



2GUYSWITHKNIVES
M E A L P R E P

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	PROT	CARBS
260	7	38
FAT	FIBER	
10	7	



LUNCH

CARIBBEAN BEEF MEATBALLS

CAL	PROT	CARBS
750	50	43
FAT	FIBER	
41	10	



DINNER

SALMON SALAD

CAL	PROT	CARBS
490	35	16
FAT	FIBER	
33	5	



TOTAL PER DAY:
1500 CAL
92 GR PROTEIN
97 GR CARBS
84 GR FAT
22 GR FIBER

DAY 2

BREAKFAST

MINI MATCHA GRANOLA PARFAIT

CAL	PROT	CARBS
280	22	27
FAT	FIBER	
10	4	



LUNCH

GREEK CHICKEN

CAL	PROT	CARBS
670	47	42
FAT	FIBER	
37	9	



DINNER

BRAZILIAN BEEF STROGANOFF

CAL	PROT	CARBS
450	36	24
FAT	FIBER	
24	7	



TOTAL PER DAY:
1400 CAL
105 GR PROTEIN
93 GR CARBS
71 GR FAT
20 GR FIBER

DAY 3

BREAKFAST

MINI MOCHA RASPBERRY OATS

CAL	PROT	CARBS
260	7	38
FAT	FIBER	
10	7	



LUNCH

BLACKENED SIRLOIN STRIPS

CAL	PROT	CARBS
590	37	62
FAT	FIBER	
22	13	



DINNER

SRIRACHA LIME CHICKEN

CAL	PROT	CARBS
410	47	40
FAT	FIBER	
8	9	



TOTAL PER DAY:
1260 CAL
91 GR PROTEIN
140 GR CARBS
40 GR FAT
29 GR FIBER

DAY 4

BREAKFAST

MINI CHOCO GOJI CHIA BOWL

CAL	PROT	CARBS
370	8	54
FAT	FIBER	
8	11	



LUNCH

SMOKED APPLEWOOD CHICKEN

CAL	PROT	CARBS
500	48	58
FAT	FIBER	
9	12	



DINNER

STEAK SALAD

CAL	PROT	CARBS
510	40	18
FAT	FIBER	
33	5	



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	PROT	CARBS
280	22	27
FAT	FIBER	
10	4	



