



Health, fitness, lifestyle

# TAYLAKFITNESS NUTRITION GUIDE

Workout because you love your body, not  
because you hate it.

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[www.taylakfitness.co.uk](http://www.taylakfitness.co.uk)



# CONTENTS

<b>INTRODUCTION</b>	<b>01</b>
<b>YOUR NUTRITION PHILOSOPHY</b>	<b>02</b>
<b>THE BASICS OF NUTRITION (MADE SIMPLE)</b>	<b>03</b>
<b>CALORIES AND YOUR GOALS (KEEPING IT SIMPLE)</b>	<b>04-05</b>
<b>BUILDING BALANCED MEALS (YOUR GO-TO FORMULA)</b>	<b>06</b>
<b>PROTEIN: WHY IT MATTERS (ESPECIALLY FOR YOUR GOALS)</b>	<b>07</b>
<b>CARBS &amp; FATS: STOP BEING SCARED OF THEM</b>	<b>08</b>
<b>EATING FOR YOUR GOALS (WITHOUT EXTREMES)</b>	<b>09-10</b>
<b>PRE &amp; POST WORKOUT NUTRITION</b>	<b>11</b>
<b>SNACKING WITHOUT GUILT</b>	<b>12</b>
<b>HUNGER, FULLNESS &amp; LISTENING TO YOUR BODY</b>	<b>13</b>
<b>NUTRITION AROUND YOUR MENSTRUAL CYCLE</b>	<b>14</b>
<b>EATING OUT, SOCIAL EVENTS &amp; BALANCE</b>	<b>15</b>
<b>COMMON NUTRITION MISTAKES</b>	<b>16</b>
<b>SUPPLEMENTS</b>	<b>17</b>
<b>HYDRATION &amp; DAILY HABITS</b>	<b>18</b>
<b>CREATING YOUR ROUTINE</b>	<b>19</b>
<b>FINAL THOUGHTS ♥</b>	<b>20</b>



# INTRODUCTION

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## ABOUT TAYLAKFITNESS

Welcome to the TaylaKfitness nutrition guide. I created this to show you that nutrition does not have to be strict, confusing, or something that controls your life. It should fuel you, support you, and fit into your lifestyle in a way that actually feels good.

You can reach your goals without obsessing over calories, cutting out foods you enjoy, or trying to be perfect. Small, consistent choices will always matter more than extremes.

You deserve a life where food feels simple, balanced, and enjoyable, not something you fear or overthink.

### LIFE IS FOR LIVING.

#### **DISCLAIMER**

This guide is not intended as nutritional advice and is not a replacement for support from a registered dietitian, nutritionist, or healthcare professional. As a personal trainer and coach, my guidance is rooted in fitness and lifestyle support — not clinical nutrition. Always consult a qualified practitioner if you have specific dietary needs or health concerns.

#### **A NOTE ON INDIVIDUALITY**

Everyone's body is different. Some people may experience stronger hunger cues, emotional triggers, or hormonal shifts than others. That's completely normal. There is no one-size-fits-all approach to intuitive eating — it's about tuning in to what works for you.

# NUTRITION PHILOSOPHY



## YOUR NUTRITION PHILOSOPHY

My approach to nutrition is simple. Food is here to fuel you, support you, and be enjoyed. It is not something to fear, control your life, or feel guilty about.

I do not believe in cutting out foods, labelling things as “good” or “bad”, or trying to be perfect. Balance will always beat restriction, and consistency will always beat extremes.

You can eat in a way that supports your goals while still enjoying your favourite foods, going out, and living your life. Nutrition should fit around your lifestyle, not the other way around.

The goal is to feel strong, energised, and confident in your choices, without overthinking every single thing you eat.

**SIMPLE. BALANCED. SUSTAINABLE.**

# THE BASICS OF NUTRITION MADE SIMPLE



**Nutrition does not need to be complicated. You do not need to track everything or understand every detail to eat well. Once you understand a few simple basics, everything becomes much easier.**

At the core of nutrition are calories and macronutrients (**macros**).

Calories are a measure of energy. Your body needs energy to function, move, train, and recover. The goal is not to obsess over calories, but to have a general awareness of fueling your body properly.

