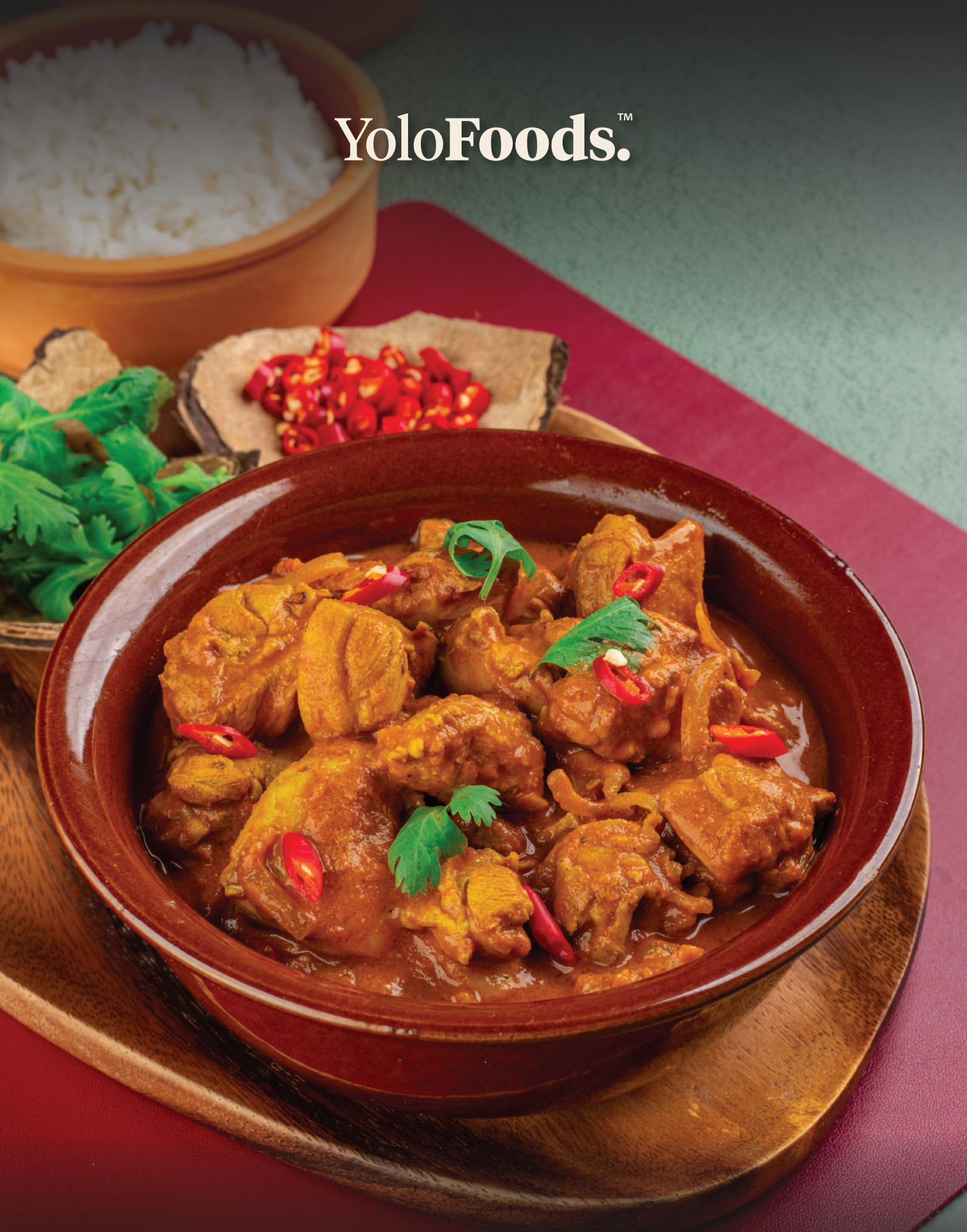


YoloFoods.™















# YoloPlans Menu

12 February - 23 February 2024 | [yolofoods.sg](https://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 February – 12/2024	<b>Public Holiday</b>																																	
Tuesday February – 13/2024	 <p>Nasi Lemak (Turmeric Chicken) with Coconut Basmati Rice, Hard Boiled Egg, Cucumber</p> <table border="0"> <tr> <td><b>Small Plan</b></td> <td>460kcal Calories</td> <td>38g Protein</td> <td>41g Carbs</td> <td>16g Fat</td> </tr> <tr> <td><b>Medium Plan</b></td> <td>665kcal Calories</td> <td>55g Protein</td> <td>59g Carbs</td> <td>23g Fat</td> </tr> </table>	<b>Small Plan</b>	460kcal Calories	38g Protein	41g Carbs	16g Fat	<b>Medium Plan</b>	665kcal Calories	55g Protein	59g Carbs	23g Fat	 <p>Seafood Tom Yam with Brown Rice Noodles, Beansprouts and Cucumber</p> <table border="0"> <tr> <td><b>Small Plan</b></td> <td>370kcal Calories</td> <td>32g Protein</td> <td>36g Carbs</td> <td>11g Fat</td> </tr> <tr> <td><b>Medium Plan</b></td> <td>555kcal Calories</td> <td>48g Protein</td> <td>54g Carbs</td> <td>17g Fat</td> </tr> </table>	