



2GUYSWITHKNIVES  
MEAL PREP

# 5-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 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!**



# ROTATION

## MENU 2 OF 4

**DAY 1****BREAKFAST****MINI MAPLE, CINNAMON & PISTACHIO OATS**

CAL 480 PROT 12 CARBS 68  
FAT 19 FIBER 9

**LUNCH****CITRUS MARINATED SIRLOIN STRIPS**

CAL 250 PROT 26 CARBS 27  
FAT 4.5 FIBER 8

**DINNER****CHICKEN PANANG CURRY**

CAL 570 PROT 51 CARBS 24  
FAT 29 FIBER 5



**TOTAL PER DAY:**  
1300 CAL  
89 GR PROTEIN  
119 GR CARBS  
52.5 GR FAT  
22 GR FIBER

**DAY 2****BREAKFAST****MINI TIRAMISU PROTEIN OATS**

CAL 260 PROT 8 CARBS 46  
FAT 6 FIBER 6

**LUNCH****GRILLED ITALIAN CHICKEN BREAST**

CAL 570 PROT 43 CARBS 47  
FAT 23 FIBER 9

**DINNER****COUNTRY BEEF STEW**

CAL 430 PROT 30 CARBS 28  
FAT 16 FIBER 4



**TOTAL PER DAY:**  
1260 CAL  
81 GR PROTEIN  
121 GR CARBS  
45 GR FAT  
19 GR FIBER

**DAY 3****BREAKFAST****MINI APPLE PIE OATS**

CAL 280 PROT 6 CARBS 56  
FAT 4.5 FIBER 7

**LUNCH****LEMON PEPPER BASA**

CAL 580 PROT 45 CARBS 57  
FAT 21 FIBER 11

**DINNER****AAA STEAK**

CAL 410 PROT 38 CARBS 39  
FAT 12 FIBER 9



**TOTAL PER DAY:**  
1270 CAL  
89 GR PROTEIN  
152 GR CARBS  
37.5 GR FAT  
27 GR FIBER

**DAY 4****BREAKFAST****MINI COCOA BANANA POWER OATS**

CAL 510 PROT 10 CARBS 56  
FAT 30 FIBER 10

**LUNCH****LEAN TURKEY BOLOGNESE**

CAL 520 PROT 35 CARBS 59  
FAT 16 FIBER 9

**DINNER****PIRI PIRI CHICKEN**

CAL 320 PROT 46 CARBS 24  
FAT 6 FIBER 9



**TOTAL PER DAY:**  
1350 CAL  
91 GR PROTEIN  
139 GR CARBS  
52 GR FAT  
28 GR FIBER

**DAY 5****BREAKFAST****CH CH CH CHORIZO**

CAL 460 PROT 25 CARBS 26  
FAT 29 FIBER 6

**LUNCH****LEMON PEPPER BASA**

CAL 580 PROT 45 CARBS 57  
FAT 21 FIBER 11

**DINNER****BEEF BOURGUIGNON**

CAL 330 PROT 35 CARBS 26  
FAT 10 FIBER 7



**TOTAL PER DAY:**  
1370 CAL  
105 GR PROTEIN  
109 GR CARBS  
60 GR FAT  
24 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

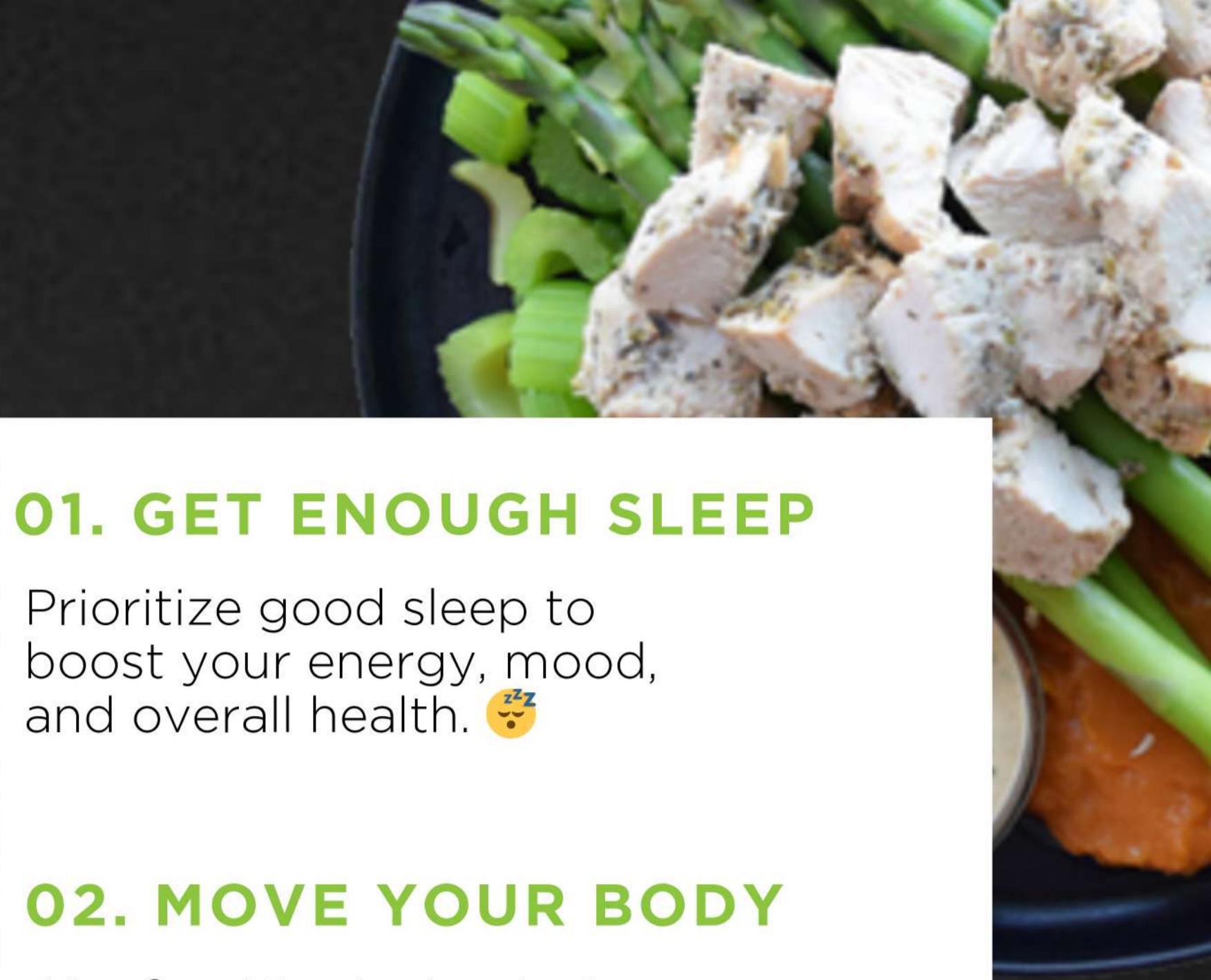
Avoid tobacco, limit alcohol, and stay away from harmful substances to keep your body feeling its best. 🚫🍷

