



The Taylamade Mission Slim-possible Challenge

350g: R3,599.00 | 550g: R3,999.00

Lose the kg's with specialised calorie-controlled warming-comfort meals

- Four weeks
 - 20 x 350g lunch meals
 - 20 x 350g dinner meals
 - 1 x fresh delivery per week (total of 4 deliveries)
 - Extra deliveries may be added on, at an extra charge
 - All meals are below 450 calories
 - Meals are low-fat, low to medium carbohydrates, as well as high protein

Week One

1. **Monday Lunch:** Mexican Cauliflower and Chicken-Cheddar Burrito Bake
Nutrition Small 350g: (Calories 315 | Protein 24 | Fat 19 | Carbs 12)

2. **Monday Dinner:** Chicken a La Queen with Wild, and Brown Rice Nutrition Small 350g: (Calories 418 | Protein 32 | Fat 16 | Carbs 37)
3. **Tuesday Lunch:** Chicken Cacciatore with Couscous and Kalamata Olives Nutrition Small 350g: (Calories 391 | Protein 39 | Fat 7 | Carbs 43)
4. **Tuesday Dinner:** Bolognese Zucchini Cannelloni Nutrition Small 350g: (Calories 370 | Protein 34 | Fat 18 | Carbs 18)
5. **Wednesday Lunch:** Ranch Chicken Mielie Bowl with roasted Corn, Black Beans, Pico De Gallo, and a Light Coleslaw Nutrition Small 350g: (Calories 394 | Protein 40 | Fat 9 | Carbs 39)
6. **Wednesday Dinner:** The Ultimate Low-Carb Thai Green Chicken Curry with Cilantro Cauliflower 'Rice' Nutrition Small 350g: (Calories 318 | Protein 24 | Fat 22 | Carbs 6)
7. **Thursday Lunch:** Mexican Chipotle Ground Beef Tortilla Wrap Nutrition Small 350g: (Calories 401 | Protein 31 | Fat 15 | Carbs 34)
8. **Thursday Dinner:** Low-Carb Chicken Cauliflower fried 'Rice' Nutrition Small 350g: (Calories 224 | Protein 22 | Fat 9 | Carbs 15)
9. **Friday Lunch:** Chicken Glow Superfood Bowl with Jalapeño Slaw & Pumpkin Seed Brittle Nutrition Small 350g: (Calories 381 | Protein 38 | Fat 17 | Carbs 19)
10. **Friday Dinner:** Taylamade Cauliflower 'Macaroni' and Cheese Nutrition Small 350g: (Calories 395 | Protein 19 | Fat 23 | Carbs 28)

Week Two

1. **Monday Lunch:** Sticky Teriyaki Chicken with Stir-Fried Veg & Coconut Jasmine Rice Nutrition Small 350g: (Calories 448 | Protein 34 | Fat 16 | Carbs 42)
2. **Monday Dinner:** Low-Carb Robust Tomato Beef Stew with Mediterranean Vegetables and Cauliflower 'Rice' Nutrition Small 350g: (Calories 410 | Protein 36 | Fat 22 | Carbs 9)
3. **Tuesday Lunch:** Loaded Taco Sweet Potato Sliders Nutrition Small 350g: (Calories 428 | Protein 27 | Fat 28 | Carbs 17)
4. **Tuesday dinner:** Beef Sausage and Sweet Potato Skillet with roasted Peppers Nutrition Small 350g: (Calories 325 | Protein 23 | Fat 12 | Carbs 33)
5. **Wednesday Lunch:** Tuna Pasta With Rocket & Parsley Pesto Nutrition Small 350g: (Calories 442 | Protein 31 | Fat 14 | Carbs 48)
6. **Wednesday Dinner:** One-Skillet Teriyaki Meatballs with Buttered Pumpkin Mash Nutrition Small 350g: (Calories 423 | Protein 24 | Fat 16 | Carbs 36)
7. **Thursday Lunch:** Spicy Cajun Chicken Quesadilla Nutrition Small 350g: (Cals 410 | Protein 37 | Fat 14 | Carbs 34)
8. **Thursday Dinner:** Beef Pho with Chinese Noodles Nutrition Small 350g: (Calories 387 | Protein 30 | Fat 18 | Carbs 28)
9. **Friday Lunch:** Rosemary and Thyme-Crusted Chicken Breasts with Garlic Greens and Sweet Potato Mash Nutrition Small 350g: (Calories 388 | Protein 42 | Fat 12 | Carbs 28)
10. **Friday Dinner:** Healthier Beef Chow Mein Nutrition Small 350g: (Calories 422 | Protein 23 | Fat 22 | Carbs 33)

