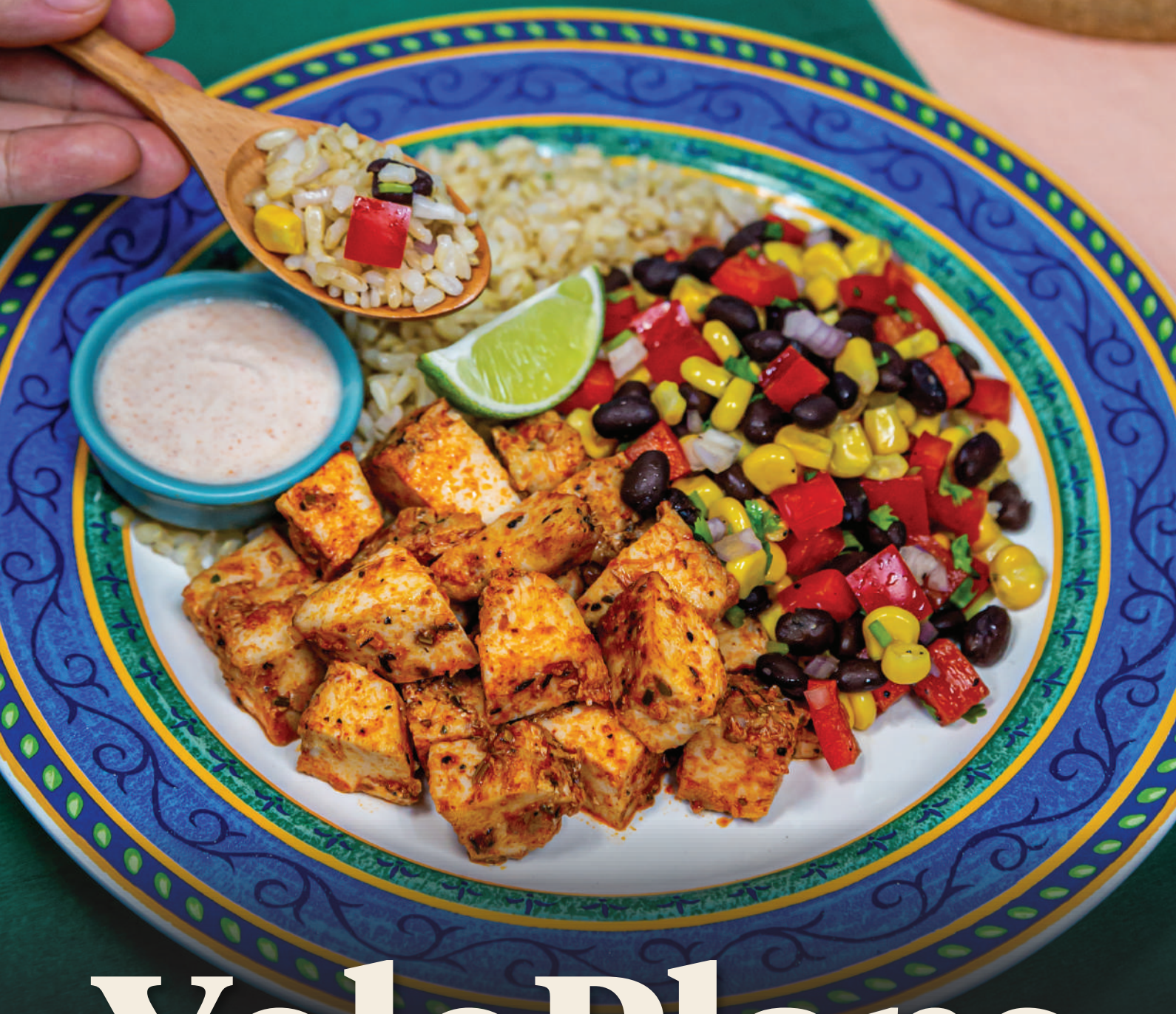


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YoloPlans Menu




11 March - 22 March 2024 | yolofoods.sg




Weight Loss Menu




*All Pictures shown here are for illustration purpose only. Actual product size may vary.

