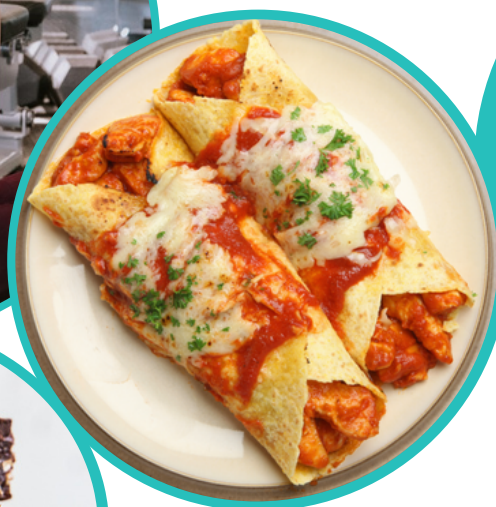


# The TaylaMade Main Menu



Hi! I am Tayla van Melsen the owner and founder of TaylaMade Meals. Health and fitness are a huge priority for me, and I love to put a healthy spin on all of my meals- enabling delicious nutrition without the guilt.

I am here to show you that healthy food can be super decadent and delicious, and still propel you to your goal body. Whether you're on a health mission or not, you'll be wanting more!



Your nutrition  
TaylaMade!

👉 We offer special packages and we can assist to design a meal plan according to your goals or dietary requirements.

👉 All our meals are gluten, sugar & msg free!

### Shortcut Keys:

- 👉 Banting-friendly~ BF
- 👉 Dairy-free~ DF
- 👉 Gluten-free~ GF
- 👉 Keto-friendly~ KETO
- 👉 Paleo-friendly~PF
- 👉 Vegetarian~ VEG
- 👉 Vegan~ VGN

First price displayed is Small | and then Large Meals Price.



Small  
250g



Large  
450g

R94,00 | R131,60

# Breakfast:

   
Small – 250g | Large – 450g

## B1 Superfood scramble & sweet potato breakfast hash

(BF, GF, KETO) .....  R69,90 | R94,90

Scrambled eggs, sautéed broccoli, roasted sweet potato, parmesan shavings, baby spinach, curried sunflower seeds, and spring onion.

\* Swap eggs for tofu +R30.00

*Nutrition Small 250g: Calories 301 | Protein 25g | Fat 12g | Carbs 11g |*

*Nutrition Large 450g: Calories 371 | Protein 33g | Fat 15g | Carbs 26g |*

## B2 Beefed-up salsa omelette

(BF, DF, GF, KETO, PF).....  R74,90 | R99,90

Spiced lean ground beef paired with tangy low-carb salsa and wrapped up in a delicious 3-egg omelette.

\* Add one slice keto almond loaf +R30.00

\* Add one slice health loaf +R15.00

*Nutrition Small 250g: Calories 370 | Protein 27g | Fat 28g | Carbs 3g |*

*Nutrition Large 450g: Calories 498 | Protein 43g | Fat 34g | Carbs 5g |*

## B3 Chocolate protein overnight oats

(VEG).....  R84,90 | R119,90

Creamy oats infused with cinnamon, plain Greek yoghurt, maple syrup, chia seeds, raw almonds, chopped dates, and almond milk.

\* Vegan or vegetarian – swap yoghurt with coconut cream +R12.00

*Nutrition Small 250g: Calories 437 | Protein 52g | Fat 8g | Carbs 41g |*

*Nutrition Large 450g: Calories 631 | Protein 66g | Fat 11g | Carbs 67g |*

## B4 Sweet potato breakfast boat

(BF, DF, GF, VEG, VGN).....  R74,90 | R99,90

A whole-baked cinnamon sweet potato stuffed with creamy peanut butter, sliced banana, cacao nibs, chia seeds and coconut cream.

*Nutrition Small 250g: Calories 386 | Protein 23g | Fat 5g | Carbs 65g |*

*Nutrition Large 450g: Calories 485 | Protein 28g | Fat 9g | Carbs 73g |*

## B5 Black bean breakfast burrito

(DF, VEG, VGN).....  R79,90 | R109,90

Spiced black beans, turmeric-spiced tofu, roasted peppers, roasted potatoes, chipotle aioli, salsa fresca, and guacamole wrapped up in a whole-wheat tortilla.

\* Not vegan or vegetarian? Swap tofu with beef mince +R25.00

*Nutrition Small 250g: Calories 501 | Protein 41g | Fat 25g | Carbs 28g |*

*Nutrition Large 450g: Calories 631 | Protein 49g | Fat 31g | Carbs 39g |*

## B6 Chocolate protein waffles

(DF, GF, KETO, PF, VEG, VGN).....  R99,90 | R139,90

Healthy and delicious chocolate protein waffles topped with berry compote, coconut cream, and organic almond nut butter.

*Nutrition Small One Waffle: Calories 376 | Protein 26g | Fat 25g | Carbs 12g |*

*Nutrition Large Two Waffles: Calories 583 | Protein 52g | Fat 31g | Carbs 24g |*

## B7 Keto chocolate & orange-spiced granola

(BF, GF, KETO) .....  R99,90 | R139,90

A healthy, crunchy homemade granola that contains mixed nuts, seeds, coconut, accents of orange zest, and broken up sugar-free chocolate chips served on thick creamy plain yoghurt.