Week Three

1. **Monday Lunch:** Sun-Dried Tomato, Feta, and Spinach stuffed-chicken Breast with Basmati Rice Nutrition Small 350g: (Calories 450 | Protein 27 | Fat 22 | Carbs 36)
2. **Monday Dinner:** Seared Steak with Pepper Caponata and Brown Rice Nutrition Small 350g: (Calories 342 | Protein 27 | Fat 10 | Carbs 36)
3. **Tuesday Lunch:** Slow Cooker Thai Beef Curry with Quinoa and Brown Rice Nutrition Small 350g: (Calories 424 | Protein 27 | Fat 12 | Carbs 52)
4. **Tuesday Dinner:** Lemongrass-Ginger Chicken and Corn Ramen Noodle Bowl Nutrition Small 350g: (Calories 421 | Protein 27 | Fat 17 | Carbs 40)
5. **Wednesday Lunch:** Indonesian sticky Ground Beef and Rice Nutrition Small 350g: (Calories 366 | Protein 27 | Fat 14 | Carbs 33)
6. **Wednesday Dinner:** BBQ Beef Skewers with Herbed Yoghurt Dressing & smashed Sweet Potatoes Nutrition Small 350g: (Calories 428 | Protein 33 | Fat 20 | Carbs 29)
7. **Thursday Lunch:** Smoky Hake, Beans, and roasted Paprika Potatoes Nutrition Small 350g: (Calories 355 | Protein 45 | Fat 7 | Carbs 28)
8. **Thursday Dinner:** Garlic-butter Beef Steak with Mushrooms and roasted Pumpkin Nutrition Small 350g: (Calories 294 | Protein 26 | Fat 14 | Carbs 16)
9. **Friday Lunch:** Thai Chicken Burrito with Peanut Satay Dipping Sauce Nutrition Small 350g: (Calories 386 | Protein 30 | Fat 18 | Carbs 26)
10. **Friday Dinner:** Paleo Chicken Alfredo with Gem Squash 'Noodles' Nutrition Small 350g: (Calories 358 | Protein 30 | Fat 22 | Carbs 13)

Week Four

1. **Monday Lunch:** Mozzarella Bruschetta Chicken with roasted Pumpkin Nutrition Small 350g: (Calories 360 | Protein 38 | Fat 16 | Carbs 12)
2. **Monday Dinner:** Ranch Beef Burger stuffed-zucchini Boats Nutrition Small 350g: (Calories 467 | Protein 41 | Fat 29 | Carbs 8)
3. **Tuesday Lunch:** Ground Beef Burrito Bowl with Wild, and Brown Rice Nutrition Small 350g: (Calories 422 | Protein 35 | Fat 6 | Carbs 57)
4. **Tuesday Dinner:** Crockpot Beef Ragu with Pasta Nutrition Small 350g: (Calories 355 | Protein 25 | Fat 13 | Carbs 35)
5. **Wednesday Lunch:** Sun-dried Tomato Chicken and Spinach Pizza Wrap with Cream Cheese Nutrition Small two slices: (Calories 336 | Protein 24 | Fat 12 | Carbs 33)
6. **Wednesday Dinner:** Greek Chicken Spaghetti Squash Bake Nutrition Small 350g: (Calories 339 | Protein 40 | Fat 11 | Carbs 20)
7. **Thursday Lunch:** Paleo Teriyaki stacked Bun-less Burger Nutrition Small 350g: (Calories 270 | Protein 21 | Fat 19 | Carbs 4)
8. **Thursday Dinner:** Sweet Potato Shepherd's Pie Nutrition Small 350g: (Calories 338 | Protein 29 | Fat 10 | Carbs 33)
9. **Friday Lunch:** Chicken, Broccoli, and Rice Casserole Nutrition Small 350g: (Calories 373 | Protein 25 | Fat 15 | Carbs 35)
10. **Friday Dinner:** Thai-style Cashew Chicken Stir-fry with Noodles Nutrition Small 350g: (Calories 372 | Protein 26 | Fat 9 | Carbs 28)

