

YoloFoods.™

YoloPlans Menu

Sept 26th - Oct 7th 2022 | yolofoods.sg

Weight Loss Menu

Monday Sept — 26/2022

Add On : \$2.5

Lunch

Teriyaki Salmon with Brown Rice, Kimchi, Edamame

Small Plan

460kcal 33g 44g 17g
Calories Protein Carbs Fat

Medium Plan

690kcal 50g 66g 26g
Calories Protein Carbs Fat

Dinner

Herb Chicken with Kale Quinoa Salad and Baked Pumpkin

Small Plan

410kcal 42g 34g 12g
Calories Protein Carbs Fat

Medium Plan

595kcal 61g 49g 17g
Calories Protein Carbs Fat

Snack

Chocolate Hazelnut Energy Bites

Small Plan

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

Medium Plan

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

Tuesday Sept — 27/2022

Lunch

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

Small Plan

460kcal 38g 41g 16g
Calories Protein Carbs Fat

Medium Plan

665kcal 55g 59g 23g
Calories Protein Carbs Fat

Dinner

Seafood Tom Yam with Brown Rice Noodles, Beansprouts and Cucumber

Small Plan

370kcal 32g 36g 11g
Calories Protein Carbs Fat

Medium Plan

555kcal 48g 54g 17g
Calories Protein Carbs Fat

Snack

Carrot Cake with Cashew Frosting

Small Plan

175kcal 8g 18g 8g
Calories Protein Carbs Fat

Medium Plan

175kcal 8g 18g 8g
Calories Protein Carbs Fat

Wednesday Sept — 28/2022

Lunch

Beef Meatball with Aglio Olio Pasta, Mixed Veggies

Small Plan

385kcal 33g 38g 11g
Calories Protein Carbs Fat

Medium Plan

555kcal 48g 55g 16g
Calories Protein Carbs Fat

Dinner

Green Curry Chicken with Basmati Rice, Eggplants, Long Beans

Small Plan

455kcal 36g 44g 15g
Calories Protein Carbs Fat

Medium Plan

660kcal 52g 64g 22g
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 Sept — 29/2022

Lunch

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

Small Plan

415kcal 31g 41g 14g
Calories Protein Carbs Fat

Medium Plan

600kcal 45g 59g 20g
Calories Protein Carbs Fat

Dinner

Peri Peri chicken with Roast Potato and Broccoli

Small Plan

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

Medium Plan

610kcal 54g 62g 17g
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

Friday Sept — 30/2022

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

Lemongrass Grouper Fish with Rice Noodles, Beansprouts, Spinach, Clear Chicken Soup

Small Plan

415kcal 33g 41g 13g
Calories Protein Carbs Fat

Medium Plan

600kcal 48g 59g 19g
Calories Protein Carbs Fat

Snack

Pistachio and Dates 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 Oct — 3/2022