	Lunch	Dinner	Snack	Add On : \$2.5								
Monday March — 11/2024												
	Chilli Con Carne (Beef and Red Kidney Beans) with Brown Rice, Saute Green Peas	Peri Peri Tilapia with Roasted Potatoes, French Beans and Carrot	Gluten Free Banana Bread									
Small Plan	470kcal Calories	31g Protein	48g Carbs	17g Fat	360kcal Calories	32g Protein	38g Carbs	9g Fat	175kcal Calories	5g Protein	16g Carbs	10g Fat
Medium Plan	705kcal Calories	47g Protein	72g Carbs	26g Fat	525kcal Calories	46g Protein	55g Carbs	13g Fat	175kcal Calories	5g Protein	16g Carbs	10g Fat

	Lunch				Dinner				Snack			
Tuesday March — 12/2024												
	Gong Bao Chicken with Brown Rice, Spicy Eggplant, Garlic Choy Sum				Basil Minced Chicken with Rice Noodles, Shredded Cucumber and Carrot				Tofu Chocolate Brownie			
	Small Plan				Medium Plan				Small Plan			
	Medium Plan				Medium Plan				Medium Plan			
	440kcal Calories	35g Protein	41g Carbs	15g Fat	385kcal Calories	29g Protein	38g Carbs	13g Fat	185kcal Calories	8g Protein	20g Carbs	8g Fat
	660kcal Calories	53g Protein	62g Carbs	23g Fat	560kcal Calories	42g Protein	55g Carbs	19g Fat	185kcal Calories	8g Protein	20g Carbs	8g Fat

	Lunch	Dinner	Snack									
Wednesday March — 13/2024												
	Nasi Lemak (Turmeric Chicken) with Basmati Rice, Boiled Egg, Cucumber	Baked Honey Miso Salmon with Cauliflower Rice, Saute Edamame	Low Fat Cheesecake									
Small Plan	465kcal Calories	39g Protein	48g Carbs	13g Fat	370kcal Calories	36g Protein	21g Carbs	16g Fat	170kcal Calories	8g Protein	14g Carbs	9g Fat
Medium Plan	700kcal Calories	59g Protein	72g Carbs	20g Fat	540kcal Calories	52g Protein	30g Carbs	23g Fat	170kcal Calories	8g Protein	14g Carbs	9g Fat

	Lunch				Dinner				Snack			
Thursday March —14/2024												
	Seafood Tom Yam with Brown Rice Noodles, Beansprouts and Long Beans				Herb Chicken Breast with Spaghetti Aglio Olio, Roasted Veggies With Tomato				Peanut Butter Chocolate Cookie (1 Pcs)			
	Small Plan				Medium Plan				Small Plan			
	Medium Plan				Medium Plan				Medium Plan			
	435kcal Calories	31g Protein	44g Carbs	15g Fat	405kcal Calories	36g Protein	41g Carbs	11g Fat	160kcal Calories	7g Protein	6g Carbs	12g Fat
	630kcal Calories	45g Protein	64g Carbs	22g Fat	610kcal Calories	54g Protein	62g Carbs	17g Fat	160kcal Calories	7g Protein	6g Carbs	12g Fat

	Lunch				Dinner				Snack			
Friday March —15/2024												
	Lemongrass Barramundi with Brown Rice, Stew Tofu with Bittergourd and Red Capsicum				Coconut Chicken with Quinoa, Cauliflower and Sweet Potatoes				Chocolate Hazelnut Energy Bites (2 Pcs)			
	Small Plan				Medium Plan				Small Plan			
	Medium Plan				Medium Plan				Medium Plan			
	445kcal Calories	35g Protein	47g Carbs	13g Fat	440kcal Calories	33g Protein	36g Carbs	18g Fat	120kcal Calories	4g Protein	8g Carbs	8g Fat
	645kcal Calories	51g Protein	68g Carbs	19g Fat	635kcal Calories	48g Protein	52g Carbs	26g Fat	120kcal Calories	4g Protein	8g Carbs	8g Fat




Add on
drinks for \$3




- Alkaline Water PH 8.0 • COCO LIFE Coconut Water • RIPE Orange Juice
(500ml) (330ml) (250ml)




YoloFoods.™




Weight Loss Menu




*All Pictures shown here are for illustration purpose only. Actual product size may vary.

