



YoloFoods.™

YoloPlans Menu

Aug 1st - Aug 12th 2022 | yolofood.com.sg

Weight Loss Menu

Monday Aug — 1/2022

Add On : \$2.5

Lunch

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

Small Plan

470kcal 31g 48g 17g
Calories Protein Carbs Fat

Medium Plan

705kcal 47g 72g 26g
Calories Protein Carbs Fat

Dinner

Peri Peri Tilapia with Roasted Potatoes, Green Beans and Carrot

Small Plan

360kcal 32g 38g 9g
Calories Protein Carbs Fat

Medium Plan

525kcal 46g 55g 13g
Calories Protein Carbs Fat

Snack

Gluten Free Banana Bread

Small Plan

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

Medium Plan

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

Tuesday Aug — 2/2022

Lunch

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

Small Plan

440kcal 35g 41g 15g
Calories Protein Carbs Fat

Medium Plan

660kcal 53g 62g 23g
Calories Protein Carbs Fat

Dinner

Basil Minced Chicken with Rice Noodles, Shredded Cucumber and Carrot

Small Plan

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

Medium Plan

560kcal 42g 55g 19g
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 Aug — 3/2022

Lunch

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

Small Plan

465kcal 39g 48g 13g
Calories Protein Carbs Fat

Medium Plan

700kcal 59g 72g 20g
Calories Protein Carbs Fat

Dinner

Baked Honey Miso Salmon with Cauliflower Rice, Saute Edamame

Small Plan

370kcal 36g 21g 16g
Calories Protein Carbs Fat

Medium Plan

540kcal 52g 30g 23g
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 Aug — 4/2022

Lunch

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

Small Plan

435kcal 31g 44g 15g
Calories Protein Carbs Fat

Medium Plan

630kcal 45g 64g 22g
Calories Protein Carbs Fat

Dinner

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

Small Plan

405kcal 36g 41g 11g
Calories Protein Carbs Fat

Medium Plan

610kcal 54g 62g 17g
Calories Protein Carbs Fat

Snack

Peanut Butter Chocolate Cookie

Small Plan

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

Medium Plan

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

Friday Aug — 5/2022

Lunch

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

Small Plan

445kcal 35g 47g 13g
Calories Protein Carbs Fat

Medium Plan

645kcal 51g 68g 19g
Calories Protein Carbs Fat

Dinner

Coconut Chicken with Quinoa, Cauliflower and Sweet Potatoes

Small Plan

440kcal 33g 36g 18g
Calories Protein Carbs Fat

Medium Plan

635kcal 48g 52g 26g
Calories Protein Carbs Fat

Snack

Chocolate Hazelnut Energy Bites

Small Plan

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

Medium Plan

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.™

Weight Loss Menu

Monday Aug — 8/2022

Add On : \$2.5

Lunch

Beef Bulgogi with Sweet Potato Noodles,
Spinach and Shredded Carrot

Small Plan

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

Medium Plan

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

Dinner

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

Small Plan

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

Medium Plan

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

Snack

Peanut Butter Chocolate Cookie

Small Plan

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

Medium Plan

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

Tuesday Aug — 9/2022

Lunch

Herb Chicken with Roasted Potato, French
Beans, Harissa Sauce

Small Plan

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

Medium Plan

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

Dinner

Beef Bolognese with Pasta, Mixed
Mushrooms and Green Peas

Small Plan

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

Medium Plan

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

Snack

Mango Chia Seeds Pudding

Small Plan

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

Medium Plan

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

Wednesday Aug — 10/2022

Lunch

Rendang Chicken with Coconut Basmati
Rice, Roasted Cauliflower

Small Plan

475kcal 34g 46g 17g
Calories Protein Carbs Fat

Medium Plan

685kcal 49g 67g 25g
Calories Protein Carbs Fat

Dinner

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

Small Plan

360kcal 32g 35g 10g
Calories Protein Carbs Fat

Medium Plan

535kcal 48g 53g 15g
Calories Protein Carbs Fat

Snack

Gluten Free Banana Bread

Small Plan

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

Medium Plan

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

Thursday Aug — 11/2022

Lunch

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

Small Plan

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

Medium Plan

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

Dinner

Peri Peri Chicken with Cauliflower Rice,
Braised Purple Cabbage

Small Plan

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

Medium Plan

590kcal 59g 42g 21g
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 Aug — 12/2022

