



2GUYSWITHKNIVES
MEAL PREP

ROTATION MENU 2

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 2 OF 4

DAY 1

BREAKFAST



AAA Steak & Baked Eggs

CAL	PROT	CARBS
620	46	24
FAT	FIBER	
36	3	

LUNCH



Italian Chicken Breast

CAL	PROT	CARBS
490	49	39
FAT	FIBER	
15	8	

SNACK



Mighty Mousse

CAL	PROT	CARBS
430	17	37
FAT	FIBER	
29	4	

DINNER



Porcupine Meatballs

CAL	PROT	CARBS
480	41	23
FAT	FIBER	
24	4	

TOTAL PER DAY:
2020 CAL
153 GR PROTEIN
123 GR CARBS
104 GR FAT
19 GR FIBER

DAY 2

BREAKFAST



White Choc Blueberry Baked Protein Oatmeal

CAL	PROT	CARBS
510	21	60
FAT	FIBER	
21	6	

LUNCH



Mediterranean Marinated Chicken

CAL	PROT	CARBS
880	59	52
FAT	FIBER	
49	7	

SNACK



Blueberry Acai Protein Smoothie Bowl

CAL	PROT	CARBS
300	25	36
FAT	FIBER	
8	11	

DINNER



Taco Spiced Turkey

CAL	PROT	CARBS
750	47	74
FAT	FIBER	
30	8	

TOTAL PER DAY:
2440 CAL
152 GR PROTEIN
222 GR CARBS
108 GR FAT
32 GR FIBER

DAY 3

BREAKFAST



Lemon & Cottage Cheese Protein Pancakes

CAL	PROT	CARBS
600	37	59
FAT	FIBER	
25	7	

LUNCH



Brazilian Steak & Fries

CAL	PROT	CARBS
720	42	81
FAT	FIBER	
23	8	

SNACK



Maca Energy

CAL	PROT	CARBS
350	21	46
FAT	FIBER	
11	11	

DINNER



Montreal Chicken Breast

CAL	PROT	CARBS
650	50	89
FAT	FIBER	
11	16	

TOTAL PER DAY:
2320 CAL
150 GR PROTEIN
275 GR CARBS
70 GR FAT
42 GR FIBER

DAY 4

BREAKFAST



Ch Ch Ch Chorizo

CAL	PROT	CARBS
460	25	26
FAT	FIBER	
29	6	

LUNCH



Brazilian Chicken

CAL	PROT	CARBS
660	61	86
FAT	FIBER	
8	15	

SNACK



Nutty Athlete

CAL	PROT	CARBS
360	21	46
FAT	FIBER	
12	10	

DINNER



Lemon Pepper Basa

CAL	PROT	CARBS
570	45	59
FAT	FIBER	
18	9	

TOTAL PER DAY:
2050 CAL
152 GR PROTEIN
217 GR CARBS
67 GR FAT
40 GR FIBER

DAY 5

BREAKFAST



AAA Steak & Baked Eggs

CAL	PROT	CARBS
620	46	24
FAT	FIBER	
36	3	

LUNCH



Turkey Bolognese

CAL	PROT	CARBS
560	39	61
FAT	FIBER	
18	9	

SNACK



Mighty Mousse

CAL	PROT	CARBS
430	17	37
FAT	FIBER	
29	4	

DINNER



Sesame Garlic Chicken Stir Fry

CAL	PROT	CARBS
410	53	25
FAT	FIBER	
12	7	

TOTAL PER DAY:
2020 CAL
155 GR PROTEIN
147 GR CARBS
95 GR FAT
23 GR FIBER

DAY 6

BREAKFAST



Roasted Veggie Frittata

CAL	PROT	CARBS
340	26	39
FAT	FIBER	
9	6	

LUNCH



Mediterranean Marinated Chicken

CAL	PROT	CARBS
880	59	52
FAT	FIBER	
49	7	

SNACK



Blueberry Acai Protein Smoothie Bowl

CAL	PROT	CARBS
300	25	36
FAT	FIBER	
8	11	

DINNER



Taco Spiced Turkey

CAL	PROT	CARBS
750	47	74
FAT	FIBER	
30	8	

TOTAL PER DAY:
2270 CAL
157 GR PROTEIN
201 GR CARBS
96 GR FAT
32 GR FIBER

DAY 7

BREAKFAST



Ch Ch Ch Chorizo

CAL	PROT	CARBS
460	25	26
FAT	FIBER	
29	6	

LUNCH



Brazilian Chicken

CAL	PROT	CARBS
660	61	86
FAT	FIBER	
8	15	

SNACK



Nutty Athlete

CAL	PROT	CARBS
360	21	46
FAT	FIBER	
12	10	

DINNER



Montreal Chicken Breast

CAL	PROT	CARBS
650	50	89
FAT	FIBER	
11	16	

TOTAL PER DAY:
2130 CAL
157 GR PROTEIN
247 GR CARBS
60 GR FAT
47 GR FIBER

DETAILED MENU INGREDIENTS

BREAKFAST

	AAA Steak & Baked Eggs with Golden Potato Wedges & Roasted Garlic Aioli	AAA Manhattan cut steak seasoned and grilled to perfection served with roasted golden potato wedges, baked eggs and our house made roasted garlic aioli
	White Choc Blueberry Baked Protein Oatmeal with Blueberry Compote & Vanilla Greek Yoghurt	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
	Lemon & Cottage Cheese Protein Pancakes with Lemon Yoghurt & Baked Coconut Nut Medley	Lemon cottage cheese protein pancakes with vanilla isolate protein, vanilla & oat flour served with lemon Greek Yoghurt and roasted coconut-nut medley