Macros are the nutrients that make up your food:

**Protein** helps repair and build muscle, keeps you fuller for longer, and supports recovery.

**Carbohydrates** are your body's main source of energy, especially for workouts and running.

**Fats** support your hormones, overall health, and help keep meals satisfying.

**All three are important.** You do not need to cut any of them out to see results.

You do not need to be perfect. Focus on balanced meals most of the time, and the rest will fall into place.

**KEEP IT SIMPLE.**

# CALORIES AND YOUR GOALS (KEEPING IT SIMPLE)



Calories are simply a measure of energy. Your body needs energy to function, move, train, and recover.

*Depending on your goal, your body may need slightly more or slightly less energy over time.*

## **FOR FAT LOSS:**

You need to be in a small calorie deficit, meaning you are using slightly more energy than you are consuming. This does not mean eating as little as possible—it means being consistent and mindful with your food choices.

## **FOR MAINTENANCE:**

You are eating roughly the amount your body needs to maintain your current weight. This is where many people feel their best—energised, balanced, and consistent.

## **FOR BUILDING MUSCLE:**

Your body needs enough fuel to grow and recover. This usually means eating enough food, especially protein, and not under-fuelling yourself.

# CALORIES AND YOUR GOALS (KEEPING IT SIMPLE)



## 💬 IMPORTANT TO REMEMBER:

You do not need to track every calorie to reach your goals. Many people can achieve results by focusing on balanced meals, portion awareness, and consistency.

However, understanding this can help you:  
Recognise if you are under-eating or over-eating  
Fuel your workouts and recovery properly  
Make small adjustments if progress feels stuck

## 🧠 What this looks like in real life:

**Fat loss** → slightly smaller portions, still balanced meals

**Muscle building** → slightly larger portions, prioritising protein

**Maintenance** → consistent, balanced eating

## ♥ The goal:

Not perfection. Not extremes. Just learning to fuel your body in a way that supports your goals while still enjoying your life.

**YOU DON'T NEED TO BE EXACT TO MAKE PROGRESS.**

# BUILDING BALANCED MEALS (YOUR GO-TO FORMULA)



Eating well does not have to be complicated. You do not need strict meal plans or perfect portions... just a simple structure you can come back to.

## **A BALANCED MEAL INCLUDES:**

Protein + Carbohydrates + Fats + Fibre

**Protein** helps keep you full and supports muscle and recovery.

**Carbohydrates** give you energy for your day and workouts.

**Fats** support your hormones and help keep meals satisfying.

**Fibre** (from fruit and vegetables) supports digestion and overall health.

## **A simple way to build your plate:**

Aim for a source of protein, add carbs for energy, include some healthy fats, and finish with fruit or vegetables.

## **For example:**

Chicken, rice, avocado, and vegetables

Salmon, potatoes, and greens

Eggs on toast with avocado and fruit

Yogurt, granola, and berries

You do not need to get this perfect every time. Some meals will be more balanced than others, and that is completely normal.

Focus on building balanced meals most of the time, and you will feel more energised, satisfied, and consistent.

**SIMPLE. FLEXIBLE. SUSTAINABLE.**

# PROTEIN: WHY IT MATTERS (ESPECIALLY FOR YOUR GOALS)



Protein is one of the most important nutrients when it comes to **feeling full, building muscle, and supporting your overall progress.**

It helps to repair and build muscle after workouts, which is especially important if you are strength training or running. It also helps keep you fuller for longer, making it easier to stay satisfied between meals.

## Getting enough protein can support:

- Building and maintaining muscle
- Fat loss (by keeping you fuller and reducing overeating)
- Recovery after workouts
- Feeling more satisfied from your meals

## A simple way to include more protein:

Try to add a source of protein to each meal and snack.

## Examples include:

- Chicken, turkey, beef
- Eggs
- Yogurt or Greek yogurt
- Fish
- Tofu or plant-based options
- Protein shakes (for convenience, not a necessity)

## 💡 What this looks like in real life:

- Add eggs or yogurt to your breakfast
- Include chicken, fish, or tofu in your meals
- Choose snacks that contain some protein
- Use a protein shake if you are busy or on the go

You do not need to be perfect or hit an exact number every day. Just focusing on including protein regularly will make a big difference.