LUNCH

CHICKEN SHAWARMA DINNER

CAL	PROT	CARBS
510	30	31
FAT	FIBER	
30	6	



DINNER

WILD CAJUN BASA

CAL	PROT	CARBS
520	44	24
FAT	FIBER	
28	4	



TOTAL PER DAY:
1310 CAL
96 GR PROTEIN
82 GR CARBS
68 GR FAT
14 GR FIBER

DAY 6

BREAKFAST

MAMA MIA

CAL	PROT	CARBS
450	25	32
FAT	FIBER	
26	4	



LUNCH

SMOKED APPLEWOOD CHICKEN

CAL	PROT	CARBS
500	48	58
FAT	FIBER	
9	12	



DINNER

MEDITERRANEAN BAKED CHICKEN THIGHS

CAL	PROT	CARBS
490	31	26
FAT	FIBER	
32	10	



TOTAL PER DAY:
1440 CAL
104 GR PROTEIN
116 GR CARBS
67 GR FAT
26 GR FIBER

DAY 7

BREAKFAST

MINI MATCHA GRANOLA PARFAIT

CAL	PROT	CARBS
280	22	27
FAT	FIBER	
10	4	



LUNCH

BLACKENED SIRLOIN STRIPS

CAL	PROT	CARBS
590	37	62
FAT	FIBER	
22	13	



DINNER

SALMON SALAD

CAL	PROT	CARBS
490	35	16
FAT	FIBER	
33	5	



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

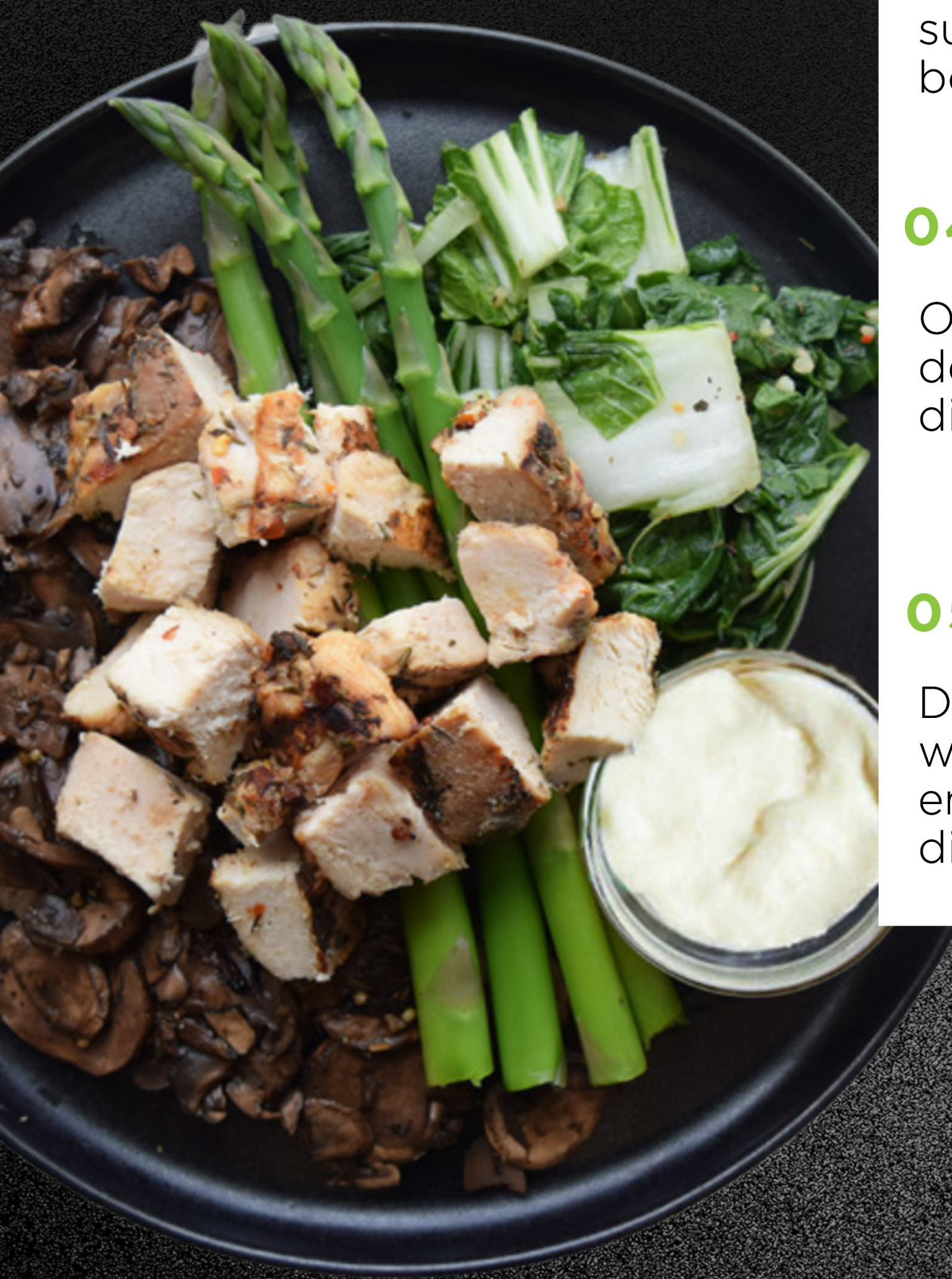
Avoid tobacco, limit alcohol, and stay away from harmful substances to keep your body feeling its best. 🚫🍷

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. ✅








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MEAL PREP


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

	Mini Mocha Raspberry Oats 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).
	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
	Mini Choco Goji Chia Bowl 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
	MAMA MIA 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

	Caribbean Beef Meatballs with Sweet Potato mash & Veggies	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 & spices
	Greek Chicken with Quinoa, Green Beans & Sautéed Mushrooms	Chicken breast, Greek marinade (olive & 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 & spices
	Blackened Sirloin Strips with Yam mash & Bok Choy	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 & spices
	Smoked Applewood Chicken with Yam Mash & Seasonal Veggies	Chicken breast, smoked applewood seasonings, yam mash (yams, olive oil), asparagus, kale, herbs & spices
	Chicken Shawarma Dinner with Chopped Salad & Tzatziki Hummus	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 & spices

DETAILED MENU INGREDIENTS

DINNER

	Salmon Salad with Capers, feta & Greens	Wild ocean wise salmon, salmon spice seasonings, spinach, feta, mushrooms, grape tomatoes, capers, olive oil, balsamic
	Brazilian Beef Stroganoff with cauliflower rice	AAA sirloin strips, mushrooms, coconut milk, tomato puree, mustard, gluten free Worcestershire sauce, cauliflower rice, herbs & spices.
	Sriracha Lime Chicken with Broccoli, Quinoa & Grilled Zucchini	Chicken breast, sriracha lime seasonings, organic tricolour quinoa, broccoli, zucchini, herbs & spices
	Steak Salad with Spinach, Feta & Cucumber	AAA NY Striploin, spinach, red onion, grape tomatoes, cucumber, feta cheese, olive oil, balsamic vinegar, herbs & spices.
	Wild Cajun Basa 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
	Mediterranean Baked Chicken Thighs 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.



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!