<b>Small Plan</b>	370kcal Calories	32g Protein	36g Carbs	11g Fat	<b>Medium Plan</b>	555kcal Calories	48g Protein	54g Carbs	17g Fat	 <p>Carrot Cake with Cashew Frosting</p> <table border="0"> <tr> <td><b>Small Plan</b></td> <td>175kcal Calories</td> <td>8g Protein</td> <td>18g Carbs</td> <td>8g Fat</td> </tr> <tr> <td><b>Medium Plan</b></td> <td>175kcal Calories</td> <td>8g Protein</td> <td>18g Carbs</td> <td>8g Fat</td> </tr> </table>	<b>Small Plan</b>	175kcal Calories	8g Protein	18g Carbs	8g Fat	<b>Medium Plan</b>	175kcal Calories	8g Protein	18g Carbs	8g Fat	
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**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  
February – 19/2024



Gong Bao Chicken with Brown Rice, Spicy Eggplant, Cucumber Salad

Small Plan

465kcal  
Calories

36g  
Protein

47g  
Carbs

15g  
Fat

Medium Plan

675kcal  
Calories

52g  
Protein

68g  
Carbs

22g  
Fat



Harrisa Roasted Tilapia with Roasted Potato, French Beans

410kcal  
Calories

34g  
Protein

41g  
Carbs

12g  
Fat

590kcal  
Calories

49g  
Protein

59g  
Carbs

17g  
Fat



Pistachios and Dates Energy Bites (2 Pcs)