Lunch

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

Small Plan

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

Medium Plan

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

Dinner

Basil Minced Chicken with Brown Rice, Soy
Egg, Kaifan

Small Plan

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

Medium Plan

585kcal 51g 49g 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

Add on
drinks for \$3

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

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Eat Clean Menu

Monday Aug — 1/2022		Add On : \$2.5
<div>Lunch</div> <div>Chilli Con Carne (Beef and Red Kidney Beans) with Brown Rice, Saute Green Peas</div> <div><div><div>Medium Plan</div><div>705kcal Calories</div><div>47g Protein</div><div>72g Carbs</div><div>26g Fat</div></div><div><div>Regular Plan</div><div>915kcal Calories</div><div>60g Protein</div><div>94g Carbs</div><div>33g Fat</div></div></div>	<div>Dinner</div> <div>Peri Peri Tilapia with Roasted Potatoes, Green Beans and Carrot</div> <div><div><div>Medium Plan</div><div>525kcal Calories</div><div>46g Protein</div><div>55g Carbs</div><div>13g Fat</div></div><div><div>Regular Plan</div><div>705kcal Calories</div><div>62g Protein</div><div>74g Carbs</div><div>18g Fat</div></div></div>	<div>Snack</div> <div>Gluten Free Banana Bread</div> <div><div><div>Medium Plan</div><div>175kcal Calories</div><div>5g Protein</div><div>16g Carbs</div><div>10g Fat</div></div><div><div>Regular Plan</div><div>175kcal Calories</div><div>5g Protein</div><div>16g Carbs</div><div>10g Fat</div></div></div>
Tuesday Aug — 2/2022		
<div>Lunch</div> <div>Gong Bao Chicken with Brown Rice, Spicy Eggplant, Garlic Choy Sum</div> <div><div><div>Medium Plan</div><div>660kcal Calories</div><div>53g Protein</div><div>62g Carbs</div><div>23g Fat</div></div><div><div>Regular Plan</div><div>880kcal Calories</div><div>70g Protein</div><div>82g Carbs</div><div>30g Fat</div></div></div>	<div>Dinner</div> <div>Basil Minced Chicken with Rice Noodles, Shredded Cucumber and Carrot</div> <div><div><div>Medium Plan</div><div>560kcal Calories</div><div>42g Protein</div><div>55g Carbs</div><div>19g Fat</div></div><div><div>Regular Plan</div><div>730kcal Calories</div><div>55g Protein</div><div>72g Carbs</div><div>25g Fat</div></div></div>	<div>Snack</div> <div>Tofu Chocolate Brownie</div> <div><div><div>Medium Plan</div><div>185kcal Calories</div><div>8g Protein</div><div>20g Carbs</div><div>8g Fat</div></div><div><div>Regular Plan</div><div>185kcal Calories</div><div>8g Protein</div><div>20g Carbs</div><div>8g Fat</div></div></div>
Wednesday Aug — 3/2022		
