



YoloFoods.™

YoloPlans Menu

11 September - 22 September 2023 | yolofoods.sg

Weight Loss Menu

Monday September — 11/2023

Add On: \$2.5

Lunch

Herb Chicken with Aglio Olio Pasta, Tomato Sauce, Sweet Snap Peas

Small Plan

480kcal 36g 48g 16g
Calories Protein Carbs Fat

Medium Plan

720kcal 54g 72g 24g
Calories Protein Carbs Fat

Dinner

Teriyaki Salmon with Quinoa, Sauté Mixed Veggies

Small Plan

395kcal 32g 38g 13g
Calories Protein Carbs Fat

Medium Plan

555kcal 45g 53g 18g
Calories Protein Carbs Fat

Snack

Cumin Carrot Soup

Small Plan

120kcal 6g 6g 8g
Calories Protein Carbs Fat

Medium Plan

120kcal 6g 6g 8g
Calories Protein Carbs Fat

Tuesday September — 12/2023

Lunch

Red Curry Chicken with Brown Rice, Long Beans and Eggplants

Small Plan

455kcal 31g 49g 15g
Calories Protein Carbs Fat

Medium Plan

685kcal 47g 74g 23g
Calories Protein Carbs Fat

Dinner

Salmon Chicken Balls with Cauliflower Rice, Spinach Egg

Small Plan

360kcal 36g 34g 9g
Calories Protein Carbs Fat

Medium Plan

540kcal 54g 51g 14g
Calories Protein Carbs Fat

Snack

Tofu Chocolate Brownie

Small Plan

185kcal 8g 20g 8g
Calories Protein Carbs Fat

Medium Plan

185kcal 8g 20g 8g
Calories Protein Carbs Fat

Wednesday September — 13/2023

Lunch

Yakiniku Minced Beef with Brown Rice, Edamame and Kimchi

Small Plan

465kcal 36g 46g 15g
Calories Protein Carbs Fat

Medium Plan

670kcal 52g 67g 22g
Calories Protein Carbs Fat

Dinner

Peri Peri Chicken with Roasted Potato, Herb Veggies

Small Plan

420kcal 37g 41g 12g
Calories Protein Carbs Fat

Medium Plan

610kcal 54g 59g 17g
Calories Protein Carbs Fat

Snack

Peanut Butter Chocolate Energy Bites

Small Plan

125kcal 4g 2g 11g
Calories Protein Carbs Fat

Medium Plan

125kcal 4g 2g 11g
Calories Protein Carbs Fat

Thursday September — 14/2023

Lunch

Basil Minced Chicken with Brown Rice, Soy Egg, Kailan

Small Plan

440kcal 36g 42g 14g
Calories Protein Carbs Fat

Medium Plan

635kcal 52g 61g 20g
Calories Protein Carbs Fat

Dinner

Baked Lemongrass Barramundi with Cajun Roasted Sweet Potato, Broccoli

Small Plan

390kcal 36g 35g 12g
Calories Protein Carbs Fat

Medium Plan

590kcal 54g 53g 18g
Calories Protein Carbs Fat

Snack

Low Fat Cheesecake

