



# YoloPlans Menu

22 April - 3 May 2024 | Singapore



# 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

April 22  
2024



**Chilli Con Carne (Beef and Red Kidney Beans) with Brown Rice, Saute Green Peas**

470kcal  
Calories

31g  
Protein

48g  
Carbs

17g  
Fat

705kcal  
Calories

47g  
Protein

72g  
Carbs

26g  
Fat



**Peri Peri Tilapia with Roasted Potatoes, French Beans and Carrot**

360kcal  
Calories

32g  
Protein

38g  
Carbs

9g  
Fat

525kcal  
Calories

46g  
Protein

55g  
Carbs

13g  
Fat



**Gluten Free Banana Bread**

175kcal  
Calories

5g  
Protein

16g  
Carbs

10g  
Fat

175kcal  
Calories

5g  
Protein

16g  
Carbs

10g  
Fat

Lunch

Dinner

Snack

## Tuesday

April 23  
2024



**Gong Bao Chicken with Brown Rice, Spicy Eggplant, Garlic Choy Sum**

440kcal  
Calories

35g  
Protein

41g  
Carbs

15g  
Fat

660kcal  
Calories

53g  
Protein

62g  
Carbs

23g  
Fat



**Basil Minced Chicken with Rice Noodles, Shredded Cucumber and Carrot**

385kcal  
Calories

29g  
Protein

38g  
Carbs

13g  
Fat

560kcal  
Calories

42g  
Protein

55g  
Carbs

19g  
Fat



**Tofu Chocolate Brownie**

185kcal  
Calories

8g  
Protein

20g  
Carbs

8g  
Fat

185kcal  
Calories

8g  
Protein

20g  
Carbs

8g  
Fat

Lunch

Dinner

Snack

## Wednesday

April 24  
2024



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

465kcal  
Calories

39g  
Protein

48g  
Carbs

13g  
Fat

700kcal  
Calories

59g  
Protein

72g  
Carbs

20g  
Fat



**Baked Honey Miso Salmon with Cauliflower Rice, Saute Edamame**

370kcal  
Calories

36g  
Protein

21g  
Carbs

16g  
Fat

540kcal  
Calories

52g  
Protein

30g  
Carbs

23g  
Fat



**Low Fat Cheesecake**

170kcal  
Calories

8g  
Protein

14g  
Carbs

9g  
Fat

170kcal  
Calories

8g  
Protein

14g  
Carbs

9g  
Fat

Lunch

Dinner

Snack

## Thursday

April 25  
2024



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

435kcal  
Calories

31g  
Protein

44g  
Carbs

15g  
Fat

630kcal  
Calories

45g  
Protein

64g  
Carbs

22g  
Fat



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

405kcal  
Calories

36g  
Protein

41g  
Carbs

11g  
Fat

610kcal  
Calories

54g  
Protein

62g  
Carbs

17g  
Fat



**Peanut Butter Chocolate Cookie (1Pc)**

160kcal  
Calories

7g  
Protein

6g  
Carbs

12g  
Fat

160kcal  
Calories

7g  
Protein

6g  
Carbs

12g  
Fat

Lunch

Dinner

Snack

## Friday

April 26  
2024



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

445kcal  
Calories

35g  
Protein

47g  
Carbs

13g  
Fat

645kcal  
Calories

51g  
Protein

68g  
Carbs

19g  
Fat



**Coconut Chicken with Quinoa, Cauliflower and Sweet Potatoes**

440kcal  
Calories

33g  
Protein

36g  
Carbs

18g  
Fat

635kcal  
Calories

48g  
Protein

52g  
Carbs

26g  
Fat



**Chocolate Hazelnut Energy Bites (2 Pcs)**

120kcal  
Calories

4g  
Protein

8g  
Carbs

8g  
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

April 29  
2024



**Beef Bulgogi with Sweet Potato Noodles, Spinach and Shredded Carrot**

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

640kcal	48g	64g	22g
Calories	Protein	Carbs	Fat



**Gong Bao Chicken with Brown Rice, Spicy Eggplant, Garlic Bok Choy**

405kcal	31g	41g	13g
Calories	Protein	Carbs	Fat

585kcal	45g	59g	19g
Calories	Protein	Carbs	Fat



**Peanut Butter Chocolate Cookie**

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

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

Lunch

Dinner

Snack

## Tuesday

April 30  
2024



**Herb Chicken with Roasted Potato, French Beans, Harissa Sauce**

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

640kcal	48g	64g	22g
Calories	Protein	Carbs	Fat



**Beef Bolognese with Pasta, Mixed Mushrooms and Green Peas**

430kcal	36g	42g	13g
Calories	Protein	Carbs	Fat

620kcal	52g	61g	19g
Calories	Protein	Carbs	Fat



**Mango Chia Seeds Pudding**

130kcal	3g	21g	4g
Calories	Protein	Carbs	Fat

