

The TaylaMade 3-Week Keto-Fitfast Challenge Menu



This package incorporates intermittent fasting for 16 hours every day (for example: 20h00pm to 12h00pm the next day), and restricting your eating to an 8-hour eating window.

Lunch and dinner meals for 21 consecutive days.

- 🍴 21 x keto lunch meals.
- 🍴 21 x keto dinner meals.
- 🍴 Monday to Sunday meals.
- 🍴 Includes 1 fresh delivery per week.



Your nutrition
Tayla Made!



Week 1:

Monday Lunch

Keto taco mince bowl

Nutrition Small 350g: Calories 332 | Fat 25g | Protein 20g | Total Carbs 9g | Net Carbs 5g |

Nutrition Large 550g: Calories 434 | Fat 30g | Protein 28g | Carbs 13g | Net Carbs 7g |

Monday Dinner

Cashew chicken alfredo zucchini crunch roll ups Serving Size: 4 Roll Ups

Nutrition Small 350g: Calories 376 | Fat 34g | Protein 15g | Total Carbs 3g | Net Carbs 2g |

Nutrition Large 550g: Calories 468 | Fat 41g | Protein 21g | Total Carbs 4g | Net Carbs 3g |



Tuesday Lunch

Mince zucchini lasagne with mozzarella cheese

Nutrition Small 350g: Calories 440 | Fat 29g | Protein 37g | Total Carb 9g | Net Carbs 6g |

Nutrition Large 550g: Calories 666 | Fat 53g | Protein 35g | Total Carbs 13g | Net Carbs 8g |

Tuesday Dinner

Chicken kiev with beef macon and cheddar stuffing, accompanied by creamy cauliflower mash and sauteed green vegetables

Nutrition Small 350g: Calories 510 | Fat 38g | Protein 36g | Total Carbs 6g | Net Carbs 2g |

Nutrition Large 550g: Calories 646 | Fat 46g | Protein 50g | Total Carbs 8g | Net Carbs 3g |



Wednesday Lunch

Juicy meatballs with zucchini noodles and low-carb bolognese sauce

Nutrition Small 350g: Calories 312 | Fat 20g | Protein 23g | Total Carbs 11g | Net Carbs 8g |

Nutrition Large 550g: Calories 406 | Fat 24g | Protein 32g | Total Carbs 15g | Net Carbs 11g |

Wednesday Dinner

Keto fathead mince and mozzarella pizza Serving Size: 2 slices

Nutrition Small 350g: Calories 351 | Fat 24g | Protein 21g | Total Carbs 12g | Net Carbs 6g |

Nutrition Large 550g: Calories 444 | Fat 29g | Protein 29g | Total Carbs 17g | Net Carbs 8g |



Thursday Lunch

Crispy barbecue chicken drumsticks with almond-crust eggplant fries

Nutrition Small 350g: Calories 438 | Fat 33g | Protein 28g | Total Carbs 8g | Net Carbs 4g |

Nutrition Large 550g: Calories 558 | Fat 40g | Protein 39g | Total Carbs 11g | Net Carbs 6g |

Thursday Dinner

Beef korma stew with cauliflower rice

Nutrition Small 350g: Calories 654 | Fat 54g | Protein 37g | Total Carbs 4g | Net Carbs 3g |

Nutrition Large 550g: Calories 813 | Fat 65g | Protein 52g | Total Carbs 6g | Net Carbs 4g |



Friday Lunch

Keto salisbury rump steak with creamed mushrooms

Nutrition Small 350g: Calories 530 | Fat 40g | Protein 36g | Total Carbs 7g | Net Carbs 6g |

Nutrition Large 550g: Calories 530 | Fat 40g | Protein 36g | Total Carbs 7g | Net Carbs 6g |

Friday Dinner

Cauli mince 'cottage' pie

Nutrition Small 350g: Calories 537 | Fat 40g | Protein 34g | Total Carbs 14g | Net Carbs 9g |

Nutrition Large 550g: Calories 701 | Fat 48g | Protein 48g | Total Carbs 20g | Net Carbs 13g |

Saturday Lunch

Bruschetta chicken with sauteed baby tomatoes and green beans

Nutrition Small 350g: Calories 360 | Protein 38g | Fat 16g | Carbs 12g | Net Carbs 4g |

Nutrition Large 550g: Calories 453 | Fat 19g | Protein 53g | Carbs 17g | Net Carbs 6g |

Saturday Dinner:

Cheeseburger stuffed zucchini boats

Nutrition Small 350g: Calories 467 | Protein 41g | Fat 29g | Carbs 8g | Net Carbs 3g |

Nutrition Large 550g: Calories 588 | Fat 35g | Protein 57g | Carbs 11g | Net Carbs 4g |

Sunday Lunch

Avocado ranch rotisserie chicken

Nutrition Small 350g: Calories 415 | Protein 27g | Fat 33g | Carbs 15g | Net Carbs 8g |

