

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 Monday March - 11/2024 Chilli Con Carne (Beef and Red Kidney Peri Peri Tilapia with Roasted Gluten Free Banana Bread Beans) with Brown Rice, Saute Green Peas Potatoes, French Beans and Carrot 470kcal 31g Protein 48g Carbs 360kcal 175kcal 32g Protein 17g 38g **Small Plan** Calories Calories Calories 705kcal 47g Protein 72g Carbs 525kcal 46g Protein 55g Carbs 175kcal 26g 13g **Medium Plan** Lunch Dinner Snack **Tuesday** March-12/2024 Gong Bao Chicken with Brown Rice, Basil Minced Chicken with Rice Spicy Eggplant, Garlic Choy Sum Noodles, Shredded Cucumber and Carrot

Small Plan Medium Plan

440kcal **Calories** 660kcal

35g **Protein** 53g Protein

62g

41g Carbs 15g Fat 23g 385kcal 38g

29g Protein **Calories** 560kcal 42g 55g

Dinner

5g

5g

Protein

16g Carbs

10g

Tofu Chocolate Brownie

185kcal

Calories

185kcal

Snack

13g

19g

Fat

23g

8g Protein 20g 8g Protein

Add On: \$2.5

Lunch

Wednesday March - 13/2024



Nasi Lemak (Turmeric Chicken) with Basmati Rice, Boiled Egg, Cucumber

465kcal **Calories** 700kcal

Protein

48g

13g

20g

Baked Honey Miso Salmon with Cauliflower Rice, Saute Edamame

370kcal Protein **Calories** 540kcal

Dinner

21g

Low Fat Cheesecake

170kcal **Calories** 170kcal

Snack

Protein Protein **Carbs** Fat

Medium Plan

March -14/2024

Small Plan

Thursday

Small Plan

Small Plan

Medium Plan

Medium Plan

Lunch



Seafood Tom Yam with Brown Rice Noodles, Beansprouts and Long Beans

435kcal 630kcal

31g **Protein** 45g **Protein**

44g Carbs 64g Carbs

Herb Chicken Breast with Spaghetti Aglio Olio, Roasted Veggies With Tomato

41g Carbs

62g Carbs

405kcal 610kcal

36g **Protein** 54g Protein 11g Fat 17g

Peanut Butter Chocolate Cookie (1 Pcs)

160kcal 160kcal

Snack

12g

Lunch

Dinner

15g Fat

22g Fat

Friday March -15/2024



Lemongrass Barramundi with Brown Rice, Stew Tofu with Bittergourd and Red Capsicum

445kcal Calories 645kcal

Protein 51g Protein

47g 13g Carbs 68g 19g



Coconut Chicken with Quinoa, Cauliflower and Sweet Potatoes

440kcal Calories 635kcal

33g **Protein** 48g

36g

52g

Carbs

18g 26g



Chocolate Hazelnut Energy Bites (2 Pcs)

120kcal Calories 120kcal

4g **Protein** Protein Carbs Carbs

Weight Loss Menu

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Snack

Lunch **Dinner** Monday March - 18/2024 Beef Bulgogi with Sweet Potato Noodles, Gong Bao Chicken with Brown Rice, Spinach and Shredded Carrot Spicy Eggplant, Garlic Bok Choy

64g Carbs

22g

445kcal 33g Protein 44g 15g Calories

48g Protein

405kcal 31g Protein 13g 41g Calories 585kcal 45g Protein 59g Carbs 19g

Add On: \$2.5

Peanut Butter Chocolate Cookie

160kcal 7g **Protein** Calories 160kcal 12g

Lunch

640kcal

Tuesday March - 19/2024

Small Plan

Medium Plan



Herb Chicken with Roasted Potato,

French Beans, Harissa Sauce

445kcal 33g **Protein** 15g Fat 44g **Calories** 640kcal 48g 22g 64g Protein



Dinner

Dinner

Dinner

Dinner

Beef Bolognese with Pasta, Mixed Mushrooms and Green Peas

430kcal 13g 36g 42g Protein **Calories** 620kcal 52g 19g 61g Protein



Mango Chia Seeds Pudding

130kcal 3g **Protein Calories** 130kcal 21g Carbs 3g Protein

Lunch

Wednesday March-20/2024

Small Plan

Medium Plan



Rendang Chicken with Coconut Basmati Rice, Roasted Cauliflower

475kcal **Calories** 685kcal

34g Protein 49g Protein

17g Fat 25g



Fresh Herb and Lemon Barramundi Fish with Cajun Roasted Sweet Potato, Herb Veggies

