



7-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!



2GUYSWITHKNIVES

MEAL PREP

ROTATION

MENU 3 OF 4

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

DAY 6

BREAKFAST

MINI NUTELLA OATS

CAL	PROT	CARBS
320	8	40
FAT	FIBER	
14	7	



LUNCH

AAA BEEF STEW

CAL	PROT	CARBS
370	33	37
FAT	FIBER	
9	6	



DINNER

KUNG PAO CHICKEN

CAL	PROT	CARBS
590	48	36
FAT	FIBER	
32	8	



TOTAL PER DAY:
1280 CAL
89 GR PROTEIN
113 GR CARBS
55 GR FAT
21 GR FIBER

DAY 7

BREAKFAST

MINI PUMPKIN SPICE PROTEIN OATS

CAL	PROT	CARBS
330	8	48
FAT	FIBER	
13	6	



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:
1470 CAL
88 GR PROTEIN
104 GR CARBS
83 GR FAT
18 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 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 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
	Pumpkin Spice Protein Oats 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
	Nutella Oats 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)
	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

DETAILED MENU INGREDIENTS

LUNCH

	AAA Beef Stew 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
	Wild Herb Rubbed Basa 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
	Lemon Basil Sirloin Strips 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
	Sun-Dried Tomato Chicken 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
	Korean BBQ Chicken with Yam Mash & Seasonal Veggies	Chicken breast, Korean bbq spices, yam mash (yams, olive oil), broccoli, zucchini, herbs & spices

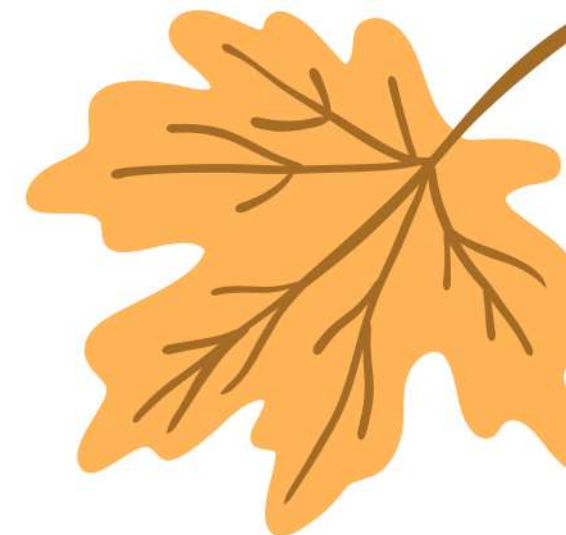
DETAILED MENU INGREDIENTS

DINNER

	Beef Taco Salad 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
	Wild Piri Piri Salmon 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
	Kung Pao Chicken 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
	Chimichuri Striploin 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.
	Minced Tomato Beef & Broccoli 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



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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
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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!