<div>Lunch</div> <div>Nasi Lemak (Turmeric Chicken) with Basmati Rice, Boiled Egg, Cucumber</div> <div><div><div>Medium Plan</div><div>700kcal Calories</div><div>59g Protein</div><div>72g Carbs</div><div>20g Fat</div></div><div><div>Regular Plan</div><div>885kcal Calories</div><div>74g Protein</div><div>91g Carbs</div><div>25g Fat</div></div></div>	<div>Dinner</div> <div>Baked Honey Miso Salmon with Cauliflower Rice, Saute Edamame</div> <div><div><div>Medium Plan</div><div>540kcal Calories</div><div>52g Protein</div><div>30g Carbs</div><div>23g Fat</div></div><div><div>Regular Plan</div><div>705kcal Calories</div><div>68g Protein</div><div>40g Carbs</div><div>30g Fat</div></div></div>	<div>Snack</div> <div>Low Fat Cheesecake</div> <div><div><div>Medium Plan</div><div>170kcal Calories</div><div>8g Protein</div><div>14g Carbs</div><div>19g Fat</div></div><div><div>Regular Plan</div><div>170kcal Calories</div><div>8g Protein</div><div>14g Carbs</div><div>19g Fat</div></div></div>
Thursday Aug — 4/2022		
<div>Lunch</div> <div>Seafood Tom Yam with Brown Rice Noodles, Beansprouts and Long Beans</div> <div><div><div>Medium Plan</div><div>630kcal Calories</div><div>45g Protein</div><div>64g Carbs</div><div>22g Fat</div></div><div><div>Regular Plan</div><div>825kcal Calories</div><div>59g Protein</div><div>84g Carbs</div><div>29g Fat</div></div></div>	<div>Dinner</div> <div>Herb Chicken Breast with Spaghetti Aglio Olio, Roasted Veggies With Tomato</div> <div><div><div>Medium Plan</div><div>610kcal Calories</div><div>54g Protein</div><div>62g Carbs</div><div>17g Fat</div></div><div><div>Regular Plan</div><div>815kcal Calories</div><div>72g Protein</div><div>82g Carbs</div><div>22g Fat</div></div></div>	<div>Snack</div> <div>Peanut Butter Chocolate Cookie</div> <div><div><div>Medium Plan</div><div>160kcal Calories</div><div>7g Protein</div><div>6g Carbs</div><div>12g Fat</div></div><div><div>Regular Plan</div><div>160kcal Calories</div><div>7g Protein</div><div>6g Carbs</div><div>12g Fat</div></div></div>
Friday Aug — 5/2022		
<div>Lunch</div> <div>Lemongrass Barramundi with Brown Rice, Stew Tofu with Bittergourd and Red Capsicum</div> <div><div><div>Medium Plan</div><div>645kcal Calories</div><div>51g Protein</div><div>68g Carbs</div><div>19g Fat</div></div><div><div>Regular Plan</div><div>800kcal Calories</div><div>63g Protein</div><div>85g Carbs</div><div>23g Fat</div></div></div>	<div>Dinner</div> <div>Coconut Chicken with Quinoa, Cauliflower and Sweet Potatoes</div> <div><div><div>Medium Plan</div><div>635kcal Calories</div><div>48g Protein</div><div>52g Carbs</div><div>26g Fat</div></div><div><div>Regular Plan</div><div>765kcal Calories</div><div>58g Protein</div><div>63g Carbs</div><div>32g Fat</div></div></div>	<div>Snack</div> <div>Chocolate Hazelnut Energy Bites</div> <div><div><div>Medium Plan</div><div>120kcal Calories</div><div>4g Protein</div><div>8g Carbs</div><div>8g Fat</div></div><div><div>Regular Plan</div><div>240kcal Calories</div><div>8g Protein</div><div>16g Carbs</div><div>16g Fat</div></div></div>