**SMALL CHANGES, DONE CONSISTENTLY, WILL ALWAYS WIN.**

# CARBS & FATS: STOP BEING SCARED OF THEM



Carbohydrates and fats are often misunderstood, but both are essential for your body to function and feel its best.

**Carbohydrates** are your body's *main source of energy*. They fuel your workouts, your runs, and your day-to-day life. Without enough carbs, you may feel tired, low on energy, and struggle to perform.

**Fats** are just as important. They support your hormones, overall health, and help keep your meals satisfying and balanced.

Cutting out carbs or fats might seem like a quick fix, but it is not sustainable and often leaves you feeling worse, not better.

## 💬 **A balanced approach:**

Include both carbs and fats in your meals alongside protein and fibre. This helps keep your energy levels stable and your meals more satisfying.

## **Examples of carbs:**

Rice, pasta, potatoes, bread, oats, fruit

## **Examples of fats:**

Avocado, nuts, seeds, oils, butter

## 👉 **The key takeaway:**

You do not need to fear food groups to see results. Your body works best when it is properly fuelled.

**BALANCE WILL ALWAYS BEAT RESTRICTION.**

# EATING FOR YOUR GOALS (WITHOUT EXTREMES)



Your nutrition may look slightly different depending on your goals, but the basics always stay the same: balanced meals, enough protein, consistency, and properly fueling your body.

## **Fat loss:**

For fat loss, your body needs to be in a small calorie deficit, meaning you are eating slightly less energy than your body is using. The goal is not to eat as little as possible, but to create a balanced and sustainable approach.

## **Focus on:**

- Balanced meals
- Prioritising protein
- Including plenty of whole foods
- Not under-eating or skipping meals

## **Body recomposition (losing fat & building muscle):**

This goal is very common, especially if you are newer to strength training or becoming more consistent. The focus here is usually eating around maintenance calories or in a very small deficit while prioritising protein and strength training consistently.

## **Focus on:**

- Eating enough protein
- Balanced meals
- Fueling workouts properly
- Being consistent over time

# EATING FOR YOUR GOALS (WITHOUT EXTREMES)



## **Muscle building:**

To build muscle, your body needs enough fuel to grow and recover. This usually means eating slightly more food over time, especially protein and carbohydrates.

### **Focus on:**

- Eating enough overall food
- Prioritising protein
- Not being afraid of carbs
- Supporting recovery properly

## **Performance (running & training):**

If your goal is improving performance, energy and recovery become very important. Under-fueling can lead to low energy, poor recovery, and harder workouts.

### **Focus on:**

- Eating enough carbohydrates
- Not skipping meals
- Fueling before and after workouts
- Staying hydrated

### **The key takeaway:**

You do not need a completely different diet for every goal. Most of the time, it is just small adjustments to your portions, protein intake, and overall consistency.

Extreme approaches are rarely sustainable. Balance will always take you further long-term.

# PRE & POST WORKOUT NUTRITION



Fueling your body before and after workouts can help improve your energy, performance, and recovery. It does not need to be complicated, and you do not need “perfect” timing to see results.

## **PRE-WORKOUT NUTRITION:**

Before training, your body benefits from carbohydrates for energy and some protein where possible. This can help you feel stronger, more energised, and improve performance during workouts or runs.

### **Some simple pre-workout ideas:**

- Toast with peanut butter and banana
- Yogurt with fruit
- Oats
- A protein bar or banana on busy days

If you are training early in the morning and do not feel like eating much, even a small snack can help.

## **POST-WORKOUT NUTRITION:**

After training, your body benefits from protein to support recovery and carbohydrates to replenish energy levels.

### **Some simple post-workout ideas:**

- Protein yogurt and fruit
- Chicken and rice
- Eggs on toast
- A protein shake with a snack or meal

### **💬 Important to remember:**

You do not need to stress over exact timings or make everything perfect. Focus on eating balanced meals throughout the day and fueling your body consistently.

The goal is to support your energy, recovery, and performance, not overcomplicate it.

# SNACKING WITHOUT GUILT



Snacks are not “bad” and they are not something you need to earn. Snacking can help keep your energy levels up, prevent extreme hunger, and support your goals throughout the day.

A snack can also be a great opportunity to add extra protein, fibre, or fuel around workouts and busy days.

The goal is not to avoid snacks, but to choose options that leave you feeling satisfied and energised most of the time.

