

The TaylaMade 28-day High Protein Sugar Detox Challenge

Are you ready to look and feel your best? Are you up for the challenge?

Our 28-day high protein cleanse plan is designed to kick-start healthy eating habits. They are designed for periods of your life that you need to reset and rejuvenate.

It is our lightest high protein meal plan. This plan is suitable for those looking to sustain their protein intake whilst enjoying rejuvenating meals. Packed full of energy and nutrients, lean protein is paired with whole grains, legumes and vegetables.

Our food is always fresh and produced by chefs in our Kyalami kitchen, with Tayla's very own recipe inspiration at the cornerstone.

Includes:

- 84 meals
- 28 days
- 3 meals a day
- Two deliveries per week

Day One

Breakfast

Superfood Scrambled Eggs and Sweet Potato Breakfast Hash

Calories 301 | Protein 25 | Fat 12 | Carbs 11 |

Lunch

Grilled Chicken Breast with a Baked Sweet Potato, Broccoli, and Green Beans

Calories 438 | Protein 43 | Fat 14 | Carbs 35 |

Dinner

Coconut Thai Butter Chicken with Cauliflower Rice

Calories 272 | Protein 25 | Fat 4 | Carbs 35 |

Day Two

Breakfast

Baked Nourish Berry Crumble

Calories 424 | Protein 22 | Fat 7 | Carbs

Lunch

Tri-color Quinoa & Chicken Buddha Bowl with creamy Almond butter drizzle and Roasted Sweet Potato

Calories 323 | Protein 26 | Fat 10 | Carbs 32 |

Dinner

Pumpkin Chicken Chili

Calories 253 | Protein 24 | Fat 12 | Carbs 14 |

Day Three

Breakfast

Baked Apple Pie Oats

Calories 351 | Protein 38 | Fat 8 | Carbs 32 |

Lunch

Greek-style Chicken Roulade with Sun-dried Tomato and Spinach

Calories 376 | Protein 35 | Fat 13 | Carbs 33 |

Dinner

One Pan Lean Beef Steak and Sauteed Green Beans

Calories 281 | Protein 28 | Fat 13 | Carbs 13 |

Day Four

Breakfast

Scrambled Egg Whites and Sauteed Sweet Peppers

Calories 307 | Protein 30 | Fat 3 | Carbs 20 |

Lunch

Oven-Roasted Hake with Tomato Salsa, & Spinach Superfood Salad

Calories 283 | Protein 30 | Fat 7 | Carbs 25 |

Dinner

Greek Chicken and Spaghetti Squash Bake

Calories 339 | Protein 40 | Fat 11 | Carbs 20 |

Day Five

Breakfast

Peanut butter and Banana Protein Pancakes

Calories | Protein 35 | Fat 14 | Carbs 48 |

Lunch

Mediterranean Butternut and roasted Brinjal bowl with Grilled Lemon Chicken

Calories 356 | Protein 36 | Fat 12 | Carbs 26 |

Dinner

Lean Beef Burger Patty with sauteed Baby Spinach and Red Onions

Calories 230 | Protein 30 | Fat 10 | Carbs 5 |

Day Six

Breakfast

Blueberry and Lemon Protein Overnight Oats

Calories 404 | Protein 26 | Fat 12 | Carbs 48 |

Lunch

Lemon Rosemary Chicken Breasts with sauteed Green Beans and roasted Pumpkin

Calories 340 | Protein 38 | Fat 13 | Carbs 16 |

Dinner

Herbs De Provence Chicken with Broccoli and Spaghetti Squash

Calories 230 | Protein 30 | Fat 10 | Carbs 5 |

Day Seven

Breakfast

Vanilla and Cinnamon Quinoa Porridge

Calories 386 | Protein 26 | Fat 7 | Carbs 52 |

Lunch

South-western Pulled Chicken with Cilantro Lime Slaw

Calories | Protein 30 | Fat 11 | Carbs 25 |

Dinner

Healthy Chicken Spaghetti Bolognaise

Calories 361 | Protein 20 | Fat 8 | Carbs 53 |

Day Eight

Breakfast

Collagen-cinnabomb Overnight Oats

Calories 317 | Protein 15 | Fat 13 | Carbs 35 |

Lunch

Chicken and Sesame Snow pea Rice Salad

Calories 379 | Protein 26 | Fat 11 | Carbs 44 |

Dinner

Chicken, Fennel and Cauliflower 'Risotto'