Add on
drinks for \$3

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

YoloFoods.™

Eat Clean Menu

Monday Aug — 8/2022		Add On : \$2.5
Lunch Beef Bulgogi with Sweet Potato Noodles, Spinach and Shredded Carrot	Dinner Gong Bao Chicken with Brown Rice, Spicy Eggplant, Garlic Bok Choy	Snack Peanut Butter Chocolate Cookie
Medium Plan 640kcal 48g 64g 22g Calories Protein Carbs Fat	Medium Plan 585kcal 45g 59g 19g Calories Protein Carbs Fat	Medium Plan 160kcal 7g 6g 12g Calories Protein Carbs Fat
Regular Plan 820kcal 61g 81g 28g Calories Protein Carbs Fat	Regular Plan 730kcal 56g 74g 23g Calories Protein Carbs Fat	Regular Plan 240kcal 6g 18g 16g Calories Protein Carbs Fat
Tuesday Aug — 9/2022		
Lunch Herb Chicken with Roasted Potato, French Beans, Harissa Sauce	Dinner Beef Bolognese with Pasta, Mixed Mushrooms and Green Peas	Snack Mango Chia Seeds Pudding
Medium Plan 640kcal 48g 64g 22g Calories Protein Carbs Fat	Medium Plan 620kcal 52g 61g 19g Calories Protein Carbs Fat	Medium Plan 130kcal 3g 21g 4g Calories Protein Carbs Fat
Regular Plan 840kcal 63g 84g 29g Calories Protein Carbs Fat	Regular Plan 815kcal 68g 80g 25g Calories Protein Carbs Fat	Regular Plan 130kcal 3g 21g 4g Calories Protein Carbs Fat
Wednesday Aug — 10/2022		
Lunch Rendang Chicken with Coconut Basmati Rice, Roasted Cauliflower	Dinner Fresh Herb and Lemon Barramundi Fish with Cajun Roasted Sweet Potato, Herb Veggies	Snack Gluten Free Banana Bread
Medium Plan 685kcal 49g 67g 25g Calories Protein Carbs Fat	Medium Plan 535kcal 48g 53g 15g Calories Protein Carbs Fat	Medium Plan 175kcal 5g 16g 10g Calories Protein Carbs Fat
Regular Plan 920kcal 66g 90g 33g Calories Protein Carbs Fat	Regular Plan 700kcal 62g 68g 20g Calories Protein Carbs Fat	Regular Plan 175kcal 5g 16g 10g Calories Protein Carbs Fat
Thursday Aug — 11/2022		
Lunch Salmon Chicken Balls with Quinoa, Baked Spinach Egg, Broccoli, House Made Chilli Sauce	Dinner Peri Peri Chicken with Cauliflower Rice, Braised Purple Cabbage	Snack Low Fat Cheesecake
Medium Plan 645kcal 53g 59g 23g Calories Protein Carbs Fat	Medium Plan 590kcal 59g 42g 21g Calories Protein Carbs Fat	Medium Plan 170kcal 8g 14g 9g Calories Protein Carbs Fat
Regular Plan 840kcal 68g 76g 29g Calories Protein Carbs Fat	Regular Plan 790kcal 78g 56g 28g Calories Protein Carbs Fat	Regular Plan 170kcal 8g 14g 9g Calories Protein Carbs Fat
Friday Aug — 12/2022		
Lunch Lamb Kofta with Couscous, Mint Yoghurt, Cucumber and Tomato Salad	Dinner Basil Minced Chicken with Brown Rice, Soy Egg, Kailan	Snack Peanut Butter Chocolate Energy Bites
Medium Plan 690kcal 52g 68g 23g Calories Protein Carbs Fat	Medium Plan 585kcal 51g 49g 20g Calories Protein Carbs Fat	Medium Plan 125kcal 4g 3g 11g Calories Protein Carbs Fat
Regular Plan 835kcal 63g 82g 28g Calories Protein Carbs Fat	Regular Plan 705kcal 61g 60g 25g Calories Protein Carbs Fat	Regular Plan 250kcal 8g 6g 22g 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 Aug — 1/2022		Add On : \$2.5