## **A balanced snack usually includes:**

Protein

Carbohydrates

Healthy fats or fibre

## **Some simple snack ideas:**

Yogurt and fruit

Apple and peanut butter

Protein bar

Rice cakes with toppings

Toast and eggs

Trail mix or nuts

Chocolate with fruit or yogurt for balance

## **Important to remember:**

You do not need to feel guilty for eating between meals. Hunger is normal, and your body deserves to be fueled properly.

It is also completely okay to have snacks simply because you enjoy them. Nutrition is about balance, not perfection.

The goal is to feel satisfied, energised, and consistent—not restricted.

# HUNGER, FULLNESS & LISTENING TO YOUR BODY



Your body is constantly giving you signals, and learning to listen to them can help build a healthier and more balanced relationship with food.

Hunger is your body asking for energy. Fullness is your body letting you know it has had enough. Both are normal and important.

Sometimes dieting, restriction, or constantly ignoring hunger cues can make it harder to recognise these signals. Learning to tune back into them takes time, and it does not need to be perfect.

## **Signs of hunger can include:**

- Low energy
- Thinking about food often
- Feeling irritable or distracted
- Stomach hunger or emptiness

## **Signs of fullness can include:**

- Feeling comfortably satisfied
- Less interest in food
- Feeling content rather than overly full

## **Important to remember:**

You do not have to wait until you are starving to eat, and you do not need to feel overly full after every meal.

Listening to your body is not about being perfect every single time. It is about building awareness, trusting yourself more, and moving away from strict food rules.

Your body is not the enemy. Learning to work with it instead of against it can make food feel a lot less stressful.

# NUTRITION AROUND YOUR MENSTRUAL CYCLE



Your appetite, energy levels, cravings, and hunger can naturally change throughout your menstrual cycle. This is completely normal, and it is important not to feel guilty for it.

During certain phases of your cycle, especially before your period, you may feel hungrier, crave more carbohydrates or comfort foods, and notice lower energy levels. Your body is working harder during this time, so needing slightly more food is not something to fear.

Rather than trying to ignore these changes or restrict more, focus on supporting your body with balanced meals, enough protein, carbohydrates for energy, and regular meals throughout the day.

## Things that may help:

- Not skipping meals
- Including enough carbohydrates
- Prioritising protein and balanced meals
- Staying hydrated
- Giving yourself flexibility around cravings

## Important to remember:

Your body and appetite will not feel exactly the same every day, and that is normal. Nutrition does not need to be rigid to be effective.

Learning to work with your body instead of against it can help improve your energy, performance, recovery, and overall relationship with food.

**SUPPORT YOUR BODY, DON'T PUNISH IT.**

# EATING OUT, SOCIAL EVENTS & BALANCE



A healthy lifestyle should still allow you to enjoy meals out, social events, holidays, and your favourite foods. One meal, one day, or one weekend will not ruin your progress.

A lot of people fall into the cycle of being “good” during the week and then feeling guilty whenever they eat out or enjoy themselves. In reality, balance is what leads to long-term consistency.

You do not need to avoid restaurants, track every calorie, or say no to plans to reach your goals.

## **A balanced approach can look like:**

- Eating balanced meals most of the time
- Enjoying treats and meals out without guilt
- Not trying to “make up” for food by over-exercising or restricting afterwards
- Listening to your hunger and fullness where possible
- Focusing on consistency over perfection

## **Important to remember:**

Food is not just fuel. It is also enjoyment, memories, culture, and social connection.

The goal is to build a lifestyle that feels realistic and sustainable, not one that makes you scared to enjoy your life.

**YOU CAN ENJOY YOURSELF AND STILL MAKE  
PROGRESS.**

# COMMON NUTRITION MISTAKES



A lot of people believe they need to be more strict to see results, when in reality, some of the biggest mistakes come from doing too much, too quickly.

## **Under-eating:**

Eating too little can leave you feeling tired, constantly hungry, low on energy, and can negatively affect your workouts and recovery.

## **Cutting out entire food groups:**

You do not need to remove carbs, fats, or foods you enjoy to make progress. Restriction often leads to overeating, cravings, and an unhealthy relationship with food.

## **All-or-nothing thinking:**

One meal or snack does not ruin your progress. Being consistent most of the time matters far more than trying to be perfect.

