARBS
76 G FAT
43 G FIBER

DAY 3

BREAKFAST



Cinnamon Roll Protein Pancakes

CAL	PROT	CARBS
630	43	74
FAT	FIBER	
18	8	

LUNCH



Mexican Carnitas Rice Bowl

CAL	PROT	CARBS
800	45	95
FAT	FIBER	
25	9	

SNACK



Friends with Benefits

CAL	PROT	CARBS
540	16	34
FAT	FIBER	
40	6	

DINNER



Montreal Chicken & Roasted Butternut Squash

CAL	PROT	CARBS
430	49	41
FAT	FIBER	
8	9	

TOTAL PER DAY:
2400 CAL
153 G PROTEIN
244 G CARBS
91 G FAT
32 G FIBER

DAY 4

BREAKFAST



Chicken & Waffles

CAL	PROT	CARBS
800	53	65
FAT	FIBER	
37	8	

LUNCH



Lemon Basil Sirloin Strips

CAL	PROT	CARBS
670	44	89
FAT	FIBER	
17	16	

SNACK



Blueberry Boost

CAL	PROT	CARBS
300	18	26
FAT	FIBER	
15	11	

DINNER



Thai Basil Beef

CAL	PROT	CARBS
790	48	85
FAT	FIBER	
31	9	

TOTAL PER DAY:
2560 CAL
163 G PROTEIN
265 G CARBS
100 G FAT
44 G FIBER

DAY 5

BREAKFAST



White Choc Macadamia Baked Protein Oatmeal

CAL	PROT	CARBS
750	22	62
FAT	FIBER	
50	8	

LUNCH



Passionfruit Chicken

CAL	PROT	CARBS
670	50	57
FAT	FIBER	
26	7	

SNACK



Chocolate Banana Protein Smoothie Bowl

CAL	PROT	CARBS
300	26	38
FAT	FIBER	
7	11	

DINNER



Kung Pao Chicken

CAL	PROT	CARBS
590	53	36
FAT	FIBER	
30	7	

TOTAL PER DAY:
2310 CAL
151 G PROTEIN
193 G CARBS
113 G FAT
33 G FIBER

DAY 6

BREAKFAST



Sausage Party

CAL	PROT	CARBS
530	31	64
FAT	FIBER	
19	8	

LUNCH



Sun-Dried Tomato Chicken

CAL	PROT	CARBS
610	56	59
FAT	FIBER	
18	11	

SNACK



Shroom Energy

CAL	PROT	CARBS
340	20	46
FAT	FIBER	
10	10	

DINNER



Garlic & Herb Chicken

CAL	PROT	CARBS
600	51	73
FAT	FIBER	
12	14	

TOTAL PER DAY:
2080 CAL
158 G PROTEIN
242 G CARBS
59 G FAT
43 G FIBER

DAY 7

BREAKFAST



Cinnamon Roll Protein Pancakes

CAL	PROT	CARBS
630	43	74
FAT	FIBER	
18	8	

LUNCH



Mexican Carnitas Rice Bowl

CAL	PROT	CARBS
800	45	95
FAT	FIBER	
25	9	

SNACK



Friends with Benefits

CAL	PROT	CARBS
540	16	34
FAT	FIBER	
40	6	

DINNER



Montreal Chicken & Roasted Butternut Squash

CAL	PROT	CARBS
430	49	41
FAT	FIBER	
8	9	

TOTAL PER DAY:
2400 CAL
153 G PROTEIN
244 G CARBS
91 G FAT
32 G FIBER

DETAILED MENU INGREDIENTS

BREAKFAST

	Sausage Party Chicken Apple Sausages & Veggie Hash	House made chicken apple sausages served over our Tex Mex golden potato & veggie hash with honey mustard aioli
	Free Range Classic Breakfast Egg Wrap	Free range scrambled eggs tossed with our salsa roja aioli, fresh organic spinach, Italian roasted golden potatoes and shredded cheddar cheese wrapped up in a tasty 12 inch whole wheat tortilla
	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
	Chicken & Waffles with Maple Syrup	Sesame Crusted Baked Rossdawn Chicken Breast served over our gluten free cheddar & Green onion waffles with maple syrup
	White Choc Macadamia Baked Protein Oatmeal with Pistachio Cream & Vanilla Greek Yoghurt	Organic gluten-free oats baked with isolate protein, macadamia nuts, honey, white chocolate & chia served with house made pistachio cream & vanilla Greek yoghurt

HIGH PROTEIN
MEAL PLAN

DETAILED MENU INGREDIENTS

LUNCH

	Teriyaki Chicken with Broccoli, Spring Onion & Jasmine Rice	Tender Rosstown chicken breast sautéed in our house made ginger-tamari teriyaki sauce with broccoli, green onion and sesame seeds over white jasmine rice
	Sun-Dried Tomato Chicken with Organic Quinoa & Steamed Green Beans	Juicy baked Rosstown chicken breast tossed in our Italian inspired sun-dried tomato dressing over organic tricolour quinoa and steamed green beans
	Mexican Carnitas Rice Bowl with Pulled Pork, Baked Black Beans & Tomato Salsa	Delicious pulled pork with house baked black beans, white jasmine rice, fresh tomato salsa, mozzarella cheese, lime & hearty green aioli
	Lemon Basil Sirloin Strips with Yam Mash & Roasted Brussel Sprouts	AAA lemon & basil marinated sirloin strips served over our signature yam mash with peppercorn Brussel sprouts
	Passionfruit Chicken with Golden Potato Mash & Steamed Kale	Grilled Rosstown Halal chicken breast topped with Brazilian passion fruit & caper sauce over golden potato mash with green kale

HIGH PROTEIN MEAL PLAN

DETAILED MENU INGREDIENTS

SNACKS

	BREAKY A GO-GO Breakfast Cookie Power Bites	Fuel up with fresh bananas, ground flax, organic almond butter, organic coconut oil, vanilla, organic agave, organic gf oats, almond flour, crunchy walnuts, dark chocolate and dried cranberries. (package of 10)
	Smoothie Shroom Energy	This smoothie is all about giving you energy and a heavy hit of adaptogenic ingredients that support your immune system, help your body manage stress and clear brain fog
	Friends with Benefits Peanut Butter Protein Balls	Our Signature Peanut Butter Protein Balls featuring clean vegan protein & antioxidant packed dark chocolate (package of 5)
	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.

HIGH PROTEIN
MEAL PLAN

DETAILED MENU INGREDIENTS

DINNER

	TACO DIRTY TO ME Beef Taco Salad	Lean minced beef sautéed with Mexican spices, tomatoes and cilantro over crisp romaine with shredded cheddar, house made pico de Gallo, black beans, tomatoes & fresh lime
	Garlic & Herb Chicken with Sweet Potato Mash & Grilled Veggies	Delicious garlic & herb rubbed Rosstown chicken breast over our signature sweet potato mash with steamed broccoli & grilled bell pepper
	Montreal Chicken & Roasted Butternut Squash with Roasted Potato & Veggie Sauté	Grilled Montreal Spiced Rosstown Chicken Breast over roasted golden potato & butternut squash sauté with green beans & zucchini
	Thai Basil Beef with Organic Quinoa & Thai Veggie Salad	Delicious Thai Basil Beef marinated with fresh ginger, garlic, house made chili sauce & tamari over organic tricolour quinoa with citrus & sesame Thai veggie salad
	Kung Pao Chicken with Cauliflower Rice	Tender Rosstown chicken breast marinated and sautéed in our ginger jalapeño kung pao sauce served over cauliflower rice with crushed peanuts and spring onion

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! 💪