120kcal  
Calories

4g  
Protein

4g  
Carbs

10g  
Fat

120kcal  
Calories

4g  
Protein

4g  
Carbs

10g  
Fat

## Lunch

## Dinner

## Snack

Tuesday  
February – 20/2024



Honey Miso Salmon with Quinoa and Broccoli

Small Plan

440kcal  
Calories

37g  
Protein

48g  
Carbs

11g  
Fat

Medium Plan

635kcal  
Calories

54g  
Protein

70g  
Carbs

16g  
Fat



Cauliflower Rice with Herb Chicken

385kcal  
Calories

39g  
Protein

28g  
Carbs

13g  
Fat

580kcal  
Calories

59g  
Protein

42g  
Carbs

20g  
Fat



Gluten Free Banana Bread

175kcal  
Calories

5g  
Protein

16g  
Carbs

10g  
Fat

175kcal  
Calories

5g  
Protein

16g  
Carbs

10g  
Fat

## Lunch

## Dinner

## Snack

Wednesday  
February – 21/2024



Beef Bolognese with Pasta, Mixed Mushrooms and Green Peas

Small Plan

475kcal  
Calories

34g  
Protein

46g  
Carbs

17g  
Fat

Medium Plan

710kcal  
Calories

51g  
Protein

69g  
Carbs

26g  
Fat



Lemongrass Chicken with Rice Vermicelli and Mixed Veggies Salad

385kcal  
Calories

32g  
Protein

39g  
Carbs

11g  
Fat

555kcal  
Calories

46g  
Protein

57g  
Carbs

16g  
Fat



Oatmeal Cookie

145kcal  
Calories

5g  
Protein

9g  
Carbs

10g  
Fat

145kcal  
Calories

5g  
Protein

9g  
Carbs

10g  
Fat

## Lunch

## Dinner

## Snack

Thursday  
February – 22/2024



Baked Curry Barramundi with Coconut Basmati Rice, Long Beans

Small Plan

460kcal  
Calories

37g  
Protein

42g  
Carbs

16g  
Fat

Medium Plan

690kcal  
Calories

56g  
Protein

63g  
Carbs

24g  
Fat



Ma Po Tofu with Rice Noodles, Beansprouts

355kcal  
Calories

32g  
Protein

32g  
Carbs

11g  
Fat

515kcal  
Calories

46g  
Protein

46g  
Carbs

16g  
Fat



Almond Oats Energy Bar

190kcal  
Calories

6g  
Protein

12g  
Carbs

13g  
Fat

190kcal  
Calories

6g  
Protein

12g  
Carbs

13g  
Fat

## Lunch

## Dinner

## Snack

Friday  
February – 23/2024



Chicken Rendang with Brown Rice, Roasted Cauliflower

Small Plan

405kcal  
Calories

33g  
Protein

41g  
Carbs

12g  
Fat

Medium Plan

590kcal  
Calories

48g  
Protein

59g  
Carbs

18g  
Fat



Beef Bulgogi with Sweet Potato Noodles, Spinach and Shredded Carrot

415kcal  
Calories

33g  
Protein

41g  
Carbs

13g  
Fat

620kcal  
Calories

50g  
Protein

62g  
Carbs

20g  
Fat



Tofu Chocolate Brownie

185kcal  
Calories

8g  
Protein

20g  
Carbs

8g  
Fat

185kcal  
Calories

8g  
Protein

20g  
Carbs

8g  
Fat

Add on  
drinks for \$3

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

YoloFoods™



# High Protein Menu

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

## Lunch

## Dinner

## Snack

Add On: \$2.5

Monday  
February – 12/2024

**Public Holiday**

## Lunch

## Dinner

## Snack

Tuesday  
February – 13/2024



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

**Small Plan**

455kcal	46g	31g	17g
<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>

**Medium Plan**

660kcal	66g	45g	24g
<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>



Seafood Tom Yam with Brown Rice Noodles, Beansprouts and Cucumber

365kcal	38g	27g	12g
<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>



Carrot Cake with Cashew Frosting

175kcal	8g	18g	8g
<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>

## Lunch

## Dinner

## Snack

Wednesday  
February – 14/2024



Beef Meatball with Aglio Olio Pasta, Mixed Veggies

**Small Plan**

385kcal	42g	29g	12g
<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>

**Medium Plan**

590kcal	61g	41g	20g
<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>



Green Curry Chicken with Basmati Rice, Eggplants, Long Beans

445kcal	43g	33g	16g
<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>



Gluten Free Banana Bread

175kcal	5g	16g	10g
<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>

## Lunch

## Dinner

## Snack

Thursday  
February – 15/2024



Brown Rice Paella with Chicken Thigh Chunks, Prawns and Squids, Serve With a Side Salad

**Small Plan**

410kcal	39g	31g	15g
<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>

**Medium Plan**

580kcal	53g	45g	21g
<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>



Peri Peri chicken with Roast Potato and Broccoli

405kcal	45g	31g	12g
<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>



Tofu Chocolate Brownie

185kcal	8g	20g	8g
<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>

## Lunch

## Dinner

## Snack

Friday  
February – 16/2024



Yakiniku Minced Beef with Brown Rice, Edamame and Kimchi

**Small Plan**

455kcal	43g	35g	16g
<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>

**Medium Plan**

655kcal	63g	50g	23g
<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>



Lemongrass Barramundi fish with Rice Noodles, Beansprouts, Spinach, Clear Chicken Soup