Small Plan

170kcal 8g 14g 9g
Calories Protein Carbs Fat

Medium Plan

170kcal 8g 14g 9g
Calories Protein Carbs Fat

Friday September — 15/2023

Lunch

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

Small Plan

440kcal 32g 44g 15g
Calories Protein Carbs Fat

Medium Plan

635kcal 46g 64g 22g
Calories Protein Carbs Fat

Dinner

Turmeric Chicken with Brown Rice, Lady Finger

Small Plan

385kcal 32g 39g 11g
Calories Protein Carbs Fat

Medium Plan

575kcal 48g 59g 17g
Calories Protein Carbs Fat

Snack

Peanut Butter Chocolate Cookie

Small Plan

180kcal 4g 5g 16g
Calories Protein Carbs Fat

Medium Plan

180kcal 4g 5g 16g
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.™

Weight Loss Menu

Monday September — 18/2023

Add On: \$2.5

Lunch

Peranakan Curry Chicken with Basmati Rice, Cauliflower and Lady Finger

Small Plan

455kcal 34g 46g 15g
Calories Protein Carbs Fat

Medium Plan

660kcal 49g 67g 22g
Calories Protein Carbs Fat

Dinner

Beef Meatballs with Mashed Potatoes, Tomato Sauce, Saute Green Peas and Carrot

Small Plan

420kcal 36g 38g 14g
Calories Protein Carbs Fat

Medium Plan

610kcal 52g 55g 20g
Calories Protein Carbs Fat

Snack

Peanut Butter Chocolate Energy Bites

Small Plan

125kcal 4g 3g 11g
Calories Protein Carbs Fat

Medium Plan

125kcal 4g 3g 11g
Calories Protein Carbs Fat

Tuesday September — 19/2023

Lunch

Sambal Prawns & Squids with Brown Rice, Tofu and Shanghai Green

Small Plan

445kcal 33g 44g 15g
Calories Protein Carbs Fat

Medium Plan

665kcal 50g 66g 23g
Calories Protein Carbs Fat

Dinner

Tomato Soup with Cajun Chicken, Avocado and Mixed Beans, Feta Cheese

Small Plan

370kcal 35g 22g 16g
Calories Protein Carbs Fat

Medium Plan

560kcal 53g 33g 24g
Calories Protein Carbs Fat

Snack

Tofu Chocolate Brownie

Small Plan

185kcal 8g 20g 8g
Calories Protein Carbs Fat

Medium Plan

185kcal 8g 20g 8g
Calories Protein Carbs Fat

Wednesday September — 20/2023

Lunch

Yakiniku Minced Beef with Rice Noodles, Kimchi and Edamame

Small Plan

460kcal 36g 45g 15g
Calories Protein Carbs Fat

Medium Plan

665kcal 52g 65g 22g
Calories Protein Carbs Fat

Dinner

Herb Chicken with Roasted Herb Veggies Quinoa Salad, Pomegranate, Honey Citrus Dressing