Nutrition Large 550g: Calories 592 | Fat 40g | Protein 38g | Fat 33g | Carbs 21g | Net Carbs 11g |

Sunday Dinner

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

Nutrition Small 350g: Calories 410 | Protein 39g | Fat 21g | Carbs 15g | Net Carbs 7g |

Nutrition Large 550g: Calories 529 | Fat 25g | Protein 55g | Carbs 21g | Net Carbs 10g |

Week 2:

Monday Lunch

Italian meatza pizza Serving: 2 Slices Of Pizza

Nutrition Small 350g: Calories 520 | Fat 42g | Protein 37g | Total Carbs 4g | Net Carbs 3g |

Nutrition Large 550g: Calories 683 | Fat 50g | Protein 52g | Total Carbs 6g | Net Carbs 4g |

Monday Dinner

Chicken curry meatballs

Nutrition Small 350g: Calories 410 | Fat 28g | Protein 31g | Total Carbs 11g | Net Carbs 7g |

Nutrition Large 550g: Calories 538 | Fat 34g | Protein 43g | Total Carbs 15g | Net Carbs 10g |

Tuesday Lunch

Creamy mushroom beef Stroganoff

Nutrition Small 350g: Calories 528 | Fat 44g | Protein 25g | Total Carbs 9g | Net Carbs 4g |

Nutrition Large 550g: Calories 666 | Fat 53g | Protein 49g | Total Carbs 13g | Net Carbs 6g |

Tuesday Dinner

Keto pork enchiladas

Nutrition Small 350g: Calories 528 | Fat 44g | Protein 25g | Total Carbs 9g | Net Carbs 4g |

Nutrition Large 550g: Calories 665 | Fat 53g | Protein 35g | Total Carbs 13g | Net Carbs 6g |

Wednesday Lunch

Creamy ranch broccoli, crispy beef macon and dried cranberry superfood bowl

Nutrition Small 350g: Calories 339 | Fat 27g | Protein 16g | Total Carbs 8g | Net Carbs 5g |

Nutrition Large 550g: Calories 426 | Fat 32g | Protein 22g | Total Carbs 11g | Net Carbs 7g |

Wednesday Dinner

Paleo keto beef and broccoli stir fry

Nutrition Small 350g: Calories 305 | Fat 16g | Protein 28g | Total Carbs 10g | Net Carbs 8g |

Nutrition Large 550g: Calories 369 | Fat 19g | Protein 39g | Total Carbs 10g | Net Carbs 7g |



Thursday Lunch

Keto pesto chicken zoodle pasta

Nutrition Small 350g: Calories 446 | Fat 31g | Protein 35g | Total Carbs 7g | Net Carbs 5g |

Nutrition Large 550g: Calories 585 | Fat 37g | Protein 49g | Total Carbs 14g | Net Carbs 8g |

Thursday Dinner

Chicken satay with 'peanut' sauce

Nutrition Small 350g: Calories 515 | Fat 40g | Protein 34g | Total Carbs 10g | Net Carbs 6g |

Nutrition Large 550g: Calories 680 | Fat 48g | Protein 48g | Total Carbs 14g | Net Carbs 8g |



Friday Lunch

Sweet and sour chile baby prawn wraps with keto coleslaw

Nutrition Small 350g: Calories 263 | Fat 19g | Protein 19g | Total Carbs 4g | Net Carbs 3g |

Nutrition Large 550g: Calories 334 | Fat 23g | Protein 27g | Total Carbs 6g | Net Carbs 4g |

Friday Dinner

Savory bolognese pancakes

Nutrition Small 350g: Calories 305 | Fat 16 | Protein 28g | Total Carbs 10g | Net Carbs 8g |

Nutrition Large 550g: Calories 386 | Fat 19 | Protein 39g | Total Carbs 14g | Net Carbs 11g |



Saturday Lunch

Tangy keto broccoli and cheddar salad

Nutrition Small 350g: Calories 387 | Fat 31g | Protein 15g | Total Carbs 14g | Net Carbs 8g |

Nutrition Large 550g: Calories 497 | Fat 37g | Protein 21g | Total Carbs 20g | Net Carbs 11g |

Saturday Dinner

Keto creamy feta and spinach stuffed chicken

Nutrition Small 350g: Calories 385 | Fat 30g | Protein 24g | Total Carbs 7g | Net Carbs 5g |

Nutrition Large 550g: Calories 498 | Fat 36g | Protein 34g | Total Carbs 10g | Net Carbs 7g |

Sunday Lunch

Deconstructed cheeseburger bowl

Nutrition Small 350g: Calories 543 | Fat 42g | Protein 31g | Total Carbs 11g | Net Carbs 7g |
Nutrition Large 550g: Calories 689 | Fat 50g | Protein 43g | Total Carbs 15g | Net Carbs 10g |