*Nutrition Small 1/2 cup granola: Calories 370 | Protein 8g | Fat 36g | Carbs 10g |*

*Nutrition Large 1 cup granola: Calories 516 | Protein 16g | Fat 44g | Carbs 14g |*

## B8 Nourish berry crumble

(DF, GF, VEG, VGN).....  R55,90 | R79,90

Homemade granola crust consisting of crunchy baked oat flakes, almond flour, coconut flakes, crushed almonds and pecans, and baked with a sweet, juicy antioxidant-rich mixed berry filling.

*Nutrition Small 250g: Calories: 424 | Protein 5g | Fat 29g | Carbs 42g |*

*Nutrition Large 450g: Calories 623 | Protein 9g | Fat 39g | Carbs 59g |*

## B9 Keto eggs benedict with almond loaf

(BF, DF, GF, KETO, PF, VEG).....  R74,90 | R99,90

Two poached eggs with wilted spinach, our TaylaMade creamy lemon hollandaise sauce, and macon. Served with a low-carb slice of the almond loaf.

\* Add a low-carb slice of the almond loaf **+R30.00**

\* Vegetarian? Swap macon for a slice of cheddar cheese

\* Not on a keto diet? Swap almond flour loaf with potato rösti

*Nutrition Small 250g: Calories 514 | Protein 22g | Fat 44g | Carbs 8g |*

*Nutrition Large 450g: Calories 540 | Protein 26g | Fat 53g | Carbs 10g |*

## B10 Protein banana bread

(DF, GF, VEG, VGN).....  R74,90 | R104,90

Moist cinnamon and banana infused gluten-free loaf with chia seeds, crushed pecan nuts, together with a delicious smooth creamy almond butter spread and a drizzle of maple syrup.

*Nutrition Small 2 slices: Calories 238 | Protein 7g | Fat 11g | Carbs 28g |*

*Nutrition Large 4 slices: Calories 476 | Protein 14g | Fat 22g | Carbs 56g |*

## B11 Loaded scrambled eggs

(BF, GF, KETO, VEG) .....  R59,90 | R74,90

Scrambled eggs topped with salsa, cheddar cheese, sautéed rosa tomatoes, baby spinach, and chopped chives.

*Nutrition Small 250g: Calories 386 | Protein 22g | Fat 30 | Carbs 9g |*

*Nutrition Large 450g: Calories 516 | Protein 31g | Fat 32g | Carbs 13g |*

## B12 Loaded baked beans on toast

(DF, VEG, VGN) .....  R59,90 | R79,90

Smoky paprika baked beans with balsamic tomatoes and crispy garlic toast.

*Nutrition Small One slice: Calories 301 | Protein 16g | Fat 9g | Carbs 17g |*

*Nutrition Large Two slices: Calories 450 | Protein 38g | Fat 18g | Carbs 34g |*



# Bowls & Salads:



## BW1 Mexican steak with sweet potato wedges & bean salad

(GF, PF) .....  R129,90 | R179,90

Butter-roasted sweet potato and tenderly spiced rump steak strips with a side of garlic- roasted green beans and roasted almond flakes.

*Nutrition Small 250g: Calories 493 | Protein 27g | Fat 25g | Carbs 40g |*

*Nutrition Large 450g: Calories 679 | Protein 44g | Fat 31g | Carbs 56g |*

## BW2 Loaded baked potato chicken salad

(GF).....  R64,90 | R89,90

White potato chunks, tangy sour cream, grated cheddar cheese, shredded chicken pieces, chopped chives, broccoli, and crispy and smoky macon.

*Nutrition Small 250g: Calories 387 | Protein 30g | Fat 18g | Carbs 28g |*

*Nutrition Large 450g: Calories 558 | Protein 51g | Fat 22g | Carbs 39g |*

## BW3 Ranch mielie bowl

(GF).....  R99,90 | R139,90

Creamy ranch marinated chicken pieces with wild and brown rice, roasted corn, black beans, pico de gallo, light coleslaw, red onion, cheddar cheese, cilantro-lime vinaigrette, and jalapeños with a swirl of lemon zest and dill yoghurt dressing.

*Nutrition Small 250g: Calories 394 | Protein 40g | Fat 9g | Carbs 39g |*

*Nutrition Large 450g: Calories 648 | Protein 64g | Fat 16g | Carbs 62g |*

## BW4 Whole 30 harvest bowl

(GF, PF) .....  R99,90 | R139,90

Blackened grilled chicken with a wild and brown rice medley, diced apple, crumbled feta cheese, roasted sweet potatoes, roasted beetroot, dried cranberries, toasted almonds and a tangy balsamic vinaigrette.

*Nutrition Small 250g: Calories 452 | Protein 32g | Fat 16g | Carbs 45g |*

*Nutrition Large 450g: Calories 609 | Protein 51g | Fat 21g | Carbs 54g |*

## BW5 Whole 30 golden falafel bowl

(DF, GF, VEG, VGN) .....  R69,90 | R99,90

Golden-baked sweet potato falafels with roasted red and yellow peppers, spiced mushrooms, wild and brown rice, and crunchy seasonal greens, with a drizzle of sweet maple tahini.