	Ch Ch Ch Chorizo Chorizo, Spinach & Feta Omelette	3 egg omelette with gluten free chorizo, Roma tomatoes, spinach, feta cheese & green onion served with baked sweet potato wedges and house made avocado cream
	Roasted Veggie Frittata with Roasted Yam Wedges & Goat Cheese Puree	Roasted Veggie Egg White Frittatas baked with grape tomatoes, fresh spinach, cottage cheese & Italian herbs served with oven roasted yam wedges & our house made goat cheese & banana pepper puree

HIGH PROTEIN MEAL PLAN

DETAILED MENU INGREDIENTS

LUNCH

	Italian Chicken Breast with Baked Sweet Potato Wedges & Sun-Dried Tomato Aioli	Grilled Italian seasoned Rosstown chicken breast served with roasted sweet potato wedges, baked asparagus, sautéed celery and our sun dried tomato dressing. Only 11g of net carbs!
	Mediterranean Marinated Chicken with Brown Rice Salad	Rosstown Chicken Breast marinated with fresh citrus and savoury Mediterranean herbs over our chilled brown rice salad with cucumber, red bell pepper, sun-dried tomatoes, feta, kalamata olives and delicious Greek vinaigrette
	Brazilian Steak & Fries with Cassava, Broccoli & Salsa Roja Aioli	Citrus marinated AAA sirloin strips with oven baked Yuca fries with salsa roja aioli and steamed broccoli
	Brazilian Chicken with Baked Black Beans, Brown Rice & Tomato Salsa	Grilled Montreal Spiced Rosstown Chicken Breast over traditional house baked Brazilian baked black beans & brown jasmine rice with our zesty tomato-parsley vinaigrette
	Turkey Bolognese with Organic Tricolour Quinoa	Lean ground turkey simmered with fresh tomatoes, Spanish onion & herbaceous spices over organic tri-colour quinoa

HIGH PROTEIN MEAL PLAN

DETAILED MENU INGREDIENTS

SNACKS

	Mighty Mousse Chocolate Protein Mousse	Dark chocolate melted and whipped into silky high protein mousse with eggs, swerve and vanilla isolate protein
	Smoothie Blueberry Acai Protein Smoothie Bowl	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.
	Smoothie Maca Energy	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.
	Smoothie Nutty Athlete	We developed The Nutty Athlete, unsurprisingly, for the athletes among us. Boosted with sprouted protein blend (soy-free), turmeric & magnesium to support muscle building and recovery. It's also nutritionally balanced, so when our trainer tells us to eat a balance of carbs/proteins/fats within 30 minutes of our work out, we can tell them it's handled.

HIGH PROTEIN MEAL PLAN

DETAILED MENU INGREDIENTS

DINNER

	Porcupine Meatballs with Rustic Tomato Sauce & Zucchini Noodles	Our house made Italian garlic meatballs oven baked and served over zucchini noodles with Rustic tomato sauce
	Taco Spiced Turkey with Avocado Sauce, Broccoli & Jasmine Rice	Lean ground turkey sautéed with taco spices and served over white jasmine rice with our house made avocado goddess sauce & steamed broccoli
	Montreal Chicken Breast with Yam Mash & Steamed Green Beans	Delicious Montreal Spiced Rosdow chicken breast over our signature yam mash with steamed green beans
	Lemon Pepper Basa with Sweet Potato Wedges & Vegan Tartar Sauce	Wild Ocean Wise Basa baked with lemon pepper seasonings and served with oven roasted sweet potato wedges, steamed garlic kale & our house made vegan tartar sauce
	Sesame Garlic Chicken Stir Fry with Cauliflower Rice	Sesame marinated Rosdow chicken breast stir fried with crisp snap peas, red bell peppers, red onion and our house made garlic tamari sauce over cauliflower rice with toasted sesame seeds

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! 💪