2GUYSWITHKNIVES
MEAL PREP

7-DAY WEIGHT LOSS MEAL PLAN

1200-1500
Calories Per Day

ROTATION MENU 2





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!

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ROTATION MENU 2 OF 5

DAY 1

BREAKFAST

MINI MAPLE, CINNAMON & PISTACHIO OATS



CAL	PROT	CARBS
480	12	68
FAT	FIBER	
19	9	

LUNCH

CITRUS MARINATED SIRLOIN STRIPS



CAL	PROT	CARBS
250	26	27
FAT	FIBER	
4.5	8	

DINNER

CHICKEN CAESAR SALAD



CAL	PROT	CARBS
650	55	16
FAT	FIBER	
43	8	

TOTAL PER DAY:
1380 CAL
93 GR PROTEIN
111 GR CARBS
66.5 GR FAT
25 GR FIBER

DAY 2

BREAKFAST

MINI MATCHA GRANOLA PARFAIT



CAL	PROT	CARBS
280	22	27
FAT	FIBER	
10	4	

LUNCH

LEMON PEPPER BASA



CAL	PROT	CARBS
580	45	57
FAT	FIBER	
21	11	

DINNER

GREEK SOUVLAKI CHICKEN



CAL	PROT	CARBS
510	43	21
FAT	FIBER	
29	6	

TOTAL PER DAY:
1370 CAL
110 GR PROTEIN
105 GR CARBS
60 GR FAT
21 GR FIBER

DAY 3

BREAKFAST

ORCHARD FEST



CAL	PROT	CARBS
420	8	86
FAT	FIBER	
6	11	

LUNCH

PESTO BEEF & BROCCOLI STIRFRY



CAL	PROT	CARBS
590	37	23
FAT	FIBER	
41	9	

DINNER

PIRI PIRI CHICKEN



CAL	PROT	CARBS
320	46	24
FAT	FIBER	
6	9	

TOTAL PER DAY:
1330 CAL
91 GR PROTEIN
133 GR CARBS
53 GR FAT
29 GR FIBER

DAY 4

BREAKFAST

MINI MATCHA GRANOLA PARFAIT



CAL	PROT	CARBS
280	22	27
FAT	FIBER	
10	4	

LUNCH

MEDITERRANEAN CHICKEN & QUINOA SALAD