360kcal 35g 10g Protein **Carbs Calories** 535kcal 15g



Gluten Free Banana Bread

175kcal **Calories** 175kcal **Calories**

Snack

Protein Protein

10g

Lunch

Thursday March - 21/2024

Small Plan

Friday

Small Plan

Medium Plan

Medium Plan

Small Plan

Medium Plan



Salmon Chicken Balls with Quinoa, Baked Spinach Egg, Broccoli, House Made Chilli Sauce

430kcal 645kcal 35g **Protein** 53g **Protein**

39g Carbs 15g Fat 59g Carbs 23g



Peri Peri Chicken with Cauliflower Rice, Braised Purple Cabbage

395kcal 39g **Protein** 28g Carbs 14g Fat 590kcal 59g **Protein** 42g Carbs 21g



Low Fat Cheesecake

Snack

170kcal 170kcal

Lunch

March - 22/2024



Lamb Kofta with Couscous, Mint Yoghurt, Cucumber and Tomato Salad

475kcal 36g Calories Protein 690kcal 52g Protein

47g 68g



Basil Minced Chicken with Brown Rice, Soy Egg, Kailan

14g Fat 400kcal 34g 35g Calories **Protein** Carbs 585kcal 51g 49g 20g Protein



Peanut Butter Chocolate Energy Bites (2 Pcs)

125kcal 4g Calories 125kcal

3g Carbs **Protein** Protein Carbs



16g Fat

23g

11g

11g

Low Carb Menu

10g Fat

9g **Fat**

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

	Lunch	Dinner	Snack Add On: \$2
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 Calories Protein Carbs Fat	360kcal 40g 29g 9g Calories Protein Carbs Fat	175kcal 5g 16g 1 Calories Protein Carbs 1
Medium Plan	720kcal 56g 54g 31g Calories Protein Carbs Fat	510kcal 56g 41g 14g Calories Protein Carbs Fat	175kcal 5g 16g 1 Calories Protein Carbs
	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	435kcal 42g 31g 16g Calories Protein Carbs Fat	395kcal 35g 29g 16g Calories Protein Carbs Fat	185kcal 8g 20g 8 Calories Protein Carbs I
Medium Plan	650kcal 63g 46g 24g Calories Protein Carbs Fat	575kcal 50g 41g 23g Calories Protein Carbs Fat	185kcal 8g 20g 8 Calories Protein Carbs 1
	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	455kcal 47g 36g 14g Calories Protein Carbs Fat	385kcal 43g 16g 17g Calories Protein Carbs Fat	170kcal 8g 14g 9 Calories Protein Carbs 1
Medium Plan	680kcal 70g 54g 20g Calories Protein Carbs Fat	560kcal 63g 23g 24g Calories Protein Carbs Fat	170kcal 8g 14g 9 Calories Protein Carbs 1
	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 (1Pcs)
Small Plan Medium Plan	430kcal 39g 33g 16g Calories Protein Carbs Fat 610kcal 53g 48g 23g Calories Protein Carbs Fat	400kcal 43g 3tg 12g Calories Protein Carbs Fat 625kcal 65g 46g 20g Calories Protein Carbs Fat	160kcal 7g 6g 1 Calories Protein Carbs 1 160kcal 7g 6g 1 Calories Protein Carbs 1
	Lunch	Dinner	Snack
Friday March — 15/2024			

Small Plan

Medium Plan

14g Fat

20g Fat Coconut Chicken with Quinoa,

Cauliflower and Sweet Potatoes

40g Protein

57g **Protein**

445kcal

Calories

640kcal

Lemongrass Barramundi with Brown

Rice, Stew Tofu with Bittergourd and

36g Carbs

51g Carbs

42g **Protein**

61g **Protein**

Red Capsicum

435kcal

Calories

625kcal

8g Carbs

8g Carbs

Chocolate Hazelnut Energy Bites

4g **Protein**

4g **Protein**

(2 Pcs)

