



2GUYSWITHKNIVES  
MEAL PREP

# 7-DAY WEIGHT LOSS MEAL PLAN

1200-1500  
Calories Per Day

## ROTATION MENU 4



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 4 OF 5****DAY 1**

## BREAKFAST

**MINI MOCHA RASPBERRY OATS**

CAL 260 PROT 7 CARBS 38  
FAT 10 FIBER 7

**DAY 2**

## BREAKFAST

**MINI MATCHA GRANOLA PARFAIT**

CAL 280 PROT 22 CARBS 27  
FAT 10 FIBER 4

**DAY 3**

## BREAKFAST

**MINI MOCHA RASPBERRY OATS**

CAL 260 PROT 7 CARBS 38  
FAT 10 FIBER 7

**DAY 4**

## BREAKFAST

**MINI CHOCO GOJI CHIA BOWL**

CAL 370 PROT 8 CARBS 54  
FAT 8 FIBER 11



## LUNCH

**CARIBBEAN BEEF MEATBALLS**

CAL 750 PROT 50 CARBS 43  
FAT 41 FIBER 10



## LUNCH

**GREEK CHICKEN**

CAL 670 PROT 47 CARBS 42  
FAT 37 FIBER 9



## LUNCH

**BLACKENED SIRLOIN STRIPS**

CAL 590 PROT 37 CARBS 62  
FAT 22 FIBER 13



## LUNCH

**SMOKED APPLEWOOD CHICKEN**

CAL 500 PROT 48 CARBS 58  
FAT 9 FIBER 12



## DINNER

**SALMON SALAD**

CAL 490 PROT 35 CARBS 16  
FAT 33 FIBER 5

**BRAZILIAN BEEF STROGANOFF**

CAL 450 PROT 36 CARBS 24  
FAT 24 FIBER 7



## DINNER

**SRIRACHA LIME CHICKEN**

CAL 410 PROT 47 CARBS 40  
FAT 8 FIBER 9



## DINNER

**STEAK SALAD**

CAL 510 PROT 40 CARBS 18  
FAT 33 FIBER 5

**TOTAL PER DAY:**

1500 CAL  
92 GR PROTEIN  
97 GR CARBS  
84 GR FAT  
22 GR FIBER

**TOTAL PER DAY:**

1400 CAL  
105 GR PROTEIN  
93 GR CARBS  
71 GR FAT  
20 GR FIBER

**TOTAL PER DAY:**

1260 CAL  
91 GR PROTEIN  
140 GR CARBS  
40 GR FAT  
29 GR FIBER

**TOTAL PER DAY:**

1380 CAL  
96 GR PROTEIN  
130 GR CARBS  
50 GR FAT  
28 GR FIBER

**DAY 5**

## BREAKFAST

**MINI MATCHA GRANOLA PARFAIT**

CAL 280 PROT 22 CARBS 27  
FAT 10 FIBER 4

**DAY 6**

## BREAKFAST

**MAMA MIA**

CAL 450 PROT 25 CARBS 32  
FAT 26 FIBER 4

**DAY 7**

## BREAKFAST

**MINI MATCHA GRANOLA PARFAIT**

CAL 280 PROT 22 CARBS 27  
FAT 10 FIBER 4



## LUNCH

**CHICKEN SHAWARMA DINNER**

CAL 510 PROT 30 CARBS 31  
FAT 30 FIBER 6



## LUNCH

**SMOKED APPLEWOOD CHICKEN**

CAL 500 PROT 48 CARBS 58  
FAT 9 FIBER 12



## LUNCH

**BLACKENED SIRLOIN STRIPS**

CAL 590 PROT 37 CARBS 62  
FAT 22 FIBER 13



## DINNER

**WILD CAJUN BASA**

CAL 520 PROT 44 CARBS 24  
FAT 28 FIBER 4



## DINNER

**MEDITERRANEAN BAKED CHICKEN THIGHS**

CAL 490 PROT 31 CARBS 26  
FAT 32 FIBER 10



## DINNER

**SALMON SALAD**

CAL 490 PROT 35 CARBS 16  
FAT 33 FIBER 5

**TOTAL PER DAY:**

1310 CAL  
96 GR PROTEIN  
82 GR CARBS  
68 GR FAT  
14 GR FIBER

**TOTAL PER DAY:**

1440 CAL  
104 GR PROTEIN  
116 GR CARBS  
67 GR FAT  
26 GR FIBER

**TOTAL PER DAY:**

1360 CAL  
94 GR PROTEIN  
105 GR CARBS  
65 GR FAT  
22 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.
- ppers **Bell Pepper Strips** – Sweet, colorful, and loaded with vitamins.