420kcal	44g	31g	14g
<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>



Pistachio and Dates Energy Bites (2 Pcs)

120kcal	4g	8g	8g
<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>

**Add on drinks for \$3**

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

**YoloFoods™**

# High Protein Menu

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## Lunch

## Dinner

## Snack

Add On: \$2.5

Monday  
February – 19/2024



Gong Bao Chicken with Brown Rice, Spicy Eggplant, Cucumber Salad



Harrisa Roasted Tilapia with Roasted Potato, French Beans



Pistachios and Dates Energy Bites (2 Pcs)

**Small Plan**

455kcal  
Calories

43g  
Protein

35g  
Carbs

16g  
Fat

425kcal  
Calories

47g  
Protein

31g  
Carbs

13g  
Fat

120kcal  
Calories

4g  
Protein

4g  
Carbs

10g  
Fat

**Medium Plan**

670kcal  
Calories

63g  
Protein

51g  
Carbs

24g  
Fat

605kcal  
Calories

65g  
Protein

45g  
Carbs

18g  
Fat

120kcal  
Calories

4g  
Protein

4g  
Carbs

10g  
Fat

## Lunch

## Dinner

## Snack

Tuesday  
February – 20/2024



Honey Miso Salmon with Quinoa and Broccoli



Cauliflower Rice with Herb Chicken



Gluten Free Banana Bread

**Small Plan**

425kcal  
Calories

44g  
Protein

36g  
Carbs

12g  
Fat

395kcal  
Calories

47g  
Protein

21g  
Carbs

14g  
Fat

175kcal  
Calories

5g  
Protein

16g  
Carbs

10g  
Fat

**Medium Plan**

630kcal  
Calories

64g  
Protein

52g  
Carbs

18g  
Fat

590kcal  
Calories

70g  
Protein

32g  
Carbs

20g  
Fat

175kcal  
Calories

5g  
Protein

16g  
Carbs

10g  
Fat

## Lunch

## Dinner

## Snack

Wednesday  
February – 21/2024



Beef Bolognese with Pasta, Mixed Mushrooms and Green Peas



Lemongrass Chicken with Rice Vermicelli and Mixed Veggies Salad



Oatmeal Cookie

**Small Plan**

460kcal  
Calories

41g  
Protein

35g  
Carbs

18g  
Fat

395kcal  
Calories

44g  
Protein

29g  
Carbs

12g  
Fat

145kcal  
Calories

5g  
Protein

9g  
Carbs

10g  
Fat

**Medium Plan**

695kcal  
Calories

61g  
Protein

52g  
Carbs

27g  
Fat

560kcal  
Calories

57g  
Protein

42g  
Carbs

18g  
Fat

145kcal  
Calories

5g  
Protein

9g  
Carbs

10g  
Fat

## Lunch

## Dinner

## Snack

Thursday  
February – 22/2024



Baked Curry Barramundi with Coconut Basmati Rice, Long Beans



Ma Po Tofu with Rice Noodles, Beansprouts



Almond Oats Energy Bar

**Small Plan**

455kcal  
Calories

44g  
Protein

32g  
Carbs

17g  
Fat

350kcal  
Calories

38g  
Protein

24g  
Carbs

12g  
Fat

190kcal  
Calories

6g  
Protein

12g  
Carbs

13g  
Fat

**Medium Plan**

680kcal  
Calories

67g  
Protein

47g  
Carbs

25g  
Fat

525kcal  
Calories

56g  
Protein

35g  
Carbs

18g  
Fat

190kcal  
Calories

6g  
Protein

12g  
Carbs

13g  
Fat

## Lunch

## Dinner

## Snack

Friday  
February – 23/2024



Chicken Rendang with Brown Rice, Roasted Cauliflower



Beef Bulgogi with Sweet Potato Noodles, Spinach and Shredded Carrot



Tofu Chocolate Brownie

**Small Plan**

390kcal  