Small Plan

370kcal 37g 28g 12g
Calories Protein Carbs Fat

Medium Plan

535kcal 54g 41g 17g
Calories Protein Carbs Fat

Snack

Carrot Cake with Cashew Frosting

Small Plan

180kcal 8g 19g 8g
Calories Protein Carbs Fat

Medium Plan

180kcal 8g 19g 8g
Calories Protein Carbs Fat

Thursday September — 21/2023

Lunch

Yuxiang Minced Chicken with Brown Rice, Saute Mushroom and Bok Choy

Small Plan

445kcal 32g 45g 15g
Calories Protein Carbs Fat

Medium Plan

640kcal 46g 65g 22g
Calories Protein Carbs Fat

Dinner

Fresh Herb and Lemon Barramundi Fish with Roasted Potatoes, French Beans

Small Plan

430kcal 38g 38g 14g
Calories Protein Carbs Fat

Medium Plan

645kcal 57g 57g 21g
Calories Protein Carbs Fat

Snack

Pistachio and Dates Energy Bites

Small Plan

120kcal 4g 4g 10g
Calories Protein Carbs Fat

Medium Plan

120kcal 4g 4g 10g
Calories Protein Carbs Fat

Friday September — 22/2023

Lunch

Green Curry Chicken with Basmati Rice, Eggplants and Long Beans

Small Plan

475kcal 36g 47g 16g
Calories Protein Carbs Fat

Medium Plan

690kcal 52g 68g 23g
Calories Protein Carbs Fat

Dinner

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

Small Plan

385kcal 31g 34g 14g
Calories Protein Carbs Fat

Medium Plan

560kcal 45g 49g 20g
Calories Protein Carbs Fat

Snack

Overnight Oats with Roasted Apple and Chia Seeds

Small Plan

145kcal 5g 20g 5g
Calories Protein Carbs Fat

Medium Plan

145kcal 5g 20g 5g
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.™

Eat Clean Menu

Monday September — 11/2023

Add On: \$2.5

Lunch

Herb Chicken with Aglio Olio Pasta,
Tomato Sauce, Sweet Snap Peas

Medium Plan

720kcal 54g 72g 24g
Calories Protein Carbs Fat

Regular Plan

890kcal 67g 89g 30g
Calories Protein Carbs Fat

Dinner

Teriyaki Salmon with Quinoa, Sauté Mixed
Veggies

Medium Plan

555kcal 45g 53g 18g
Calories Protein Carbs Fat

Regular Plan

795kcal 64g 76g 26g
Calories Protein Carbs Fat

Snack

Cumin Carrot Soup

Medium Plan

120kcal 6g 6g 8g
Calories Protein Carbs Fat

Regular Plan

120kcal 6g 6g 8g
Calories Protein Carbs Fat

Tuesday September — 12/2023

Lunch

Red Curry Chicken with Brown Rice, Long
Beans and Eggplants

Medium Plan

685kcal 47g 74g 23g
Calories Protein Carbs Fat

Regular Plan

910kcal 62g 98g 30g
Calories Protein Carbs Fat

Dinner

Salmon Chicken Balls with Cauliflower
Rice, Spinach Egg

Medium Plan

540kcal 54g 51g 14g
Calories Protein Carbs Fat

Regular Plan

705kcal 70g 66g 18g
Calories Protein Carbs Fat

Snack

Tofu Chocolate Brownie

Medium Plan

185kcal 8g 20g 8g
Calories Protein Carbs Fat

Regular Plan

185kcal 8g 20g 8g
Calories Protein Carbs Fat

Wednesday September — 13/2023

Lunch

Yakiniku Minced Beef with Brown Rice,
Edamame and Kimchi

Medium Plan

670kcal 52g 67g 22g
Calories Protein Carbs Fat

Regular Plan

880kcal 68g 87g 29g
Calories Protein Carbs Fat

Dinner

Peri Peri Chicken with Roasted Potato,
Herb Veggies

Medium Plan

610kcal 54g 59g 17g
