



2GUYSWITHKNIVES  
M E A L P R E P

# 7-DAY WEIGHT LOSS MEAL PLAN

1200-1500  
Calories Per Day

## *ROTATION MENU 1*



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 5-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!**





# 2GUYSWITHKNIVES

## MEAL PREP

# ROTATION

## MENU 1 OF 5

### DAY 1

#### BREAKFAST

##### MINI MATCHA GRANOLA PARFAIT

CAL	PROT	CARBS
280	22	27
FAT	FIBER	
10	4	



#### LUNCH

##### PALEO CHICKEN CACCIATORE

CAL	PROT	CARBS
550	43	44
FAT	FIBER	
23	9	



#### DINNER

##### LEAN BEEF MEATBALLS

CAL	PROT	CARBS
660	49	21
FAT	FIBER	
40	6	



**TOTAL PER DAY:**  
1490 CAL  
114 GR PROTEIN  
92 GR CARBS  
73 GR FAT  
19 GR FIBER

### DAY 2

#### BREAKFAST

##### MINI MOCHA RASPBERRY OATS

CAL	PROT	CARBS
260	7	38
FAT	FIBER	
10	7	



#### LUNCH

##### OCEAN WISE LEMON PEPPER BASA

CAL	PROT	CARBS
680	45	67
FAT	FIBER	
26	11	



#### DINNER

##### CHICKEN POWER SALAD

CAL	PROT	CARBS
550	47	33
FAT	FIBER	
26	6	



**TOTAL PER DAY:**  
1490 CAL  
99 GR PROTEIN  
138 GR CARBS  
62 GR FAT  
24 GR FIBER

### DAY 3

#### BREAKFAST

##### MINI CARROT CAKE OATS

CAL	PROT	CARBS
460	9	52
FAT	FIBER	
27	7	



#### LUNCH

##### CARIBBEAN JERK CHICKEN BREAST

CAL	PROT	CARBS
640	58	68
FAT	FIBER	
15	15	



#### DINNER

##### GRILLED HORSERADISH STEAK

CAL	PROT	CARBS
370	36	22
FAT	FIBER	
18	8	



**TOTAL PER DAY:**  
1470 CAL  
103 GR PROTEIN  
142 GR CARBS  
60 GR FAT  
30 GR FIBER

### DAY 4

#### BREAKFAST

##### MINI CHOCO GOJI CHIA BOWL

CAL	PROT	CARBS
370	8	54
FAT	FIBER	
8	11	



#### LUNCH

##### PALEO CHICKEN CACCIATORE

CAL	PROT	CARBS
550	43	44
FAT	FIBER	
23	9	



#### DINNER

##### PIRI PIRI WILD OCEAN WISE BASA

CAL	PROT	CARBS
410	46	25
FAT	FIBER	
15	7	



**TOTAL PER DAY:**  
1330 CAL  
97 GR PROTEIN  
123 GR CARBS  
46 GR FAT  
27 GR FIBER

### DAY 5

#### BREAKFAST

##### MINI MATCHA GRANOLA PARFAIT

CAL	PROT	CARBS
280	22	27
FAT	FIBER	
10	4	



#### LUNCH

##### BLACKENED CHICKEN

CAL	PROT	CARBS
630	45	80
FAT	FIBER	
16	15	



#### DINNER

##### BRAZILIAN MINCED BEEF

CAL	PROT	CARBS
360	28	25
FAT	FIBER	
17	9	



**TOTAL PER DAY:**  
1270 CAL  
95 GR PROTEIN  
132 GR CARBS  
43 GR FAT  
28 GR FIBER

### DAY 6

#### BREAKFAST

##### MINI CHOCO GOJI CHIA BOWL

CAL	PROT	CARBS
370	8	54
FAT	FIBER	
8	11	



#### LUNCH

##### CAJUN SALMON SALAD

CAL	PROT	CARBS
730	37	37
FAT	FIBER	
49	8	



#### DINNER

##### GRILLED MONTREAL CHICKEN

CAL	PROT	CARBS
360	46	14
FAT	FIBER	
15	5	



**TOTAL PER DAY:**  
1460 CAL  
91 GR PROTEIN  
105 GR CARBS  
72 GR FAT  
24 GR FIBER

### DAY 7

#### BREAKFAST

##### MINI MATCHA GRANOLA PARFAIT

CAL	PROT	CARBS
280	22	27
FAT	FIBER	
10	4	



#### LUNCH

##### OCEAN WISE LEMON PEPPER BASA

CAL	PROT	CARBS
680	45	67
FAT	FIBER	
26	11	



#### DINNER

##### GRILLED NY STEAK

CAL	PROT	CARBS
450	36	23
FAT	FIBER	
27	8	



**TOTAL PER DAY:**  
1410 CAL  
103 GR PROTEIN  
117 GR CARBS  
63 GR FAT  
23 GR FIBER





# 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. ✅



# 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! 🌞💪



## DETAILED MENU INGREDIENTS

# BREAKFAST

	<b>Mini Matcha Granola Parfait</b> 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
	<b>Mini Mocha Raspberry Oats</b> with toasted almonds & dark chocolate	Organic gluten free oats, organic unsweetened almond milk, brewed coffee, organic raw cocoa powder, vanilla, salt, maple syrup, dairy free yoghurt, raspberries, shredded coconut, almonds, dark chocolate (unsweetened chocolate; sugar; cocoa butter; soy lecithin, sunflower lecithin, canola lecithin; natural vanilla flavour)
	<b>Mini Carrot Cake Oats</b> with toasted walnuts & cashew cream	Organic gluten free oats, organic carrots, coconut milk, organic unsweetened almond milk, cinnamon, ginger, nutmeg, salt, organic maple syrup, vanilla, shredded coconut, raisins, walnuts, house made cashew frosting (cashews, organic coconut oil, filtered water, honey, vanilla, lemon juice, salt)
