

The TaylaMade Low-Calorie Slim Down Menu



Slim down with our specialised calorie-controlled healthy meals.

🍴 3 weeks / 15 Lunch and 15 dinner meals - (Monday lunch and dinner to Friday lunch and dinner).

🍴 Includes one fresh delivery per week.

🍴 All meals are below 450 calories.

🍴 Low-medium carb, low-fat & high protein.



Your nutrition
Tayla Made!

Week 1:

Monday Lunch

Sticky air fryer chicken with brown rice

Nutrition Small 350g: Calories 360 | Protein 54 | Fat 4 | Carbs 36 |

Nutrition Large 550g: Calories 505 | Protein 68g | Fat 9g | Carbs 48g |

Monday Dinner

Bunless cheddar and guac burger with zucchini fries

Nutrition Small 350g: Calories 314 | Protein 28 | Fat 19 | Carbs 10 |

Nutrition Large 550g: Calories 447 | Protein 44g | Fat 23g | Carbs 16g |

Tuesday Lunch

Coconut Thai butter chicken with cauliflower rice

Nutrition Small 350g: Calories 332 | Protein 61 | Fat 4 | Carbs 18 |

Nutrition Large 550g: Calories 470 | Protein 69g | Fat 10g | Carbs 26g |

Tuesday Dinner

Tomato ragu zoodle bolognese

Nutrition Small 350g: Calories 224 | Protein 19 | Fat 11 | Carbs 15 |

Nutrition Large 550g: Calories 395 | Protein 33g | Fat 19g | Carbs 23g |

Wednesday Lunch

Lean girl fried chicken with baked sweet potato fries

Nutrition Small 350g: Calories 419 | Protein 50 | Fat 11 | Carbs 42 |

Nutrition Large 550g: Calories 541 | Protein 60g | Fat 13g | Carbs 46g |

Wednesday Dinner

Cajun chicken zucchini boats

Nutrition Small 350g: Calories 284 | Protein 32 | Fat 12 | Carbs 10 |

Nutrition Large 550g: Calories 408 | Protein 48g | Fat 16g | Carbs 18g |

Thursday Lunch

Lazy lasagne chicken with cauliflower fried rice

Nutrition Small 350g: Calories 357 | Protein 45 | Fat 17 | Carbs 6 |

Nutrition Large 550g: Calories 491 | Protein 57g | Fat 23g | Carbs 14g |

Thursday Dinner

Pan-seared steak with mushroom sauce and parmesan zucchini fries

Nutrition Small 350g: Calories 422 | Protein 36 | Fat 22 | Carbs 20 |

Nutrition Large 550g: Calories 422 | Protein 36g | Fat 22g | Carbs 20g |

Friday Lunch

Crustless quiche lorraine

Nutrition Small 350g: Calories 300 | Protein 24 | Fat 20 | Carbs 6 |

Nutrition Large 550g: Calories 417 | Protein 32g | Fat 25g | Carbs 16g |

Friday Dinner

Lemon piccata chicken breast with sweet potato mash

Nutrition Small 350g: Calories 437 | Protein 45 | Fat 17 | Carbs 26 |

Nutrition Large 550g: Calories 528 | Protein 53g | Fat 20g | Carbs 34g |

Week 2:

Monday Lunch

Tuna toasted pita with pumpkin

Nutrition Small 350g: Calories 387 | Protein 36 | Fat 9 | Carbs 40 |

Nutrition Large 550g: Calories 471 | Protein 45 | Fat 11 | Carbs 48 |

Monday Dinner

Chicken ala queen with brown rice

Nutrition Small 350g: Calories 386 | Protein 41 | Fat 8 | Carbs 36 |

Nutrition Large 550g: Calories 513 | Protein 48g | Fat 13g | Carbs 51g |

Tuesday Lunch

Hungry girl protein packed salad

Nutrition Small 350g: Calories 336 | Protein 26 | Fat 7 | Carbs 41 |

Nutrition Large 550g: Calories 435 | Protein 34g | Fat 11g | Carbs 50g |

Tuesday Dinner

Pesto-feta omelet with chicken strips and roasted Veg

Nutrition Small 350g: Calories 350 | Protein 26 | Fat 14 | Carbs 29 |

Nutrition Large 550g: Calories 425 | Protein 33g | Fat 17g | Carb 35g |

Wednesday Lunch

Filet steak with garlic-butter mushrooms and mixed stir-fried vegetables & roasted pumpkin