<div>Lunch</div> <div>Chilli Con Carne (Beef and Red Kidney Beans) with Brown Rice, Saute Green Peas</div> <div><div><div>Small Plan</div><div>460kcal Calories</div><div>39g Protein</div><div>36g Carbs</div><div>18g Fat</div></div><div><div>Medium Plan</div><div>720kcal Calories</div><div>56g Protein</div><div>54g Carbs</div><div>31g Fat</div></div></div>		<div>Snack</div> <div>Gluten Free Banana Bread</div> <div><div><div>Small Plan</div><div>175kcal Calories</div><div>5g Protein</div><div>16g Carbs</div><div>10g Fat</div></div><div><div>Medium Plan</div><div>175kcal Calories</div><div>5g Protein</div><div>16g Carbs</div><div>10g Fat</div></div></div>
Tuesday Aug — 2/2022		
<div>Lunch</div> <div>Gong Bao Chicken with Brown Rice, Spicy Eggplant, Garlic Choy Sum</div> <div><div><div>Small Plan</div><div>435kcal Calories</div><div>42g Protein</div><div>31g Carbs</div><div>16g Fat</div></div><div><div>Medium Plan</div><div>650kcal Calories</div><div>63g Protein</div><div>46g Carbs</div><div>24g Fat</div></div></div>		<div>Snack</div> <div>Tofu Chocolate Brownie</div> <div><div><div>Small Plan</div><div>185kcal Calories</div><div>8g Protein</div><div>20g Carbs</div><div>8g Fat</div></div><div><div>Medium Plan</div><div>185kcal Calories</div><div>8g Protein</div><div>20g Carbs</div><div>8g Fat</div></div></div>
Wednesday Aug — 3/2022		
<div>Lunch</div> <div>Nasi Lemak (Turmeric Chicken) with Basmati Rice, Boiled Egg, Cucumber</div> <div><div><div>Small Plan</div><div>455kcal Calories</div><div>47g Protein</div><div>36g Carbs</div><div>14g Fat</div></div><div><div>Medium Plan</div><div>680kcal Calories</div><div>70g Protein</div><div>54g Carbs</div><div>20g Fat</div></div></div>		<div>Snack</div> <div>Low Fat Cheesecake</div> <div><div><div>Small Plan</div><div>170kcal Calories</div><div>8g Protein</div><div>14g Carbs</div><div>9g Fat</div></div><div><div>Medium Plan</div><div>170kcal Calories</div><div>8g Protein</div><div>14g Carbs</div><div>9g Fat</div></div></div>
Thursday Aug — 4/2022		
<div>Lunch</div> <div>Seafood Tom Yam with Brown Rice Noodles, Beansprouts and Long Beans</div> <div><div><div>Small Plan</div><div>430kcal Calories</div><div>39g Protein</div><div>33g Carbs</div><div>16g Fat</div></div><div><div>Medium Plan</div><div>610kcal Calories</div><div>53g Protein</div><div>48g Carbs</div><div>23g Fat</div></div></div>		<div>Snack</div> <div>Peanut Butter Chocolate Cookie</div> <div><div><div>Small Plan</div><div>160kcal Calories</div><div>7g Protein</div><div>6g Carbs</div><div>12g Fat</div></div><div><div>Medium Plan</div><div>160kcal Calories</div><div>7g Protein</div><div>6g Carbs</div><div>12g Fat</div></div></div>
Friday Aug — 5/2022		
<div>Lunch</div> <div>Lemongrass Barramundi with Brown Rice, Stew Tofu With Bittergourd and Red Capsicum</div> <div><div><div>Small Plan</div><div>435kcal Calories</div><div>42g Protein</div><div>36g Carbs</div><div>14g Fat</div></div><div><div>Medium Plan</div><div>625kcal Calories</div><div>61g Protein</div><div>51g Carbs</div><div>20g Fat</div></div></div>		<div>Snack</div> <div>Chocolate Hazelnut Energy Bites</div> <div><div><div>Small Plan</div><div>120kcal Calories</div><div>4g Protein</div><div>8g Carbs</div><div>8g Fat</div></div><div><div>Medium Plan</div><div>120kcal Calories</div><div>4g Protein</div><div>8g Carbs</div><div>8g Fat</div></div></div>