CAL	PROT	CARBS
650	52	47
FAT	FIBER	
29	8	

DINNER

LEAN TURKEY BOLOGNESE



CAL	PROT	CARBS
310	29	22
FAT	FIBER	
12	5	

TOTAL PER DAY:
1240 CAL
103 GR PROTEIN
96 GR CARBS
51 GR FAT
17 GR FIBER

DAY 5

BREAKFAST

MINI COCOA BANANA POWER OATS



CAL	PROT	CARBS
510	10	56
FAT	FIBER	
30	10	

LUNCH

GRILLED ITALIAN CHICKEN BREAST



CAL	PROT	CARBS
570	43	47
FAT	FIBER	
23	9	

DINNER

AAA STEAK



CAL	PROT	CARBS
410	38	39
FAT	FIBER	
12	9	

TOTAL PER DAY:
1490 CAL
91 GR PROTEIN
142 GR CARBS
65 GR FAT
28 GR FIBER

DAY 6

BREAKFAST

MINI MATCHA GRANOLA PARFAIT



CAL	PROT	CARBS
280	22	27
FAT	FIBER	
10	4	

LUNCH

GRILLED ITALIAN CHICKEN BREAST



CAL	PROT	CARBS
570	43	47
FAT	FIBER	
23	9	

DINNER

WILD OCEAN WISE SALMON SALAD



CAL	PROT	CARBS
430	30	17
FAT	FIBER	
28	6	

TOTAL PER DAY:
1280 CAL
95 GR PROTEIN
91 GR CARBS
61 GR FAT
19 GR FIBER

DAY 7

BREAKFAST

JAVA JUMP



CAL	PROT	CARBS
480	12	59
FAT	FIBER	
25	12	

LUNCH

GREEK SOUVLAKI CHICKEN



CAL	PROT	CARBS
510	43	21
FAT	FIBER	
29	6	

DINNER

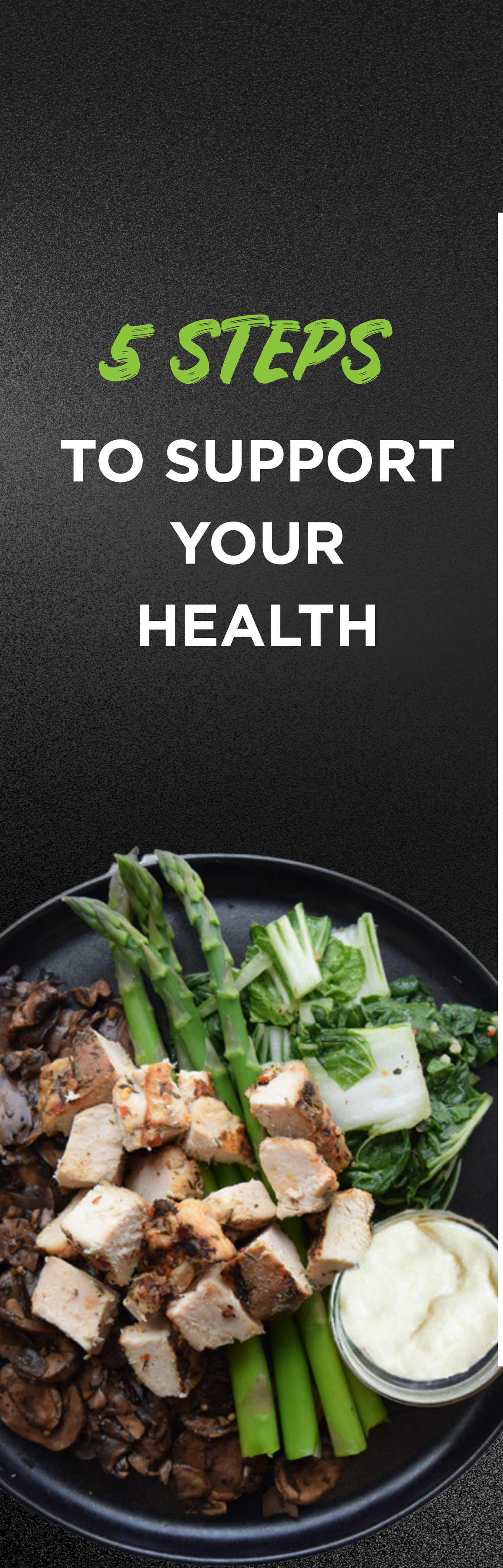
AAA STEAK



CAL	PROT	CARBS
410	38	39
FAT	FIBER	
12	9	

TOTAL PER DAY:
1400 CAL
93 GR PROTEIN
119 GR CARBS
66 GR FAT
27 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

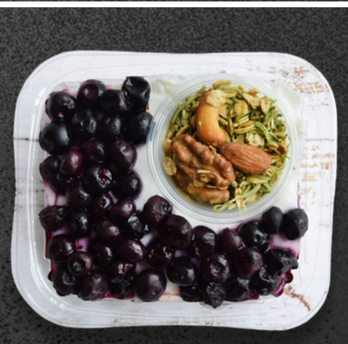
Our menu provides nutrient dense breakfast, lunch, and dinner 🥦🥑