Calories Protein Carbs Fat

Regular Plan

800kcal 70g 78g 23g
Calories Protein Carbs Fat

Snack

Peanut Butter Chocolate Energy Bites

Medium Plan

125kcal 4g 2g 11g
Calories Protein Carbs Fat

Regular Plan

125kcal 4g 2g 11g
Calories Protein Carbs Fat

Thursday September — 14/2023

Lunch

Basil Minced Chicken with Brown Rice, Soy
Egg, Kailan

Medium Plan

635kcal 52g 61g 20g
Calories Protein Carbs Fat

Regular Plan

830kcal 68g 80g 27g
Calories Protein Carbs Fat

Dinner

Baked Lemongrass Barramundi with Cajun
Roasted Sweet Potato, Broccoli

Medium Plan

590kcal 54g 53g 18g
Calories Protein Carbs Fat

Regular Plan

785kcal 72g 70g 24g
Calories Protein Carbs Fat

Snack

Low Fat Cheesecake

Medium Plan

170kcal 8g 14g 9g
Calories Protein Carbs Fat

Regular Plan

170kcal 8g 14g 9g
Calories Protein Carbs Fat

Friday September — 15/2023

Lunch

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

Medium Plan

635kcal 46g 64g 22g
Calories Protein Carbs Fat

Regular Plan

855kcal 62g 86g 29g
Calories Protein Carbs Fat

Dinner

Turmeric Chicken with Brown Rice, Lady
Fingere

Medium Plan

575kcal 48g 59g 17g
Calories Protein Carbs Fat

Regular Plan

765kcal 64g 78g 22g
Calories Protein Carbs Fat

Snack

Peanut Butter Chocolate Cookie

Medium Plan

180kcal 4g 5g 16g
Calories Protein Carbs Fat

Regular Plan

180kcal 4g 5g 16g
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.™

Eat Clean Menu

Monday September — 18/2023

Add On: \$2.5

Lunch

Peranakan Curry Chicken with Basmati Rice, Cauliflower and Lady Finger

Medium Plan

660kcal 49g 67g 22g
Calories Protein Carbs Fat

Regular Plan

795kcal 60g 81g 26g
Calories Protein Carbs Fat

Dinner

Beef Meatballs with Mashed Potatoes, Tomato Sauce, Saute Green Peas and Carrot

Medium Plan

610kcal 52g 55g 20g
Calories Protein Carbs Fat

Regular Plan

760kcal 65g 68g 25g
Calories Protein Carbs Fat

Snack

Peanut Butter Chocolate Energy Bites

Medium Plan

125kcal 4g 3g 11g
Calories Protein Carbs Fat

Regular Plan

240kcal 6g 8g 16g
Calories Protein Carbs Fat

Tuesday September — 19/2023

Lunch

Sambal Prawns & Squids with Brown Rice, Tofu and Shanghai Green

Medium Plan

665kcal 50g 66g 23g
Calories Protein Carbs Fat

Regular Plan

885kcal 66g 88g 30g
Calories Protein Carbs Fat

Dinner

Tomato Soup with Cajun Chicken, Avocado and Mixed Beans, Feta Cheese

Medium Plan

560kcal 53g 33g 24g
Calories Protein Carbs Fat

Regular Plan

725kcal 68g 43g 31g
Calories Protein Carbs Fat

Snack

Tofu Chocolate Brownie

Medium Plan

185kcal 8g 20g 8g
Calories Protein Carbs Fat

Regular Plan

185kcal 8g 20g 8g
Calories Protein Carbs Fat

Wednesday September — 20/2023

Lunch

Yakiniku Minced Beef with Rice Noodles, Kimchi and Edamame

Medium Plan

665kcal 52g 65g 22g
Calories Protein Carbs Fat

Regular Plan

895kcal 70g 88g 29g
Calories Protein Carbs Fat

Dinner

Herb Chicken with Roasted Herb Veggies Quinoa Salad, Pomegranate, Honey Citrus Dressing