Calories

40g  
Protein

29g  
Carbs

13g  
Fat

435kcal  
Calories

42g  
Protein

31g  
Carbs

16g  
Fat

185kcal  
Calories

8g  
Protein

20g  
Carbs

8g  
Fat

**Medium Plan**

595kcal  
Calories

62g  
Protein

39g  
Carbs

21g  
Fat

620kcal  
Calories

63g  
Protein

43g  
Carbs

22g  
Fat

185kcal  
Calories

8g  
Protein

20g  
Carbs

8g  
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 February – 12/2024	<b>Public Holiday</b>																																	
Tuesday February – 13/2024	 <p>Nasi Lemak (Turmeric Chicken) with Coconut Basmati Rice, Hard Boiled Egg, Cucumber</p> <table border="0"> <tr> <td><b>Small Plan</b></td> <td>665kcal Calories</td> <td>55g Protein</td> <td>59g Carbs</td> <td>23g Fat</td> </tr> <tr> <td><b>Medium Plan</b></td> <td>920kcal Calories</td> <td>76g Protein</td> <td>82g Carbs</td> <td>32g Fat</td> </tr> </table>	<b>Small Plan</b>	665kcal Calories	55g Protein	59g Carbs	23g Fat	<b>Medium Plan</b>	920kcal Calories	76g Protein	82g Carbs	32g Fat	 <p>Seafood Tom Yam with Brown Rice Noodles, Beansprouts and Cucumber</p> <table border="0"> <tr> <td><b>Small Plan</b></td> <td>555kcal Calories</td> <td>48g Protein</td> <td>54g Carbs</td> <td>17g Fat</td> </tr> <tr> <td><b>Medium Plan</b></td> <td>705kcal Calories</td> <td>61g Protein</td> <td>68g Carbs</td> <td>21g Fat</td> </tr> </table>	<b>Small Plan</b>	555kcal Calories	48g Protein	54g Carbs	17g Fat	<b>Medium Plan</b>	705kcal Calories	61g Protein	68g Carbs	21g Fat	 <p>Carrot Cake with Cashew Frosting</p> <table border="0"> <tr> <td><b>Small Plan</b></td> <td>175kcal Calories</td> <td>8g Protein</td> <td>18g Carbs</td> <td>8g Fat</td> </tr> <tr> <td><b>Medium Plan</b></td> <td>175kcal Calories</td> <td>8g Protein</td> <td>18g Carbs</td> <td>8g Fat</td> </tr> </table>	<b>Small Plan</b>	175kcal Calories	8g Protein	18g Carbs	8g Fat	<b>Medium Plan</b>	175kcal Calories	8g Protein	18g Carbs	8g Fat	
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**Add on drinks for \$3**




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




**YoloFoods™**




# Eat Clean Menu




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

	Lunch	Dinner	Snack	Add On: \$2.5								
<b>Monday February – 19/2024</b>												
<b>Small Plan</b>	675kcal Calories	52g Protein	68g Carbs	22g Fat	590kcal Calories	49g Protein	59g Carbs	17g Fat	120kcal Calories	4g Protein	4g Carbs	10g Fat
<b>Medium Plan</b>	840kcal Calories	65g Protein	85g Carbs	27g Fat	715kcal Calories	60g Protein	72g Carbs	21g Fat	240kcal Calories	6g Protein	18g Carbs	16g Fat

	Lunch	Dinner	Snack									
<b>Tuesday February – 20/2024</b>												
<b>Small Plan</b>	635kcal Calories	54g Protein	70g Carbs	16g Fat	580kcal Calories	59g Protein	42g Carbs	20g Fat	175kcal Calories	5g Protein	16g Carbs	10g Fat
<b>Medium Plan</b>	855kcal Calories	72g Protein	94g Carbs	21g Fat	770kcal Calories	78g Protein	56g Carbs	26g Fat	175kcal Calories	5g Protein	16g Carbs	10g Fat