Large

Week One

1. **Monday Lunch:** Mexican Cauliflower and Chicken-Cheddar Burrito Bake
Nutrition Large 550g: (Calories 407 | Protein 34 | Fat 23 | Carbs 17)
2. **Monday Dinner:** Chicken a La Queen with Wild, and Brown Rice
Nutrition Large 550g: (Calories 559 | Protein 45 | Fat 19 | Carbs 52)
3. **Tuesday Lunch:** Chicken Cacciatore with Couscous and Kalamata Olives
Nutrition Large 550g: (Calories 535 | Protein 55 | Fat 8 | Carbs 60)
4. **Tuesday Dinner:** Bolognese Zucchini Cannelloni
Nutrition Large 550g: (Calories 486 | Protein 48 | Fat 22 | Carbs 25)
5. **Wednesday Lunch:** Ranch Chicken Mielie Bowl with roasted Corn, Black Beans, Pico De Gallo, and a Light Coleslaw
Nutrition Large 550g: (Calories 539 | Protein 56 | Fat 11 | Carbs 55)
6. **Wednesday Dinner:** The Ultimate Low-Carb Thai Green Chicken Curry with Cilantro Cauliflower 'Rice'
Nutrition Large 550g: (Calories 406 | Protein 34 | Fat 26 | Carbs 8)
7. **Thursday Lunch:** Mexican Chipotle Ground Beef Tortilla Wrap
Nutrition Large 550g: (Calories 526 | Protein 43 | Fat 18 | Carbs 48)
8. **Thursday Dinner:** Low-Carb Chicken Cauliflower fried 'Rice'
Nutrition Large 550g: (Calories 304 | Protein 31 | Fat 11 | Carbs 21)
9. **Friday Lunch:** Chicken Glow Superfood Bowl with Jalapeño Slaw & Pumpkin Seed Brittle
Nutrition Large 550g: (Calories 503 | Protein 53 | Fat 20 | Carbs 27)

10. **Friday Dinner:** Taylamade Cauliflower 'Macaroni' and Cheese Nutrition Large 550g: (Calories 512 | Protein 27 | Fat 28 | Carbs 39)

Week Two

1. **Monday Lunch:** Sticky Teriyaki Chicken with stir-fried Vegetables & Coconut Jasmine Rice Nutrition Large 550g: (Calories 598 | Protein 48 | Fat 19 | Carbs 59)

2. **Monday Dinner:** Low-Carb Robust Tomato Beef Stew with Mediterranean Vegetables and Cauliflower 'Rice' Nutrition Large 550g: (Calories 489 | Protein 50 | Fat 26 | Carbs 13)

3. **Tuesday Lunch:** Loaded Taco Sweet Potato Sliders Nutrition Large 550g: (Calories 549 | Protein 38 | Fat 34 | Carbs 24)

4. **Tuesday Dinner:** Beef Sausage and Sweet Potato Skillet with roasted Peppers Nutrition Large 550g: (Calories 443 | Protein 32 | Fat 15 | Carbs 46)

5. **Wednesday Lunch:** Tuna Pasta with Rocket & Parsley Pesto Nutrition Large 550g: (Calories 593 | Protein 43 | Fat 17 | Carbs 67)

6. **Wednesday Dinner:** One-skillet Teriyaki Meatballs with Buttered Pumpkin Mash Nutrition Large 550g: (Calories 509 | Protein 34 | Fat 19 | Carbs 50)

7. **Thursday Lunch:** Spicy Cajun Chicken Quesadilla Nutrition Large 550g: (Calories 549 | Protein 52 | Fat 17 | Carbs 48)

8. **Thursday Dinner:** Beef Pho with Chinese Noodles Nutrition Large 550g: (Calories 519 | Protein 42 | Fat 22 | Carbs 39)

9. **Friday Lunch:** Rosemary and Thyme-Crusted Chicken Breasts with Garlic Greens and Sweet Potato Mash Nutrition Large 550g: (Calories 522 | Protein 59 | Fat 14 | Carbs 39)
 10. **Friday Dinner:** Healthier Beef Chow Mein Nutrition Large 550g: (Calories 551 | Protein 32 | Fat 26 | Carbs 46)
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Week Three