Medium Plan

535kcal 54g 41g 17g
Calories Protein Carbs Fat

Regular Plan

720kcal 72g 55g 23g
Calories Protein Carbs Fat

Snack

Carrot Cake with Cashew Frosting

Medium Plan

180kcal 8g 19g 8g
Calories Protein Carbs Fat

Regular Plan

180kcal 8g 19g 8g
Calories Protein Carbs Fat

Thursday September — 21/2023

Lunch

Yuxiang Minced Chicken with Brown Rice, Saute Mushroom and Bok Choy

Small Plan

640kcal 46g 65g 22g
Calories Protein Carbs Fat

Medium Plan

775kcal 56g 79g 26g
Calories Protein Carbs Fat

Dinner

Fresh Herb and Lemon Barramundi Fish with Roasted Potatoes, French Beans

Small Plan

645kcal 57g 57g 21g
Calories Protein Carbs Fat

Medium Plan

775kcal 68g 68g 25g
Calories Protein Carbs Fat

Snack

Pistachio and Dates Energy Bites

Small Plan

120kcal 4g 4g 10g
Calories Protein Carbs Fat

Medium Plan

240kcal 8g 8g 20g
Calories Protein Carbs Fat

Friday September — 22/2023

Lunch

Green Curry Chicken with Basmati Rice, Eggplants and Long Beans

Small Plan

690kcal 52g 68g 23g
Calories Protein Carbs Fat

Medium Plan

930kcal 70g 92g 31g
Calories Protein Carbs Fat

Dinner

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

Small Plan

560kcal 45g 49g 20g
Calories Protein Carbs Fat

Medium Plan

735kcal 59g 65g 27g
Calories Protein Carbs Fat

Snack

Overnight Oats with Roasted Apple and Chia Seeds

Small Plan

145kcal 5g 20g 5g
Calories Protein Carbs Fat

Medium Plan

145kcal 5g 20g 5g
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

Monday September — 11/2023

Add On: \$2.5

Lunch

Herb Chicken with Aglio Olio Pasta, Tomato Sauce, Sweet Snap Peas

Small Plan

470kcal 43g 36g 17g
Calories Protein Carbs Fat

Medium Plan

695kcal 65g 52g 25g
Calories Protein Carbs Fat

Dinner

Teriyaki Salmon with Quinoa, Sauté Mixed Veggies

Small Plan

415kcal 41g 29g 15g
Calories Protein Carbs Fat

Medium Plan

590kcal 58g 40g 22g
Calories Protein Carbs Fat

Snack

Cumin Carrot Soup

Small Plan

120kcal 6g 6g 8g
Calories Protein Carbs Fat

Medium Plan

120kcal 6g 6g 8g
Calories Protein Carbs Fat

Tuesday September — 12/2023

Lunch

Red Curry Chicken with Brown Rice, Long Beans and Eggplants

Small Plan

440kcal 37g 37g 16g
Calories Protein Carbs Fat

Medium Plan

655kcal 56g 55g 24g
Calories Protein Carbs Fat

Dinner

Salmon Chicken Balls with Cauliflower Rice, Spinach Egg

Small Plan

380kcal 48g 26g 9g
Calories Protein Carbs Fat

Medium Plan

545kcal 65g 38g 15g
Calories Protein Carbs Fat

Snack

Tofu Chocolate Brownie

Small Plan

185kcal 8g 20g 8g
Calories Protein Carbs Fat

Medium Plan

185kcal 8g 20g 8g
Calories Protein Carbs Fat

Wednesday September — 13/2023

Lunch

Yakiniku Minced Beef with Brown Rice, Edamame and Kimchi

Small Plan

455kcal 43g 35g 16g
Calories Protein Carbs Fat

Medium Plan

665kcal 63g 50g 24g
Calories Protein Carbs Fat

Dinner

Peri Peri Chicken with Roasted Potato, Herb Veggies

Small Plan

415kcal 44g 31g 13g
Calories Protein Carbs Fat

Medium Plan

600kcal 64g 45g 18g
Calories Protein Carbs Fat

Snack

Peanut Butter Chocolate Energy Bites

Small Plan

125kcal 4g 2g 11g
Calories Protein Carbs Fat

Medium Plan

125kcal 4g 2g 11g
Calories Protein Carbs Fat

Thursday September — 14/2023

Lunch

Basil Minced Chicken with Brown Rice, Soy Egg, Kailan

Small Plan

430kcal 43g 32g 15g
Calories Protein Carbs Fat

Medium Plan

635kcal 63g 47g 22g
Calories Protein Carbs Fat

Dinner

Baked Lemongrass Barramundi with Cajun Roasted Sweet Potato, Broccoli

Small Plan

390kcal 43g 26g 13g
Calories Protein Carbs Fat

Medium Plan

585kcal 65g 39g 19g
Calories Protein Carbs Fat

Snack

Low Fat Cheesecake

Small Plan

170kcal 8g 14g 9g
Calories Protein Carbs Fat

Medium Plan

170kcal 8g 14g 9g
Calories Protein Carbs Fat

