



# Menu



**YoloPlans** × *Grain Traders*

WEEK 2

Feb 03 - Feb 07



## MONDAY

### Jackfruit (Pad Kra Pao)

with Brown Rice Nasi Lemak, Mixed Mushrooms, and Wafu Tomato Salad

### Steak Parrillada

with Quinoa, Baby Roasted Potatoes, Grapes, Roasted Broccoli, and Cauliflower

### Eggplant Quiche

## TUESDAY

### Tuna Tataki

with Soba Noodles, Young Papaya Salad, and Mixed Bean Salad

### Peanut Tofu

with Barley Risotto, Grilled Eggplant, and Young Papaya Salad

### Egg Mayo Salad

## WEDNESDAY

### Sous-Vide Chicken Breast

with Mixed Greens, Roasted Broccoli & Cauliflower, and Mixed Bean Salad

### Donburi Salmon

with Brown Rice Nasi Lemak, Grilled Eggplant, Baby Roasted Potatoes, and Grapes

### Beetroot Hummus

## THURSDAY

### Jackfruit (Pad Kra Pao)

with Quinoa, Mixed Bean Salad, Sweet Potato, and Fennel

### Sous-Vide Chicken Breast

with Soba Noodles, Baby Roasted Potatoes, Grapes, and Wafu Tomato Salad

### Gluten-Free Chocolate Chip Cookies

## FRIDAY

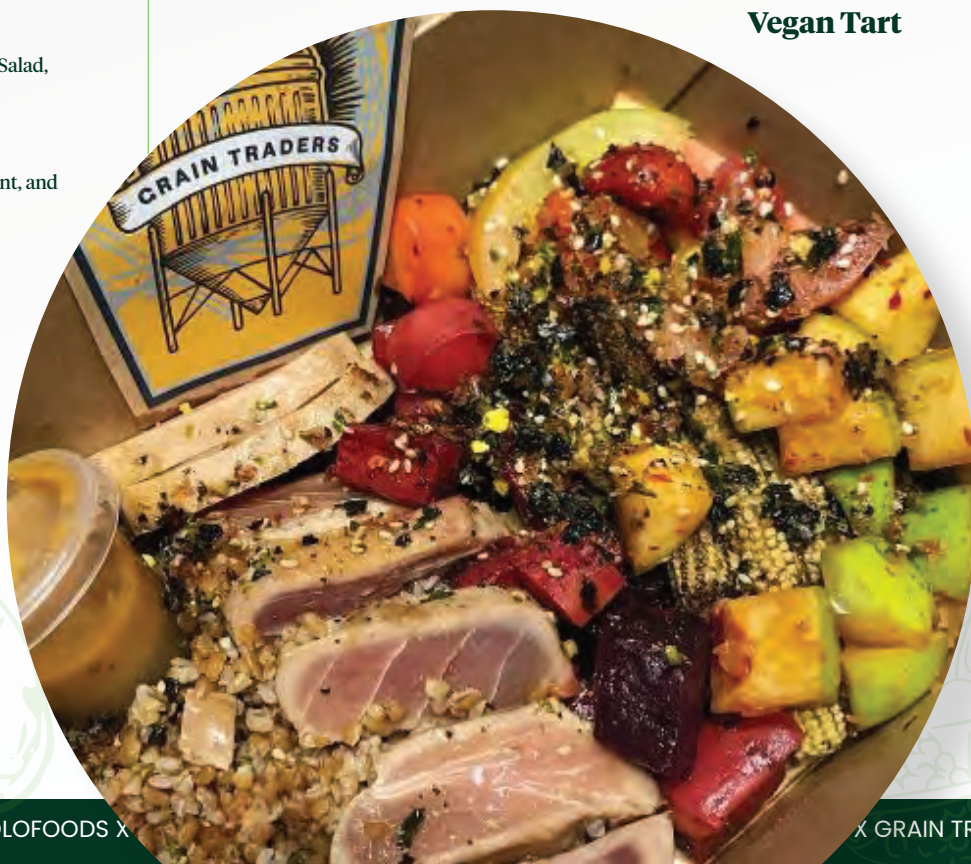
### Steak Parrillada

with Barley Risotto, Mixed Mushrooms, and Wafu Tomato Salad

### Peanut Tofu

with Mixed Greens, Roasted Broccoli, Cauliflower, and Mixed Mushrooms

### Vegan Tart





WEEK 3

Feb  
**10** — Feb  
**14**

## MONDAY

### Tuna Tataki

with Brown Rice Nasi Lemak, Roasted Broccoli, Cauliflower, and Grilled Eggplant

### Peanut Tofu

with Quinoa, Wafu Tomato Salad, and Mixed Bean Salad

### Banana Bread

## TUESDAY

### Jackfruit (Pad Kra Pao)

with Soba Noodles, Baby Roasted Potatoes, Grapes, and Young Papaya Salad

### Donburi Salmon

with Barley Risotto, Roasted Broccoli, Cauliflower, Sweet Potato, and Fennel

### Energy Ball (1pc)

## WEDNESDAY

### Steak Parrillada

with Mixed Greens, Grilled Eggplant, Sweet Potato, and Fennel

### Sous-Vide Chicken Breast

with Brown Rice Nasi Lemak, Grilled Eggplant, and Mixed Mushrooms

### Salmon Quiche

## THURSDAY

### Tuna Tataki

with Quinoa, Mixed Mushrooms, Baby Roasted Potatoes, and Grapes

### Peanut Tofu

with Soba Noodles, Baby Roasted Potatoes, Grapes, Sweet Potato, and Fennel

### Eggplant Quiche

## FRIDAY

### Jackfruit (Pad Kra Pao)

with Barley Risotto, Roasted Broccoli, Cauliflower, and Wafu Tomato Salad

### Donburi Salmon

with Mixed Greens, Mixed Bean Salad, and Young Papaya Salad