	Lunch	Dinner	Snack	Add On : \$2.5								
Monday March — 18/2024												
	Beef Bulgogi with Sweet Potato Noodles, Spinach and Shredded Carrot	Gong Bao Chicken with Brown Rice, Spicy Eggplant, Garlic Bok Choy	Peanut Butter Chocolate Cookie									
Small Plan	445kcal Calories	33g Protein	44g Carbs	15g Fat	405kcal Calories	31g Protein	41g Carbs	13g Fat	160kcal Calories	7g Protein	6g Carbs	12g Fat
Medium Plan	640kcal Calories	48g Protein	64g Carbs	22g Fat	585kcal Calories	45g Protein	59g Carbs	19g Fat	160kcal Calories	7g Protein	6g Carbs	12g Fat

	Lunch	Dinner	Snack									
Tuesday March — 19/2024												
	Herb Chicken with Roasted Potato, French Beans, Harissa Sauce	Beef Bolognese with Pasta, Mixed Mushrooms and Green Peas	Mango Chia Seeds Pudding									
Small Plan	445kcal Calories	33g Protein	44g Carbs	15g Fat	430kcal Calories	36g Protein	42g Carbs	13g Fat	130kcal Calories	3g Protein	21g Carbs	4g Fat
Medium Plan	640kcal Calories	48g Protein	64g Carbs	22g Fat	620kcal Calories	52g Protein	61g Carbs	19g Fat	130kcal Calories	3g Protein	21g Carbs	4g Fat

	Lunch	Dinner	Snack									
Wednesday March — 20/2024												
	Rendang Chicken with Coconut Basmati Rice, Roasted Cauliflower	Fresh Herb and Lemon Barramundi Fish with Cajun Roasted Sweet Potato, Herb Veggies	Gluten Free Banana Bread									
Small Plan	475kcal Calories	34g Protein	46g Carbs	17g Fat	360kcal Calories	32g Protein	35g Carbs	10g Fat	175kcal Calories	5g Protein	16g Carbs	10g Fat
Medium Plan	685kcal Calories	49g Protein	67g Carbs	25g Fat	535kcal Calories	48g Protein	53g Carbs	15g Fat	175kcal Calories	5g Protein	16g Carbs	10g Fat

	Lunch				Dinner				Snack			
Thursday March – 21/2024												
	Salmon Chicken Balls with Quinoa, Baked Spinach Egg, Broccoli, House Made Chilli Sauce				Peri Peri Chicken with Cauliflower Rice, Braised Purple Cabbage				Low Fat Cheesecake			
	430kcal	35g	39g	15g	395kcal	39g	28g	14g	170kcal	8g	14g	9g
	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat
Medium Plan	645kcal	53g	59g	23g	590kcal	59g	42g	21g	170kcal	8g	14g	9g
	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat

	Lunch				Dinner				Snack			
Friday March — 22/2024												
	Lamb Kofta with Couscous, Mint Yoghurt, Cucumber and Tomato Salad				Basil Minced Chicken with Brown Rice, Soy Egg, Kailan				Peanut Butter Chocolate Energy Bites (2 Pcs)			
	475kcal	36g	47g	16g	400kcal	35g	34g	14g	125kcal	4g	3g	11g
	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat
Small Plan	690kcal	52g	68g	23g	585kcal	51g	49g	20g	125kcal	4g	3g	11g
Medium Plan	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat




Add on
drinks for \$3




- Alkaline Water PH 8.0 • COCO LIFE Coconut Water • RIPE Orange Juice
(500ml) (330ml) (250ml)




YoloFoods.™




Low Carb Menu




*All Pictures shown here are for illustration purpose only. Actual product size may vary.

Lunch				Dinner				Snack				Add On : \$2.5	
Monday March — 11/2024													
													
Chilli Con Carne (Beef and Red Kidney Beans) with Brown Rice, Saute Green Peas				Peri Peri Tilapia with Roasted Potatoes, French Beans and Carrot				Gluten Free Banana Bread					
Small Plan	460kcal	39g	36g	18g	360kcal	40g	29g	9g	175kcal	5g	16g	10g	
	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	
Medium Plan	720kcal	56g	54g	31g	510kcal	56g	41g	14g	175kcal	5g	16g	10g	
	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	

