



TYLA·D
FIT

**HEALTHY
FUELING
SATISFYING**

*EAT FOODS YOU ACTUALLY ENJOY?
THAT ALSO FUELS YOU, HAS NUTRITIONAL VALUE AND
MAKES YOU FEEL GOOD?!
YES PLEASE!*



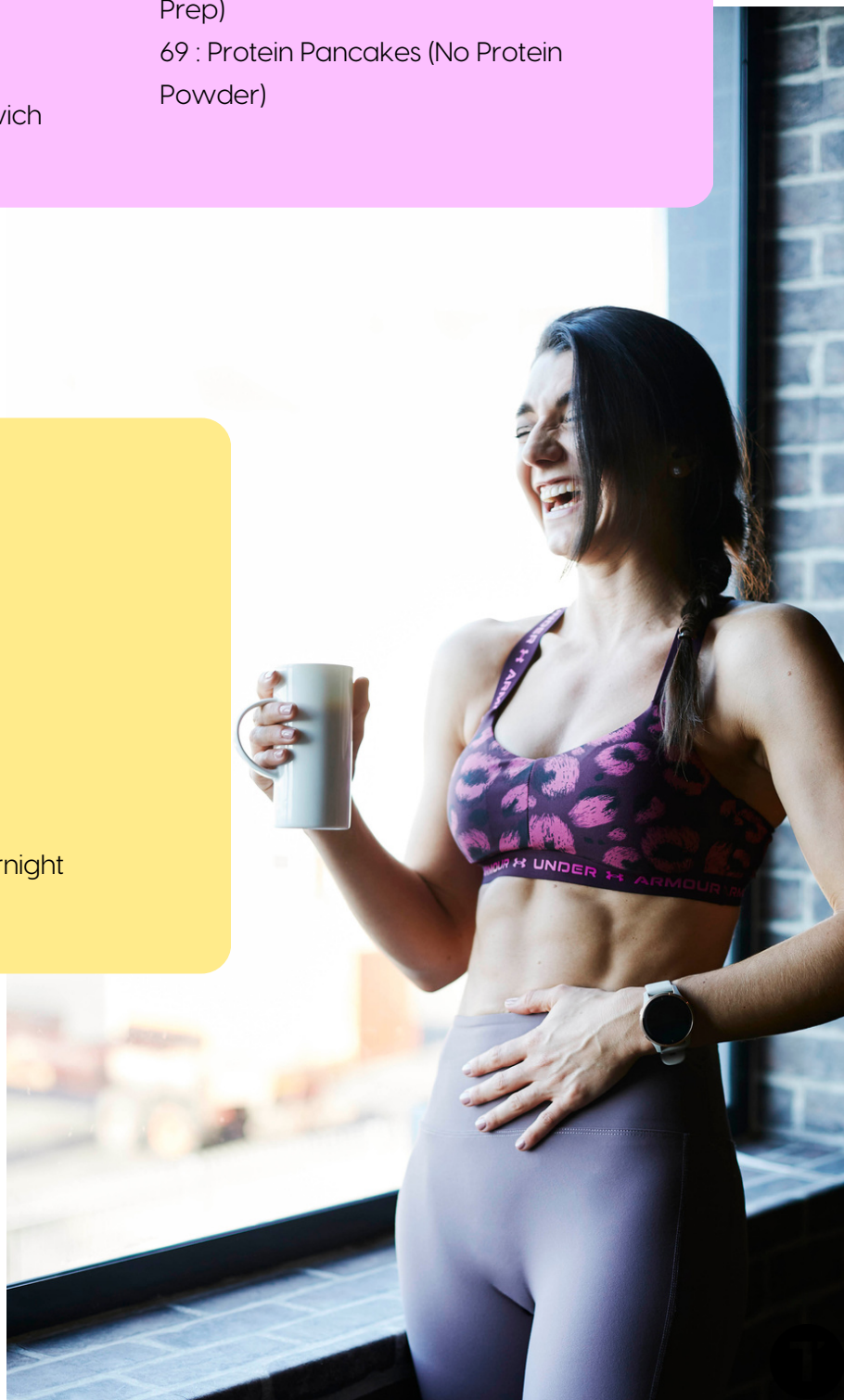
CONTENTS

EXTRA'S

- 59 : Biscoff Mug Cake
- 60 : Dominos Chicken BBQ Pizza
- 61 : 4 Ingredient Flourless Brownies
- 62 : Spicy Chicken Burger
- 63 : Sticky Chicken (Meal Prep)
- 64 : Spicy Chicken Tenders
- 65 : Air-Fryer McChicken Sandwich
- 66 : Taco Fries (Meal Prep)
- 67 : Blueberry Cheesecake
- 68 : Buttermilk Chicken Curry (Meal Prep)
- 69 : Protein Pancakes (No Protein Powder)