05. HYDRATION IS KEY

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

DETAILED MENU INGREDIENTS

BREAKFAST

	**Mini Maple, Cinnamon & Pistachio Oats** with dried cranberries & organic goji	Gluten free organic oats, coconut milk, organic unsweetened almond milk, maple syrup, cinnamon, salt, vanilla, dark chocolate (unsweetened chocolate; sugar; cocoa butter; soy lecithin, sunflower lecithin, canola lecithin; natural vanilla flavour), pistachios, goji berries, dried cranberries
	**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
	**ORCHARD FEST** Apple Pie Oats	Apples, gluten-free oats, chia seeds, maple syrup, salt, dairy-free yoghurt, organic unsweetened almond milk, orange zest, cinnamon, filtered water, ginger, nutmeg.
	**Mini Cocoa Banana Power Oats** with peanut butter mousse	Organic gluten free oats, bananas, cocoa powder, chia seeds, cinnamon, shredded coconut, vanilla, coconut milk, organic unsweetened almond milk, gluten free oat milk, dairy free coconut yoghurt, maple syrup, organic natural peanut butter, coconut cream, organic agave, walnuts, dark chocolate (unsweetened chocolate; sugar; cocoa butter; soy lecithin, sunflower lecithin, canola lecithin; natural vanilla flavour)
	**JAVA JUMP** Mocha Raspberry Oats	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)

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DETAILED MENU INGREDIENTS

LUNCH

	**Citrus Marinated Sirloin Strips** with Grilled Bell Pepper & Peppercorn Broccoli	AAA sirloin strips, marinade (gluten free tamari, olive oil, lemon juice, gluten free Worcestershire sauce, garlic, basil, parsley, pepper, filtered water), salsa roja (vine ripened tomatoes, tomato juice, onion, serrano peppers, cilantro, garlic, salt, apple cider vinegar, sunflower oil, ground chipotle, calcium chloride), red bell pepper, red onion, broccoli, herbs & spices
	**Lemon Pepper Basa** with Yam Mash, Veggies & Vegan Tartar Sauce	Ocean wise basa, lemon pepper seasonings, yam mash (yams, olive oil), zucchini, asparagus, vegan tartar sauce (soft tofu, dill, cucumber, olive oil, pickles, lemon juice, dijon, capers), herbs & spices
	**Pesto Beef & Broccoli Stirfry** with Bell Peppers, Red Onion & Cauliflower Rice	AAA sirloin strips, walnut pesto (walnuts, lemon juice, spinach, garlic, basil, olive oil, coconut water, salt), broccoli, red bell pepper, red onion, cauliflower, herbs & spices
	**Mediterranean Chicken & Quinoa Salad** with Cucumber, Feta & Greek Vinaigrette	Chicken breast, organic tricolour quinoa, cucumber, red bell pepper, sun-dried tomatoes, feta cheese, red onion, parsley, Greek vinaigrette (olive & soybean oil, filtered water, feta cheese, vinegar, red wine vinegar, salt, black olives, onion, garlic, lemon juice, xanthin gum), Greek seasonings, herbs & spices
	**Grilled Italian Chicken Breast** with Sweet Potato Mash & Sun-Dried Tomato Dressing	Chicken breast, Italian seasonings, sweet potatoes, asparagus, celery, olive oil, sun-dried tomato aioli (tomato paste, garlic, sun dried tomatoes, fresh basil, onion, soy, mustard powder, parsley, lemon juice, cider vinegar, egg yolk, lemon juice, dijon, herbs & spices), herbs & spices
	**Greek Souvlaki Chicken** with Cauliflower Hummus, Grilled Veggies & Tzatziki	Chicken breast, Lemon juice, olive oil, oregano, garlic, zucchini, bell pepper, house made cauliflower hummus (cauliflower, olive oil, egg yolk, dijon, lemon juice, garlic, tahini, hot sauce, herbs & spices), house made tzatziki (garlic, cucumber, pickles, dill, Greek yoghurt, herbs & spices), olives, grape tomatoes, salt, black pepper, herbs & spices.