Calories 321 | Protein 41 | Fat 5 | Carbs 28 |

Day Nine

Breakfast

Berry and Granola Yogurt Pot

Calories 374 | Protein 16 | Fat 14 | Carbs 41 |

Lunch

Chicken, Edamame and Ginger Pilaf with crushed Almonds

Calories 436 | Protein 32 | Fat 9 | Carbs 52 |

Dinner

Mexican Style Oaxacan Chicken and Butternut Bowl

Calories 410 | Protein 36 | Fat 8 | Carbs 46 |

Day Ten

Breakfast

Scrambled Egg with One Slice Rye Toast

Calories 405 | Protein 26 | Fat 13 | Carbs 46 |

Lunch

Homemade Tuna Fishcakes and roasted Vegetables

Calories 292 | Protein 42 | Fat 6 | Carbs 16 |

Dinner

Shrimp Scampi with Zucchini Noodles

Calories 348 | Protein 26 | Fat 14 | Carbs 7 |

Day Eleven

Breakfast

Pineapple Coconut Overnight Oats

Calories 322 | Protein 24 | Fat 15 | Carbs 24 |

Lunch

Spiced Chicken and Cranberry Green Salad with Brown Rice

Calories 304 | Protein 41 | Fat 9 | Carbs 23 |

Dinner

Miso Steak with Toasted Sesame Green Salad

Calories 305 | Protein 32 | Fat 9 | Carbs 24 |

Day Twelve

Breakfast

Spiced Apple and Pecan Oat Porridge

Calories 421 | Protein 21 | Fat 16 | Carbs 44 |

Lunch

Thai Crunch Tuna Salad with Citrus-ginger dressing

Calories 248 | Protein 30 | Fat 5 | Carbs 20 |

Dinner

Gluten-free Chicken-pesto & Olive Pizza with Chickpea Flour Pizza Base

Serving: 2 slices

Calories 336 | Protein 32 | Fat 4 | Carbs 43 |

Day Thirteen

Breakfast

Blueberry and banana Protein Baked Oats

Calories 383 | Protein 16 | Fat 12 | Carbs 50 |

Lunch

Steamed White Fish Filet with Quinoa & Cilantro Sauce

Calories 340 | Protein 36 | Fat 10 | Carbs 25 |

Dinner

Pesto Chicken Stuffed Peppers

Calories 332 | Protein 21 | Fat 15 | Carbs 30 |

Day Fourteen

Breakfast

Gluten-free Blueberry Muffins

Serving: One Muffin

Calories 130 | Protein 3 | Fat 4 | Carbs 25 |

Lunch

Steamed Hake Filets with Quinoa & Cilantro Sauce

Calories 340 | Protein 36 | Fat 10 | Carbs 25 |

Dinner

Chicken Marsala with Pumpkin

Calories 355 | Protein 32 | Fat 12 | Carbs 23 |

Day Fifteen

Breakfast

Homemade Baked Almond and Coconut Granola Muesli

Calories 368 | Protein 18 | Fat 16 | Carbs 38 |

Lunch

Maple Ginger Chicken Stir-fry Bowl with Cauliflower Rice

Cals 270 | Protein 34 | Fat 5 | Carbs 21 |

Dinner

Chicken Cabbage Casserole

Calories 338 | Protein 29 | Fat 12 | Carbs 33 |

Day Sixteen

Breakfast

Ratatouille with a poached Egg

Calories 190 | Protein 12 | Fat 11 | Carbs 13 |

Lunch

BBQ Rainbow Beefed up Beet Salad

Calories 281 | Protein 21 | Fat 17 | Carbs 7 |

Dinner

Miso Roast Pumpkin and Beef Noodle Salad

Calories 281 | Protein 25 | Fat 7 | Carbs 45 |

Day Seventeen

Breakfast

South-western Omelet with Tomato Salsa, and Onions

Calories 194 | Protein 30 | Fat 6 | Carbs 5 |

Lunch

Warm Chicken And Broccoli Salad with Grapefruit Dressing

Calories 405 | Protein 39 | Fat 9 | Carbs 42 |

Dinner

Chicken, Strawberry and Avocado Salad with Orange Cider Vinaigrette

Calories 306 | Protein 24 | Fat 19 | Carbs 8 |

Day Eighteen

Breakfast

Almond and Berry Overnight Oats

Calories 296 | Protein 13 | Fat 12 | Carbs 34 |

Lunch

Thai Fish and Ginger Papaya Bowl with Leafy Greens

Calories 298 | Protein 38 | Fat 10 | Carbs 19 |

Dinner

Rosemary Chicken with Spinach & Baked Beans

Calories 348 | Protein 41 | Fat 9 | Carbs 25 |

Day Nineteen

Breakfast

Detox Cold-pressed Green Juice – apple, cucumber, celery, carrot, lemon, and parsley

Calories 111 | Protein 6 | Fat 0 | Carbs 22 |

Lunch

Chicken and Cauliflower Fried 'Rice'