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 Aug — 8/2022		Add On : \$2.5
<div>Lunch</div> <div>Beef Bulgogi with Sweet Potato Noodles, Spinach and Shredded Carrot</div> <div><div><div>Small Plan</div><div>430kcal Calories</div><div>40g Protein</div><div>33g Carbs</div><div>16g Fat</div></div><div><div>Medium Plan</div><div>625kcal Calories</div><div>57g Protein</div><div>48g Carbs</div><div>23g Fat</div></div></div>	<div>Dinner</div> <div>Gong Bao Chicken with Brown Rice, Spicy Eggplant, Garlic Bok Choy</div> <div><div><div>Small Plan</div><div>405kcal Calories</div><div>37g Protein</div><div>31g Carbs</div><div>15g Fat</div></div><div><div>Medium Plan</div><div>620kcal Calories</div><div>54g Protein</div><div>45g Carbs</div><div>25g Fat</div></div></div>	<div>Snack</div> <div>Peanut Butter Chocolate Cookie</div> <div><div><div>Small Plan</div><div>160kcal Calories</div><div>7g Protein</div><div>6g Carbs</div><div>12g Fat</div></div><div><div>Medium Plan</div><div>160kcal Calories</div><div>7g Protein</div><div>6g Carbs</div><div>12g Fat</div></div></div>
Tuesday Aug — 9/2022		
<div>Lunch</div> <div>Herb Chicken with Roasted Potato, French Beans, Harissa Sauce</div> <div><div><div>Small Plan</div><div>440kcal Calories</div><div>42g Protein</div><div>33g Carbs</div><div>16g Fat</div></div><div><div>Medium Plan</div><div>625kcal Calories</div><div>57g Protein</div><div>48g Carbs</div><div>23g Fat</div></div></div>	<div>Dinner</div> <div>Beef Bolognese with Pasta, Mixed Mushrooms and Green Peas</div> <div><div><div>Small Plan</div><div>420kcal Calories</div><div>43g Protein</div><div>32g Carbs</div><div>14g Fat</div></div><div><div>Medium Plan</div><div>630kcal Calories</div><div>63g Protein</div><div>46g Carbs</div><div>22g Fat</div></div></div>	<div>Snack</div> <div>Mango Chia Seeds Pudding</div> <div><div><div>Small Plan</div><div>130kcal Calories</div><div>3g Protein</div><div>21g Carbs</div><div>4g Fat</div></div><div><div>Medium Plan</div><div>130kcal Calories</div><div>3g Protein</div><div>21g Carbs</div><div>4g Fat</div></div></div>
Wednesday Aug — 10/2022		
<div>Lunch</div> <div>Rendang Chicken with Coconut Basmati Rice, Roasted Cauliflower</div> <div><div><div>Small Plan</div><div>460kcal Calories</div><div>41g Protein</div><div>35g Carbs</div><div>18g Fat</div></div><div><div>Medium Plan</div><div>660kcal Calories</div><div>61g Protein</div><div>50g Carbs</div><div>24g Fat</div></div></div>	<div>Dinner</div> <div>Fresh Herb and Lemon Barramundi Fish with Cajun Roasted Sweet Potato, Herb Veggies</div> <div><div><div>Small Plan</div><div>355kcal Calories</div><div>38g Protein</div><div>26g Carbs</div><div>11g Fat</div></div><div><div>Medium Plan</div><div>560kcal Calories</div><div>58g Protein</div><div>42g Carbs</div><div>18g Fat</div></div></div>	<div>Snack</div> <div>Gluten Free Banana Bread</div> <div><div><div>Small Plan</div><div>175kcal Calories</div><div>5g Protein</div><div>16g Carbs</div><div>10g Fat</div></div><div><div>Medium Plan</div><div>175kcal Calories</div><div>5g Protein</div><div>16g Carbs</div><div>10g Fat</div></div></div>
Thursday Aug — 11/2022		
<div>Lunch</div> <div>Salmon Chicken Balls with Quinoa, Baked Spinach Egg, Broccoli, House Made Chilli Sauce</div> <div><div><div>Small Plan</div><div>440kcal Calories</div><div>39g Protein</div><div>35g Carbs</div><div>16g Fat</div></div><div><div>Medium Plan</div><div>630kcal Calories</div><div>61g Protein</div><div>44g Carbs</div><div>24g Fat</div></div></div>	<div>Dinner</div> <div>Peri Peri Chicken with Cauliflower Rice, Braised Purple Cabbage</div> <div><div><div>Small Plan</div><div>405kcal Calories</div><div>47g Protein</div><div>21g Carbs</div><div>15g Fat</div></div><div><div>Medium Plan</div><div>605kcal Calories</div><div>70g Protein</div><div>32g Carbs</div><div>22g Fat</div></div></div>	<div>Snack</div> <div>Low Fat Cheesecake</div> <div><div><div>Small Plan</div><div>170kcal Calories</div><div>8g Protein</div><div>14g Carbs</div><div>9g Fat</div></div><div><div>Medium Plan</div><div>170kcal Calories</div><div>8g Protein</div><div>14g Carbs</div><div>9g Fat</div></div></div>
Friday Aug — 12/2022		
<div>Lunch</div> <div>Lamb Kofta with Couscous, Mint Yoghurt, Cucumber and Tomato Salad</div> <div><div><div>Small Plan</div><div>465kcal Calories</div><div>43g Protein</div><div>35g Carbs</div><div>17g Fat</div></div><div><div>Medium Plan</div><div>675kcal Calories</div><div>63g Protein</div><div>51g Carbs</div><div>24g Fat</div></div></div>	<div>Dinner</div> <div>Basil Minced Chicken with Brown Rice, Soy Egg, Kaifan</div> <div><div><div>Small Plan</div><div>400kcal Calories</div><div>42g Protein</div><div>26g Carbs</div><div>15g Fat</div></div><div><div>Medium Plan</div><div>585kcal Calories</div><div>61g Protein</div><div>37g Carbs</div><div>21g Fat</div></div></div>	<div>Snack</div> <div>Peanut Butter Chocolate Energy Bites</div> <div><div><div>Small Plan</div><div>125kcal Calories</div><div>4g Protein</div><div>3g Carbs</div><div>11g Fat</div></div><div><div>Medium Plan</div><div>125kcal Calories</div><div>4g Protein</div><div>3g Carbs</div><div>11g Fat</div></div></div>