*Nutrition Small 250g: Calories 368 | Protein 26g | Fat 16g | Carbs 30g |*

*Nutrition Large 450g: Calories 487 | Protein 31g | Fat 19g | Carbs 48g |*

## BW6 Chipotle steak salad

(BF, DF, GF, PF).....  R134,90 | R159,90

Chipotle rump steak strips with roasted pumpkin, baby spinach, toasted pumpkin seeds, avocado, cherry tomatoes, and a tangy balsamic vinaigrette.

*Nutrition Small 250g: Calories 447 | Protein 30g | Fat 30g | Carbs 18g |*

*Nutrition Large 450g: Calories 620 | Protein 48g | Fat 36g | Carbs 26g |*

## BW7 Teriyaki ground beef skillet

(DF, GF, PF).....  R119,90 | R154,90

Lean beef mince sautéed in a sweet and sour low-carb teriyaki marinade, coupled with roasted peppers and white basmati rice.

*Nutrition Small 250g: Calories 426 | Protein 31g | Fat 10g | Carbs 53g |*

*Nutrition Large 450g: Calories 658 | Protein 50g | Fat 18g | Carbs 74g |*

# Wraps & Burger Things :



## WR1 BBQ chicken quesadilla melt

R89,90 | R124,90

Shredded grilled chicken, cheddar cheese, light BBQ sauce and tomato salsa, sandwiched between two whole-grain tortilla wraps and toasted until golden.

\* Add sweet potato fries +R20.00

*Nutrition Small 250g: Calories 517 | Protein 33g | Fat 18g | Carbs 52g |*

*Nutrition Large 450g: Calories 713 | Protein 46g | Fat 29g | Carbs 67g |*

## WR2 Lettuce-wrapped chicken burger

(BF, DF, KETO, PF)..... R74,90 | R99,90

Lettuce-wrapped grilled chicken patty, marinated in Moroccan seasoning and topped with sliced tomato, avocado, red onion and a Banting ranch dressing.

\*Add crispy zucchini fries +R20.00

*Nutrition Small 250g: Calories 271 | Protein 32g | Fat 15g | Carbs 2g |*

*Nutrition Large 450g: Calories 462 | Protein 51g | Fat 26g | Carbs 6g |*

## WR3 Low-carb Mexican chipotle wrap

R84,90 | R116,90

Spiced ground beef, shredded iceberg lettuce, cheddar cheese, chopped red cabbage, caramelised onions and grated carrot wrapped in a low-carb wrap.

\*Add sweet potato fries +R20.00

*Nutrition Small 250g: Calories 314 | Protein 31g | Fat 14g | Carbs 16g |*

*Nutrition Large 450g: Calories 513 | Protein 49g | Fat 21g | Carbs 32g |*

## WR4 Tzatziki chicken shawarma pita pocket

R94,90 | R129,90

Tender chicken pieces coated in tzatziki, light sweet chilli, chopped tomato, grated carrot, chopped cabbage, and grilled pineapple stuffed into a pita pocket.

\* Add sweet potato fries +R20.00

*Nutrition Small 250g: Calories 442 | Protein 30g | Fat 13g | Carbs 46g |*

*Nutrition Large 450g: Calories 601 | Protein 48g | Fat 21g | Carbs 55g |*

## WR5 Deconstructed BBQ burger bowl

(BF, DF, GF, KETO, PF) ..... R99,90 | R139,90

A juicy grilled beef patty with a low-carb BBQ sauce, crispy macon bits, caramelised onions, smashed avocado, chopped tomato, and sliced gherkin on a crispy lettuce bed.

\* Add sweet potato fries +R20.00

\* Add crispy zucchini fries +R20.00

*Nutrition Small 250g: Calories 371 | Protein 34g | Fat 24g | Carbs 3g |*

*Nutrition Large 450g: Calories 469 | Protein 44g | Fat 29g | Carbs 8g |*

## WR6 Smoky lentil jalapeño burger

(DF, VEG, VGN)..... R64,90 | R89,90

Spiced sweet potato and lentil patty stacked with jalapeños, vegan coconut "bacon", BBQ sauce, vegan cheese, and chipotle cashew cream.

\* Add sweet potato fries +R20.00

*Nutrition Small 250g: Calories 495 | Protein 16g | Fat 25g | Carbs 58g |*

*Nutrition Large 450g: Calories 661 | Protein 26g | Fat 29g | Carbs 74g |*

# Pizza:



Small – 2 slices | Large – 4 slices

## P1 Italian Meatza pizza

(BF, GF, KETO).....  R49,90 | R64,90

Ground beef, onion, green peppers, garlic and cheddar on a low-carb, gluten-free pumpkin pizza crust.

*Nutrition Small 2 slices: Calories 520 | Protein 37g | Fat 42g | Carbs 4g |*

*Nutrition Large 4 slices: Calories 1084 | Protein 74g | Fat 84g | Carbs 8g |*

## P2 Tandoori chicken wrap pizza

.....  R51,90 | R61,90

Tomato-base toasted pizza wrap with roasted red pepper, tandoori chicken, and caramelised red onions.

