



7-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!



2GUYSWITHKNIVES

MEAL PREP

ROTATION

MENU 2 OF 4

DAY 1

BREAKFAST

MINI MAPLE, CINNAMON & PISTACHIO OATS

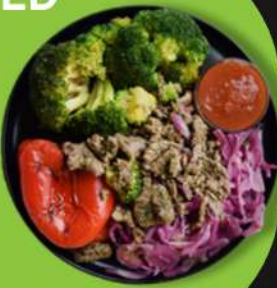
CAL	PROT	CARBS
480	12	68
FAT	FIBER	
19	9	



LUNCH

CITRUS MARINATED SIRLOIN STRIPS

CAL	PROT	CARBS
250	26	27
FAT	FIBER	
4.5	8	



DINNER

CHICKEN PANANG CURRY

CAL	PROT	CARBS
570	51	24
FAT	FIBER	
29	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	PROT	CARBS
260	8	46
FAT	FIBER	
6	6	



LUNCH

GRILLED ITALIAN CHICKEN BREAST

CAL	PROT	CARBS
570	43	47
FAT	FIBER	
23	9	



DINNER

COUNTRY BEEF STEW

CAL	PROT	CARBS
430	30	28
FAT	FIBER	
16	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	PROT	CARBS
280	6	56
FAT	FIBER	
4.5	7	



LUNCH

LEMON PEPPER BASA

CAL	PROT	CARBS
580	45	57
FAT	FIBER	
21	11	



DINNER

AAA STEAK

CAL	PROT	CARBS
410	38	39
FAT	FIBER	
12	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	PROT	CARBS
510	10	56
FAT	FIBER	
30	10	



LUNCH

LEAN TURKEY BOLOGNESE

CAL	PROT	CARBS
520	35	59
FAT	FIBER	
16	9	



DINNER

PIRI PIRI CHICKEN

CAL	PROT	CARBS
320	46	24
FAT	FIBER	
6	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	PROT	CARBS
460	25	26
FAT	FIBER	
29	6	