130kcal	3g	21g	4g
Calories	Protein	Carbs	Fat

Lunch

Dinner

Snack

## Wednesday

May 01  
2024

**Public Holiday**

Lunch

Dinner

Snack

## Thursday

May 02  
2024



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

430kcal	35g	39g	15g
Calories	Protein	Carbs	Fat

645kcal	53g	59g	23g
Calories	Protein	Carbs	Fat



**Peri Peri Chicken with Cauliflower Rice, Braised Purple Cabbage**

395kcal	39g	28g	14g
Calories	Protein	Carbs	Fat

590kcal	59g	42g	21g
Calories	Protein	Carbs	Fat



**Low Fat Cheesecake**

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

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

Lunch

Dinner

Snack

## Friday

May 03  
2024



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

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

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



**Basil Minced Chicken with Brown Rice, Soy Egg, Kailan**

400kcal	35g	34g	14g
Calories	Protein	Carbs	Fat

585kcal	51g	49g	20g
Calories	Protein	Carbs	Fat



**Peanut Butter Chocolate Energy Bites (2 Pcs)**

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

125kcal	4g	3g	11g
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™**



# 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

April 22  
2024



**Chilli Con Carne (Beef and Red Kidney Beans) with Brown Rice, Saute Green Peas**

460kcal	39g	36g	18g
Calories	Protein	Carbs	Fat

720kcal	56g	54g	31g
Calories	Protein	Carbs	Fat



**Peri Peri Tilapia with Roasted Potatoes, French Beans and Carrot**

360kcal	40g	29g	9g
Calories	Protein	Carbs	Fat

510kcal	56g	41g	14g
Calories	Protein	Carbs	Fat



**Gluten Free Banana Bread**

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

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

## Lunch

## Dinner

## Snack

### Tuesday

April 23  
2024



**Gong Bao Chicken with Brown Rice, Spicy Eggplant, Garlic Choy Sum**

435kcal	42g	31g	16g
Calories	Protein	Carbs	Fat

650kcal	63g	46g	24g
Calories	Protein	Carbs	Fat



**Basil Minced Chicken with Rice Noodles, Shredded Cucumber and Carrot**

395kcal	35g	29g	16g
Calories	Protein	Carbs	Fat

575kcal	50g	41g	23g
Calories	Protein	Carbs	Fat



**Tofu Chocolate Brownie**

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

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

## Lunch

## Dinner

## Snack

### Wednesday

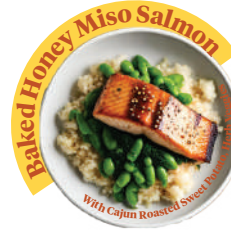
April 24  
2024



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

455kcal	47g	36g	14g
Calories	Protein	Carbs	Fat

680kcal	70g	54g	20g
Calories	Protein	Carbs	Fat



**Baked Honey Miso Salmon with Cauliflower Rice, Saute Edamame**

385kcal	43g	16g	17g
Calories	Protein	Carbs	Fat

560kcal	63g	23g	24g
Calories	Protein	Carbs	Fat



**Low Fat Cheesecake**

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

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

## Lunch

## Dinner

## Snack

### Thursday

April 25  
2024



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

430kcal	39g	33g	16g
Calories	Protein	Carbs	Fat

610kcal	53g	48g	23g
Calories	Protein	Carbs	Fat



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

400kcal	43g	31g	12g
Calories	Protein	Carbs	Fat

625kcal	65g	46g	20g
Calories	Protein	Carbs	Fat



**Peanut Butter Chocolate Cookie (1Pc)**

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

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

## Lunch

## Dinner

## Snack

### Friday

April 26  
2024



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

435kcal	42g	36g	14g
Calories	Protein	Carbs	Fat

625kcal	61g	51g	20g
Calories	Protein	Carbs	Fat



**Coconut Chicken with Quinoa, Cauliflower and Sweet Potatoes**

445kcal	40g	29g	19g
Calories	Protein	Carbs	Fat

640kcal	57g	39g	28g
Calories	Protein	Carbs	Fat



**Chocolate Hazelnut Energy Bites (2 Pcs)**

120kcal	4g	8g	8g
Calories	Protein	Carbs	Fat

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)

