



2GUYSWITHKNIVES
MEAL PREP

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 4-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 1 OF 4

DAY 1

DAY 2

DAY 3

DAY 4

BREAKFAST

BREAKFAST

BREAKFAST

MINI CHOCO GOJI CHIA BOWL

CAL	PROT	CARBS
370	8	54
FAT	FIBER	
8	11	



MINI MATCHA GRANOLA PARFAIT

CAL	PROT	CARBS
280	22	27
FAT	FIBER	
10	4	



MINI MATCHA LATTE PROTEIN OATS

CAL	PROT	CARBS
440	13	64
FAT	FIBER	
15	9	



MINI CARROT CAKE OATS

CAL	PROT	CARBS
460	9	52
FAT	FIBER	
27	7	



LUNCH

LUNCH

LUNCH

LUNCH

GREEK CHICKEN SALAD

CAL	PROT	CARBS
650	45	23
FAT	FIBER	
43	4	



OCEAN WISE LEMON PEPPER BASA

CAL	PROT	CARBS
680	45	67
FAT	FIBER	
26	11	



CARIBBEAN JERK CHICKEN BREAST

CAL	PROT	CARBS
640	58	68
FAT	FIBER	
15	15	



BLACKENED CHICKEN

CAL	PROT	CARBS
630	45	80
FAT	FIBER	
16	15	



DINNER

DINNER

DINNER

DINNER

PIRI PIRI WILD OCEAN WISE BASA

CAL	PROT	CARBS
410	46	25
FAT	FIBER	
15	7	



DAIRY FREE CHICKEN STROGANOFF

CAL	PROT	CARBS
440	45	30
FAT	FIBER	
16	8	



ANCHO CHILI CHICKEN

CAL	PROT	CARBS
300	44	20
FAT	FIBER	
5	6	



GRILLED HORSERADISH STEAK

CAL	PROT	CARBS
370	36	22
FAT	FIBER	
18	8	



TOTAL PER DAY:
1430 CAL
99 GR PROTEIN
102 GR CARBS
66 GR FAT
22 GR FIBER

TOTAL PER DAY:
1400 CAL
112 GR PROTEIN
124 GR CARBS
52 GR FAT
23 GR FIBER

TOTAL PER DAY:
1380 CAL
115 GR PROTEIN
152 GR CARBS
35 GR FAT
30 GR FIBER

TOTAL PER DAY:
1460 CAL
90 GR PROTEIN
154 GR CARBS
61 GR FAT
30 GR FIBER

DAY 5

DAY 6

DAY 7

BREAKFAST

BREAKFAST

BREAKFAST

MINI APPLE PIE OATS

CAL	PROT	CARBS
280	6	56
FAT	FIBER	
4.5	7	



MINI MATCHA LATTE PROTEIN OATS

CAL	PROT	CARBS
440	13	64
FAT	FIBER	
15	9	



MINI MATCHA GRANOLA PARFAIT

CAL	PROT	CARBS
280	22	27
FAT	FIBER	
10	4	



LUNCH

LUNCH

LUNCH

LEAN BEEF CHILI

CAL	PROT	CARBS
480	37	45
FAT	FIBER	
17	12	



OCEAN WISE LEMON PEPPER BASA

CAL	PROT	CARBS
680	45	67
FAT	FIBER	
26	11	



CARIBBEAN JERK CHICKEN BREAST

CAL	PROT	CARBS
640	58	68
FAT	FIBER	
15	15	



DINNER

DINNER

DINNER

LEAN BEEF MEATBALLS

CAL	PROT	CARBS
660	49	21
FAT	FIBER	
40	6	



ANCHO CHILI CHICKEN

CAL	PROT	CARBS
300	44	20
FAT	FIBER	
5	6	



GRILLED HORSERADISH STEAK

CAL	PROT	CARBS
370	36	22
FAT	FIBER	
18	8	



TOTAL PER DAY:
1420 CAL
92 GR PROTEIN
122 GR CARBS
61.5 GR FAT
25 GR FIBER

TOTAL PER DAY:
1420 CAL
102 GR PROTEIN
151 GR CARBS
46 GR FAT
26 GR FIBER

TOTAL PER DAY:
1290 CAL
116 GR PROTEIN
117 GR CARBS
43 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. ✅



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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! 🌞💪

DETAILED MENU INGREDIENTS

BREAKFAST

	Mini Matcha Latte Protein Oats with orange zest & cinnamon	Organic gluten free oats with organic chia, dairy free yoghurt, unsweetened almond milk, orange zest and orchard apples, topped with our house made cinnamon ginger stewed apples
	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 Carrot Cake Oats 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)
	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
	Apple Pie Oats with orange zest & cinnamon	Organic gluten free oats with organic chia, dairy free yoghurt, unsweetened almond milk, orange zest and orchard apples, topped with our house made cinnamon ginger stewed apples



DETAILED MENU INGREDIENTS

LUNCH

	Lean Beef Chili with Black Beans, Tomato Puree & Feta Cheese	Lean ground beef slow cooked with hearty bean medley, jalapeño, fire roasted tomatoes, red bell pepper and your favourite warming chili spices, topped with feta cheese
	Ocean Wise Lemon Pepper Basa with Yam Mash & Grilled Zucchini	Wild Oceanwise basa, lemon pepper seasonings, yams, olive oil, zucchini, bok choy, herbs & spices.
	Caribbean Jerk Chicken Breast with Organic Quinoa, Broccoli & Horseradish Cream	Chicken breast, jerk seasonings, organic tricolour quinoa, broccoli, mushrooms, horseradish cream (coconut milk, horseradish, dijon), herbs & spices.
	Blackened Chicken 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
	Greek Chicken Salad with Cucumber, Feta & Kalamata olives	Delicious Rossdown chicken breast marinated with fresh citrus and spices over our crisp Mediterranean medley of Roma tomatoes, cucumber, green bell pepper, feta cheese and kalamata olives

DETAILED MENU INGREDIENTS

DINNER

	Lean Beef Meatballs 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
	Dairy Free Chicken Stroganoff with green peas, corn & Cauliflower "Rice"	Chicken breast, cauliflower, coconut milk, sriracha, tomato puree, tomato sauce, mustard, gluten free Worcestershire sauce, green peas, corn, herbs & spices
	Ancho Chili Chicken with Roasted Beets, Carrots & Sweet Potato Wedges	Rosdown Halal Chicken breast, Greek seasonings, carrots, beets, zucchini, sweet potatoes, olive oil, herbs & spices
	Piri Piri Wild Ocean Wise Basa 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
	Grilled Horseradish Steak with Seasonal Veggies & Horseradish Cream	AAA striploin, Montreal seasonings, broccoli, asparagus, red bell pepper, kale, horseradish cream (coconut milk, horseradish, dijon), herbs & spices





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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
	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
	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
	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!