1. **Monday Lunch:** Sun-dried Tomato, Feta and Spinach stuffed-chicken Breast with Basmati Rice Nutrition Large 550g: (Calories 590 | Protein 38 | Fat 26 | Carbs 50)
2. **Monday Dinner:** Seared Steak with Pepper Caponata and Brown Rice Nutrition Large 550g: (Calories 461 | Protein 38 | Fat 12 | Carbs 50)
3. **Tuesday Lunch:** Slow Cooker Thai Beef Curry with Quinoa and Brown Rice Nutrition Large 550g: (Calories 572 | Protein 38 | Fat 14 | Carbs 73)
4. **Tuesday Dinner:** Lemongrass-Ginger Chicken and Corn Ramen Noodle Bowl Nutrition Large 550g: (Calories 559 | Protein 38 | Fat 20 | Carbs 56)
5. **Wednesday Lunch:** Indonesian sticky Ground Beef and Basmati Rice Nutrition Large 550g: (Calories 487 | Protein 38 | Fat 17 | Carbs 46)
6. **Wednesday Dinner:** BBQ Beef Skewers with Herbed Yoghurt Dressing & smashed Sweet Potatoes Nutrition Large 550g: (Calories 563 | Protein 46 | Fat 24 | Carbs 41)
7. **Thursday Lunch:** Smoky Hake, Beans and roasted Paprika Potatoes Nutrition Large 550g: (Calories 484 | Protein 63 | Fat 8 | Carbs 39)

8. **Thursday Dinner:** Garlic-butter Beef Steak with Mushrooms and roasted Pumpkin Nutrition Large 550g: (Calories 386 | Protein 36 | Fat 17 | Carbs 22)
 9. **Friday Lunch:** Thai Chicken Burrito with Peanut Satay Dipping Sauce Nutrition Large 550g: (Calories 508 | Protein 42 | Fat 22 | Carbs 36)
 10. **Friday Dinner:** Paleo Chicken Alfredo with Gem Squash 'Noodles' Nutrition Large 550g: (Calories 478 | Protein 42 | Fat 26 | Carbs 18)
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Week Four

1. **Monday Lunch:** Mozzarella Bruschetta Chicken with roasted Pumpkin Nutrition Large 550g: (Calories 539 | Protein 52 | Fat 27 | Carbs 22)
2. **Monday Dinner:** Ranch Beef Burger stuffed-zucchini Boats Nutrition Large 550g: (Calories 563 | Protein 49 | Fat 35 | Carbs 13)
3. **Tuesday Lunch:** Ground Beef Burrito Bowl with Wild, and Brown Rice Nutrition Large 550g: (Calories 556 | Protein 44 | Fat 12 | Carbs 68)
4. **Tuesday Dinner:** Crockpot Beef Ragu with Pasta Nutrition Large 550g: (Calories 600 | Protein 39 | Fat 20 | Carbs 66)
5. **Wednesday Lunch:** Sun-dried Tomato Chicken and Spinach Pizza Wrap with Cream Cheese Nutrition Large four slices: (Calories 570 | Protein 38 | Fat 26 | Carbs 46)
6. **Wednesday Dinner:** Greek Chicken Spaghetti Squash Bake Nutrition Large 550g: (Calories 551 | Protein 64 | Fat 19 | Carbs 31)
7. **Thursday Lunch:** Paleo Teriyaki stacked Bun-less Burger Nutrition Large 550g: (Calories 486 | Protein 43 | Fat 30 | Carbs 11)

8. **Thursday Dinner:** Sweet Potato Shepherd's Pie Nutrition Large 550g:
(Calories 460 | Protein 46 | Fat 16 | Carbs 33)
 9. **Friday Lunch:** Chicken, Broccoli and Rice Casserole Nutrition Large 550g:
(Calories 630 | Protein 56 | Fat 22 | Carbs 52)
 10. **Friday Dinner:** Thai-style Cashew Chicken Stir-fry with Noodles Nutrition
Large 550g: (Calories 507 | Protein 46 | Fat 15 | Carbs 47)
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