Sunday Dinner

Keto chicken burrito bowl

Nutrition Small 350g: Calories 277 | Fat 15g | Protein 25g | Total Carbs 9g | Net Carbs 4g |
Nutrition Large 550g: Calories 352 | Fat 18g | Protein 35g | Total Carbs 13g | Net Carbs 6g |

Week 3:

Monday Lunch

Indian butter chicken with cauli 'rice'

Nutrition Small 350g: Calories 420 | Fat 29g | Protein 31g | Total Carbs 8g | Net Carbs 5g |
Nutrition Large 550g: Calories 532 | Fat 43g | Protein 35g | Total Carbs 11g | Net Carbs 7g |

Monday Dinner

The TaylaMade bunless beef burger

Nutrition Small 350g: Calories 510 | Fat 40g | Protein 29g | Total Carbs 10g | Net Carbs 5g |
Nutrition Large 550g: Calories 650 | Fat 41g | Protein 48g | Total Carbs 14g | Net Carbs 7g |



Tuesday Lunch

Keto creamy chicken slaw bowl

Nutrition Small 350g: Calories 640 | Fat 50g | Protein 37g | Total Carbs 11g | Net Carbs 8g |
Nutrition Large 550g: Calories 809 | Fat 60g | Protein 52g | Total Carbs 15g | Net Carbs 11g |

Tuesday Dinner

Butter saged filet and coconut-creamed mushrooms

Nutrition Small 350g: Calories 518 | Fat 32g | Protein 53g | Total Carbs 4g | Net Carbs 6g |
Nutrition Large 550g: Calories 518 | Fat 32g | Protein 53g | Total Carbs 4g | Net Carbs 6g |



Wednesday Lunch

Three cheese keto crustless quiche with spring onions (Serving Size: Two Slices)

Nutrition Small 350g: Calories 294 | Fat 23g | Protein 21g | Total Carbs 3g | Net Carbs 5g |
Nutrition Large 550g: Calories 394 | Fat 28g | Protein 29g | Total Carbs 7g | Net Carbs 4g |

Wednesday Dinner

Golden chicken with cauli 'rice'

Nutrition Small 350g: Calories 479 | Fat 38g | Protein 26g | Total Carbs 12g | Net Carbs 8g |
Nutrition Large 550g: Calories 623 | Fat 46g | Protein 36g | Total Carbs 17g | Net Carbs 11g |

Thursday Lunch

Beef teriyaki lettuce cups

Nutrition Small 350g: Calories 490 | Fat 33g | Protein 35g | Total Carbs 13g | Net Carbs 9g |
Nutrition Large 550g: Calories 625 | Fat 40g | Protein 49g | Total Carbs 18g | Net Carbs 13g |

Thursday Dinner

Broccoli & cauli gratin with sausage

Nutrition Small 350g: Calories 498 | Fat 42g | Protein 18g | Total Carbs 12g | Net Carbs 4g |
Nutrition Large 550g: Calories 622 | Fat 50g | Protein 25g | Total Carbs 17g | Net Carbs 6g |



Friday Lunch

Creamy mushroom 'risotto' (coconut-creamed cauliflower rice)

Nutrition Small 350g: Calories 287 | Fat 24g | Protein 8g | Total Carbs 11g | Net Carbs 8g |
Nutrition Large 550g: Calories 366 | Fat 29g | Protein 11g | Total Carbs 15g | Net Carbs 11g |

Friday Dinner

Keto low-carb Philly cheesesteak casserole

Nutrition Small 350g: Calories 387 | Fat 24g | Protein 36g | Total Carbs 9g | Net Carbs 6g |
Nutrition Large 550g: Calories 511 | Fat 29g | Protein 50g | Total Carbs 13g | Net Carbs 8g |



Saturday Lunch

Chicken meatza casserole

Nutrition Small 350g: Calories 446 | Fat 26 | Protein 46g | Total Carbs 9g | Net Carbs 7g |
Nutrition Large 550g: Calories 589 | Fat 31 | Protein 64g | Total Carbs 13g | Net Carbs 10g |

Saturday Dinner

Beanless low carb chili con carne

Nutrition Small 350g: Calories 613 | Fat 33g | Protein 53g | Total Carbs 12g | Net Carbs 8g |
Nutrition Large 550g: Calories 720 | Fat 40g | Protein 74g | Total Carbs 17g | Net Carbs 11g |



Sunday Lunch

Buffalo chicken crust pizza

Nutrition Small 350g: Calories 344 | Fat 26g | Protein 28g | Total Carbs 2g | Net Carbs 2g |
Nutrition Large 550g: Calories 449 | Fat 31g | Protein 39g | Total Carbs 3g | Net Carbs 3g |

Sunday Dinner

Low-carb sweet & sour chicken

Nutrition Small 350g: Calories 467 | Fat 32g | Protein 49g | Total Carbs 10g | Net Carbs 4g |
Nutrition Large 550g: Calories 676 | Fat 38g | Protein 67g | Total Carbs 14g | Net Carbs 6g |

Looking for a Keto meal plan that can transform your body? 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.



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