**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

April 29  
2024



**Beef Bulgogi with Sweet Potato Noodles, Spinach and Shredded Carrot**

430kcal  
Calories

40g  
Protein

33g  
Carbs

16g  
Fat

625kcal  
Calories

57g  
Protein

48g  
Carbs

23g  
Fat



**Gong Bao Chicken with Brown Rice, Spicy Eggplant, Garlic Bok Choy**

405kcal  
Calories

37g  
Protein

31g  
Carbs

15g  
Fat

620kcal  
Calories

54g  
Protein

45g  
Carbs

25g  
Fat



**Peanut Butter Chocolate Cookie**

160kcal  
Calories

7g  
Protein

6g  
Carbs

12g  
Fat

160kcal  
Calories

7g  
Protein

6g  
Carbs

12g  
Fat

## Lunch

## Dinner

## Snack

### Tuesday

April 30  
2024



**Herb Chicken with Roasted Potato, French Beans, Harissa Sauce**

440kcal  
Calories

42g  
Protein

33g  
Carbs

16g  
Fat

625kcal  
Calories

57g  
Protein

48g  
Carbs

23g  
Fat



**Beef Bolognese with Pasta, Mixed Mushrooms and Green Peas**

420kcal  
Calories

43g  
Protein

32g  
Carbs

14g  
Fat

630kcal  
Calories

63g  
Protein

46g  
Carbs

22g  
Fat



**Mango Chia Seeds Pudding**

130kcal  
Calories

3g  
Protein

21g  
Carbs

4g  
Fat

130kcal  
Calories

3g  
Protein

21g  
Carbs

4g  
Fat

## Lunch

## Dinner

## Snack

### Wednesday

May 01  
2024

**Public Holiday**

## Lunch

## Dinner

## Snack

### Thursday

May 02  
2024



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

440kcal  
Calories

39g  
Protein

35g  
Carbs

16g  
Fat

630kcal  
Calories

61g  
Protein

44g  
Carbs

24g  
Fat



**Peri Peri Chicken with Cauliflower Rice, Braised Purple Cabbage**

405kcal  
Calories

47g  
Protein

21g  
Carbs

15g  
Fat

605kcal  
Calories

70g  
Protein

32g  
Carbs

22g  
Fat



**Low Fat Cheesecake**

170kcal  
Calories

8g  
Protein

14g  
Carbs

9g  
Fat

170kcal  
Calories

8g  
Protein

14g  
Carbs

9g  
Fat

## Lunch

## Dinner

## Snack

### Friday

May 03  
2024



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

465kcal  
Calories

43g  
Protein

35g  
Carbs

17g  
Fat

675kcal  
Calories

63g  
Protein

51g  
Carbs

24g  
Fat



**Basil Minced Chicken with Brown Rice, Soy Egg, Kailan**

400kcal  
Calories

42g  
Protein

26g  
Carbs

15g  
Fat

585kcal  
Calories

61g  
Protein

37g  
Carbs

21g  
Fat



**Peanut Butter Chocolate Energy Bites (2 Pcs)**

125kcal  
Calories

4g  
Protein

3g  
Carbs

11g  
Fat

125kcal  
Calories

4g  
Protein

3g  
Carbs

11g  
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

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

## Lunch

## Dinner

## Snack

Add On: \$2.5

### Monday

April 22  
2024



**Chilli Con Carne (Beef and Red Kidney Beans) with Brown Rice, Saute Green Peas**

<b>Medium Plan</b>	705kcal Calories	47g Protein	72g Carbs	26g Fat