	<b>Mini Choco Goji Chia Bowl</b> with dark chocolate & toasted coconut	Organic unsweetened almond milk, organic raw cocoa powder, organic raw coconut sugar, vanilla, bananas, lemon juice, dark chocolate (unsweetened chocolate; sugar; cocoa butter; soy lecithin, sunflower lecithin, canola lecithin; natural vanilla flavour), chia seeds, goji berries, toasted coconut



## DETAILED MENU INGREDIENTS

# LUNCH

	<b>Paleo Chicken Cacciatore</b> with Sweet Potatoes, Mushrooms & Roma Tomatoes	Chicken breast, organic kale, sweet potatoes, tomato paste, bay leaves, thyme, tomatoes, house made veggie stock, garlic, mushrooms, Spanish onion, red bell pepper, Kalamata olives, capers, black pepper, salt, olive oil, herbs & spices.
	<b>Ocean Wise Lemon Pepper Basa</b> with Yam Mash & Grilled Zucchini	Wild Oceanwise basa, lemon pepper seasonings, yams, olive oil, zucchini, bok choy, herbs & spices.
	<b>Caribbean Jerk Chicken Breast</b> with Organic Quinoa, Broccolini & Horseradish Cream	Chicken breast, jerk seasonings, organic tricolour quinoa, broccolini, mushrooms, horseradish cream (coconut milk, horseradish, dijon), herbs & spices.
	<b>Blackened Chicken</b> with Yam Mash, Steamed Kale & Sautéed Mushrooms	Chicken breast, paprika, Italian seasonings, chili powder, garlic, cayenne pepper, black pepper, celery salt, olive oil, yams, mushrooms, Montreal seasonings, kale, herbs & spices
	<b>Cajun Salmon Salad</b> with Romaine, Organic Quinoa & Feta	Wild ocean wise salmon, cajun seasonings, romaine lettuce, organic tricolour quinoa, feta cheese, walnuts, grape tomatoes, olive oil, balsamic, herbs & spices.



## DETAILED MENU INGREDIENTS

# DINNER

	<b>Lean Beef Meatballs</b> with Grilled Zucchini, Kale & Chipotle Aioli	Keto Meatballs (lean ground beef, parsley, Spanish onion, coconut milk, eggs, cayenne pepper, salt, mustard powder), zucchini, kale, house made chipotle aioli (egg yolk, dijon, lemon juice, apple cider vinegar, chipotle peppers, filtered water), herbs & spices
	<b>Chicken Power Salad</b> with Organic Quinoa, Feta, Cucumber & Balsamic	Chicken breast, cucumber, organic tricolour quinoa, grape tomatoes, lettuce, feta, olive oil, balsamic, black sesame seeds, herbs & spices
	<b>Grilled Horseradish Steak</b> with Seasonal Veggies & Horseradish Cream	AAA striploin, Montreal seasonings, broccoli, asparagus, red bell pepper, kale, horseradish cream (coconut milk, horseradish, dijon), herbs & spices
	<b>Piri Piri Wild Ocean Wise Basa</b> with Asparagus, Beets & Tzatziki	Ocean wise wild basa, Piri Piri seasonings, asparagus, beets, mushrooms, Montreal seasonings, tzatziki sauce (Greek yoghurt, cucumber, lemon juice, garlic, parsley, mint, salt, black pepper), herbs & spices
	<b>Brazilian Minced Beef</b> with Olives, Tomatoes & Cauliflower "Rice"	Lean ground beef, olive oil, Spanish onion, red bell pepper, garlic, cumin, oregano, paprika, bay leaves, kalamata olives, red wine vinegar, tomatoes, tomato paste, filtered water, parsley, salt, pepper, cauliflower, herbs & spices
	<b>Grilled Montreal Chicken</b> with Sautéed Mushrooms, Bok Choy & Yoghurt Mint Sauce	Chicken breast, Montreal seasonings, bok choy, asparagus, mushrooms, olive oil, yoghurt sauce (Greek yoghurt, olive oil, lemon juice, garlic, black pepper, fresh mint, fresh dill), herbs & spices
	<b>Grilled NY Steak</b> with Sautéed Mushrooms, Grilled Pepper & Vegan Walnut Pesto	AAA New York striploin, steak seasoning spices, mushrooms, green beans, bell pepper, house made vegan pesto (walnuts, lemon juice, spinach, garlic, basil, olive oil, coconut water, salt), herbs & spices





2GUYSWITHKNIVES  
MEAL PREP

# WEIGHT LOSS MEAL PLAN CHALLENGE

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 this summer!