*Nutrition Small 2 slices: Calories 442 | Protein 30g | Fat 13g | Carbs 46g |*

*Nutrition Large 4 slices: Calories 806 | Protein 60g | Fat 22g | Carbs 92g |*

## P3 Chicken & feta pizza

(BF, GF, KETO) .....  R79,90 | R114,90

Crispy almond pizza crust topped with tender chicken pieces, feta cheese, basil pesto, mozzarella cheese, and sliced avocado.

*Nutrition Small 2 slices: Calories 464 | Protein 44g | Fat 28g | Carbs 7g |*

*Nutrition Large 4 slices: Calories 896 | Protein 84g | Fat 56g | Carbs 14g |*

## P4 Pesto-mozzarella pizza

(BF, GF, KETO, VEG) .....  R89,90 | R129,90

Tomato-base almond pizza crust topped with mozzarella, caramelised onions, basil pesto and sundried tomatoes.

\* Vegan? Swap out mozzarella with vegan cheese +R30.00

*Nutrition Small 2 slices: Calories 296 | Protein 17g | Fat 24g | Carbs 10g |*

*Nutrition Large 4 slices: Calories 648 | Protein 34g | Fat 48g | Carbs 20g |*

# Pasta:



Small – 250g | Large – 450g

## PS1 Sun-dried tomato chicken gnocchi

.....  R94,90 | R129,90

Creamy sun-dried tomato gnocchi pockets filled with tender pieces of chicken, roasted mushrooms and crushed almonds.

\* Swap with gluten-free pasta +R25.00

*Nutrition Small 250g: Calories 393 | Protein 13g | Fat 11g | Carbs 54g |*

*Nutrition Large 450g: Calories 555 | Protein 21g | Fat 15g | Carbs 84g |*

## PS2 Italian passata lentil & mushroom bolognese

(VEG, VGN).....  R89,90 | R119,90

Lentil and mushrooms infused in a rich basil-tomato bolognese sauce and served with spaghetti.

\* Swap with gluten-free pasta +R25.00

*Nutrition Small 250g: Calories 380 | Protein 16g | Fat 12g | Carbs 52g |*

*Nutrition Large 450g: Calories 471 | Protein 22g | Fat 15g | Carbs 62g |*

## PS3 Pasta arrabiata with juicy meatballs

 R119,90 | R164,90

A spicy homemade red tomato pasta sauce paired with spaghetti and juicy meatballs.

\* Swap with gluten-free pasta +R25.00

Nutrition Small 250g: Calories 609 | Protein 22g | Fat 30g | Carbs 68g |

Nutrition Large 450g: Calories 792 | Protein 35g | Fat 36g | Carbs 82g |

## PS4 Keto mushroom alfredo

(BF, GF, KETO, VEG)..... R69,90 | R99,90

Roasted and spiced mushrooms in a cream sauce with parmesan cheese and spiralized zucchini noodles.

\* Swap with normal or gluten-free pasta +R25.00

Nutrition Small 250g: Calories 287 | Protein 24g | Fat 8g | Carbs 11g |

Nutrition Large 450g: Calories 331 | Protein 29g | Fat 15g | Carbs 20g |

## PS5 Beefy taco lasagne

(BF, GF, KETO)..... R114,90 | R149,90

Cheesy ground beef and layers of thinly sliced zucchini with a low-carb creamy garlic white sauce and topped with oozing cheddar and mozzarella cheese.

Nutrition Small 250g: Calories 440 | Protein 37g | Fat 29g | Carbs 9g |

Nutrition Large 450g: Calories 567 | Protein 49g | Fat 35g | Carbs 14g |

## PS6 Cashew chicken chow mein

(DF, GF)..... R89,90 | R114,90

Chicken breast pieces marinated in a light sweet and sour glaze, with cashew nuts, broccoli, snap peas, fresh coriander, and Chinese rice noodles.

Nutrition Small 250g: Calories 357 | Protein 38g | Fat 3g | Carbs 71g |

Nutrition Large 450g: Calories 606 | Protein 53g | Fat 6g | Carbs 85g |

# Soups:

## SP1 Creamy cauliflower soup with macon

(BF, GF, KETO, PF) ..... R69,90 | R89,90

Creamy onion and cheesy cauliflower soup with tasty macon bits and spring onions.

Nutrition Small 250ml: Calories 236 | Protein 12g | Fat 14g | Carb 5g |

Nutrition Large 500ml: Calories 301 | Protein 19g | Fat 21g | Carbs 9g |



## SP2 Ramen chicken noodle soup

(DF, GF) .....  R64,90 | R99,90

Grilled chicken breast pieces with ramen noodles and perfectly spiced with a warming chicken stock infused with ginger, chilli, lemongrass and garlic.

*Nutrition Small 250ml: Calories 387 | Protein 30g | Fat 18g | Carbs 28g |*

*Nutrition Large 500ml: Calories 531 | Protein 42g | Fat 23g | Carbs 39g |*

## SP3 Creamy butternut & smoky chickpea soup

(DF, GF, PF, VEG, VGN).....  R44,90 | R64,90

A heart-warming creamy, thick butternut soup with spicy and smoky chickpeas.