120kcal

Calories

120kcal

19g Fat

28g Fat

29g Carbs

39g Carbs

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	Beef Bulgogi with Sweet Potato Noodles Spinach and Shredded Carrot		Peanut Butter Chocolate Cookie
Small Plan Medium Plan	430kcal 40g 33g 16g Calories Protein Carbs Fat 625kcal 57g 48g 23g Calories Protein Carbs Fat	405kcal 37g 31g 15g Calories Protein Carbs Fat 620kcal 54g 45g 25g Calories Protein Carbs Fat	160kcal 7g 6g 12g Calories Protein Carbs Fat 160kcal 7g 6g 12g Calories Protein Carbs 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	440kcal 42g 33g 16g	420kcal 43g 32g 14g	130kcal 3g 21g 4g
Medium Plan	Calories Protein Carbs Fat 625kcal 57g 48g 23g Calories Protein Carbs Fat	Calories Protein Carbs Fat 630kcal 63g 46g 22g Calories Protein Carbs Fat	Calories Protein Carbs Fat 130kcal 3g 21g 4g Calories Protein Carbs 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	460kcal 41g 35g 18g Calories Protein Carbs Fat	355kcal 38g 26g 11g Calories Protein Carbs Fat	175kcal 5g 16g 10g Calories Protein Carbs Fat
Medium Plan	660kcal 61g 50g 24g Calories Protein Carbs Fat	560kcal 58g 42g 18g Calories Protein Carbs Fat	175kcal 5g 16g 10g Calories Protein Carbs Fat
	Lunch	Dinner	Snack
Thursday March – 21/2024	Salmon Chicken Balls with Quinoa, Baked Spinach Egg, Broccoli, House	Peri Peri Chicken with Cauliflower Rice, Braised Purple Cabbage	Low Fat Cheesecake
Small Plan	Made Chilli Sauce 440kcal 39g 35g 16g Calories Protein Carbs Fat	405kcal 47g 21g 15g Calories Protein Carbs Fat	170kcal 8g 14g 9g Calories Protein Carbs Fat
Medium Plan	CaloriesProteinCarbsFat630kcal61g44g24gCaloriesProteinCarbsFat	Calories Protein Carbs Fat 605kcal 70g 32g 22g Calories Protein Carbs Fat	Calories Protein Carbs Fat 170kcal 8g 14g 9g 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)

Small Plan

Medium Plan

17g Fat

24g Fat Rice, Soy Egg, Kailan

400kcal

Calories

585kcal

42g Protein

61g **Protein**

Yoghurt, Cucumber and Tomato Salad

35g Carbs

51g Carbs

43g **Protein**

63g **Protein**

465kcal Calories

675kcal

3g Carbs

3g Carbs

4g **Protein**

4g **Protein** 11g Fat

11g Fat

(2 Pcs)

125kcal

125kcal

Calories

Calories

15g Fat

21g Fat

26g Carbs

37g Carbs

Eat Clean Menu

Add On: \$2.5

16g Carbs

16g Carbs

20g Carbs 20g Carbs

14g Carbs

14g Carbs

Fat

12g Fat

16g

10g **Fat** 10g **Fat**

oduct size may vary.