BREAKFAST

- 1 : Zero Carb Pancakes
- 2 : Banana Oat Protein Pancakes
- 3 : Apple Oat Muffins
- 4 : Bacon, Cheese & Egg Burrito
- 5 : Biscoff Baked Oats
- 6 : Single Serving Apple Crumble
- 7 : Breakfast Tacos
- 8 : Egg Muffins
- 9 : Breakfast Quesadilla
- 10 : Blueberry & Chocolate Overnight Oats
- 11 : Healthier Chicken Fillet Roll



CONTENTS

LUNCH & MAINS

- 11 : Healthier Chicken Fillet Roll
- 12 : Burrito
- 13 : Air fryer Chicken Sandwich
- 14 : Fakeaway Spice bag
- 15 : Loaded Taco Fries
- 16 : Sweet Potato Shepherd's Pie
- 17 : 5 minute Sticky Peanut Noodles
- 18 : Cheesy Easy Pasta
- 19 : One Pot Mac & Cheese
- 20 : Pad Thai
- 21 : Creamy Prawn Linguine
- 22 : Tuna & Broccoli Pasta Bake
- 23 : Carbonara
- 24 : Spag Bol
- 25 : High Protein Lasagna
- 26 : Low Cal Garlic bread
- 27 : Sticky Chicken
- 28 : Sesame Fried Rice
- 29 : Pizza Muffins
- 30 : Deep Dish Healthy Pizza
- 31 : Chicken Nuggets
- 32 : Garlic Bread Dough Twists
- 33 : Salmon Teriyaki Rice Bowl
- 34 : Teriyaki Salmon Rice Paper Rolls

DESSERT

- 35 : Cinnamon French Toast Sticks
- 36 : Single Serving Biscoff Cinnamon Roll
- 37 : Airfryer Cinnamon Bites
- 38 : Pumpkin Spiced Cinnamon Rolls
- 39 : Apple & Cinnamon Rolls
- 40 : Cinnamon Dough Twists
- 41 : Fruit Tarts
- 42 : Brookies
- 43 : Snickers Bar
- 44 : Birthday Cake Cereal Bars
- 45 : Healthy Twix bars
- 46 : Oreo yogurt Bark
- 47 : Oreo Crownies
- 48 : 4 Ingredient Nutella Microwave Cake
- 49 : 54 Calorie Red Velvet Cake
- 50 : Fudgy Chocolate Banana Bread
- 51 : Chocolate Chip Banana Bread
- 52 : 60 Calorie Biscoff Brownies
- 53 : Banana Bread Blender Brownies
- 54 : 4 Ingredient Nutella Cookies
- 55 : Chocolate Chip Oat Cookies
- 56 : 3 Ingredient Peanut Butter Cookies
- 57 : Peanut Butter Cookies
- 58 : 3 Ingredient Banana Bread

BREAKFAST



MACROS

ENERGY	150cal
PROTEIN	28g
FAT	2g
CARBS	3g

PREP TIME	10 mins
TOTAL TIME	15 mins
DIFFICULTY	Easy
SERVES	1 Person

ZERO CARB PANCAKES

METHOD

Mix the eggs & vanilla essence using a blender until the eggs are white and fluffy

Fold in the dry ingredients

Place your frying pan on a medium heat

Pour the mixture onto the pan and place a lid over pan- this will allow the mixture to rise. After 1 min, flip the pancake

Top with your favourite toppings, my favourite are yogurt & berries or Honey & banana!

INGREDIENTS

100g egg whites
 25g protein powder
 1 tsp baking powder
 Pinch of salt
 50 ml almond milk

LUNCH & DINNER



SNACKS & TREATS





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