



2GUYSWITHKNIVES
MEAL PREP

5-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!



ROTATION MENU 4 OF 5

DAY 1

BREAKFAST

MINI MOCHA RASPBERRY OATS

CAL 260 PROT 7 CARBS 38
FAT 10 FIBER 7



LUNCH

CARIBBEAN BEEF MEATBALLS

CAL 750 PROT 50 CARBS 43
FAT 41 FIBER 10



DINNER

SALMON SALAD

CAL 490 PROT 35 CARBS 16
FAT 33 FIBER 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 280 PROT 22 CARBS 27
FAT 10 FIBER 4



LUNCH

GREEK CHICKEN

CAL 670 PROT 47 CARBS 42
FAT 37 FIBER 9



DINNER

BRAZILIAN BEEF STROGANOFF

CAL 450 PROT 36 CARBS 24
FAT 24 FIBER 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 260 PROT 7 CARBS 38
FAT 10 FIBER 7



LUNCH

BLACKENED SIRLOIN STRIPS

CAL 590 PROT 37 CARBS 62
FAT 22 FIBER 13



DINNER

SRIRACHA LIME CHICKEN

CAL 410 PROT 47 CARBS 40
FAT 8 FIBER 12



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 370 PROT 8 CARBS 54
FAT 8 FIBER 11



LUNCH

SMOKED APPLEWOOD CHICKEN

CAL 500 PROT 48 CARBS 58
FAT 9 FIBER 12



DINNER

STEAK SALAD

CAL 510 PROT 40 CARBS 18
FAT 33 FIBER 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 280 PROT 22 CARBS 27
FAT 10 FIBER 4



LUNCH

CHICKEN SHAWARMA DINNER

CAL 510 PROT 30 CARBS 31
FAT 30 FIBER 6



DINNER

WILD CAJUN BASA

CAL 520 PROT 44 CARBS 24
FAT 28 FIBER 4



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

	<p>Mini Mocha Raspberry Oats with toasted almonds & dark chocolate</p>	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).
	<p>Mini Matcha Granola Parfait with Greek yoghurt & roasted berries</p>	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
	<p>Mini Choco Goji Chia Bowl with dark chocolate & toasted coconut</p>	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

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



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





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!