### Egg Mayo Salad





WEEK 4

Feb  
**17** — Feb  
**21**

## FRIDAY

### **Tuna Tataki**

with Mixed Greens, Sweet Potato, Fennel, and Wafu Tomato Salad

### **Jackfruit (Pad Kra Pao)**

with Brown Rice Nasi Lemak, Mixed Mushrooms, and Wafu Tomato Salad

### **Energy Ball (1pc)**

## WEDNESDAY

### **Peanut Tofu**

with Brown Rice Nasi Lemak, Baby Roasted Potatoes, Grapes, and Mixed Mushrooms

### **Donburi Salmon**

with Quinoa, Mixed Mushrooms, and Mixed Bean Salad

### **Vegan Tart**

## MONDAY

### **Sous-Vide Chicken Breast**

with Quinoa, Mixed Mushrooms, and Young Papaya Salad

### **Donburi Salmon**

with Soba Noodles, Roasted Broccoli, Cauliflower, Sweet Potato, and Fennel

### **Beetroot Hummus**

## TUESDAY

### **Jackfruit (Pad Kra Pao)**

with Barley Risotto, Grilled Eggplant, and Wafu Tomato Salad

### **Tuna Tataki**

with Mixed Greens, Mixed Bean Salad, and Wafu Tomato Salad

### **Gluten-Free Chocolate Chip Cookies**

## THURSDAY

### **Steak Parrillada**

with Soba Noodles, Roasted Broccoli, Cauliflower, and Young Papaya Salad

### **Sous-Vide Chicken Breast**

with Barley Risotto, Grilled Eggplant, Sweet Potato, and Fennel

### **Banana Bread**





WEEK 5

Feb Feb  
**24 - 28**



## MONDAY

### Steak Parrillada

with Quinoa, Baby Roasted Potatoes, Grapes, Roasted Broccoli, and Cauliflower

### Jackfruit (Pad Kra Pao)

with Brown Rice Nasi Lemak, Mixed Mushrooms, and Wafu Tomato Salad

### Salmon Quiche

## TUESDAY

### Peanut Tofu

with Barley Risotto, Grilled Eggplant, and Young Papaya Salad

### Tuna Tataki

with Soba Noodles, Young Papaya Salad, and Mixed Bean Salad

### Eggplant Quiche

## WEDNESDAY

### Donburi Salmon

with Brown Rice Nasi Lemak, Grilled Eggplant, Baby Roasted Potatoes, and Grapes

### Sous-Vide Chicken Breast

with Mixed Greens, Roasted Broccoli & Cauliflower, and Mixed Bean Salad

### Egg Mayo Salad

## THURSDAY

### Sous-Vide Chicken Breast

with Soba Noodles, Baby Roasted Potatoes, Grapes, and Wafu Tomato Salad

### Jackfruit (Pad Kra Pao)

with Quinoa, Mixed Bean Salad, Sweet Potato, and Fennel

### Beetroot Hummus

## FRIDAY

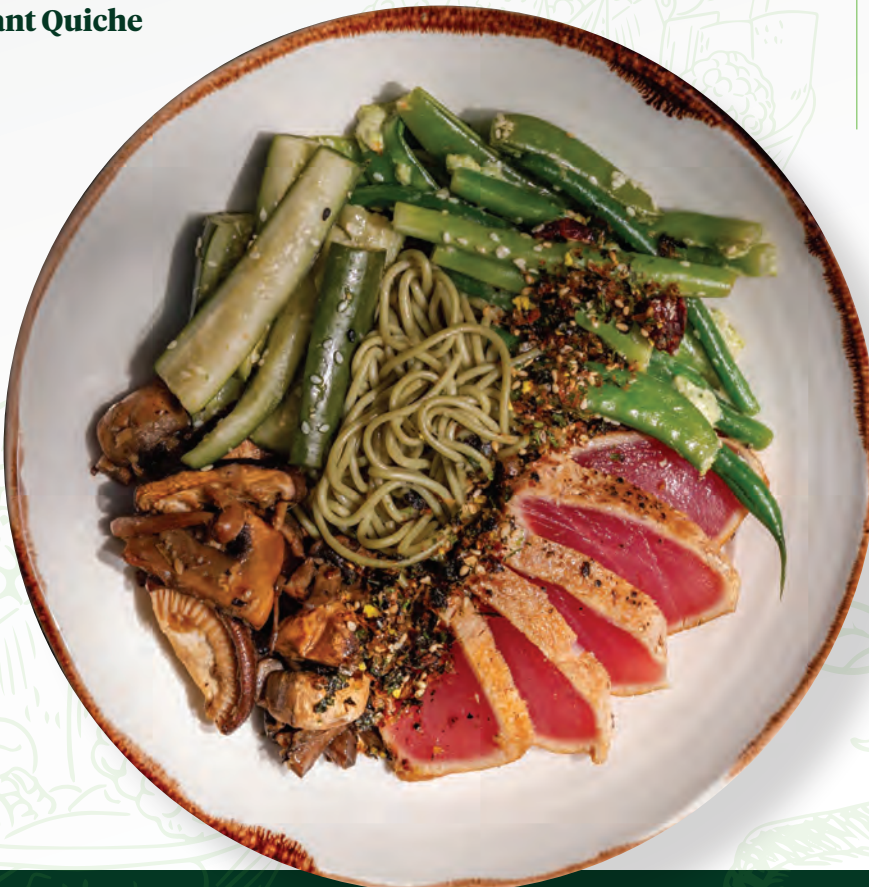
### Peanut Tofu

with Mixed Greens, Roasted Broccoli, Cauliflower, and Mixed Mushrooms

### Steak Parrillada

with Barley Risotto, Mixed Mushrooms, and Wafu Tomato Salad