Calories 325 | Protein 28 | Fat 13 | Carbs 24 |

Dinner

Citrus Chicken Noodle Bowl

Cals 272 | Protein 29 | Fat 4 | Carbs 30 |

Day Twenty

Breakfast

Acai berry and banana pancake bites

Serving: 2 small pancakes

Calories 305 | Protein 24 | Fat 5 | Carbs 41 |

Lunch

Thai Chicken, Orange and Wild Brown Rice Salad

Calories 373 | Protein 25 | Fat 15 | Carbs 35 |

Dinner

Asian Steak Kebabs with roasted Butternut

Calories 335 | Protein 25 | Fat 11 | Carbs 35 |

Day Twenty-one

Breakfast

Two Poached Eggs and Sauteed Mushrooms with Tomato Salsa

Calories 226 | Protein 16 | Fat 10 | Carbs 18 |

Lunch

Herb-crusted Hake with Green Summer Salad

Calories 201 | Protein 30 | Fat 7 | Carbs 5 |

Dinner

Teriyaki Steak and roasted Butternut and buttered Garlic Courgettes

Calories 215 | Protein 30 | Fat 7 | Carbs 8 |

Day Twenty-two

Breakfast

Blueberry and Coconut Bircher Muesli

Calories 381 | Protein 31 | Fat 13 | Carbs 35 |

Lunch

Chicken Meatballs and Spinach Pesto & Carrot Slaw

Calories 301 | Protein 29 | Fat 13 | Carbs 17 |

Dinner

Chicken Kofta Shawarma Bowl with roasted Butternut and Toasted Pumpkin Seeds

Calories 404 | Protein 39 | Fat 14 | Carbs 32 |

Day Twenty-three

Breakfast

Dated Chia Porridge

Calories 305 | Protein 24 | Fat 5 | Carbs 41 |

Lunch

Mayo-Dijon Chicken and Baked Apple Salad

Calories 440 | Protein 38 | Fat 23 | Carbs 19 |

Dinner

Lemon and herb Chicken with Spiced Cauliflower, Pumpkin seed and Carrot Salad

Calories 330 | Protein 28 | Fat 14 | Carbs 23 |

Day Twenty-four

Breakfast

Soothe Cold-pressed Red Juice – pineapple, celery, orange, apple, beet, and turmeric

Calories 146 | Protein 5 | Fat 0 | Carbs 34 |

Lunch

Ground Beef Bulgogi Bowl

Calories 419 | Protein 31 | Fat 9 | Carbs 54 |

Dinner

Beef Tikka Masala with cilantro Broccoli 'Rice'

Calories 330 | Protein 30 | Fat 10 | Carbs 4 |

Day Twenty-five

Breakfast

J2 Renew Cold-pressed Green Juice – apple, spinach, cucumber, celery, lemon, and ginger

Calories 94 | Protein 3 | Fat 1 | Carbs 22 |

Lunch

Herb and Almond-crusted Chicken Schnitzel with Green Apple Coleslaw

Calories 324 | Protein 30 | Fat 9 | Carbs 28 |

Dinner

Lemon-caper Chicken Piccata and Broccoli

Calories 209 | Protein 30 | Fat 8 | Carbs 5 |

Day Twenty–six

Breakfast

High Protein Banana Bread

Serving: Two slices

Calories 318 | Protein 28 | Fat 10 | Carbs 29 |

Lunch

Tuna Poke Bowl with Pickled Onion-Cabbage Slaw and Tzatziki

Calories 300 | Protein 32 | Fat 12 | Carbs 16 |

Dinner

Smoked Chicken and Grain Poke Bowl with Pickles & Gomashio

Calories 317 | Protein 32 | Fat 9 | Carbs 27 |

Day Twenty–seven

Breakfast

Vanilla Orange Overnight Oats

Calories 383 | Protein 30 | Fat 18 | Carbs 29 |

Lunch

Smoked Chicken Pesto Bowl

Cals 312 | Protein 24 | Fat 8 | Carbs 36 |

Dinner

Grilled Pepper Steak and Carrot Mash

Calories 338 | Protein 28 | Fat 14 | Carbs 28 |

Day Twenty-eight

Breakfast

Green Glow Berry Smoothie

Calories 229 | Protein 10 | Fat 3 | Carbs 40 |

Lunch

Grilled Chicken Breast with a Baked Sweet Potato, Broccoli, and Green Beans

Calories 438 | Protein 43 | Fat 14 | Carbs 35 |

Dinner

Lemon Rosemary Chicken Breasts with sauteed Green Beans and roasted Pumpkin

Calories 201 | Protein 30 | Fat 3 | Carbs 6 |