## 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

	<b>Mini Maple, Cinnamon &amp; Pistachio Oats</b> 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
	<b>Tiramisu Protein Oats</b> With cinnamon, brewed coffee and Isolate Protein	Gluten free organic oats, oat milk, whey isolate protein (whey protein isolate, natural flavours, sunflower lecithin, guar gum, stevia leaf extract), organic raw cocoa powder, organic chia seeds, brewed coffee, maple syrup, Greek yoghurt
	<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>Apple Pie Oats</b> 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
	<b>Mini Cocoa Banana Power Oats</b> with peanut butter mousse	A decadent combination of organic gluten free oats, fresh banana, vegan yoghurt, nut & oat milk, vanilla infused dark cocoa & cinnamon topped with high protein peanut butter mousse & crispy walnuts
	<b>CH CH CH CHORIZO</b> Chorizo, Spinach & Feta Omelette	Eggs, gluten free chorizo, Roma tomato, feta cheese, spinach, green onion, sweet potatoes, house made avocado cream (avocado, sour cream, garlic, lemon juice, salt, black pepper, parsley), herbs & spices

## DETAILED MENU INGREDIENTS

# LUNCH

	<b>Citrus Marinated Sirloin Strips</b> 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
	<b>Grilled Italian Chicken Breast</b> 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
	<b>Lemon Pepper Basa</b> 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
	<b>Lean Turkey Bolognese</b> with Organic Tricolour Quinoa	Lean ground turkey, organic tri-colour quinoa, fresh tomatoes, tomato paste, Spanish onion, garlic, black pepper, olive oil, herbs & spices
	<b>Stuffed Pepper Soup</b> with Lean Beef, Tomatoes & Beans	Lean ground beef, green bell pepper, onion, tomatoes, tomato puree, filtered water, thyme, sage, salt, black pepper, white jasmine rice, green onion, herbs & spices

## DETAILED MENU INGREDIENTS

# DINNER

	<b>Chicken Panang Curry</b> with Cauliflower Rice	Rossdown halal chicken breast, panang curry paste (Dried red chili, lemongrass, shallots, salt, garlic, galangal, mung bean, shrimp paste (shrimp, salt), kaffir lime peel, coriander seed, cumin, pepper), filtered water, coconut milk, lemon zest, organic raw coconut sugar, fish sauce (anchovy extract 68%, salt, sugar), olive oil, basil, lime juice, cauliflower, herbs & spices
	<b>Country Beef Stew</b> with Root Veggies, Red Wine & Sirloin Strips	AAA sirloin strips, olive oil, onion, garlic, balsamic vinegar, tomato paste, gluten free flour (garbanzo bean flour, potato starch, tapioca flour, white sorghum flour, fava bean flour), red wine, filtered water, bay leaves, thyme, organic raw coconut sugar, carrots, golden potatoes, parsley, salt, black pepper, herbs & spices
	<b>AAA Steak</b> 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
	<b>Piri Piri Grilled Chicken Breast</b> with Broccolini, Spinach, Brussel Sprouts & Salsa Verde	Chicken breast, Piri Piri spice blend, Brussel sprouts, spinach, broccolini, salsa verde, herbs & spices
	<b>Beef Bourguignon</b> with Zucchini Noodles	AAA sirloin strips, mushrooms, walnuts, carrots, Spanish onion, garlic, red wine, house made vegetable stock, tomato paste, thyme, chickpea flour, cornstarch, olive oil, vegan butter, salt, black pepper, zucchini noodles, 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!