

# 5-DAY WEIGHT LOSS MEAL PLAN

1200-1500  
Calories Per Day

## *ROTATION MENU 3*



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!**





DAY 1

BREAKFAST

MINI MATCHA GRANOLA  
PARFAIT

CAL	PROT	CARBS
280	22	27
FAT	FIBER	
10	4	



LUNCH

AAA BEEF STEW

CAL	PROT	CARBS
370	33	37
FAT	FIBER	
9	6	



DINNER

BEEF TACO SALAD

CAL	PROT	CARBS
630	50	35
FAT	FIBER	
34	11	



TOTAL PER DAY:  
1280 CAL  
105 GR PROTEIN  
99 GR CARBS  
53 GR FAT  
21 GR FIBER

DAY 2

BREAKFAST

MINI MAPLE, CINNAMON  
& PISTACHIO OATS

CAL	PROT	CARBS
480	12	68
FAT	FIBER	
19	9	



LUNCH

WILD HERB  
RUBBED BASA

CAL	PROT	CARBS
650	46	60
FAT	FIBER	
25	11	



DINNER

WILD PIRI PIRI  
SALMON

CAL	PROT	CARBS
440	28	21
FAT	FIBER	
29	8	



TOTAL PER DAY:  
1350 CAL  
81 GR PROTEIN  
119 GR CARBS  
64 GR FAT  
26 GR FIBER

DAY 3

BREAKFAST

MINI PUMPKIN SPICE  
PROTEIN OATS

CAL	PROT	CARBS
330	8	48
FAT	FIBER	
13	6	



LUNCH

LEMON BASIL SIRLOIN  
STRIPS

CAL	PROT	CARBS
440	31	60
FAT	FIBER	
10	12	



DINNER

KUNG PAO CHICKEN

CAL	PROT	CARBS
590	48	36
FAT	FIBER	
32	8	



TOTAL PER DAY:  
1360 CAL  
87 GR PROTEIN  
144 GR CARBS  
55 GR FAT  
26 GR FIBER

DAY 4

BREAKFAST

MINI NUTELLA OATS

CAL	PROT	CARBS
320	8	40
FAT	FIBER	
14	7	



LUNCH

SUN-DRIED TOMATO  
CHICKEN

CAL	PROT	CARBS
570	45	37
FAT	FIBER	
28	8	



DINNER

CHIMICHURRI  
STRIPLOIN

CAL	PROT	CARBS
570	35	19
FAT	FIBER	
42	4	



TOTAL PER DAY:  
1460 CAL  
88 GR PROTEIN  
96 GR CARBS  
84 GR FAT  
19 GR FIBER

DAY 5

BREAKFAST

MINI COCOA BANANA  
POWER OATS

CAL	PROT	CARBS
510	10	56
FAT	FIBER	
30	10	



LUNCH

KOREAN BBQ  
CHICKEN

CAL	PROT	CARBS
450	44	52
FAT	FIBER	
9	11	



DINNER

MINCED TOMATO  
BEEF & BROCCOLI

CAL	PROT	CARBS
490	39	45
FAT	FIBER	
18	13	



TOTAL PER DAY:  
1490 CAL  
93 GR PROTEIN  
153 GR CARBS  
57 GR FAT  
34 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 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>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>Pumpkin Spice Protein Oats</b> with maple candied pecans	Organic gluten free oats, organic unsweetened almond milk, pumpkin puree, maple syrup, coconut milk, isolate protein (whey protein isolate, natural flavours, sunflower lecithin, guar gum, stevia leaf extract), pecans, pumpkin spice blend (ginger, cinnamon, nutmeg, clove, allspice), shredded coconut
	<b>Nutella Oats</b> with blueberries & banana	organic gluten free oats, bananas, cocoa powder, chia seeds, cinnamon, shredded coconut, vanilla, coconut milk, organic unsweetened almond milk, gluten free oat milk, dairy free coconut yoghurt, maple syrup, organic natural peanut butter, coconut cream, organic agave, walnuts, dark chocolate (unsweetened chocolate; sugar; cocoa butter; soy lecithin, sunflower lecithin, canola lecithin; natural vanilla flavour)
	<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