			*	All Pictures sl	hown here a	re for illustrat	ion purpose only	y. Actual pro	duct siz
	Lunch		Dinı	ner			Snac	k	Add
Monday March — 11/2024	Chilli Con Carne (Beef and Beans) with Brown Rice, Sa			Tilapia with		rrot	Gluten Fre	ee Banana I	Bread
Small Plan	705kcal 47g 72g Calories Protein Ca	g 26g rbs Fat	525kcal Calories	46g Protein	55g Carbs	13g Fat	175kcal Calories	5g Protein	16g Car
Medium Plan	915kcal 60g 94 Calories Protein Ca		705kcal Calories	62g Protein	74g Carbs	18g Fat	175kcal Calories	5g Protein	16g Car
	Lunch		Dinı	ner			Snac	k	
Tuesday March — 12/2024	Gong Bao Chicken with Br	rown Rice,	Basil Mino	eed Chicken	with Rice		Tofu Choc	olate Brown	nie
	Spicy Eggplant, Garlic Cho	oy Sum	Noodles, S	Shredded Cuo	cumber and	Carrot			
Small Plan		rbs Fat	560kcal Calories	42g Protein	55g Carbs	19g Fat	185kcal Calories	8g Protein	20g Car
Medium Plan	880kcal 70g 82a Calories Protein Ca	g 30g rbs Fat	730kcal Calories	55g Protein	72g Carbs	25g Fat	185kcal Calories	8g Protein	20g Car
	Lunch		Dinı	ner			Snac	: k	
Wednesday March — 13/2024	Nasi Lemak (Turmeric Chi Basmati Rice, Boiled Egg, C			oney Miso Sa ger Rice, Sau			Low Fat C	Cheesecake	
Small Plan	700kcal 59g 72 _k	g 20g	540kcal	52g	30g	23g	170kcal	8g	14g
Medium Plan	885kcal 74g 91g	rbs Fat g 25g rbs Fat	Calories 705kcal Calories	Protein 68g Protein	Carbs 40g Carbs	Fat 30g Fat	Calories 170kcal Calories	Protein 8g Protein	Car 14g Car
	Lunch		Dinı	ner			Snac	k	
Thursday March — 14/2024	Seafood Tom Yam with Bro	wn Rice	Herb Chic	eken Breast v	with Spagh	etti	Peanut Bu	atter Chocce	blate Co



Peanut Butter Chocolate Cookie (1 Pcs)

Calories	Protein
Snac	1z

160kcal

160kcal

Lunch

630kcal

825kcal

Friday March -15/2024

Small Plan

Small Plan

Medium Plan

Medium Plan



Noodles, Beansprouts and Long Beans

64g Carbs

84g Carbs

22g Fat

29g Fat

610kcal

815kcal

Dinner

45g **Protein**

Lemongrass Barramundi with Brown Rice, Stew Tofu with Bittergourd and Red Capsicum

645kcal 51g Protein Calories 800kcal 63g **Protein**

19g Fat 68g Carbs 85g 23g



Aglio Olio, Roasted Veggies With Tomato

62g Carbs

82g Carbs

17g <mark>Fat</mark>

22g Fat

54g **Protein**

Coconut Chicken with Quinoa, Cauliflower and Sweet Potatoes

26g Fat 635kcal 48g **Protein** 52g Calories Carbs 765kcal 32g Fat 58g 63g Protein



Chocolate Hazelnut Energy Bites (2 Pcs)

120kcal 4g **Protein** 8g Carbs Calories 240kcal 16g Protein Carbs

Eat Clean 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, Gong Bao Chicken with Brown Rice, Spicy Eggplant, Garlic Bok Choy Spinach and Shredded Carrot 640kcal 48g Protein 585kcal 45g 19g 160kcal 7g **Protein** 64g 22g **Small Plan** Calories Calories Protein Calories 820kcal 61g **Protein** 81g Carbs 730kcal 56g Protein 74g Carbs 240kcal 6g **Protein** 28g 23g **Medium Plan** Lunch Dinner Snack **Tuesday** March - 19/2024 Herb Chicken with Roasted Potato, Beef Bolognese with Pasta, Mixed Mango Chia Seeds Pudding French Beans, Harissa Sauce Mushrooms and Green Peas 640kcal 620kcal 130kcal 48g 64g 22g 19g 52g 61g 3g **Protein Small Plan** Protein Protein **Calories Calories Calories** 840kcal 63g **Protein** 84g 29g 815kcal 68g 80g 25g 130kcal **Medium Plan** 3g Protein Protein Lunch Dinner Snack Wednesday March-20/2024 Rendang Chicken with Coconut Fresh Herb and Lemon Barramundi Fish with Cajun Roasted Sweet Potato, Basmati Rice, Roasted Cauliflower Herb Veggies 685kcal 49g 67g 25g 535kcal 48g 53g 15g 175kcal **Small Plan** Protein Protein Protein **Calories** Fat **Calories Calories** 920kcal 66g 33g 700kcal 20g 175kcal **Medium Plan** Protein Protein **Calories** Dinner Lunch Snack **Thursday** March - 21/2024



Salmon Chicken Balls with Quinoa, Baked Spinach Egg, Broccoli, House Made Chilli Sauce