LUNCH

LEMON PEPPER BASA

CAL	PROT	CARBS
580	45	57
FAT	FIBER	
21	11	



DINNER

BEEF BOURGUIGNON

CAL	PROT	CARBS
330	35	26
FAT	FIBER	
10	7	



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

DAY 6

BREAKFAST

MINI MATCHA GRANOLA PARFAIT

CAL	PROT	CARBS
280	22	27
FAT	FIBER	
10	4	



LUNCH

LEAN TURKEY BOLOGNESE

CAL	PROT	CARBS
520	35	59
FAT	FIBER	
16	9	



DINNER

AAA STEAK

CAL	PROT	CARBS
410	38	39
FAT	FIBER	
12	9	



TOTAL PER DAY:
1210 CAL
95 GR PROTEIN
125 GR CARBS
38 GR FAT
22 GR FIBER

DAY 7

BREAKFAST

MINI MAPLE, CINNAMON & PISTACHIO OATS

CAL	PROT	CARBS
480	12	68
FAT	FIBER	
19	9	



LUNCH

STUFFED PEPPER SOUP

CAL	PROT	CARBS
280	22	30
FAT	FIBER	
9	5	



DINNER

CHICKEN PANANG CURRY

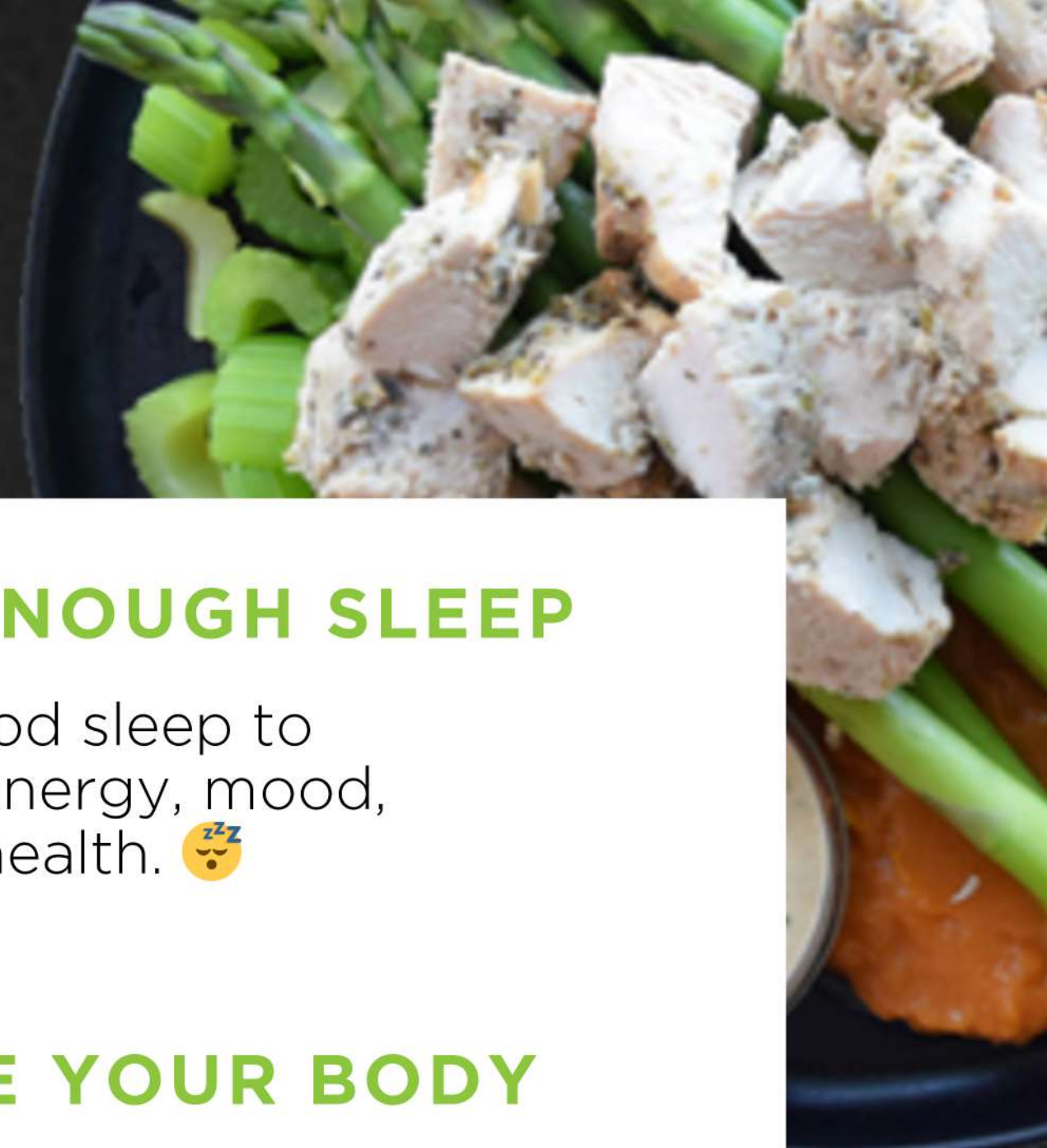
CAL	PROT	CARBS
570	51	24
FAT	FIBER	
29	5	



TOTAL PER DAY:
1330 CAL
85 GR PROTEIN
122 GR CARBS
57 GR FAT
19 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

	Mini Maple, Cinnamon & Pistachio Oats 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
	Tiramisu Protein Oats 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
	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
	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
	Mini Cocoa Banana Power Oats 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
	CH CH CH CHORIZO 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

	Citrus Marinated Sirloin Strips 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
	Grilled Italian Chicken Breast 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
	Lemon Pepper Basa 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
	Lean Turkey Bolognese with Organic Tricolour Quinoa	Lean ground turkey, organic tri-colour quinoa, fresh tomatoes, tomato paste, Spanish onion, garlic, black pepper, olive oil, herbs & spices
	Stuffed Pepper Soup 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

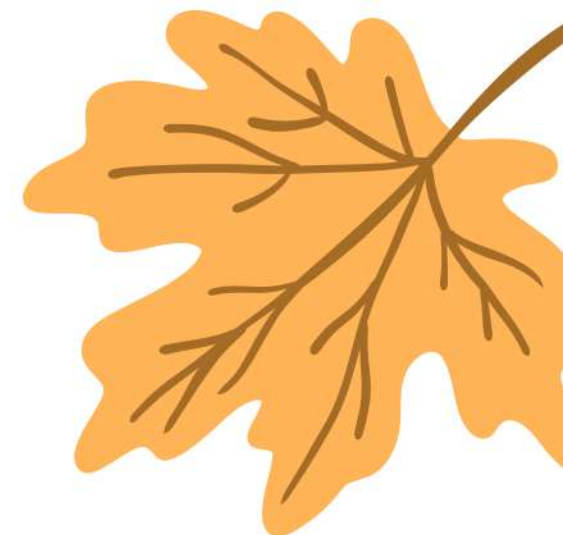
DETAILED MENU INGREDIENTS

DINNER

	Chicken Panang Curry with Cauliflower Rice	Rosstown 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
	Country Beef Stew 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
	AAA Steak 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
	Piri Piri Grilled Chicken Breast with Broccolini, Spinach, Brussel Sprouts & Salsa Verde	Chicken breast, Piri Piri spice blend, Brussel sprouts, spinach, broccolini, salsa verde, herbs & spices
	Beef Bourguignon 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



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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				
	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!