## DETAILED MENU INGREDIENTS

# LUNCH

	<b>AAA Beef Stew</b> with Golden Potatoes & Root Veggies	AAA sirloin strips, house made vegetable stock, rosemary, black pepper, golden potatoes, carrots, celery, onion, cornstarch, water, Italian seasonings, paprika, salt, Montreal seasonings, herbs & spices
	<b>Wild Herb Rubbed Basa</b> with Yam Mash & Yoghurt Mint Sauce	Wild ocean wise basa, herb seasonings, yams, olive oil, Greek yoghurt, fresh mint leaves, salt, black pepper, olive oil, bok choy, broccoli, herbs & spices
	<b>Lemon Basil Sirloin Strips</b> with Sweet Potato Mash & Seasonal Veggies	AAA sirloin strips, tamari, olive oil, lemon juice, gluten free worcestershire sauce, garlic, basil, parsley, black pepper, Brussel sprouts, sweet potatoes, red bell pepper, herbs & spices
	<b>Sun-Dried Tomato Chicken</b> with Organic Quinoa & Sautéed Mushrooms	Chicken breast, sun-dried tomato sauce (tomato paste, garlic, sun dried tomatoes, onion, soy, mustard powder, parsley, lemon juice, cider vinegar, herbs & spices), organic tricolour quinoa, green beans, herbs & spices
	<b>Korean BBQ Chicken</b> with Yam Mash & Seasonal Veggies	Chicken breast, Korean bbq spices, yam mash (yams, olive oil), broccoli, zucchini, herbs & spices



## DETAILED MENU INGREDIENTS

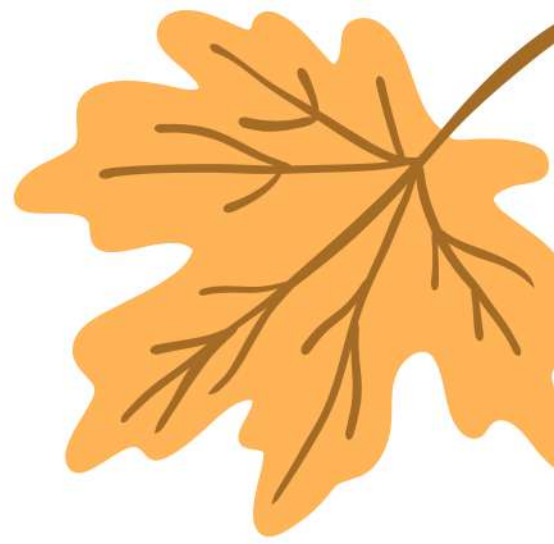
# DINNER

	<b>Beef Taco Salad</b> with Cheddar & Pico de Gallo	Lean ground beef, taco seasonings, tomato paste, cilantro, salt, black pepper, Romaine lettuce, grape tomatoes, black beans, cheddar, lime, Roma tomatoes, red onion, parsley, red wine vinegar, herbs & spices
	<b>Wild Piri Piri Salmon</b> with Cauliflower Rice, Kale & Sun-Dried tomato Sauce	Wild ocean wise salmon, Piri Piri seasonings, cauliflower, kale, lemon, sun-dried tomato sauce (tomato paste, garlic, sun dried tomatoes, onion, soy, mustard powder, parsley, lemon juice, cider vinegar, herbs & spices), herbs & spices
	<b>Kung Pao Chicken</b> with Cauliflower Rice	Rosstown Halal Chicken breast, rice wine vinegar, cornstarch, gluten free tamari, olive oil, red bell pepper, red onion, jalapeño, garlic, ginger, black pepper, apple cider vinegar, organic raw coconut sugar, cornstarch, cauliflower, peanuts, green onion, herbs & spices
	<b>Chimichuri Striploin</b> with Grilled Veggie Medley & Chimichurri Sauce	AAA NY striploin, Montreal steak seasonings, house made chimichurri sauce (spinach, parsley, oregano, salt, garlic, olive oil, lemon juice, herbs & spices), zucchini, red onion, bell pepper, herbs & spices.
	<b>Minced Tomato Beef &amp; Broccoli</b> with Carrots & Spices	extra lean ground beef, carrots, broccoli, Spanish onion, mustard powder, cinnamon, tomato paste, tomato puree, tomatoes, garlic, house made veggie stock, olive oil, talian parsley, herbs & spices