645kcal **Small Plan** 840kcal **Medium Plan**

53g **Protein** 59g Carbs 23g Fat

68g Protein 29g Fat

Peri Peri Chicken with Cauliflower Rice, Braised Purple Cabbage

590kcal 59g **Protein** 42g Carbs 21g Fat 790kcal 78g **Protein** 56g Carbs 28g

Peanut Butter Chocolate Cookie

18g 16g



21g Carbs



Gluten Free Banana Bread

10g



Low Fat Cheesecake

Snack

170kcal 170kcal

Lunch Dinner

Friday March - 22/2024

Small Plan

Medium Plan



Lamb Kofta with Couscous, Mint Yoghurt, Cucumber and Tomato Salad

690kcal 52g 68g 23g Calories Protein Carbs 835kcal 82g 28g 63g Protein



Basil Minced Chicken with Brown Rice, Soy Egg, Kailan

585kcal 20g 49g 51g Calories **Protein** Carbs 705kcal 61g 60g 25g Protein



Peanut Butter Chocolate Energy Bites (2 Pcs)

125kcal 11g **Fat** 3g Carbs 4g Calories **Protein** 250kcal 22g Protein Carbs

Vegetarian Menu

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Snack

Monday March-11/2024



Tomato Mixed Beans Stew with Wholemeal Pasta, Sauté Green Peas

45g

68g Carbs

34g **Protein**

51g Protein

19g

29g

Peri Peri Tofu Steaks with Roasted



Dinner

Dinner

Dinner

36 Ca

Dinner

Potatoes, French Beans and Carrot

350kcal	29g	29g	13g
Calories	Protein	Carbs	Fat
505kcal	42g	42g	19g
Calories	Protein	Carbs	Fat



Add On: \$2.5

Gluten Free Banana Bread

175kcal	5g	16g	10g
Calories	Protein	Carbs	Fat
175kcal	5g	16g	10g
Calories	Protein	Carbs	Fat

Lunch

485kcal

Calories 730kcal

Lunch

Tuesday March-12/2024

Small Plan

Medium Plan



Gong Bao Earthmeat and Shitake Mushrooms with Brown Rice, Spicy Eggplant and Garlic Choy Sum

		-	
Okcal	31g	41g	16g
lories	Protein	Carbs	Fat
Okcal	47g	62g	249
lories	Protein	Carbs	Fat



Basil Crushed Tofu, Lentils and King Oyster Mushroom with Rice Noodles, Shredded Cucumber and Carrot

85kcal	29g	38g	13g
Calories	Protein	Carbs	Fat
60kcal	42g	55g	19g
Calories	Protein	Carbs	Fat



Tofu Chocolate Brownie

Snack

185kcal **Calories** 185kcal 20g 8gProtein

Lunch

Wednesday March - 13/2024

Small Plan

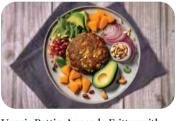
Medium Plan



Baked Turmeric Tempeh with Basmati

Rice, Boiled Egg, Cucumber





Veggie Pattie, Avocado Fritter with Mixed Salad, Tomato, Baked Pumpkin, Honey Citrus, Pomegranate, Mixed Nuts

50kcal <mark>alories</mark>	26g Protein	26g Carbs	17g Fat
40kcal	39g	39g	26g
alories	Protein	Carbs	Fat



Low Fat Cheesecake

170kcal

Small Plan Medium Plan

470kcal	
Calories	
685kcal Calories	

34g	4
Protein	(
49g	7
Protein	(

16g

Protein **Calories** 170kcal Protein

Carbs

Lunch

Thursday March -14/2024

Small Plan Medium Plan

Friday

March -15/2024



Tom Yam Stew Tofu and Oyster Mushroom with Brown Rice Noodles, Beansprouts and Long Beans, Spinach Egg

450kcal	31g	46g	16g
C <mark>alories</mark>	Protein	Carbs	Fat
555kcal	45g	67g	23g
C <mark>alories</mark>	Protein	Carbs	Fat



Herb Baked Butter Beans with Spaghetti Aglio Olio, Roasted Herb Veggies with Tomato, Fresh Herb Ricotta Cheese

390kcal	28g	42g	12g
Calories	Protein	Carbs	Fat
580kcal	42g	63g	18g



Peanut Butter Chocolate Cookie (1 Pcs)