<b>Regular Plan</b>	915kcal Calories	60g Protein	94g Carbs	33g Fat



**Peri Peri Tilapia with Roasted Potatoes, French Beans and Carrot**

525kcal Calories	46g Protein	55g Carbs	13g Fat
705kcal Calories	62g Protein	74g Carbs	18g Fat



**Gluten Free Banana Bread**

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

## Lunch

## Dinner

## Snack

### Tuesday

April 23  
2024



**Gong Bao Chicken with Brown Rice, Spicy Eggplant, Garlic Choy Sum**

<b>Medium Plan</b>	660kcal Calories	53g Protein	62g Carbs	23g Fat
<b>Regular Plan</b>	880kcal Calories	70g Protein	82g Carbs	30g Fat



**Basil Minced Chicken with Rice Noodles, Shredded Cucumber and Carrot**

560kcal Calories	42g Protein	55g Carbs	19g Fat
730kcal Calories	55g Protein	72g Carbs	25g Fat



**Tofu Chocolate Brownie**

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

## Lunch

## Dinner

## Snack

### Wednesday

April 24  
2024



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

<b>Medium Plan</b>	700kcal Calories	59g Protein	72g Carbs	20g Fat
<b>Regular Plan</b>	885kcal Calories	74g Protein	91g Carbs	25g Fat



**Baked Honey Miso Salmon with Cauliflower Rice, Saute Edamame**

540kcal Calories	52g Protein	30g Carbs	23g Fat
705kcal Calories	68g Protein	40g Carbs	30g Fat



**Low Fat Cheesecake**

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

## Lunch

## Dinner

## Snack

### Thursday

April 25  
2024



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

<b>Medium Plan</b>	630kcal Calories	45g Protein	64g Carbs	22g Fat
<b>Regular Plan</b>	825kcal Calories	59g Protein	84g Carbs	29g Fat



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

610kcal Calories	54g Protein	62g Carbs	17g Fat
815kcal Calories	72g Protein	82g Carbs	22g Fat



**Peanut Butter Chocolate Cookie (1 Pc)**

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

## Lunch

## Dinner

## Snack

### Friday

April 26  
2024



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

<b>Medium Plan</b>	645kcal Calories	51g Protein	68g Carbs	19g Fat
<b>Regular Plan</b>	800kcal Calories	63g Protein	85g Carbs	23g Fat



**Coconut Chicken with Quinoa, Cauliflower and Sweet Potatoes**

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



**Chocolate Hazelnut Energy Bites (2 Pcs)**

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

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

## Lunch

## Dinner

## Snack

Add On: \$2.5

### Monday

April 29  
2024



**Beef Bulgogi with Sweet Potato Noodles, Spinach and Shredded Carrot**

<b>Medium Plan</b>	640kcal Calories	48g Protein	64g Carbs	22g Fat
--------------------	---------------------	----------------	--------------	------------