Friday September — 15/2023

Lunch

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

Small Plan

425kcal 38g 33g 16g
Calories Protein Carbs Fat

Medium Plan

635kcal 59g 48g 23g
Calories Protein Carbs Fat

Dinner

Turmeric Chicken with Brown Rice, Lady Finger

Small Plan

390kcal 41g 31g 12g
Calories Protein Carbs Fat

Medium Plan

580kcal 61g 44g 18g
Calories Protein Carbs Fat

Snack

Peanut Butter Chocolate Cookie

Small Plan

180kcal 4g 5g 16g
Calories Protein Carbs Fat

Medium Plan

180kcal 4g 5g 16g
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

Monday September — 18/2023

Add On: \$2.5

Lunch

Peranakan Curry Chicken with Basmati Rice, Cauliflower and Lady Finger

Small Plan

445kcal 41g 35g 16g
Calories Protein Carbs Fat

Medium Plan

660kcal 64g 50g 23g
Calories Protein Carbs Fat

Dinner

Beef Meatballs with Mashed Potatoes, Tomato Sauce, Saute Green Peas and Carrot

Small Plan

420kcal 43g 29g 15g
Calories Protein Carbs Fat

Medium Plan

655kcal 66g 41g 25g
Calories Protein Carbs Fat

Snack

Peanut Butter Chocolate Energy Bites

Small Plan

125kcal 4g 3g 11g
Calories Protein Carbs Fat

Medium Plan

125kcal 4g 3g 11g
Calories Protein Carbs Fat

Tuesday September — 19/2023

Lunch

Sambal Prawns & Squids with Brown Rice, Tofu and Shanghai Green

Small Plan

430kcal 40g 33g 16g
Calories Protein Carbs Fat

Medium Plan

650kcal 59g 50g 24g
Calories Protein Carbs Fat

Dinner

Tomato Soup with Cajun Chicken, Avocado and Mixed Beans, Feta Cheese

Small Plan

385kcal 42g 17g 17g
Calories Protein Carbs Fat

Medium Plan

580kcal 63g 25g 25g
Calories Protein Carbs Fat

Snack

Tofu Chocolate Brownie

Small Plan

185kcal 8g 20g 8g
Calories Protein Carbs Fat

Medium Plan

185kcal 8g 20g 8g
Calories Protein Carbs Fat

Wednesday September — 20/2023

Lunch

Yakiniku Minced Beef with Rice Noodles, Kimchi and Edamame

Small Plan

450kcal 43g 34g 16g
Calories Protein Carbs Fat

Medium Plan

655kcal 63g 49g 23g
Calories Protein Carbs Fat

Dinner

Herb Chicken with Roasted Herb Veggies Quinoa Salad, Pomegranate, Honey Citrus Dressing

Small Plan

395kcal 44g 29g 12g
Calories Protein Carbs Fat

Medium Plan

560kcal 57g 42g 18g
Calories Protein Carbs Fat

Snack

Carrot Cake with Cashew Frosting

Small Plan

180kcal 8g 19g 8g
Calories Protein Carbs Fat

Medium Plan

180kcal 8g 19g 8g
Calories Protein Carbs Fat

Thursday September — 21/2023

Lunch

Yuxiang Minced Chicken with Brown Rice, Saute Mushroom and Bok Choy

Small Plan

440kcal 39g 35g 16g
Calories Protein Carbs Fat

Medium Plan

635kcal 56g 49g 24g
Calories Protein Carbs Fat

Dinner

Fresh Herb and Lemon Barramundi Fish with Roasted Potatoes, French Beans

Small Plan

435kcal 47g 29g 15g
Calories Protein Carbs Fat

Medium Plan

605kcal 68g 43g 18g
Calories Protein Carbs Fat

Snack

Pistachio and Dates Energy Bites

Small Plan

120kcal 4g 4g 10g
Calories Protein Carbs Fat

Medium Plan

120kcal 4g 4g 10g
Calories Protein Carbs Fat

Friday September — 22/2023

Lunch

Green Curry Chicken with Basmati Rice, Eggplants and Long Beans

Small Plan

465kcal 43g 35g 17g
Calories Protein Carbs Fat

Medium Plan

675kcal 63g 51g 24g
Calories Protein Carbs Fat

Dinner

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

Small Plan

385kcal 37g 26g 15g
Calories Protein Carbs Fat

Medium Plan

555kcal 54g 37g 21g
Calories Protein Carbs Fat

Snack

Overnight Oats with Roasted Apple and Chia Seeds

Small Plan

145kcal 5g 20g 5g
Calories Protein Carbs Fat

Medium Plan

145kcal 5g 20g 5g
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

Monday **September** — 11/2023

Add On: \$2.5

Lunch

Herb Roasted Portobello, Tempeh with Aglio Olio Pasta, Tomato Sauce and Sweet Snap Peas