### Gluten-Free Chocolate Chip Cookies





WEEK 6

Mar 03 - Mar 07



## THURSDAY

### Peanut Tofu

with Soba Noodles, Baby Roasted Potatoes, Grapes, Sweet Potato, and Fennel

### Tuna Tataki

with Quinoa, Mixed Mushrooms, Baby Roasted Potatoes, and Grapes

### Salmon Quiche

## MONDAY

### Peanut Tofu

with Quinoa, Wafu Tomato Salad, and Mixed Bean Salad

### Tuna Tataki

with Brown Rice Nasi Lemak, Roasted Broccoli, Cauliflower, and Grilled Eggplant

### Vegan Tart

## WEDNESDAY

### Sous-Vide Chicken Breast

with Brown Rice Nasi Lemak, Grilled Eggplant, and Mixed Mushrooms

### Steak Parrillada

with Mixed Greens, Grilled Eggplant, Sweet Potato, and Fennel

### Energy Ball (1pc)

## FRIDAY

### Donburi Salmon

with Mixed Greens, Mixed Bean Salad, and Young Papaya Salad

### Jackfruit (Pad Kra Pao)

with Barley Risotto, Roasted Broccoli, Cauliflower, and Wafu Tomato Salad

### Eggplant Quiche

## TUESDAY

### Donburi Salmon

with Barley Risotto, Roasted Broccoli, Cauliflower, Sweet Potato, and Fennel

### Jackfruit (Pad Kra Pao)

with Soba Noodles, Baby Roasted Potatoes, Grapes, and Young Papaya Salad

### Banana Bread





WEEK 1

Mar Mar  
**10 - 14**



## MONDAY

### Steak Parrillada

with Brown Rice Nasi Lemak, Baby Roasted Potatoes, Grapes, and Young Papaya Salad

### Sous-vide Chicken Breast

with Quinoa, Mixed Mushrooms, and Young Papaya Salad

### Gluten-Free Chocolate Chip Cookies

## TUESDAY

### Donburi Salmon

with Soba Noodles, Roasted Broccoli, Cauliflower, Sweet Potato, and Fennel

### Jackfruit (Pad Kra Pao)

with Barley Risotto, Roasted Broccoli, Cauliflower, and Wafu Tomato Salad

### Vegan Tart

## WEDNESDAY

### Tuna Tataki

with Mixed Greens, Mixed Bean Salad, and Wafu Tomato Salad

### Peanut Tofu

with Brown Rice Nasi Lemak, Baby Roasted Potatoes, Grapes, and Mixed Mushrooms

### Banana Bread

## THURSDAY

### Donburi Salmon

with Quinoa, Mixed Mushrooms, and Mixed Bean Salad

### Steak Parrillada

with Soba Noodles, Roasted Broccoli, Cauliflower, and Young Papaya Salad

### Energy Ball (1pc)

## FRIDAY

### Sous-Vide Chicken Breast

with Barley Risotto, Grilled Eggplant, Sweet Potato, and Fennel

### Tuna Tataki

with Mixed Greens, Sweet Potato, Fennel, and Wafu Tomato Salad

### Salmon Quiche