*Nutrition Small 250ml: Calories 425 | Protein 8g | Fat 17g | Carbs 60g |*

*Nutrition Large 500ml: Calories 538 | Protein 13g | Fat 22g | Carbs 72g |*

## SP4 Sweet potato & coconut dhal soup

(DF, GF, PF, VEG, VGN).....  R64,90 | R84,90

A delicious, creamy coconut soup packed with immune-boosting ginger, carrot and sweet potato.

*Nutrition Small 250ml: Calories 334 | Protein 18g | Fat 14g | Carbs 34g |*

*Nutrition Large 500ml: Calories 447 | Protein 22g | Fat 19g | Carbs 47g |*

# Casseroles & Stews:

## C1 Traditional Cape bobotie

(GF).....  R84,90 | R114,90

A traditional Cape Malay curried ground beef bake with a golden savoury custard topping. Served with turmeric white basmati rice and stewed sweet and spicy raisins.

*Nutrition Small 250g: Calories 386 | Protein 43g | Fat 16g | Carbs 20g |*

*Nutrition Large 450g: Calories 562 | Protein 51g | Fat 22g | Carbs 40g |*

## C2 Chicken cacciatore couscous

(DF).....  R99,90 | R139,90

Tender chicken thighs, slow-simmered tomato chickpeas with Mediterranean vegetables, Italian spices, and kalamata olives. Served with couscous.

*Nutrition Small 250g: Calories 620 | Protein 48g | Fat 16g | Carbs 65g |*

*Nutrition Large 450g: Calories 830 | Protein 67g | Fat 24g | Carbs 91g |*

## C3 Comfy beef chilli

(DF, GF).....  R104,90 | R142,90

Spiced ground beef in a rich, robust tomato sauce tossed with kidney beans, roasted butternut, and wild and brown rice.

*Nutrition Small 250g: Calories 443 | Protein 47g | Fat 14g | Carbs 27g |*

*Nutrition Large 450g: Calories 627 | Protein 56g | Fat 23g | Carbs 49g |*

## C4 Peanut satay chicken

(GF, PF) .....  R109,90 | R159,90

Delicious yoghurt and peanut marinated chicken breast pieces with fragrant turmeric-spiced sweet potatoes, topped with fried onions and fresh herbs.

*Nutrition Small 250g: Calories 384 | Protein 27g | Fat 17g | Carbs 65g |*

*Nutrition Large 450g: Calories 707 | Protein 43g | Fat 27g | Carbs 73g |*

## C5 Moroccan fish stew

(DF).....  R109,90 | R149,90

Saucy chickpea, tomato, and bell pepper medley with chunky pieces of hake, warm Moroccan spices, and couscous.

*Nutrition Small 250g: Calories 521 | Protein 43g | Fat 16g | Carbs 51g |*

*Nutrition Large 450g: Calories 786 | Protein 65g | Fat 22g | Carbs 82g |*

## C6 Low-carb beef stew

(BF, GF, KETO, PF) .....  R119,90 | R169,90

Low-carb robust tomato beef stew with spiced zucchini, onion, roasted red pepper, and cauliflower rice.

*Nutrition Small 250g: Calories 410 | Protein 36g | Fat 22g | Carbs 9g |*

*Nutrition Large 450g: Calories 523 | Protein 45g | Fat 31g | Carbs 16g |*

## C7 Keto cottage pie

(BF, DF, GF, KETO, PF).....  R89,90 | R129,90

Creamy garlic- and herb-loaded cauliflower mash with a layer of spiced Korean ground beef.

*Nutrition Small 250g: Calories 371 | Protein 28g | Fat 24g | Carbs 12g |*

*Nutrition Large 450g: Calories 545 | Protein 52g | Fat 29g | Carbs 19g |*

## C8 Orange buddha bowl

(DF, GF, VEG, VGN) .....  R69,90 | R89,90

Fresh immune-boosting orange segments, with spiced warm black beans, roasted sunflower seeds, wild and brown rice, leafy greens, and a zesty orange vinaigrette.

*Nutrition Small 250g: Calories 423 | Protein 17g | Fat 15g | Carbs 61g |*

*Nutrition Large 450g: Calories 542 | Protein 22g | Fat 18g | Carbs 73g |*

# Our Favorite Low-Carb Mains:

## KB1 Butter & sage filet

(BF, DF, GF, KETO, PF) .....  R99,90 | R139,90

Butter and sage filet with coconut-creamed mushrooms and cinnamon-spiced roasted pumpkin.

*Nutrition Small 250g: Calories 518 | Protein 53g | Fat 32g | Carbs 4g |*

*Nutrition Large 450g: Calories 622 | Protein 63g | Fat 38g | Carbs 7g |*

## KB2 Low-carb cashew chicken stir-fry

(BF, DF, GF, KETO, PF) .....  R79,90 | R129,90

Low-carb sweet chilli chicken pieces tossed with toasted cashew nuts and sautéed green vegetables.

*Nutrition Small 250g: Calories 277 | Protein 25g | Fat 15g | Carbs 9g |*

*Nutrition Large 450g: Calories 413 | Protein 45g | Fat 21g | Carbs 11g |*

## KB3 Firecracker prawns with stir-fried greens

(BF, DF, GF, KETO, PF) .....  R142,90 | R199,90

Chilli- and ginger-spiced baby prawn stir-fry with fresh stir-fried green vegetables.