Add on
drinks for \$3

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

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Vegetarian Menu

Monday Aug — 1/2022		Add On : \$2.5
Lunch Tomato Mixed Beans Stew with Wholemeal Pasta, Sauté Green Peas Small Plan 485kcal 34g 45g 19g Calories Protein Carbs Fat Medium Plan 730kcal 51g 68g 29g Calories Protein Carbs Fat	Dinner Peri Peri Tofu Steaks with Roasted Potatoes, Green Beans and Carrot Small Plan 350kcal 29g 29g 13g Calories Protein Carbs Fat Medium Plan 505kcal 42g 42g 19g Calories Protein Carbs Fat	Snack Gluten Free Banana Bread Small Plan 175kcal 5g 16g 10g Calories Protein Carbs Fat Medium Plan 175kcal 5g 16g 10g Calories Protein Carbs Fat
Tuesday Aug — 2/2022		
Lunch Gong Bao Earthmeat and Shitake Mushrooms with Brown Rice, Spicy Eggplant and Garlic Choy Sum Small Plan 430kcal 31g 41g 16g Calories Protein Carbs Fat Medium Plan 650kcal 47g 62g 24g Calories Protein Carbs Fat	Dinner Basil Crushed Tofu, Lentils and King Oyster Mushroom with Rice Noodles, Shredded Cucumber and Carrot Small Plan 385kcal 29g 38g 13g Calories Protein Carbs Fat Medium Plan 560kcal 42g 55g 19g 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 Aug — 3/2022		
Lunch Baked Turmeric Tempeh with Basmati Rice, Boiled Egg, Cucumber Small Plan 470kcal 34g 48g 16g Calories Protein Carbs Fat Medium Plan 685kcal 49g 70g 23g Calories Protein Carbs Fat	Dinner Veggie Pattie, Avocado Fritter with Mixed Salad, Tomato, Baked Pumpkin, Honey Citrus, Pomegranate, Mixed Nuts Small Plan 360kcal 26g 26g 17g Calories Protein Carbs Fat Medium Plan 540kcal 39g 39g 26g 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 Aug — 4/2022		
Lunch Tom Yam Stew Tofu and Oyster Mushroom with Brown Rice Noodles, Beansprouts and Long Beans, Spinach Egg Small Plan 450kcal 31g 46g 16g Calories Protein Carbs Fat Medium Plan 655kcal 45g 67g 23g Calories Protein Carbs Fat	Dinner Herb Baked Butter Beans with Spaghetti Aglio Olio, Roasted Herb Veggies with Tomato, Fresh Herb Ricotta Cheese Small Plan 390kcal 28g 42g 12g Calories Protein Carbs Fat Medium Plan 580kcal 42g 63g 18g Calories Protein Carbs Fat	Snack Peanut Butter Chocolate Cookie Small Plan 160kcal 7g 6g 12g Calories Protein Carbs Fat Medium Plan 160kcal 7g 6g 12g Calories Protein Carbs Fat
Friday Aug — 5/2022		
Lunch 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	Dinner Coconut Curry Home Made Spinach Egg Tofu with Quinoa, Sweet Potatoes and Cauliflower Small Plan 395kcal 28g 39g 14g Calories Protein Carbs Fat Medium Plan 590kcal 42g 59g 21g Calories Protein Carbs Fat	Snack Chocolate Hazelnut Energy Bites Small Plan 180kcal 6g 12g 12g Calories Protein Carbs Fat Medium Plan 180kcal 6g 12g 12g Calories Protein Carbs Fat