Small Plan

445kcal 31g 46g 15g
Calories Protein Carbs Fat

Medium Plan

665kcal 47g 69g 23g
Calories Protein Carbs Fat

Dinner

Teriyaki Home Made Spinach Egg Tofu with Quinoa, Sauté Mixed Veggies

Small Plan

380kcal 32g 34g 13g
Calories Protein Carbs Fat

Medium Plan

550kcal 46g 49g 19g
Calories Protein Carbs Fat

Snack

Chocolate Hazelnut Energy Bites

Small Plan

180kcal 6g 5g 15g
Calories Protein Carbs Fat

Medium Plan

180kcal 6g 5g 15g
Calories Protein Carbs Fat

Tuesday **September** — 12/2023

Lunch

Red Curry Chick Peas with Brown Rice, Long Beans and Eggplants

Small Plan

480kcal 31g 49g 18g
Calories Protein Carbs Fat

Medium Plan

725kcal 47g 74g 27g
Calories Protein Carbs Fat

Dinner

Vegan Meatballs with Cauliflower Rice, Spinach Egg

Small Plan

330kcal 32g 24g 12g
Calories Protein Carbs Fat

Medium Plan

500kcal 48g 36g 18g
Calories Protein Carbs Fat

Snack

Tofu Chocolate Brownie

Small Plan

185kcal 8g 20g 8g
Calories Protein Carbs Fat

Medium Plan

185kcal 8g 20g 8g
Calories Protein Carbs Fat

Wednesday **September** — 13/2023

Lunch

Yakiniku Stir Fry Tofu and Mushroom with Brown Rice, Edamame and Kimchi

Small Plan

440kcal 34g 47g 13g
Calories Protein Carbs Fat

Medium Plan

640kcal 49g 68g 19g
Calories Protein Carbs Fat

Dinner

Peri Peri Earthmeat with Roasted Potato, Herb Veggies

Small Plan

380kcal 33g 35g 12g
Calories Protein Carbs Fat

Medium Plan

570kcal 50g 53g 18g
Calories Protein Carbs Fat

Snack

Peanut Butter Chocolate Energy Bites

Small Plan

180kcal 6g 3g 16g
Calories Protein Carbs Fat

Medium Plan

180kcal 6g 3g 16g
Calories Protein Carbs Fat

Thursday **September** — 14/2023

Lunch

Basil Crushed Tofu and Lentils with Brown Rice, Soy Egg, Kailan

Small Plan

440kcal 34g 44g 14g
Calories Protein Carbs Fat

Medium Plan

635kcal 49g 64g 20g
Calories Protein Carbs Fat

Dinner

Fresh Herb and Lemon Stew Butter Beans with Cajun Roasted Sweet Potato, Broccoli, Ricotta Cheese

Small Plan

395kcal 32g 37g 13g
Calories Protein Carbs Fat

Medium Plan

590kcal 48g 56g 20g
Calories Protein Carbs Fat

Snack

Low Fat Cheesecake

Small Plan

170kcal 8g 14g 9g
Calories Protein Carbs Fat

Medium Plan

170kcal 8g 14g 9g
Calories Protein Carbs Fat

Friday **September** — 15/2023

Lunch

Cauliflower Protein Bites with Couscous and Black Beans, Mint Yoghurt, Cucumber and Tomato Salad

Small Plan

435kcal 32g 48g 13g
Calories Protein Carbs Fat

Medium Plan

655kcal 48g 72g 20g
Calories Protein Carbs Fat

Dinner

Turmeric Earthmeat with Brown Rice, Lady Finger

Small Plan

390kcal 32g 39g 12g
Calories Protein Carbs Fat

Medium Plan

570kcal 46g 57g 17g
Calories Protein Carbs Fat

Snack

Peanut Butter Chocolate Cookie

Small Plan

180kcal 4g 5g 16g
Calories Protein Carbs Fat

Medium Plan

180kcal 4g 5g 16g
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

Monday September — 18/2023

Add On: \$2.5

Lunch

Peranakan Curry (Tofu and Lentils) with Basmati Rice, Cauliflower and Lady Finger