## **Relying on motivation:**

Motivation comes and goes. Building simple habits and routines is what creates long-term results.

## **Skipping meals:**

Skipping meals can often lead to low energy, extreme hunger later in the day, and overeating.

## **Obsessing over calories:**

Understanding calories can be helpful, but constantly tracking and overthinking every meal can become exhausting and unsustainable for many people.

## **Important to remember:**

You do not need to be perfect to make progress. Small, consistent choices will always take you further than extreme approaches.



# SUPPLEMENTS

Supplements can be helpful, but they are exactly what the name suggests—a supplement to your nutrition, not the foundation of it.

You do not need lots of supplements to see results. Balanced meals, enough protein, proper hydration, and consistency will always matter most.

The supplements below are simply ones I personally use or recommend for convenience, performance, or supporting recovery.

## 💬 **Protein powder:**

Protein powder can be a quick and convenient way to increase your protein intake, especially on busy days or after workouts. It is not essential, but it can help you hit your protein goals more easily.

## 💬 **Creatine:**

Creatine is one of the most researched supplements and may help support strength, performance, and recovery. It can be especially beneficial alongside regular strength training.

## 💬 **Electrolytes:**

Electrolytes can help with hydration, especially if you sweat a lot, run regularly, or train intensely. They may help support energy levels and recovery.

## 💬 **Vitamins:**

Some people may benefit from certain vitamins depending on their lifestyle, diet, or needs. However, supplements should never replace a balanced diet.

## 🌸 **Important to remember:**

More supplements do not equal better results. Focus on the basics first:

- Balanced meals
- Enough protein
- Hydration
- Consistency
- Sleep and recovery

## ♥ **Disclaimer:**

This section is based on personal experience and general education, not medical advice. If you have specific health concerns or are unsure what is right for you, speak to a qualified healthcare professional.



# HYDRATION & DAILY HABITS

Hydration is one of the simplest but most important parts of feeling and performing your best. Water supports your energy levels, digestion, recovery, workouts, and overall health.

If you are active, running regularly, or sweating a lot, staying hydrated becomes even more important.

## **Simple ways to stay hydrated:**

Carry a water bottle with you

Drink water throughout the day, not just during workouts

Add electrolytes when needed, especially after long or sweaty sessions

Include fruits and foods with water content too

Alongside hydration, simple daily habits can help support your goals without overcomplicating things.

## **Helpful daily habits:**

Eating balanced meals consistently

Including protein with meals

Moving your body regularly

Getting enough sleep

Planning ahead where possible

Not skipping meals

## **Important to remember:**

You do not need a “perfect” routine to make progress. Small habits done consistently over time are what create real results.



# CREATING YOUR ROUTINE

The best routine is not the most strict or perfect one... it is the one you can realistically stick to.

A healthy lifestyle should fit around your life, not completely take it over. Building simple routines and habits can help make nutrition feel consistent and less stressful.

Start small. You do not need to change everything overnight.

## **Simple habits that can make a big difference:**

Planning meals or snacks ahead of busy days

Keeping balanced foods in the house

Including protein with meals

Drinking enough water throughout the day

Eating consistently instead of skipping meals

Finding meals you genuinely enjoy and can repeat easily

Your routine will not look the same every day, and that is completely normal. Some weeks will feel more organised than others.

## **Important to remember:**

Consistency does not mean perfection. Missing a workout, eating out, or having less balanced days does not mean you have failed.

The goal is to build routines that support your goals while still allowing you to enjoy your life.

***Simple habits. Long-term results.***

# FINAL THOUGHTS



I hope this guide has shown you that nutrition does not have to feel restrictive, overwhelming, or something that takes over your life. You do not need to be perfect to make progress, and you do not need to punish yourself to feel confident in your body.

Your health and fitness journey should add to your life, not take away from it. You deserve to enjoy meals out, eat your favourite foods, make memories, and still work towards your goals without guilt.

Some days will feel more balanced than others, and that is completely normal. What matters most is the small choices you continue to make over time, not being perfect every single day.

Be kind to yourself. Fuel your body, support it, and learn to work with it instead of against it.

You are capable of creating a healthy lifestyle that feels balanced, sustainable, and enjoyable long-term.

**LIFE IS FOR LIVING.**