Lunch					Dinner				Snack				
Tuesday March — 12/2024													
													
Gong Bao Chicken with Brown Rice, Spicy Eggplant, Garlic Choy Sum					Basil Minced Chicken with Rice Noodles, Shredded Cucumber and Carrot				Tofu Chocolate Brownie				
Small Plan					395kcal Calories				185kcal Calories				
					35g Protein				8g Protein				
					29g Carbs				20g Carbs				
					16g Fat				8g Fat				
Medium Plan					575kcal Calories				185kcal Calories				
					50g Protein				8g Protein				
					41g Carbs				20g Carbs				
					23g Fat				8g Fat				

Lunch					Dinner					Snack				
Wednesday March — 13/2024														
														
Nasi Lemak (Turmeric Chicken) with Basmati Rice, Boiled Egg, Cucumber					Baked Honey Miso Salmon with Cauliflower Rice, Saute Edamame					Low Fat Cheesecake				
Small Plan					Small Plan					Small Plan				
455kcal					385kcal					170kcal				
Calories					Calories					Calories				
47g					43g					8g				
Protein					Protein					Protein				
36g					16g					14g				
Carbs					Carbs					Carbs				
14g					17g					9g				
Fat					Fat					Fat				
Medium Plan					Medium Plan					Medium Plan				
680kcal					560kcal					170kcal				
Calories					Calories					Calories				
70g					63g					8g				
Protein					Protein					Protein				
54g					23g					14g				
Carbs					Carbs					Carbs				
20g					24g					9g				
Fat					Fat					Fat				

Lunch					Dinner				Snack					
Thursday March —14/2024														
														
Seafood Tom Yam with Brown Rice Noodles, Beansprouts and Long Beans					Herb Chicken Breast with Spaghetti Aglio Olio, Roasted Veggies With Tomato				Peanut Butter Chocolate Cookie (1 Pcs)					
Small Plan														
430kcal Calories		39g Protein	33g Carbs	16g Fat	400kcal Calories		43g Protein	31g Carbs	12g Fat	160kcal Calories		7g Protein	6g Carbs	12g Fat
Medium Plan														
610kcal Calories		53g Protein	48g Carbs	23g Fat	625kcal Calories		65g Protein	46g Carbs	20g Fat	160kcal Calories		7g Protein	6g Carbs	12g Fat

Lunch					Dinner				Snack			
Friday March —15/2024												
												
Lemongrass Barramundi with Brown Rice, Stew Tofu with Bittergourd and Red Capsicum					Coconut Chicken with Quinoa, Cauliflower and Sweet Potatoes				Chocolate Hazelnut Energy Bites (2 Pcs)			
Small Plan	435kcal	42g	36g	14g	445kcal	40g	29g	19g	120kcal	4g	8g	8g
	Calories	Protein	Carbs	Fat								
Medium Plan	625kcal	61g	51g	20g	640kcal	57g	39g	28g	120kcal	4g	8g	8g
	Calories	Protein	Carbs	Fat								
















Add on
drinks for \$3

- Alkaline Water PH 8.0 • COCO LIFE Coconut Water • RIPE Orange Juice
(500ml) (330ml) (250ml)

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Low Carb Menu

*All Pictures shown here are for illustration purpose only. Actual product size may vary.