*Nutrition Small 250g: Calories 334 | Protein 58g | Fat 6g | Carbs 10g |*

*Nutrition Large 450g: Calories 431 | Protein 69g | Fat 11g | Carbs 14g |*

## KB4 Keto chicken schnitzel

(BF, DF, GF, KETO, PF) .....  R81,90 | R114,90

Parmesan cheese and almond flour-coated chicken breasts with roasted green beans and broccoli.

*Nutrition Small 250g: Calories 428 | Protein 48g | Fat 24g | Carbs 5g |*

*Nutrition Large 450g: Calories 632 | Protein 67g | Fat 36g | Carbs 10g |*

## KB5 Parma chicken melt

(BF, GF, KETO).....  R74,90 | R99,90

Chicken and zucchini layers baked with macon and smothered with mozzarella and parmesan cheese.

*Nutrition Small 250g: Calories 354 | Protein 32g | Fat 13g | Carbs 8g |*

*Nutrition Large 450g: Calories 476 | Protein 51g | Fat 24g | Carbs 14g |*

## KB6 Keto beef stroganoff

(BF, GF, KETO).....  R114,90 | R144,90

Spiced steak strips smothered in a creamy mushroom sauce, served with zucchini noodles and topped with grated parmesan cheese.

*Nutrition Small 250g: Calories 418 | Protein 31g | Fat 27g | Carbs 6g |*

*Nutrition Large 450g: Calories 622 | Protein 49g | Fat 42g | Carbs 12g |*

## KB7 Low-carb BBQ chicken enchiladas

(BF, DF, GF, KETO, PF).....  R89,90 | R119,90

Shredded chicken with sweet and tangy BBQ sauce, traditional red enchilada sauce, and gooey cheese wrapped up in a tortilla and lightly toasted.

*Nutrition Small 250g: Calories 306 | Protein 30g | Fat 14g | Carbs 18g |*

*Nutrition Large 450g: Calories 496 | Protein 54g | Fat 20g | Carbs 25g |*

## KB8 Keto Mongolian beef

(BF, GF, KETO, PF).....  R89,90 | R119,90

Sliced flank beef with a soya-ginger sweet tangy sauce and served with freshly sautéed broccoli and spring onions.

*Nutrition Small 250g: Calories 331 | Protein 40g | Fat 17g | Carbs 5g |*

*Nutrition Large 450g: Calories 534 | Protein 64g | Fat 26g | Carbs 11g |*

# Plant-Based Mains:

## V1 Hearty pinto bean chilli

(DF, GF, VEG, VGN) .....  R84,90 | R114,90

Smoky butternut squash chilli with quinoa, pinto beans, tomato chilli, and wild and brown rice.

*Nutrition Small 250g: Calories 387 | Protein 31g | Fat 7g | Carbs 50g |*

*Nutrition Large 450g: Calories 518 | Protein 37g | Fat 10g | Carbs 70g |*

## V2 Cashew cauliflower korma curry

(DF, GF, VEG, VGN).....  R89,90 | R129,90

Coconut-creamed cauliflower, carrots, zucchini, spinach, and roasted cashew nuts cooked in a creamy turmeric and coconut sauce and served with authentic Indian curry spices and brown rice.

*Nutrition Small 250g: Calories 334 | Protein 6g | Fat 26g | Carbs 19g |*

*Nutrition Large 450g: Calories 439 | Protein 10g | Fat 31g | Carbs 30g |*

## V3 Buffalo chickpea stuffed sweet potato

(DF, GF, VEG, VGN).....  R89,90 | R124,90

Tandoori-spiced roasted chickpeas stuffed into a baked sweet potato and topped with a vegan cashew ranch dressing.

*Nutrition Small 250g: Calories 485 | Protein 10g | Fat 29g | Carbs 46g |*

*Nutrition Large 450g: Calories 599 | Protein 16g | Fat 35g | Carbs 55g |*

## V4 Chickpea & sweet potato stew

(DF, GF, VEG, VGN).....  R69,90 | R94,90

Hearty ginger sweet potato and coconut milk stew with turmeric-spiced chickpeas, spinach, and coriander.

*Nutrition Small 250g: Calories 242 | Protein 11g | Fat 10g | Carbs 27g |*

*Nutrition Large 450g: Calories 358 | Protein 15g | Fat 14g | Carbs 43g |*

## V5 Golden red lentil & sweet potato dhal

(DF, GF, VEG, VGN).....  R74,90 | R104,90

Golden turmeric- and tamari-infused red lentil dhal with cilantro-speckled white basmati rice.

*Nutrition Small 250g: Calories 342 | Protein 19g | Fat 10g | Carbs 44g |*

*Nutrition Large 450g: Calories 460 | Protein 26g | Fat 12g | Carbs 62g |*

## V6 Lemongrass Thai green curry with quinoa

(DF, GF, VEG, VGN) .....  R99,90 | R129,90

Lemongrass, turmeric, and tamarind spiced curried stew with coconut creamed chickpeas, fresh leafy greens, quinoa and fluffy white basmati rice.

\* Very mild for those sensitive to hot food and a sensitive stomach

*Nutrition Small 250g: Calories 492 | Protein 25g | Fat 16g | Carbs 62g |*

*Nutrition Large 450g: Calories 596 | Protein 30g | Fat 20g | Carbs 74g |*

## V7 Marinara “ricotta” lasagne

(DF, GF, VEG, VGN).....  R94,90 | R124,90

Protein-packed lentil marinara sauce and tofu-cashew ricotta lasagne with fresh spinach and a smooth garlic coconut cream layer.

