TYLER TAILORED FITNESS



FOOD THAT FITS YOUR GOAL

Protein Made Simple

A flexible nutrition guide for fat loss, maintenance and muscle-building goals.

28 RECIPES / FOUR WEEKLY MENUS
THREE PORTION LEVELS / SHOPPING LISTS

Start here

Choose your food. Adjust your portions. Repeat what works.

1. Find a starting point

Use the free calculator on our website, or an intake agreed with your dietitian. A calorie estimate is a starting point, not an exact measurement of what your body needs. The same menu can support different goals for different people.

2. Choose a menu level

The four weekly rotations have options close to 1,800, 2,200 and 2,600 kcal per day. These are examples for healthy adults. They are not labelled as universal “fat-loss” or “muscle-gain” amounts. The menu pages show each day’s actual estimated calories and protein.

3. Shop, cook and adapt

Every recipe makes one base serving. The menu tells you which four recipes to use, how much extra bread to add and which additional modules make the higher levels. Choose the matching shopping-list column. Extra bread is food to spread through the day, not an extra ingredient in every recipe.

4. Review your routine

Follow a manageable pattern for 2–3 weeks. Review your weight trend if appropriate, hunger, energy and training. Make one small adjustment, then observe again. A printable planner comes with this guide.

Who this guide is for: generally healthy adults aged 18+. If you are pregnant or breastfeeding, underweight, managing an eating disorder, or have a condition or medication affecting nutrition, use individual advice from a registered dietitian or clinician. This guide does not prescribe treatment.

Find your way: practical guidance comes first, followed by four weekly menus and shopping lists, then 28 numbered recipes and the nutrition reference notes. Recipe numbers on menus match the recipe index.

Adjust portions without a new PDF

Choose one change and record it in your planner.

Food adjustment	Approx. kcal	Protein
50 g wholemeal bread, before toasting	108	4.7 g
100 g brown rice, cooked without salt	132	3.6 g
40 g rolled oats, dry	152	4.4 g
200 g plain virtually fat-free yoghurt	108	10.8 g
100 g banana, peeled	81	1.2 g
5 g olive oil	45	0.0 g
15 g smooth peanut butter	91	3.4 g
100 g extra-firm tofu, drained (tofoo reference)	145	16.5 g

To increase food

Add one suitable option, or a combination. For example, 100 g cooked brown rice plus 5 g olive oil adds about 177 kcal. Spread additions over meals if a single large meal is uncomfortable.

To reduce food

Remove an amount already present in your menu. Removing 50 g bread reduces the estimate by about 109 kcal. Keep regular protein foods, fruit and vegetables; avoid deleting whole meals to reach a number.

Scale a recipe when it is useful

Multiply every ingredient by the same factor. A 1.25× serving has 1.25× the calories and nutrients. For eggs or batch dishes, make two or more complete servings, mix or divide evenly and portion the cooked food by weight. Do not weigh cooked meat against a raw-weight entry.

The recipe pages show base and 1.25× nutrition. The weekly menus use base servings only, plus their stated additions. Changing a recipe or ingredient also changes its shopping-list quantities and nutrition.

02 Yoghurt, berries and oats

Breakfast · Makes 1 base serving · About 5 minutes



BASE: 466 kcal · 23 g protein · 71 g carbs · 12 g fat

INGREDIENTS

250 g Plain virtually fat-free yoghurt

50 g Rolled oats, dry

120 g Strawberries, raw

15 g Pumpkin seeds

7 g Honey

METHOD

1. Stir the oats into the yoghurt. Add a splash of water if too thick.

2. Top with chopped strawberries, pumpkin seeds and honey.

3. Eat immediately or cover and refrigerate overnight.

Portion note: This edition uses plain virtually fat-free yoghurt. Greek-style and high-protein brands can have different nutrition.

1.25× serving: multiply every ingredient by 1.25. Approx. 583 kcal, 29 g protein, 88 g carbs, 15 g fat. Weekly menus use the base serving.

Allergen check: milk; oats (gluten). Check all labels and cross-contact information.

07 Herb chicken and quinoa bowl

Lunch · Makes 1 base serving · About 25 minutes



BASE: 429 kcal · 49 g protein · 38 g carbs · 10 g fat

INGREDIENTS

160 g Chicken breast, raw skinless meat

60 g Quinoa, dry

75 g Green pepper, raw

75 g Courgette, raw

40 g Lettuce, raw

5 g Olive oil

15 g Lemon juice

1 g Mixed dried herbs

METHOD

1. Rinse and cook the dry quinoa according to its packet. Drain if necessary.

2. Slice the chicken and vegetables. Cook in a non-stick pan with the oil and herbs until the chicken is cooked through.

3. Serve the quinoa, chicken and vegetables over lettuce. Add lemon juice.

Portion note: Quinoa is weighed DRY here; use the whole cooked yield from that dry portion.

1.25× serving: multiply every ingredient by 1.25. Approx. 536 kcal, 61 g protein, 47 g carbs, 13 g fat. Weekly menus use the base serving.

Allergen check: No common allergens intentionally added; check product labels.. Check all labels and cross-contact information.