	Lunch	Dinner	Snack	Add On : \$2.5
Monday March – 18/2024	<div></div> <div>Beef Bulgogi with Sweet Potato Noodles, Spinach and Shredded Carrot</div> <div><div>Small Plan</div><div>Medium Plan</div></div> <div><div>430kcal Calories</div><div>40g Protein</div><div>33g Carbs</div><div>16g Fat</div></div>	<div></div> <div>Gong Bao Chicken with Brown Rice, Spicy Eggplant, Garlic Bok Choy</div> <div><div>405kcal Calories</div><div>37g Protein</div><div>31g Carbs</div><div>15g Fat</div></div>	<div></div> <div>Peanut Butter Chocolate Cookie</div> <div><div>160kcal Calories</div><div>7g Protein</div><div>6g Carbs</div><div>12g Fat</div></div>	
Tuesday March – 19/2024	<div></div> <div>Herb Chicken with Roasted Potato, French Beans, Harissa Sauce</div> <div><div>Small Plan</div><div>Medium Plan</div></div> <div><div>440kcal Calories</div><div>42g Protein</div><div>33g Carbs</div><div>16g Fat</div></div>	<div></div> <div>Beef Bolognese with Pasta, Mixed Mushrooms and Green Peas</div> <div><div>420kcal Calories</div><div>43g Protein</div><div>32g Carbs</div><div>14g Fat</div></div>	<div></div> <div>Mango Chia Seeds Pudding</div> <div><div>130kcal Calories</div><div>3g Protein</div><div>21g Carbs</div><div>4g Fat</div></div>	
Wednesday March – 20/2024	<div></div> <div>Rendang Chicken with Coconut Basmati Rice, Roasted Cauliflower</div> <div><div>Small Plan</div><div>Medium Plan</div></div> <div><div>460kcal Calories</div><div>41g Protein</div><div>35g Carbs</div><div>18g Fat</div></div>	<div></div> <div>Fresh Herb and Lemon Barramundi Fish with Cajun Roasted Sweet Potato, Herb Veggies</div> <div><div>355kcal Calories</div><div>38g Protein</div><div>26g Carbs</div><div>11g Fat</div></div>	<div></div> <div>Gluten Free Banana Bread</div> <div><div>175kcal Calories</div><div>5g Protein</div><div>16g Carbs</div><div>10g Fat</div></div>	
Thursday March – 21/2024	<div></div> <div>Salmon Chicken Balls with Quinoa, Baked Spinach Egg, Broccoli, House Made Chilli Sauce</div> <div><div>Small Plan</div><div>Medium Plan</div></div> <div><div>440kcal Calories</div><div>39g Protein</div><div>35g Carbs</div><div>16g Fat</div></div>	<div></div> <div>Peri Peri Chicken with Cauliflower Rice, Braised Purple Cabbage</div> <div><div>405kcal Calories</div><div>47g Protein</div><div>21g Carbs</div><div>15g Fat</div></div>	<div></div> <div>Low Fat Cheesecake</div> <div><div>170kcal Calories</div><div>8g Protein</div><div>14g Carbs</div><div>9g Fat</div></div>	
Friday March – 22/2024	<div></div> <div>Lamb Kofta with Couscous, Mint Yoghurt, Cucumber and Tomato Salad</div> <div><div>Small Plan</div><div>Medium Plan</div></div> <div><div>465kcal Calories</div><div>43g Protein</div><div>35g Carbs</div><div>17g Fat</div></div>	<div></div> <div>Basil Minced Chicken with Brown Rice, Soy Egg, Kailan</div> <div><div>400kcal Calories</div><div>42g Protein</div><div>26g Carbs</div><div>15g Fat</div></div>	<div></div> <div>Peanut Butter Chocolate Energy Bites (2 Pcs)</div> <div><div>125kcal Calories</div><div>4g Protein</div><div>3g Carbs</div><div>11g Fat</div></div>	




Add on
drinks for \$3




- Alkaline Water PH 8.0 • COCO LIFE Coconut Water • RIPE Orange Juice
(500ml) (330ml) (250ml)




YoloFoods.™




Eat Clean Menu




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	Lunch	Dinner	Snack	Add On : \$2.5
Monday March – 11/2024				
Small Plan	705kcal Calories	525kcal Calories	175kcal Calories	
Medium Plan	915kcal Calories	705kcal Calories	175kcal Calories	
	47g Protein	46g Protein	5g Protein	
	72g Carbs	55g Carbs	16g Carbs	
	26g Fat	13g Fat	10g Fat	
	60g Protein	62g Protein	5g Protein	
	94g Carbs	74g Carbs	16g Carbs	
	33g Fat	18g Fat	10g Fat	

	Lunch	Dinner	Snack	
Tuesday March – 12/2024				
Small Plan	660kcal Calories	560kcal Calories	185kcal Calories	
Medium Plan	880kcal Calories	730kcal Calories	185kcal Calories	
	53g Protein	42g Protein	8g Protein	
	62g Carbs	55g Carbs	20g Carbs	
	23g Fat	19g Fat	8g Fat	
	70g Protein	55g Protein	8g Protein	
	82g Carbs	72g Carbs	20g Carbs	
	30g Fat	25g Fat	8g Fat	