<b>Regular Plan</b>	820kcal Calories	61g Protein	81g Carbs	28g Fat
---------------------	---------------------	----------------	--------------	------------



**Gong Bao Chicken with Brown Rice, Spicy Eggplant, Garlic Bok Choy**

585kcal Calories	45g Protein	59g Carbs	19g Fat
---------------------	----------------	--------------	------------

730kcal Calories	56g Protein	74g Carbs	23g Fat
---------------------	----------------	--------------	------------



**Peanut Butter Chocolate Cookie**

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

240kcal Calories	6g Protein	18g Carbs	16g Fat
---------------------	---------------	--------------	------------

## Lunch

## Dinner

## Snack

### Tuesday

April 30  
2024



**Herb Chicken with Roasted Potato, French Beans, Harissa Sauce**

<b>Medium Plan</b>	640kcal Calories	48g Protein	64g Carbs	22g Fat
--------------------	---------------------	----------------	--------------	------------

<b>Regular Plan</b>	840kcal Calories	63g Protein	84g Carbs	29g Fat
---------------------	---------------------	----------------	--------------	------------



**Beef Bolognese with Pasta, Mixed Mushrooms and Green Peas**

620kcal Calories	52g Protein	61g Carbs	19g Fat
---------------------	----------------	--------------	------------

815kcal Calories	68g Protein	80g Carbs	25g Fat
---------------------	----------------	--------------	------------



**Mango Chia Seeds Pudding**

130kcal Calories	3g Protein	21g Carbs	4g Fat
---------------------	---------------	--------------	-----------

130kcal Calories	3g Protein	21g Carbs	4g Fat
---------------------	---------------	--------------	-----------

## Lunch

## Dinner

## Snack

### Wednesday

May 01  
2024

**Public Holiday**

## Lunch

## Dinner

## Snack

### Thursday

May 02  
2024



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

<b>Medium Plan</b>	645kcal Calories	53g Protein	59g Carbs	23g Fat
--------------------	---------------------	----------------	--------------	------------

<b>Regular Plan</b>	840kcal Calories	68g Protein	76g Carbs	29g Fat
---------------------	---------------------	----------------	--------------	------------



**Peri Peri Chicken with Cauliflower Rice, Braised Purple Cabbage**

590kcal Calories	59g Protein	42g Carbs	21g Fat
---------------------	----------------	--------------	------------

790kcal Calories	78g Protein	56g Carbs	28g Fat
---------------------	----------------	--------------	------------



**Low Fat Cheesecake**

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

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

## Lunch

## Dinner

## Snack

### Friday

May 03  
2024



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

<b>Medium Plan</b>	690kcal Calories	52g Protein	68g Carbs	23g Fat
--------------------	---------------------	----------------	--------------	------------

<b>Regular Plan</b>	835kcal Calories	63g Protein	82g Carbs	28g Fat
---------------------	---------------------	----------------	--------------	------------



**Basil Minced Chicken with Brown Rice, Soy Egg, Kailan**

585kcal Calories	51g Protein	49g Carbs	20g Fat
---------------------	----------------	--------------	------------

705kcal Calories	61g Protein	60g Carbs	25g Fat
---------------------	----------------	--------------	------------



**Peanut Butter Chocolate Energy Bites (2 Pcs)**

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

250kcal Calories	8g Protein	6g Carbs	22g 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

April 22  
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  
Calories    34g    45g    19g  
Protein    Carbs    Fat

350kcal  
Calories    29g    29g    13g  
Protein    Carbs    Fat

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

#### Medium Plan

730kcal  
Calories    51g    68g    29g  
Protein    Carbs    Fat

505kcal  
Calories    42g    42g    19g  
Protein    Carbs    Fat

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

## Lunch

## Dinner

## Snack

### Tuesday

April 23  
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    41g    16g  
Protein    Carbs    Fat