	Lunch	Dinner	Snack									
<b>Wednesday February – 21/2024</b>												
<b>Small Plan</b>	710kcal Calories	51g Protein	69g Carbs	26g Fat	555kcal Calories	46g Protein	57g Carbs	16g Fat	145kcal Calories	5g Protein	9g Carbs	10g Fat
<b>Medium Plan</b>	945kcal Calories	68g Protein	92g Carbs	34g Fat	745kcal Calories	62g Protein	76g Carbs	21g Fat	145kcal Calories	5g Protein	9g Carbs	10g Fat

	Lunch	Dinner	Snack									
<b>Thursday February – 22/2024</b>												
<b>Small Plan</b>	690kcal Calories	56g Protein	63g Carbs	24g Fat	515kcal Calories	46g Protein	46g Carbs	16g Fat	190kcal Calories	6g Protein	12g Carbs	13g Fat
<b>Medium Plan</b>	920kcal Calories	74g Protein	84g Carbs	32g Fat	690kcal Calories	62g Protein	62g Carbs	21g Fat	190kcal Calories	6g Protein	12g Carbs	13g Fat

	Lunch	Dinner	Snack									
<b>Friday February – 23/2024</b>												
<b>Small Plan</b>	590kcal Calories	48g Protein	59g Carbs	18g Fat	620kcal Calories	50g Protein	62g Carbs	20g Fat	185kcal Calories	8g Protein	20g Carbs	8g Fat
<b>Medium Plan</b>	810kcal Calories	66g Protein	82g Carbs	24g Fat	805kcal Calories	64g Protein	80g Carbs	25g Fat	185kcal Calories	8g Protein	20g Carbs	8g 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  
February – 12/2024