Nutrition Small 350g: Calories 292 | Protein 24 | Fat 12 | Carbs 22 |

Nutrition Large 550g: Calories 391 | Protein 36g | Fat 15g | Carbs 28g |

Wednesday Dinner

The juicy ground beef and mozzarella lasagne with zucchini layers

Nutrition Small 350g: Calories 405 | Protein 45 | Fat 14 | Carbs 25 |

Nutrition Large 550g: Calories 512 | Protein 53g | Fat 20g | Carbs 30g |

Thursday Lunch

Hawaiian pineapple chicken, avocado and pumpkin rice paper rolls

Nutrition Small 350g: Calories 415 | Protein 47 | Fat 14 | Carbs 25 |

Nutrition Large 550g: Calories 522 | Protein 56g | Fat 18g | Carbs 34g |

Thursday Dinner

Barbecue chicken and cranberry quinoa bowl

Nutrition Small 350g: Calories 319 | Protein 17 | Fat 8 | Carbs 45 |

Nutrition Large 550g: Calories 446 | Protein 29g | Fat 14g | Carbs 51g |

Friday Lunch

Chicken meatballs and zoodles

Nutrition Small 350g: Calories 401 | Protein 44 | Fat 13 | Carbs 27 |

Nutrition Large 550g: Calories 522 | Protein 59 | Fat 14 | Carbs 39 |

Friday Dinner

Maple mushroom sesame rice noodles with roasted pumpkin seeds

Nutrition Small 350g: Calories 504 | Protein 60g | Fat 16g | Carbs 30g |

Nutrition Large 550g: Calories 493 | Protein 23g | Fat 17g | Carbs 62g |

Week 3:

Monday Lunch

Loaded burger bowl with sweet potato fries

Nutrition Small 350g: Calories 387 | Protein 28g | Fat 13g | Carbs 40g |

Nutrition Large 550g: Calories 481 | Protein 36g | Fat 17g | Carbs 46g |

Monday Dinner

Chicken and grain salad

Nutrition Small 350g: Calories 411 | Protein 48g | Fat 3g | Carbs 48g |

Nutrition Large 550g: Calories 537 | Protein 54g | Fat 9g | Carbs 60g |

Tuesday Lunch

Mexican chipotle steak low-carb wrap with guacamole and cheddar cheese

Nutrition Small 350g: Calories 412 | Protein 37g | Fat 16g | Carbs 31g |

Nutrition Large 550g: 1. Calories 491 | Protein 42g | Fat 19g | Carbs 40g |

Tuesday Dinner

Crispy fish cakes with zucchini fries

Nutrition Small 350g: Calories 297 | Protein 34g | Fat 5g | Carbs 29g |

Nutrition Large 550g: Calories 403 | Protein 40g | Fat 11g | Carbs 36g |

Wednesday Lunch

Whole 30 harvest chicken salad with roasted pumpkin

Nutrition Small 350g: Calories 322 | Protein 43g | Fat 3g | Carbs 3g |

Nutrition Large 550g: Calories 472 | Protein 43g | Fat 12g | Carbs 41g |

Wednesday Dinner

Low-carb mexican cauli-fried rice

Nutrition Small 350g: Calories 344 | Protein 37g | Fat 10g | Carbs 27g |

Nutrition Large 550g: Calories 421 | Protein 44g | Fat 13g | Carbs 32g |

Thursday Lunch

Parmesan-cruste hake with sweet potato mash

Nutrition Small 350g: Calories 375 | Protein 34g | Fat 19g | Carbs 18g |

Nutrition Large 550g: Calories 475 | Protein 41g | Fat 23g | Carbs 26g |

Thursday Dinner

Tomato ragu meatballs and zoodles

Nutrition Small 350g: Calories 341 | Protein 29g | Fat 7g | Carbs 41g |

Nutrition Large 550g: Calories 458 | Protein 36g | Fat 14g | Carbs 47g |

Friday Lunch

Spinach, lentil and sweet potato dhal

Nutrition Small 350g: Calories 351 | Protein 16g | Fat 9g | Carbs 52g |

Nutrition Large 550g: Calories 440 | Protein 22g | Fat 12g | Carbs 61g |

Friday Dinner

Bang bang chicken cups


Nutrition Small 350g: Calories 374 | Protein 37g | Fat 24g | Carbs 4g |

Nutrition Large 550g: Calories 485 | Protein 48g | Fat 29g | Carbs 8g |

Do you want to slim down?
Then this menu is for you!

Contact me to order or let me know if you want a tailored
menu designed to suit your goals.



 Email address:
orders@taylamade.co.za

 WhatsApp:
081 882 9420