Small Plan

470kcal 31g 46g 18g
Calories Protein Carbs Fat

Medium Plan

705kcal 47g 69g 27g
Calories Protein Carbs Fat

Dinner

Vegan Meatballs with Mashed Potatoes, Tomato Sauce, Sauté Green Peas and Carrot

Small Plan

345kcal 27g 32g 12g
Calories Protein Carbs Fat

Medium Plan

515kcal 41g 48g 18g
Calories Protein Carbs Fat

Snack

Peanut Butter Chocolate Energy Bites

Small Plan

185kcal 6g 4g 16g
Calories Protein Carbs Fat

Medium Plan

185kcal 6g 4g 16g
Calories Protein Carbs Fat

Tuesday September — 19/2023

Lunch

Sambal Earthmeat with Brown Rice, Tofu and Shanghai Green

Small Plan

445kcal 36g 46g 13g
Calories Protein Carbs Fat

Medium Plan

670kcal 54g 69g 20g
Calories Protein Carbs Fat

Dinner

Tomato Soup with Spinach Egg, Avocado and Mixed Beans, Feta Cheese

Small Plan

365kcal 32g 21g 17g
Calories Protein Carbs Fat

Medium Plan

550kcal 48g 32g 26g
Calories Protein Carbs Fat

Snack

Tofu Chocolate Brownie

Small Plan

185kcal 8g 20g 8g
Calories Protein Carbs Fat

Medium Plan

185kcal 8g 20g 8g
Calories Protein Carbs Fat

Wednesday September — 20/2023

Lunch

Yakiniku Stir Fry Baiye and Lentils with Rice Noodles, Kimchi and Edamame

Small Plan

440kcal 31g 45g 15g
Calories Protein Carbs Fat

Medium Plan

660kcal 47g 68g 23g
Calories Protein Carbs Fat

Dinner

Baked Honey Miso Tempeh with Roasted Herb Veggies Quinoa Salad, Pomegranate, Honey Citrus Dressing

Small Plan

385kcal 29g 29g 17g
Calories Protein Carbs Fat

Medium Plan

560kcal 42g 42g 25g
Calories Protein Carbs Fat

Snack

Low Fat Cheesecake

Small Plan

170kcal 8g 14g 9g
Calories Protein Carbs Fat

Medium Plan

170kcal 8g 14g 9g
Calories Protein Carbs Fat

Thursday September — 21/2023

Lunch

Yuxiang Tofu and Chick Peas with Brown Rice, Sauté Mushrooms and Bok Choy

Small Plan

460kcal 36g 45g 15g
Calories Protein Carbs Fat

Medium Plan

665kcal 52g 65g 22g
Calories Protein Carbs Fat

Dinner

Fresh Herb and Lemon Baked Halloumi with Roasted Potatoes, French Beans, Black Beans and Tomato Salsa

Small Plan

365kcal 23g 34g 15g
Calories Protein Carbs Fat

Medium Plan

545kcal 35g 51g 23g
Calories Protein Carbs Fat

Snack

Pistachio and Dates Energy Bites

Small Plan

185kcal 6g 6g 15g
Calories Protein Carbs Fat

Medium Plan

185kcal 6g 6g 15g
Calories Protein Carbs Fat

Friday September — 22/2023

Lunch

Green Curry Earthmeat and White Beans with Basmati Rice, Eggplants and Long Beans

Small Plan

475kcal 36g 47g 16g
Calories Protein Carbs Fat

Medium Plan

690kcal 52g 68g 23g
Calories Protein Carbs Fat

Dinner

Cauliflower Protein Bites with Sweet Potatoes, Baked Spinach Egg, Broccoli, House Made Chilli Sauce

Small Plan

375kcal 39g 26g 13g
Calories Protein Carbs Fat

Medium Plan

565kcal 59g 39g 20g
Calories Protein Carbs Fat

Snack

Overnight Oats with Roasted Apple and Chia Seeds

Small Plan

145kcal 5g 20g 5g
Calories Protein Carbs Fat

Medium Plan

145kcal 5g 20g 5g
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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