385kcal  
Calories    29g    38g    13g  
Protein    Carbs    Fat

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

#### Medium Plan

650kcal  
Calories    47g    62g    24g  
Protein    Carbs    Fat

560kcal  
Calories    42g    55g    19g  
Protein    Carbs    Fat

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

## Lunch

## Dinner

## Snack

### Wednesday

April 24  
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  
Calories    34g    48g    16g  
Protein    Carbs    Fat

360kcal  
Calories    26g    26g    17g  
Protein    Carbs    Fat

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

#### Medium Plan

685kcal  
Calories    49g    70g    23g  
Protein    Carbs    Fat

540kcal  
Calories    39g    39g    26g  
Protein    Carbs    Fat

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

## Lunch

## Dinner

## Snack

### Thursday

April 25  
2024



**Tom Yam Stew Tofu and Oyster Mushroom w/ 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 (1Pcs)**

#### Small Plan

450kcal  
Calories    31g    46g    16g  
Protein    Carbs    Fat

390kcal  
Calories    28g    42g    12g  
Protein    Carbs    Fat

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

#### Medium Plan

655kcal  
Calories    45g    67g    23g  
Protein    Carbs    Fat

580kcal  
Calories    42g    63g    18g  
Protein    Carbs    Fat

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

## Lunch

## Dinner

## Snack

### Friday

April 26  
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  
Calories    32g    47g    13g  
Protein    Carbs    Fat

395kcal  
Calories    28g    39g    14g  
Protein    Carbs    Fat

180kcal  
Calories    6g    12g    12g  
Protein    Carbs    Fat

#### Medium Plan

630kcal  
Calories    46g    68g    19g  
Protein    Carbs    Fat

590kcal  
Calories    42g    59g    21g  
Protein    Carbs    Fat

180kcal  
Calories    6g    12g    12g  
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

April 29  
2024



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

430kcal	28g	48g	14g
Calories	Protein	Carbs	Fat

625kcal	41g	70g	20g
Calories	Protein	Carbs	Fat



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

410kcal	29g	44g	13g
Calories	Protein	Carbs	Fat

615kcal	44g	66g	20g
Calories	Protein	Carbs	Fat



**Peanut Butter Chocolate Cookie**

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

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

## Lunch

## Dinner

## Snack

### Tuesday

April 30  
2024



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

415kcal	33g	44g	12g
Calories	Protein	Carbs	Fat

605kcal	48g	64g	17g
Calories	Protein	Carbs	Fat



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

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

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



**Mango Chia Seeds Pudding**

130kcal	3g	21g	4g
Calories	Protein	Carbs	Fat

130kcal	3g	21g	4g
Calories	Protein	Carbs	Fat

## Lunch

## Dinner

## Snack

### Wednesday

May 01  
2024

**Public Holiday**

## Lunch

## Dinner

## Snack

### Thursday

May 02  
2024



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

425kcal	35g	42g	13g
Calories	Protein	Carbs	Fat

640kcal	53g	63g	20g
Calories	Protein	Carbs	Fat



**Peri Peri Tofu Steak with Cauliflower Rice, Braised Purple Cabbage**

400kcal	32g	36g	14g
Calories	Protein	Carbs	Fat

595kcal	48g	54g	21g
Calories	Protein	Carbs	Fat



**Low Fat Cheesecake**

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

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

## Lunch

## Dinner

## Snack

### Friday

May 03  
2024



**Cauliflower Protein Bites with Couscous & Black Bean, Mint Yoghurt, Cucumber and Tomato Salad**

430kcal	31g	47g	13g
Calories	Protein	Carbs	Fat

645kcal	47g	71g	20g
Calories	Protein	Carbs	Fat



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

385kcal	30g	39g	12g
Calories	Protein	Carbs	Fat

575kcal	45g	59g	18g
Calories	Protein	Carbs	Fat



**Peanut Butter Chocolate Energy Bites (3 Pcs)**

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

185kcal	6g	4g	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™**