160kcal	7g	6g	12g
Calories	Protein	Carbs	Fat
160kcal	7g	6g	12g
Calories	Protein	Carbs	Fat

Lunch

Dinner



Honey Miso Stew Earthmeat and Baiye with Brown Rice, Stew Tofu With Bittergourd and Red Capsicum

Small Plan	435kcal	32g	47g	13g
	Calories	Protein	Carbs	Fat
Medium Plan	630kcal	46g	68g	19g
	Calories	Protein	Carbs	Fat



Coconut Curry Home Made Spinach Egg Tofu with Quinoa, Sweet Potatoes and Cauliflower

395kcal	28g	39g	14g
Calories	Protein	Carbs	Fat
590kcal	42g	59g	21g
Calories	Protein	Carbs	Fat



Snack

Chocolate Hazelnut Energy Bites (3 Pcs)

80kcal	6g	12g	12g
C alories	Protein	Carbs	Fat
80kcal	6g	12g	12g
C alories	Protein	Carbs	Fat

Vegetarian Menu

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Snack

Monday March - 18/2024



Baiye and King Oyster Mushroom "Bulgogi" with Sweet Potato Noodles, Spinach and Shredded Carrot

14g

Fat

20g

430kcal 28g Protein 48g Calories 625kcal 41g **Protein** 70g Carbs



Dinner

Dinner

Gong Bao Earthmeat with Brown Rice, Spicy Eggplant, Garlic Bok Choy

410kcal 29g Protein 13g 44g Calories 615kcal 66g Carbs 20g **44g** Protein



Add On: \$2.5

Peanut Butter Chocolate Cookie

160kcal 7g **Protein** Calories 12g 160kcal 7g **Protein**

Lunch

Lunch

Tuesday March - 19/2024

Small Plan

Medium Plan



Baked Herb Portobello with Roasted Potato, French Beans, Spinach Egg, Harissa Sauce

415kcal 44g Carbs 12g Fat 33g **Protein Calories** 605kcal 48g 17g 64g Carbs Protein



Tomato Stew Beans with Pasta, Mixed Mushrooms and Green Peas

445kcal 31g **Protein** 15g 46g **Calories** 665kcal 47g 23g 69g Protein



Mango Chia Seeds Pudding

130kcal 3g **Protein Calories** 130kcal 21g Carbs 3g Protein

Lunch

Wednesday March-20/2024

Small Plan

Small Plan

Medium Plan

Medium Plan



Rendang Tofu and Chick Peas with

Coconut Basmati Rice, Roasted cauliflower



445kcal 46g 15g Protein **Carbs Calories** Fat 650kcal 46g 22g Protein



Fresh Herb and Lemon Baked Halloumi and Butter Beans with Cajun Roasted Sweet Potatoes, Herb Veggies

375kcal	27g	35g	14g
Calories	Protein	Carbs	Fat
560kcal	41g	53g	21g
Calories	Protein	Carbs	Fat



Gluten Free Banana Bread

175kcal Protein **Calories** 175kcal Protein

16g Carbs 16g Carbs 10g

Dinner Lunch



Baked Tempeh with Quinoa, Baked Spinach Egg, Broccoli, House Made Chilli Sauce

425kcal 35g Protein 42g Carbs 13g Fat 640kcal 53g **Protein** 63g Carbs 20g



Peri Peri Tofu Steak with Cauliflower Rice, Braised Purple Cabbage

400kcal 32g Protein 36g Carbs 14g Fat 595kcal 48g **Protein** 54g Carbs 21g



Low Fat Cheesecake

Snack

170kcal 14g Carbs 170kcal 14g Carbs

Lunch Dinner

Friday March - 22/2024

Small Plan

Medium Plan



& Black Bean, Mint Yoghurt, Cucumber and Tomato Salad

31g

47g

Protein

Protein

430kcal **Small Plan** Calories 645kcal **Medium Plan**



Cauliflower Protein Bites with Couscous

47g 13g Carbs 71g 20g



Basil Crushed Tofu and Lentils w/ Brown Rice, Soy Egg, Kailan

385kcal 12g 30g 39g Calories **Protein** Carbs 575kcal 45g 59g 18g Protein



Peanut Butter Chocolate Energy Bites (3 Pcs)

185kcal 16g 6g Calories **Protein** Carbs 185kcal 16g Calories Protein Carbs