	Lunch	Dinner	Snack	
Wednesday March – 13/2024				
Small Plan	700kcal Calories	540kcal Calories	170kcal Calories	
Medium Plan	885kcal Calories	705kcal Calories	170kcal Calories	
	59g Protein	52g Protein	8g Protein	
	72g Carbs	30g Carbs	14g Carbs	
	20g Fat	23g Fat	9g Fat	
	74g Protein	68g Protein	8g Protein	
	91g Carbs	40g Carbs	14g Carbs	
	25g Fat	30g Fat	9g Fat	

	Lunch	Dinner	Snack	
Thursday March – 14/2024				
Small Plan	630kcal Calories	610kcal Calories	160kcal Calories	
Medium Plan	825kcal Calories	815kcal Calories	160kcal Calories	
	45g Protein	54g Protein	7g Protein	
	64g Carbs	62g Carbs	6g Carbs	
	22g Fat	17g Fat	12g Fat	
	59g Protein	72g Protein	7g Protein	
	84g Carbs	82g Carbs	6g Carbs	
	29g Fat	22g Fat	12g Fat	

	Lunch	Dinner	Snack	
Friday March – 15/2024				
Small Plan	645kcal Calories	635kcal Calories	120kcal Calories	
Medium Plan	800kcal Calories	765kcal Calories	240kcal Calories	
	51g Protein	48g Protein	4g Protein	
	68g Carbs	52g Carbs	8g Carbs	
	19g Fat	26g Fat	8g Fat	
	63g Protein	58g Protein	8g Protein	
	85g Carbs	63g Carbs	16g Carbs	
	23g Fat	32g Fat	16g Fat	




Add on
drinks for \$3




- Alkaline Water PH 8.0 • COCO LIFE Coconut Water • RIPE Orange Juice
(500ml) (330ml) (250ml)




YoloFoods.™




Eat Clean Menu




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	Lunch	Dinner	Snack	Add On: \$2.5								
Monday March — 18/2024												
	Beef Bulgogi with Sweet Potato Noodles, Spinach and Shredded Carrot	Gong Bao Chicken with Brown Rice, Spicy Eggplant, Garlic Bok Choy	Peanut Butter Chocolate Cookie									
Small Plan	640kcal Calories	48g Protein	64g Carbs	22g Fat	585kcal Calories	45g Protein	59g Carbs	19g Fat	160kcal Calories	7g Protein	6g Carbs	12g Fat
Medium Plan	820kcal Calories	61g Protein	81g Carbs	28g Fat	730kcal Calories	56g Protein	74g Carbs	23g Fat	240kcal Calories	6g Protein	18g Carbs	16g Fat

	Lunch	Dinner	Snack									
Tuesday March — 19/2024												
	Herb Chicken with Roasted Potato, French Beans, Harissa Sauce	Beef Bolognese with Pasta, Mixed Mushrooms and Green Peas	Mango Chia Seeds Pudding									
Small Plan	640kcal Calories	48g Protein	64g Carbs	22g Fat	620kcal Calories	52g Protein	61g Carbs	19g Fat	130kcal Calories	3g Protein	21g Carbs	4g Fat
Medium Plan	840kcal Calories	63g Protein	84g Carbs	29g Fat	815kcal Calories	68g Protein	80g Carbs	25g Fat	130kcal Calories	3g Protein	21g Carbs	4g Fat

	Lunch	Dinner	Snack									
Wednesday March — 20/2024												
	Rendang Chicken with Coconut Basmati Rice, Roasted Cauliflower	Fresh Herb and Lemon Barramundi Fish with Cajun Roasted Sweet Potato, Herb Veggies	Gluten Free Banana Bread									
Small Plan	685kcal Calories	49g Protein	67g Carbs	25g Fat	535kcal Calories	48g Protein	53g Carbs	15g Fat	175kcal Calories	5g Protein	16g Carbs	10g Fat
Medium Plan	920kcal Calories	66g Protein	90g Carbs	33g Fat	700kcal Calories	62g Protein	68g Carbs	20g Fat	175kcal Calories	5g Protein	16g Carbs	10g Fat

	Lunch				Dinner				Snack			
Thursday March – 21/2024												
	Salmon Chicken Balls with Quinoa, Baked Spinach Egg, Broccoli, House Made Chilli Sauce				Peri Peri Chicken with Cauliflower Rice, Braised Purple Cabbage				Low Fat Cheesecake			
Small Plan	645kcal Calories	53g Protein	59g Carbs	23g Fat	590kcal Calories	59g Protein	42g Carbs	21g Fat	170kcal Calories	8g Protein	14g Carbs	9g Fat
Medium Plan	840kcal Calories	68g Protein	76g Carbs	29g Fat	790kcal Calories	78g Protein	56g Carbs	28g Fat	170kcal Calories	8g Protein	14g Carbs	9g Fat