**Add on
drinks for \$3**

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(500ml) (330ml) (250ml)

YoloFoods.™

Vegetarian Menu

Monday Aug — 8/2022		Add On : \$2.5
Lunch Baiye and King Oyster Mushroom "Bulgogi" with Sweet Potato Noodles, Spinach and Shredded Carrot Small Plan 430kcal 28g 48g 14g Calories Protein Carbs Fat Medium Plan 625kcal 41g 70g 20g Calories Protein Carbs Fat	Dinner Gong Bao Earthmeat with Brown Rice, Spicy Eggplant, Garlic Bok Choy Small Plan 410kcal 29g 44g 13g Calories Protein Carbs Fat Medium Plan 615kcal 44g 66g 20g Calories Protein Carbs Fat	Snack Peanut Butter Chocolate Cookie Small Plan 160kcal 7g 6g 12g Calories Protein Carbs Fat Medium Plan 160kcal 7g 6g 12g Calories Protein Carbs Fat
Tuesday Aug — 9/2022		
Lunch Baked Herb Portobello with Roasted Potato, French Beans, Spinach Egg, Harissa Sauce Small Plan 415kcal 33g 44g 12g Calories Protein Carbs Fat Medium Plan 605kcal 48g 64g 17g Calories Protein Carbs Fat	Dinner Tomato Stew Beans with Pasta, Mixed Mushrooms and Green Peas Small Plan 445kcal 31g 46g 15g Calories Protein Carbs Fat Medium Plan 665kcal 47g 69g 23g Calories Protein Carbs Fat	Snack Mango Chia Seeds Pudding Small Plan 130kcal 3g 21g 4g Calories Protein Carbs Fat Medium Plan 130kcal 3g 21g 4g Calories Protein Carbs Fat
Wednesday Aug — 10/2022		
Lunch Rendang Tofu and Chick Peas with Coconut Basmati Rice, Roasted Cauliflower Small Plan 445kcal 32g 46g 15g Calories Protein Carbs Fat Medium Plan 650kcal 46g 67g 22g Calories Protein Carbs Fat	Dinner Fresh Herb and Lemon Baked Halloumi and Butter Beans with Cajun Roasted Sweet Potatoes, Herb Veggies Small Plan 375kcal 27g 35g 14g Calories Protein Carbs Fat Medium Plan 560kcal 41g 53g 21g Calories Protein Carbs Fat	Snack Gluten Free Banana Bread Small Plan 175kcal 5g 16g 10g Calories Protein Carbs Fat Medium Plan 175kcal 5g 16g 10g Calories Protein Carbs Fat
Thursday Aug — 11/2022		
Lunch Baked Tempeh with Quinoa, Baked Spinach Egg, Broccoli, House Made Chilli Sauce Small Plan 425kcal 35g 42g 13g Calories Protein Carbs Fat Medium Plan 640kcal 53g 63g 20g Calories Protein Carbs Fat	Dinner Peri Peri Tofu Steak with Cauliflower Rice, Braised Purple Cabbage Small Plan 400kcal 32g 36g 14g Calories Protein Carbs Fat Medium Plan 595kcal 48g 54g 21g 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 Aug — 12/2022		
Lunch Cauliflower Protein Bites with Couscous and Black Bean, Mint Yoghurt, Cucumber and Tomato Salad Small Plan 430kcal 31g 47g 13g Calories Protein Carbs Fat Medium Plan 645kcal 47g 71g 20g Calories Protein Carbs Fat	Dinner Basil Minced Crushed Tofu and Lentils with Brown Rice, Soy Egg, Kailan Small Plan 385kcal 30g 39g 12g Calories Protein Carbs Fat Medium Plan 575kcal 45g 59g 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

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drinks for \$3

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