2GUYSWITHKNIVES  
MEAL PREP



# WEIGHT LOSS MEAL PLAN CHALLENGE

WEEK 1	<b>MON</b> <input type="checkbox"/> Meals <input type="checkbox"/> Workout <input type="checkbox"/> Hydration	<b>TUE</b> <input type="checkbox"/> Meals <input type="checkbox"/> Workout <input type="checkbox"/> Hydration	<b>WED</b> <input type="checkbox"/> Meals <input type="checkbox"/> Workout <input type="checkbox"/> Hydration	<b>THU</b> <input type="checkbox"/> Meals <input type="checkbox"/> Workout <input type="checkbox"/> Hydration	<b>FRI</b> <input type="checkbox"/> Meals <input type="checkbox"/> Workout <input type="checkbox"/> Hydration	<b>SAT</b> <input type="checkbox"/> Meals <input type="checkbox"/> Workout <input type="checkbox"/> Hydration	<b>SUN</b> <input type="checkbox"/> Meals <input type="checkbox"/> Workout <input type="checkbox"/> Hydration				
	WEEK 2	<b>MON</b> <input type="checkbox"/> Meals <input type="checkbox"/> Workout <input type="checkbox"/> Hydration	<b>TUE</b> <input type="checkbox"/> Meals <input type="checkbox"/> Workout <input type="checkbox"/> Hydration	<b>WED</b> <input type="checkbox"/> Meals <input type="checkbox"/> Workout <input type="checkbox"/> Hydration	<b>THU</b> <input type="checkbox"/> Meals <input type="checkbox"/> Workout <input type="checkbox"/> Hydration	<b>FRI</b> <input type="checkbox"/> Meals <input type="checkbox"/> Workout <input type="checkbox"/> Hydration	<b>SAT</b> <input type="checkbox"/> Meals <input type="checkbox"/> Workout <input type="checkbox"/> Hydration	<b>SUN</b> <input type="checkbox"/> Meals <input type="checkbox"/> Workout <input type="checkbox"/> Hydration			
		WEEK 3	<b>MON</b> <input type="checkbox"/> Meals <input type="checkbox"/> Workout <input type="checkbox"/> Hydration	<b>TUE</b> <input type="checkbox"/> Meals <input type="checkbox"/> Workout <input type="checkbox"/> Hydration	<b>WED</b> <input type="checkbox"/> Meals <input type="checkbox"/> Workout <input type="checkbox"/> Hydration	<b>THU</b> <input type="checkbox"/> Meals <input type="checkbox"/> Workout <input type="checkbox"/> Hydration	<b>FRI</b> <input type="checkbox"/> Meals <input type="checkbox"/> Workout <input type="checkbox"/> Hydration	<b>SAT</b> <input type="checkbox"/> Meals <input type="checkbox"/> Workout <input type="checkbox"/> Hydration	<b>SUN</b> <input type="checkbox"/> Meals <input type="checkbox"/> Workout <input type="checkbox"/> Hydration		
			WEEK 4	<b>MON</b> <input type="checkbox"/> Meals <input type="checkbox"/> Workout <input type="checkbox"/> Hydration	<b>TUE</b> <input type="checkbox"/> Meals <input type="checkbox"/> Workout <input type="checkbox"/> Hydration	<b>WED</b> <input type="checkbox"/> Meals <input type="checkbox"/> Workout <input type="checkbox"/> Hydration	<b>THU</b> <input type="checkbox"/> Meals <input type="checkbox"/> Workout <input type="checkbox"/> Hydration	<b>FRI</b> <input type="checkbox"/> Meals <input type="checkbox"/> Workout <input type="checkbox"/> Hydration	<b>SAT</b> <input type="checkbox"/> Meals <input type="checkbox"/> Workout <input type="checkbox"/> Hydration	<b>SUN</b> <input type="checkbox"/> Meals <input type="checkbox"/> Workout <input type="checkbox"/> Hydration	
				WEEK 5	<b>MON</b> <input type="checkbox"/> Meals <input type="checkbox"/> Workout <input type="checkbox"/> Hydration	<b>TUE</b> <input type="checkbox"/> Meals <input type="checkbox"/> Workout <input type="checkbox"/> Hydration	<b>WED</b> <input type="checkbox"/> Meals <input type="checkbox"/> Workout <input type="checkbox"/> Hydration	<b>THU</b> <input type="checkbox"/> Meals <input type="checkbox"/> Workout <input type="checkbox"/> Hydration	<b>FRI</b> <input type="checkbox"/> Meals <input type="checkbox"/> Workout <input type="checkbox"/> Hydration	<b>SAT</b> <input type="checkbox"/> Meals <input type="checkbox"/> Workout <input type="checkbox"/> Hydration	<b>SUN</b> <input type="checkbox"/> Meals <input type="checkbox"/> Workout <input type="checkbox"/> 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!