*Nutrition Small 250g: Calories 508 | Protein 33g | Fat 12g | Carbs 67g |*

*Nutrition Large 450g: Calories 602 | Protein 39g | Fat 14g | Carbs 80g |*

## V8 Maple-roasted pecan & wild rice pilaf

(GF, PF, VEG, VGN).....  R79,90 | R109,90

Cranberries, pecans, cinnamon-roasted butternut, and wild and brown rice. Served with sweet maple-roasted red onions, carrots, and zucchini.

*Nutrition Small 250g: Calories 286 | Protein 8g | Fat 10g | Carbs 41g |*

*Nutrition Large 450g: Calories 446 | Protein 14g | Fat 18g | Carbs 57g |*

## V9 Crispy peanut tofu & cauliflower rice stir-fry

(DF, GF, VEG, VGN).....  R89,90 | R119,90

Sweet and sour sesame-glazed tofu with spiced cauliflower rice and dressed in a creamy peanut satay dressing.

*Nutrition Small 250g: Calories 326 | Protein 17g | Fat 18g | Carbs 24g |*

*Nutrition Large 450g: Calories 497 | Protein 25g | Fat 25g | Carbs 43g |*

## V10 Sloppy Joe burger

(DF, VEG, VGN).....  R59,90 | R84,90

Smoky tomato lentil and crushed pecan loaded burger bun – the ultimate comfort food without the enormous calories of a typical burger!

*Nutrition Small 250g: Calories 510 | Protein 15g | Fat 30g | Carbs 45g |*

*Nutrition Large 450g: Calories 672 | Protein 24g | Fat 36g | Carbs 63g |*

## V11 Power veggie burger

(DF, VEG, VGN) .....  R64,90 | R89,90

Chickpea and sweet potato patty with sweet and sour pickles, chopped lettuce, garlic aioli vegan mayonnaise and caramelised onions. Served on a fresh bun and accompanied by sweet potato fries.

*Nutrition Small 250g: Calories 419 | Protein 14g | Fat 7g | Carbs 75g |*

*Nutrition Large 450g: Calories 593 | Protein 22g | Fat 13g | Carbs 97g |*

## V12 Best vegan enchilada

(DF, GF, VEG, VGN).....  R79,90 | R109,90


Plant-based “sausage meat” with paprika and cumin fried black beans, vegan cheese, tomato salsa, cashew sour cream, guacamole, and chopped spring onion.

*Nutrition Small 250g: Calories 320 | Protein 14g | Fat 8g | Carbs 48g |*

*Nutrition Large 450g: Calories 502 | Protein 17g | Fat 14g | Carbs 77g |*



# Kid's Menu:

 All Kids Meals are 150g. Additions and/or subtractions and/or changes to kids' menu items extra charge of R 15.00 per meal.

K1 Cheeseburger and fries .....	R49,90
K2 Healthy mac n cheese .....	R49,90
K3 Spaghetti bolognaise .....	R49,90
K4 Margarita pizza .....	R49,90
K5 Pork bangers and mash (GF) .....	R49,90
K6 Cheesy gluten-free chicken alfredo (GF) .....	R49,90
K7 Bolognaise mince and mash (DF, GF, PF) .....	R49,90
K8 Baked chicken strips and sweet potato fries (DF, GF) .....	R49,90
K9 Fish fingers and chips (DF) .....	R49,90
K10 Lasagne .....	R49,90
K11 Butternut cottage pie (BF, DF, GF, PF) .....	R49,90

## Cold-Pressed Juices:



Juices are 500ml

<b>J1 Boost</b> – orange, carrot, lemon, apple, and ginger.....	<b>R39,90</b>
<i>Nutrition 500ml: Calories 149   Protein 1g   Fat 1g   Carbs 39g  </i>	
<b>J2 Renew</b> – apple, spinach, cucumber, celery, lemon, and ginger.....	<b>R39,90</b>
<i>Nutrition 500ml: Calories 138   Protein 4g   Fat 2g   Carbs 26g  </i>	
<b>J3 Detox</b> – apple, cucumber, celery, carrot, lemon, and parsley.....	<b>R39,90</b>
<i>Nutrition 500ml: Calories 90   Protein 5g   Fat 0g   Carbs 18g  </i>	
<b>J4 Alkaline</b> – spinach, celery, apple, carrot, and cucumber.....	<b>R39,90</b>
<i>Nutrition 500ml: Calories 111   Protein 6g   Fat 0g   Carbs 22g  </i>	
<b>J5 Soothe</b> – pineapple, celery, orange, apple, beet, and turmeric.....	<b>R39,90</b>
<i>Nutrition 500ml: Calories 200   Protein 3g   Fat 1g   Carbs 51g  </i>	
<b>J6 Lift</b> – carrot, orange, pineapple, ginger, and cinnamon.....	<b>R39,90</b>
<i>Nutrition 500ml: Calories 194   Protein 4g   Fat 0g   Carbs 48g  </i>	
<b>J7 Confidence</b> – parsley, celery, spinach, cucumber, ginger, and carrot....	<b>R39,90</b>
<i>Nutrition 500ml: Calories 137   Protein 2g   Fat 1g   Carbs 30g  </i>	
<b>J8 Energy</b> – cucumber, celery, spinach, kale, and apple.....	<b>R39,90</b>
<i>Nutrition 500ml: Calories 133   Protein 3g   Fat 1g   Carbs 28g  </i>	