**READY TO TRANSFORM YOUR BODY AND FEEL AMAZING?**  
**LET'S DO THIS!** ☀️💪

## DETAILED MENU INGREDIENTS

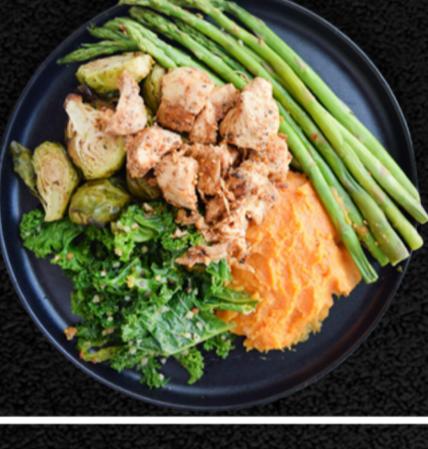
# BREAKFAST

	<b>Mini 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 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 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
	<b>MAMA MIA</b> Mediterranean Frittatas with Greek Roasted Potatoes & Red Pepper Feta Sauce	Eggs, organic unsweetened almond milk, coconut milk, onion, spinach, grape tomatoes, feta cheese, kalamata olives, Greek seasonings, black pepper, salt, olive oil, roasted red peppers, chili flakes, lemon juice, Greek yoghurt, golden potatoes, herbs & spices.



## DETAILED MENU INGREDIENTS

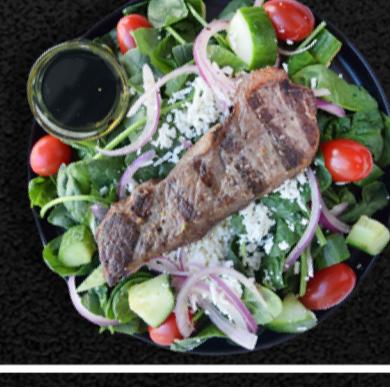
### LUNCH

	<p><b>Caribbean Beef Meatballs</b> with Sweet Potato mash &amp; Veggies</p>	<p>Lean ground beef, Italian parsley, onion powder, coconut milk, free range egg, ground mustard, sweet potatoes, olive oil, broccoli, cauliflower, coconut dill sauce (garlic, dill, coconut milk, olive oil, lemon juice, salt, black pepper), herbs &amp; spices</p>
	<p><b>Greek Chicken</b> with Quinoa, Green Beans &amp; Sautéed Mushrooms</p>	<p>Chicken breast, Greek marinade (olive &amp; soybean oil, filtered water, feta cheese, vinegar, red wine vinegar, salt, black olives, onion, garlic, lemon juice, xanthin gum), green beans, black pepper, mushrooms, organic tricolour quinoa, herbs &amp; spices</p>
	<p><b>Blackened Sirloin Strips</b> with Yam mash &amp; Bok Choy</p>	<p>AAA sirloin strips, italian seasonings, chili powder, garlic powder, cayenne pepper, black pepper, celery salt, olive oil, yams, lemon juice, paprika, onion powder, oregano, parsley, gluten free worcestershire sauce, bok choy, broccoli, herbs &amp; spices</p>
	<p><b>Smoked Applewood Chicken</b> with Yam Mash &amp; Seasonal Veggies</p>	<p>Chicken breast, smoked applewood seasonings, yam mash (yams, olive oil), asparagus, kale, herbs &amp; spices</p>
	<p><b>Chicken Shawarma Dinner</b> with Chopped Salad &amp; Tzatziki Hummus</p>	<p>Chicken thigh, onion powder, cumin, turmeric, cayenne pepper, cinnamon, cardamom, olive oil, salt, onion, garlic, pepper, filtered water, parsley, house made tzatziki hummus (chickpeas, salt, garlic, tahnini, Greek yoghurt, lemon juice, dill, cucumber, olive oil, pepper), tomato, cucumber, kalamata olives, red onion, herbs &amp; spices</p>



## DETAILED MENU INGREDIENTS

# DINNER

	<b>Salmon Salad</b> with Capers, feta & Greens	Wild ocean wise salmon, salmon spice seasonings, spinach, feta, mushrooms, grape tomatoes, capers, olive oil, balsamic
	<b>Brazilian Beef Stroganoff</b> with cauliflower rice	AAA sirloin strips, mushrooms, coconut milk, tomato puree, mustard, gluten free Worcestershire sauce, cauliflower rice, herbs & spices.
	<b>Sriracha Lime Chicken</b> with Broccoli, Quinoa & Grilled Zucchini	Chicken breast, sriracha lime seasonings, organic tricolour quinoa, broccoli, zucchini, herbs & spices
	<b>Steak Salad</b> with Spinach, Feta & Cucumber	AAA NY Striploin, spinach, red onion, grape tomatoes, cucumber, feta cheese, olive oil, balsamic vinegar, herbs & spices.
	<b>Wild Cajun Basa</b> with Quinoa Tabbouleh & Chopped Salad	Wild ocean wise basa, cajun seasonings, organic tricolour quinoa, Roma tomato, cucumber, parsley, fresh mint, green onion, salt, lime juice, olive oil, black pepper, feta, kalamata olives, radish, lemon, herbs & spices
	<b>Mediterranean Baked Chicken Thighs</b> with Seasonal Veggies & Coconut Dill Sauce	Chicken thigh, garlic, paprika, allspice, nutmeg, olive oil, lime juice, black pepper, salt, dill, coconut milk, lemon juice, seasonal veggies, herbs & spices.





# 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! 