	Lunch				Dinner				Snack			
Friday March — 22/2024												
	Lamb Kofta with Couscous, Mint Yoghurt, Cucumber and Tomato Salad				Basil Minced Chicken with Brown Rice, Soy Egg, Kailan				Peanut Butter Chocolate Energy Bites (2 Pcs)			
	690kcal	52g	68g	23g	585kcal	51g	49g	20g	125kcal	4g	3g	11g
	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat
Small Plan	835kcal	63g	82g	28g	705kcal	61g	60g	25g	250kcal	8g	6g	22g
Medium Plan	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat




Add on
drinks for \$3




- Alkaline Water PH 8.0 • COCO LIFE Coconut Water • RIPE Orange Juice
(500ml) (330ml) (250ml)




YoloFoods.™




Vegetarian Menu




*All Pictures shown here are for illustration purpose only. Actual product size may vary.

Lunch					Dinner				Snack				Add On : \$2.5			
Monday March — 11/2024																
Tomato Mixed Beans Stew with Wholemeal Pasta, Sauté Green Peas					Peri Peri Tofu Steaks with Roasted Potatoes, French Beans and Carrot				Gluten Free Banana Bread							
Small Plan					485kcal	34g	45g	19g	350kcal	29g	29g	13g	175kcal	5g	16g	10g
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat
Medium Plan					730kcal	51g	68g	29g	505kcal	42g	42g	19g	175kcal	5g	16g	10g
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat

Lunch					Dinner				Snack							
Tuesday March — 12/2024																
Gong Bao Earthmeat and Shitake Mushrooms with Brown Rice, Spicy Eggplant and Garlic Choy Sum					Basil Crushed Tofu, Lentils and King Oyster Mushroom with Rice Noodles, Shredded Cucumber and Carrot				Tofu Chocolate Brownie							
Small Plan					430kcal Calories	31g Protein	41g Carbs	16g Fat	385kcal Calories	29g Protein	38g Carbs	13g Fat	185kcal Calories	8g Protein	20g Carbs	8g Fat
Medium Plan					650kcal Calories	47g Protein	62g Carbs	24g Fat	560kcal Calories	42g Protein	55g Carbs	19g Fat	185kcal Calories	8g Protein	20g Carbs	8g Fat

Lunch					Dinner					Snack									
Wednesday March — 13/2024																			
					Baked Turmeric Tempeh with Basmati Rice, Boiled Egg, Cucumber					Veggie Pattie, Avocado Fritter with Mixed Salad, Tomato, Baked Pumpkin, Honey Citrus, Pomegranate, Mixed Nuts					Low Fat Cheesecake				
Small Plan					470kcal	34g	48g	16g	360kcal	26g	26g	17g	170kcal	8g	14g	9g			
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat			
Medium Plan					685kcal	49g	70g	23g	540kcal	39g	39g	26g	170kcal	8g	14g	9g			
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat			

Lunch					Dinner				Snack					
Thursday March — 14/2024														
Tom Yam Stew Tofu and Oyster Mushroom with Brown Rice Noodles, Beansprouts and Long Beans, Spinach Egg					Herb Baked Butter Beans with Spaghetti Aglio Olio, Roasted Herb Veggies with Tomato, Fresh Herb Ricotta Cheese					Peanut Butter Chocolate Cookie (1 Pcs)				
Small Plan	450kcal	31g	46g	16g	390kcal	28g	42g	12g	160kcal	7g	6g	12g		
	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat		
Medium Plan	655kcal	45g	67g	23g	580kcal	42g	63g	18g	160kcal	7g	6g	12g		
	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat		

Lunch					Dinner				Snack				
Friday March —15/2024													
Honey Miso Stew Earthmeat and Baiye with Brown Rice, Stew Tofu With Bittergourd and Red Capsicum					Coconut Curry Home Made Spinach Egg Tofu with Quinoa, Sweet Potatoes and Cauliflower					Chocolate Hazelnut Energy Bites (3 Pcs)			
Small Plan	435kcal	32g	47g	13g	395kcal	28g	39g	14g	180kcal	6g	12g	12g	
	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	
Medium Plan	630kcal	46g	68g	19g	590kcal	42g	59g	21g	180kcal	6g	12g	12g	
	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	




Add on drinks for \$3




- Alkaline Water PH 8.0 • COCO LIFE Coconut Water • RIPE Orange Juice (500ml) (330ml) (250ml)




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Vegetarian Menu




*All Pictures shown here are for illustration purpose only. Actual product size may vary.