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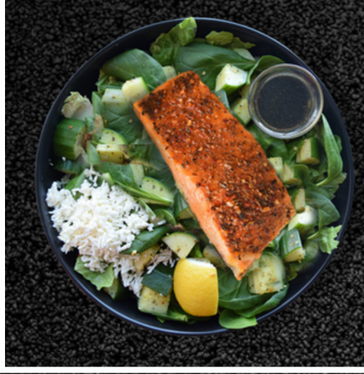
DETAILED MENU INGREDIENTS

DINNER

	**Chicken Caesar Salad** with Hard Boiled Egg, Greens & Walnut-Hemp “Parm”	Chicken breast, romaine lettuce, walnuts, hemp seeds, nutritional yeast, olive oil, salt, hard boiled egg, lemon, house made caesar dressing (red wine vinegar, gluten free Worcestershire sauce, garlic, dijon mustard, soft tofu, black pepper), herbs & spices
	**Greek Souvlaki Chicken** with Cauliflower Hummus, Grilled Veggies & Tzatziki	Chicken breast, Lemon juice, olive oil, oregano, garlic, zucchini, bell pepper, house made cauliflower hummus (cauliflower, olive oil, egg yolk, dijon, lemon juice, garlic, tahini, hot sauce, herbs & spices), house made tzatziki (garlic, cucumber, pickles, dill, Greek yoghurt, herbs & spices), olives, grape tomatoes, salt, black pepper, herbs & spices.
	**Piri Piri Grilled Chicken Breast** with Broccooini, Spinach, Brussel Sprouts & Salsa Verde	Chicken breast, Piri Piri spice blend, Brussel sprouts, spinach, broccolini, salsa verde, herbs & spices
	**Lean Turkey Bolognese** wwith Zucchini Noodles	Lean ground turkey, zucchini noodles, fresh tomatoes, tomato paste, Spanish onion, garlic, black pepper, olive oil, herbs & spices
	**AAA Steak** with Organic Quinoa, Mushrooms & Seasonal Veggies	AAA sirloin, steak spices, mushrooms, seasonal veggies, organic tricolour quinoa, salsa roja (vine ripened tomatoes, tomato juice, onion, serrano peppers, cilantro, garlic, salt, apple cider vinegar, sunflower oil, calcium chloride), herbs & spices
	**Wild Ocean Wise Salmon Salad** with Greens, Feta & Balsamic	Wild ocean wise salmon, cajun seasonings, romaine lettuce, spinach, cucumber, feta cheese, lemon, balsamic, olive oil, herbs & spices

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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! ☀️💪

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WEIGHT LOSS MEAL PLAN CHALLENGE

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	○ Meals ○ Workout ○ Hydration	○ Meals ○ Workout ○ Hydration	○ Meals ○ Workout ○ Hydration	○ Meals ○ Workout ○ Hydration	○ Meals ○ Workout ○ Hydration	○ Meals ○ Workout ○ Hydration	○ Meals ○ Workout ○ Hydration
WEEK 2	○ Meals ○ Workout ○ Hydration	○ Meals ○ Workout ○ Hydration	○ Meals ○ Workout ○ Hydration	○ Meals ○ Workout ○ Hydration	○ Meals ○ Workout ○ Hydration	○ Meals ○ Workout ○ Hydration	○ Meals ○ Workout ○ Hydration
WEEK 3	○ Meals ○ Workout ○ Hydration	○ Meals ○ Workout ○ Hydration	○ Meals ○ Workout ○ Hydration	○ Meals ○ Workout ○ Hydration	○ Meals ○ Workout ○ Hydration	○ Meals ○ Workout ○ Hydration	○ Meals ○ Workout ○ Hydration
WEEK 4	○ Meals ○ Workout ○ Hydration	○ Meals ○ Workout ○ Hydration	○ Meals ○ Workout ○ Hydration	○ Meals ○ Workout ○ Hydration	○ Meals ○ Workout ○ Hydration	○ Meals ○ Workout ○ Hydration	○ Meals ○ Workout ○ Hydration
WEEK 5	○ Meals ○ Workout ○ Hydration	○ Meals ○ Workout ○ Hydration	○ Meals ○ Workout ○ Hydration	○ Meals ○ Workout ○ Hydration	○ Meals ○ Workout ○ Hydration	○ Meals ○ Workout ○ Hydration	○ 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! 💪🌞