## SM1 Beet, Pray, Love

(DF, GF, VEG, VGN).....  R59,90

Strawberries, beetroot, pineapple, hemp seeds, ginger, spinach, maple syrup, and ice.  
Nutrition 500ml: Calories 245 | Protein 4g | Fat 6g | Carbs 51g |

## SM2 Dr Feel Good

(DF, GF, VEG, VGN).....  R59,90

Spinach, lemon, ginger, spirulina, maple syrup, mixed berries, apple, and ice.  
Nutrition 500ml: Calories 260 | Protein 19g | Fat 2g | Carbs 32g |

## SM3 Gut Glory

(DF, GF, VEG).....  R69,90

Plant-based protein powder, mixed berries, cinnamon, banana, plant-based milk, and honey.  
Nutrition 500ml: Calories 271 | Protein 30g | Fat 3g | Carbs 35g |

## SM4 Salted Caramel Soulmate

(DF, GF, PF, VEG, VGN).....  R79,90

Banana, dates, vanilla, almond and macadamia nut butter, whey protein, Himalayan salt, and ice.  
Nutrition 500ml: Calories 356 | Protein 18g | Fat 10g | Carbs 48g |

## SM5 Turn Back the Clock

(DF, GF, PF, VEG, VGN).....  R79,90

Blueberries, banana, avocado, almond butter, collagen, chia seeds, plant-based milk, and ice.  
Nutrition 500ml: Calories 201 | Protein 5g | Fat 7g | Carbs 28g |

## SM6 Cause I'm Happy!

(DF, GF, PF, VEG, VGN).....  R74,90

Spinach, mango, pineapple, cashews, banana, coconut milk, and ice.  
Nutrition 500ml: Calories 326 | Protein 5g | Fat 12g | Carbs 53g |

## SM7 Bonkers for Berries

(BF, DF, GF, PF, VEG, VGN).....  R69,90

Frozen blueberries, frozen strawberries, vanilla protein powder, almond milk, and ice.  
Nutrition 500ml: Calories 208 | Protein 27g | Fat 5g | Carbs 12g |

## SM8 Chocolate Bliss

(GF, PF, VEG) .....  R79,90

Cacao, banana, dates, peanut butter, plant-based milk, whey protein, plain low-fat yoghurt, and ice.  
Nutrition 500ml: Calories 349 | Protein 20g | Fat 15g | Carbs 33g |

## SM9 Kreamsicle Cinnamon Roll

(BF, GF, KETO) .....  R74,90

Vanilla extract, cinnamon, coconut milk, coconut oil, chia seeds, vanilla protein powder, almond milk, and ice.  
Nutrition 500ml: Calories 467 | Protein 24g | Fat 40g | Carbs 5g |

# Snacks:

Portion size: 30g.

## SN1 Healthy cookie dough bites

(BF, GF, VEG, VGN).....  R39,90

Oat flour, natural peanut butter, maple syrup, vegan chocolate chips, coconut oil, vanilla extract, and Himalayan salt.

Nutrition (serving size 3 balls or 30g per serving): Calories 164 | Protein 5g | Fat 13g | Carbs 6g |

## SN2 Power peanut butter protein bites

(GF, VEG).....  R49,90

Peanut butter, chia seeds, honey, rolled oats, and vanilla protein powder.

Nutrition (serving size 3 balls or 30g per serving): Calories 300 | Protein 13g | Fat 18g | Carbs 28g |

## SN3 Raw cocoa brownie bites

(BF, DF, GF, PF, VEG, VGN) .....  R44,90

Pecan nuts, Medjool dates, cocoa, vanilla extract, and Himalayan salt.

Nutrition (serving size 3 balls or 30g per serving): Calories 135 | Protein 2g | Fat 9g | Carbs 12g |

## SN4 Trail-mix

(DF, GF, PF, VEG, VGN) .....  R39,90

Pumpkin seeds, sunflower seeds, cacao nibs, raw almonds, sesame seeds, raisins, and cashew nuts.

Nutrition (serving size 30g): Calories 173 | Protein 5g | Fat 11g | Carbs 17g |

## SN5 Keto lemon cheesecake fat bombs

(BF, GF, KETO, VEG).....  R46,90

Cream cheese, coconut oil, vanilla extract, lemon zest, desiccated coconut, and almond flour.

Nutrition (serving size 3 balls or 30g per serving): Calories 213 | Protein 23g | Fat 22g | Carbs 2g |

## SN6 Superfood cacao & goji berry bliss balls

(DF, GF, PF, VEG, VGN).....  R49,90

Cacao, cashew nuts, coconut oil, goji berries, vanilla extract, maqui berry powder, sunflower seeds, and dates.

Nutrition (serving size 3 balls or 30g per serving): Calories 256 | Protein 5g | Fat 9g | Carbs 44g |



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