Lunch					Dinner					Snack					Add On: \$2.5	
Monday March — 18/2024																
																
Baiye and King Oyster Mushroom "Bulgogi" with Sweet Potato Noodles, Spinach and Shredded Carrot					Gong Bao Earthmeat with Brown Rice, Spicy Eggplant, Garlic Bok Choy					Peanut Butter Chocolate Cookie						
Small Plan	430kcal	28g	48g	14g	410kcal	29g	44g	13g	160kcal	7g	6g	12g				
	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat				
Medium Plan	625kcal	41g	70g	20g	615kcal	44g	66g	20g	160kcal	7g	6g	12g				
	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat				

Lunch					Dinner					Snack				
Tuesday March — 19/2024														
														
Baked Herb Portobello with Roasted Potato, French Beans, Spinach Egg, Harissa Sauce					Tomato Stew Beans with Pasta, Mixed Mushrooms and Green Peas					Mango Chia Seeds Pudding				
<div>Small Plan</div> <div>415kcal Calories</div> <div>33g Protein</div> <div>44g Carbs</div> <div>12g Fat</div>					<div>445kcal Calories</div> <div>31g Protein</div> <div>46g Carbs</div> <div>15g Fat</div>					<div>130kcal Calories</div> <div>3g Protein</div> <div>21g Carbs</div> <div>4g Fat</div>				
<div>Medium Plan</div> <div>605kcal Calories</div> <div>48g Protein</div> <div>64g Carbs</div> <div>17g Fat</div>					<div>665kcal Calories</div> <div>47g Protein</div> <div>69g Carbs</div> <div>23g Fat</div>					<div>130kcal Calories</div> <div>3g Protein</div> <div>21g Carbs</div> <div>4g Fat</div>				

Lunch					Dinner					Snack				
Wednesday March — 20/2024														
														
Rendang Tofu and Chick Peas with Coconut Basmati Rice, Roasted cauliflower					Fresh Herb and Lemon Baked Halloumi and Butter Beans with Cajun Roasted Sweet Potatoes, Herb Veggies					Gluten Free Banana Bread				
Small Plan	445kcal	32g	46g	15g	375kcal	27g	35g	14g	175kcal	5g	16g	10g		
	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat		
Medium Plan	650kcal	46g	67g	22g	560kcal	41g	53g	21g	175kcal	5g	16g	10g		
	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat		

Lunch					Dinner					Snack									
Thursday March – 21/2024																			
																			
Baked Tempeh with Quinoa, Baked Spinach Egg, Broccoli, House Made Chilli Sauce					Peri Peri Tofu Steak with Cauliflower Rice, Braised Purple Cabbage					Low Fat Cheesecake									
Small Plan					Medium Plan					Small Plan									
425kcal Calories					35g Protein					42g Carbs					13g Fat				
640kcal Calories					53g Protein					63g Carbs					20g Fat				
400kcal Calories					32g Protein					36g Carbs					14g Fat				
595kcal Calories					48g Protein					54g Carbs					21g Fat				
170kcal Calories					8g Protein					14g Carbs					9g Fat				
170kcal Calories					8g Protein					14g Carbs					9g Fat				

Lunch					Dinner					Snack				
Friday March — 22/2024														
														
Cauliflower Protein Bites with Couscous & Black Bean, Mint Yoghurt, Cucumber and Tomato Salad					Basil Crushed Tofu and Lentils w/ Brown Rice, Soy Egg, Kailan					Peanut Butter Chocolate Energy Bites (3 Pcs)				

Add on
drinks for \$3

- Alkaline Water PH 8.0 • COCO LIFE Coconut Water • RIPE Orange Juice
(500ml) (330ml) (250ml)

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