

The TaylaMade 3-week Banting Challenge Menu



Slim down with our calorie-controlled healthy meals.

- 🍷 21 days (42 meals total)
- 🍷 42 Lunch and dinner meals - (Monday lunch and dinner to Sunday lunch and dinner)
- 🍷 One Fresh delivery per week
- 🍷 All meals between 1g - 20g carbohydrates maximum per meal
- 🍷 Low-carb, high fat & medium to high protein



Your nutrition
Tayla Made!



Week 1:

Monday Lunch

Crispy Asian Chicken with Peanut Coleslaw Nutrition: Serving 2 chicken thighs

Nutrition Small 350g: Calories 509 | Protein 44g | Fat 34g | Carbs 16g |

Nutrition Large 550g: Calories 703 | Protein 62g | Fat 41g | Carbs 22g |

Monday Dinner

Malaysian-style Beef Murtabak (Almond flour beef 'pie')

Nutrition Small 350g: Calories 285 | Protein 27g | Fat 17g | Carbs 6g |

Nutrition Large 550g: Calories 368 | Protein 38g | Fat 20g | Carbs 8g |

Tuesday Lunch

Dak Galbi Korean Chicken Stir-fry

Nutrition Small 350g: Calories 505 | Protein 23g | Fat 41g | Carbs 11g |

Nutrition Large 550g: Calories 633 | Protein 32g | Fat 49g | Carbs 15g |

Tuesday Dinner

Cauliflower Crust Chicken Pot Pie

Nutrition Small 350g: Calories 304 | Protein 33g | Fat 18g | Carbs 6g |

Nutrition Large 550g: Calories 413 | Protein 46g | Fat 22g | Carbs 8g |

Wednesday Lunch

Xinjiang Cumin Spiced Beef Skewers

Nutrition Small 350g: Calories 424 | Protein 28g | Fat 32g | Carbs 6g |

Nutrition Large 550g: Calories 536 | Protein 39g | Fat 38g | Carbs 8g |

Wednesday Dinner

**One Pan Chicken and Mushroom Stew, with toasted Almonds and lemon butter
grilled Green Beans**

Nutrition Small 350g: Calories 469 | Protein 33g | Fat 37g | Carbs 1g |

Nutrition Large 550g: Calories 590 | Protein 46g | Fat 44g | Carbs 2g |

Thursday Lunch

Dill Chicken and Cauliflower 'Potato' Salad

Nutrition Small 350g: Calories 292 | Protein 21g | Fat 20g | Carbs 7g |

Nutrition Large 550g: Calories 373 | Protein 29g | Fat 24g | Carbs 10g |

Thursday Dinner

Crispy Popper Chicken Thighs with Caprese stuffed Mushrooms

Nutrition Small 350g: Calories 302 | Protein 32g | Fat 14g | Carbs 12g |

Nutrition Large 550g: Calories 398 | Protein 45g | Fat 17g | Carbs 17g |

Friday Lunch

Spinach and Mushroom Crustless Quiche

Nutrition Small 350g: Calories 256 | Protein 16g | Fat 20g | Carbs 4g |

Nutrition Large 550g: Calories 328 | Protein 22g | Fat 24g | Carbs 6g |

Friday Dinner

Köttbullar with Creamy Mushroom Sauce and Cauliflower Mash

Nutrition Small 350g: Calories 276 | Protein 26g | Fat 12g | Carbs 16g |

Nutrition Large 550g: Calories 365 | Protein 36g | Fat 14g | Carbs 22g |

Saturday Lunch

Paprika crusted chicken with black pepper and pumpkin mash

Nutrition Small 350g: Calories 415 | Protein 37g | Fat 23g | Carbs 15g |

Nutrition Large 550g: Calories 415 | Protein 38 | Fat 40 | Carbs 21 |

Saturday Dinner:

Beef tikka masala with cilantro-coconut cauliflower rice and ginger-garlic spinach

Nutrition Small 350g: Calories 410 | Protein 39g | Fat 21g | Carbs 15g |

Nutrition Large 550g: Calories 529 | Protein 55g | Fat 25g | Carbs 21g |



Sunday Lunch

Chicken Primavera

Nutrition Small 350g: Calories 420 | Protein 37g | Fat 25g | Carbs 12g |

Nutrition Large 550g: Calories 544 | Protein 51g | Fat 30g | Carbs 17g |

Sunday Dinner

Bunless beef burger patty with roasted garlic, zucchini and pumpkin fritters

Nutrition Small 350g: Calories 370 | Protein 31g | Fat 20g | Carbs 17g |

Nutrition Large 550g: Calories 485 | Protein 43g | Fat 24g | Carbs 24g |

Week 2:

Monday Lunch

Fiery Beef Salad with Cashews

Nutrition Small 350g: Calories 380 | Protein 31g | Fat 30g | Carbs 19g |

Nutrition Large 550g: Calories 604 | Protein 43g | Fat 36g | Carbs 27g |

Monday Dinner

Ground Beef Casserole with Spinach and Cauliflower Rice

Nutrition Small 350g: Calories 378 | Protein 35g | Fat 22g | Carbs 10g |

Nutrition Large 550g: Calories 489 | Protein 49g | Fat 26g | Carbs 14g |



Tuesday Lunch

Banting Steak Asada Flax Wrap

Nutrition Small 350g: Calories 304 | Protein 39g | Fat 32g | Carbs 5g |

Nutrition Large 550g: Calories 592 | Protein 55g | Fat 38g | Carbs 7g |

Tuesday Dinner

Banting Chicken and Baby Prawn Gumbo Stew

Nutrition Small 350g: Calories 443 | Protein 45g | Fat 23g | Carbs 14g |

Nutrition Large 550g: Calories 578 | Protein 63g | Fat 27g | Carbs 20g |

Wednesday Lunch

Beef Bulgogi Jalapeño Boats with Roasted Pumpkin

Nutrition Small 350g: Calories 387 | Protein 30g | Fat 18g | Carbs 28g |
Nutrition Large 550g: Calories 519 | Protein 42g | Fat 22g | Carbs 39g |

Wednesday Dinner

Panda Express Beijing Beef with Cheesy-white Sauce

Nutrition Small 350g: Calories 385 | Protein 33g | Fat 18g | Carbs 24g |
Nutrition Large 550g: Calories 513 | Protein 46g | Fat 22g | Carbs 34g |



Thursday Lunch

Avocado, Marinated Pepper and Cream Cheese Egg Roll

Nutrition Small 350g: Calories 385 | Protein 16g | Fat 29g | Carbs 17g |
Nutrition Large 550g: Calories 498 | Protein 22g | Fat 35g | Carbs 24g |

Thursday Dinner:

Creamy White Chicken Stew with Courgette and Garlic Gratin

Nutrition Small 350g: Calories 408 | Protein 45g | Fat 20g | Carbs 12g |
Nutrition Large 550g: Calories 535 | Protein 63g | Fat 24g | Carbs 17g |



Friday Lunch

Parmesan Chicken Pieces with Garlic Tomato Mole

Nutrition Small 350g: Calories 576 | Protein 48g | Fat 41g | Carbs 15g |
Nutrition Large 550g: Calories 795 | Protein 67g | Fat 49g | Carbs 21g |

Friday Dinner

Creamy Beef Stroganoff on Buttered Cabbage

Nutrition Small 350g: Calories 642 | Protein 40g | Fat 46g | Carbs 17g |
Nutrition Large 550g: Calories 816 | Protein 56g | Fat 55g | Carbs 24g |



Saturday Lunch

Chicken pesto roulade with roasted peppers

Nutrition Small 350g: Calories 478 | Protein 53.3 | Fat 31 | Carbs 5.5 |
Nutrition Large 550g: Calories 659 | Protein 74g | Fat 37g | Carbs 7g |

Saturday Dinner

Jerk chicken with garlic spinach and curried cauliflower

Nutrition Small 350g: Calories 510 | Protein 32 | Fat 40 | Carbs 16 |
Nutrition Large 550g: Calories 700 | Protein 45g | Fat 48g | Carbs 22g |

Sunday Lunch

Herbs de provence chicken with garlic broccoli and gem spaghetti squash

Nutrition Small 350g: Calories 370 | Protein 38 | Fat 17 | Carbs 14 |

Nutrition Large 550g: Calories 475 | Protein 53g | Fat 20g | Carbs 19g |

Sunday Dinner

Chicken satay with broccoli

Nutrition Small 350g: Calories 478 | Protein 33 | Fat 37 | Carbs 8 |

Nutrition Large 550g: Calories 629 | Protein 46g | Fat 44g | Carbs 11g |

Week 3:

Monday Lunch

Beef Trinchado on Sauteed Vegetables

Nutrition Small 350g: Calories 521 | Protein 35g | Fat 38g | Carbs 20g |

Nutrition Large 550g: Calories 718 | Protein 49g | Fat 46g | Carbs 28g |

Monday Dinner

Persian Chicken Joojeh Kebabs with Cauli 'rice' and Garlic Sauce

Nutrition Small 350g: Calories 394 | Protein 35g | Fat 26g | Carbs 5g |

Nutrition Large 550g: Calories 499 | Protein 49g | Fat 31g | Carbs 6g |



Tuesday Lunch

Bunless burgers with Banting Pumpkin Fries

Nutrition Small 350g: Calories 609 | Protein 36g | Fat 45g | Carbs 15g |

Nutrition Large 550g: Calories 771 | Protein 50g | Fat 54g | Carbs 21g |

Tuesday Dinner

Sun-Dried Tomato and Spinach Stuffed Chicken Breasts

Nutrition Small 350g: Calories 379 | Protein 39g | Fat 19g | Carbs 13g |

Nutrition Large 550g: Calories 496 | Protein 55g | Fat 23g | Carbs 18g |



Wednesday Lunch

Beef Kofta with Tzatziki

Nutrition Small 350g: Calories 591 | Protein 42g | Fat 43g | Carbs 9g |

Nutrition Large 550g: Calories 750 | Protein 59g | Fat 52g | Carbs 12g |

Wednesday Dinner

Malaysian Prawn and Chicken Laksa

Nutrition Small 350g: Calories 574 | Protein 44g | Fat 34g | Carbs 23g |

Nutrition Large 550g: Calories 742 | Protein 61g | Fat 41g | Carbs 32g |

Thursday Lunch

Baked Fish with Crushed Almond, Spiced Pumpkin and Feta Cheese Salad

Nutrition Small 350g: Calories 330 | Protein 18g | Fat 22g | Carbs 15g |
Nutrition Large 550g: Calories 422 | Protein 25g | Fat 26g | Carbs 21g |

Thursday Dinner

Almond-crusted Chicken Parm with Zoodles

Nutrition Small 350g: Calories 384 | Protein 33g | Fat 25g | Carbs 7g |
Nutrition Large 550g: Calories 494 | Protein 46g | Fat 30g | Carbs 10g |



Friday Lunch

Spicy Beef Sausage and Caramelized Onion 'Breakfast' Bake

Nutrition Small 350g: Calories 414 | Protein 24g | Fat 32g | Carbs 5g |
Nutrition Large 550g: Calories 508 | Protein 33g | Fat 38g | Carbs 7g |

Friday Dinner

Banting Bolognese stuffed Gem Squash Boats

Nutrition Small 350g: Calories 434 | Protein 30g | Fat 26g | Carbs 20g |
Nutrition Large 550g: Calories 561 | Protein 42g | Fat 31g | Carbs 28g |



Saturday Lunch

Pumpkin cottage pie with sauteed spinach

Nutrition Small 350g: Calories 420 | Protein 36g | Fat 27g | Carbs 13g |
Nutrition Large 550g: Calories 566 | Protein 50g | Fat 32g | Carbs 18g |

Saturday Dinner

Chicken zoodle stew

Nutrition Small 350g: Calories 380 | Protein 35g | Fat 15g | Carbs 13g |
Nutrition Large 550g: Calories 430 | Protein 49g | Fat 18g | Carbs 18g |



Sunday Lunch

Roasted garlic marinara beef meatballs with mushroom ragout and spaghetti squash

Nutrition Small 350g: Calories 430 | Protein 35g | Fat 26g | Carbs 15g |
Nutrition Large 550g: Calories 561 | Protein 49g | Fat 31g | Carbs 21g |

Sunday Dinner

Pesto chicken with blistered tomatoes, spinach, and spaghetti squash

Nutrition Small 350g: Calories 400 | Protein 36g | Fat 20g | Carbs 11g |
Nutrition Large 550g: Calories 480 | Protein 50g | Fat 24g | Carbs 15g |

Looking for a banting menu where the food is delicious
and you get balanced nutritious meals?
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