**Public Holiday**

## Lunch

## Dinner

## Snack

Tuesday  
February – 13/2024



Turmeric Earthmeat with Coconut Basmati Rice, Hard Boiled Egg and Cucumber

**Small Plan**

460kcal  
Calories

38g  
Protein

41g  
Carbs

16g  
Fat

**Medium Plan**

665kcal  
Calories

55g  
Protein

59g  
Carbs

23g  
Fat



Thai Style Tofu Tom Yam w/ Brown Rice Noodles Beansprouts and Cucumber

370kcal  
Calories

32g  
Protein

36g  
Carbs

11g  
Fat

555kcal  
Calories

48g  
Protein

54g  
Carbs

17g  
Fat



Carrot Cake with Cashew Frosting

175kcal  
Calories

8g  
Protein

18g  
Carbs

8g  
Fat

175kcal  
Calories

8g  
Protein

18g  
Carbs

8g  
Fat

## Lunch

## Dinner

## Snack

Wednesday  
February – 14/2024



Vegan Meatball with Aglio Olio Pasta and Mixed Veggies

**Small Plan**

400kcal  
Calories

31g  
Protein

42g  
Carbs

12g  
Fat

**Medium Plan**

600kcal  
Calories

47g  
Protein

63g  
Carbs

18g  
Fat



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

440kcal  
Calories

36g  
Protein

42g  
Carbs

14g  
Fat

635kcal  
Calories

52g  
Protein

61g  
Carbs

20g  
Fat



Gluten Free Banana Bread

175kcal  
Calories

5g  
Protein

16g  
Carbs

10g  
Fat

175kcal  
Calories

5g  
Protein

16g  
Carbs

10g  
Fat

## Lunch

## Dinner

## Snack

Thursday  
February – 15/2024



Mala Mixed Veggies and Semi-Dry Tofu with Fried Brown Rice With Eggs

**Small Plan**

425kcal  
Calories

27g  
Protein

46g  
Carbs

15g  
Fat

**Medium Plan**

640kcal  
Calories

41g  
Protein

69g  
Carbs

23g  
Fat



Peri peri tempeh with roast potato and broccoli

380kcal  
Calories

31g  
Protein

42g  
Carbs

10g  
Fat

575kcal  
Calories

47g  
Protein

63g  
Carbs

15g  
Fat



Tofu Chocolate Brownie

185kcal  
Calories

8g  
Protein

20g  
Carbs

8g  
Fat

185kcal  
Calories

8g  
Protein

20g  
Carbs

8g  
Fat

## Lunch

## Dinner

## Snack

Friday  
February – 16/2024



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

**Small Plan**

435kcal  
Calories

29g  
Protein

46g  
Carbs

15g  
Fat

**Medium Plan**

630kcal  
Calories

42g  
Protein

67g  
Carbs

22g  
Fat



Veggie Patties with Mashed Sweet Potatoes and Toasted Green Peas

385kcal  
Calories

28g  
Protein

41g  
Carbs

12g  
Fat

575kcal  
Calories

42g  
Protein

62g  
Carbs

18g  
Fat



Pistachio and Dates Energy Bites (3 Pcs)

180kcal  
Calories

6g  
Protein

12g  
Carbs

12g  
Fat

180kcal  
Calories

6g  
Protein

12g  
Carbs

12g  
Fat

**Add on drinks for \$3**

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

**YoloFoods™**



# Vegetarian Menu

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## Lunch

## Dinner

## Snack

Add On : \$2.5

Monday  
February – 19/2024



Gong Bao Earthmeat with Brown Rice, Spicy Eggplant, Cucumber Salad

440kcal	31g	48g	14g
<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>
640kcal	45g	70g	20g
<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>



Harrisa Roasted Tofu Steaks with Roasted Potato, French Beans

380kcal	29g	34g	14g
<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>
565kcal	44g	51g	21g
<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>



Pistachio and Dates Energy Bites (3 Pcs)

185kcal	6g	6g	15g
<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>
185kcal	6g	6g	15g
<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>

## Lunch

## Dinner

## Snack

Tuesday  
February – 20/2024



Baked Fresh Herb Haloumi with White Beans, Quinoa and Broccoli

515kcal	31g	48g	22g
<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>
745kcal	45g	70g	32g
<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>

**Small Plan**

**Medium Plan**



Cauliflower Rice with Baked Tempeh and Spinach Egg

345kcal	33g	24g	13g
<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>
520kcal	50g	36g	20g
<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>



Roasted Mixed Nuts (40g)

140kcal	6g	4g	11g
<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>
140kcal	6g	4g	11g
<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>

## Lunch

## Dinner

## Snack

Wednesday  
February – 21/2024



Tomato Mixed Beans Stew with Pasta, Mixed Mushrooms and Green Peas

480kcal	31g	49g	18g
<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>
725kcal	47g	74g	27g
<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>

**Small Plan**

**Medium Plan**



Lemongrass Tofu Skin and King Oyster Mushroom with Rice Vermicelli and Mixed Veggies Salad

380kcal	24g	39g	14g
<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>
530kcal	34g	55g	20g
<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>



Oatmeal Cookie

145kcal	5g	9g	10g
<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>
145kcal	5g	9g	10g
<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>

## Lunch

## Dinner

## Snack

Thursday  
February – 22/2024



Vegan Red Curry with Coconut Basmati Rice, Long Beans

450kcal	29g	48g	16g
<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>
680kcal	44g	72g	24g
<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>

**Small Plan**

**Medium Plan**



Ma Po Tofu with Rice Noodles, Beansprouts

355kcal	28g	32g	13g
<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>
520kcal	41g	46g	19g
<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>



Almond Oats Energy Bar

190kcal	6g	12g	13g
<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>
190kcal	6g	12g	13g
<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>

## Lunch

## Dinner

## Snack

Friday  
February – 23/2024



Rendang Earthmeat with Brown Rice, Roasted Cauliflower

420kcal	34g	42g	13g
<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>
630kcal	51g	63g	20g
<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>

**Small Plan**

**Medium Plan**



Kimchi Stew Tofu with Sweet Potato Noodles, Spinach and Shredded Carrot

400kcal	28g	38g	15g
<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>
580kcal	41g	55g	22g
<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>



Tofu Chocolate Brownie

185kcal	8g	20g	8g
<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>
185kcal	8g	20g	8g
<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>

**Add on drinks for \$3**

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

**YoloFoods™**