Add On :\$2.5

Lunch

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

Small Plan

465kcal 36g 47g 15g
Calories Protein Carbs Fat

Medium Plan

675kcal 52g 68g 22g
Calories Protein Carbs Fat

Dinner

Harrisa Roasted Tilapia with Roasted Potato, French Beans

Small Plan

410kcal 34g 41g 12g
Calories Protein Carbs Fat

Medium Plan

590kcal 49g 59g 17g
Calories Protein Carbs Fat

Snack

Pistachios and Dates Energy Bites

Small Plan

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

Medium Plan

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

Tuesday Oct — 4/2022

Lunch

Honey Miso Salmon with Quinoa and Broccoli

Small Plan

440kcal 37g 48g 11g
Calories Protein Carbs Fat

Medium Plan

635kcal 54g 70g 16g
Calories Protein Carbs Fat

Dinner

Cauliflower Rice with Herb Chicken

Small Plan

385kcal 39g 28g 13g
Calories Protein Carbs Fat

Medium Plan

580kcal 59g 42g 20g
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

Wednesday Oct — 5/2022

Lunch

Beef Bolognese with Pasta, Mixed Mushrooms and Green Peas

Small Plan

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

Medium Plan

710kcal 51g 69g 26g
Calories Protein Carbs Fat

Dinner

Lemongrass Chicken with Rice Vermicelli and Mixed Veggies Salad

Small Plan

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

Medium Plan

555kcal 46g 57g 16g
Calories Protein Carbs Fat

Snack

Oatmeal Cookie

Small Plan

145kcal 5g 9g 10g
Calories Protein Carbs Fat

Medium Plan

145kcal 5g 9g 10g
Calories Protein Carbs Fat

Thursday Oct — 6/2022

Lunch

Baked Curry Spanish Mackerel with Coconut Basmati Rice, Long Beans

Small Plan

460kcal 37g 42g 16g
Calories Protein Carbs Fat

Medium Plan

690kcal 56g 63g 24g
Calories Protein Carbs Fat

Dinner

Ma Po Tofu with Rice Noodles, Beansprouts

Small Plan

355kcal 32g 32g 11g
Calories Protein Carbs Fat

Medium Plan

515kcal 46g 46g 17g
Calories Protein Carbs Fat

Snack

Almond Oats Energy Bar

Small Plan

190kcal 6g 12g 13g
Calories Protein Carbs Fat

Medium Plan

190kcal 6g 12g 13g
Calories Protein Carbs Fat

Friday Oct — 7/2022

Lunch

Chicken Rendang with Brown Rice, Roasted Cauliflower

Small Plan

405kcal 33g 41g 12g
Calories Protein Carbs Fat

Medium Plan

590kcal 48g 59g 18g
Calories Protein Carbs Fat

Dinner

Beef Bulgogi with Sweet Potato Noodles, Spinach and Shredded Carrot

Small Plan

415kcal 33g 41g 13g
Calories Protein Carbs Fat

Medium Plan

590kcal 48g 59g 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

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 Sept — 26/2022		Add On : \$2.5
Lunch Teriyaki Salmon with Brown Rice, Kimchi, Edamame	Dinner Herb Chicken with Kale Quinoa Salad and Baked Pumpkin	Snack Chocolate Hazelnut Energy Bites
Medium Plan 690kcal 50g 66g 26g Calories Protein Carbs Fat	Medium Plan 595kcal 61g 49g 17g Calories Protein Carbs Fat	Medium Plan 120kcal 6g 6g 8g Calories Protein Carbs Fat
Regular Plan 855kcal 61g 81g 31g Calories Protein Carbs Fat	Regular Plan 700kcal 71g 58g 20g Calories Protein Carbs Fat	Regular Plan 240kcal 12g 12g 16g Calories Protein Carbs Fat
Tuesday Sept — 27/2022		
Lunch Nasi Lemak (Turmeric Chicken) with Coconut Basmati Rice, Hard Boiled Egg, Cucumber	Dinner Seafood Tom Yam with Brown Rice Noodles, Beansprouts and Cucumber	Snack Carrot Cake with Cashew Frosting
Medium Plan 665kcal 55g 59g 23g Calories Protein Carbs Fat	Medium Plan 555kcal 48g 54g 17g Calories Protein Carbs Fat	Medium Plan 175kcal 8g 18g 8g Calories Protein Carbs Fat
Regular Plan 920kcal 76g 82g 32g Calories Protein Carbs Fat	Regular Plan 705kcal 61g 68g 21g Calories Protein Carbs Fat	Regular Plan 175kcal 8g 18g 8g Calories Protein Carbs Fat
Wednesday Sept — 28/2022		
Lunch Beef Meatball with Aglio Olio Pasta, Mixed Veggies	Dinner Green Curry Chicken with Basmati Rice, Eggplants, Long Beans	Snack Gluten Free Banana Bread
Medium Plan 555kcal 48g 55g 16g Calories Protein Carbs Fat	Medium Plan 660kcal 52g 64g 22g Calories Protein Carbs Fat	Medium Plan 175kcal 5g 16g 10g Calories Protein Carbs Fat
Regular Plan 730kcal 63g 72g 21g Calories Protein Carbs Fat	Regular Plan 865kcal 68g 84g 29g Calories Protein Carbs Fat	Regular Plan 175kcal 5g 16g 10g Calories Protein Carbs Fat
Thursday Sept — 29/2022		
Lunch Brown Rice Paella with Chicken Thigh Chunks, Prawns and Squids, Serve with a Side Salad	Dinner Peri Peri chicken with Roast Potato and Broccoli	Snack Tofu Chocolate Brownie
Medium Plan 600kcal 45g 59g 20g Calories Protein Carbs Fat	Medium Plan 610kcal 54g 62g 17g Calories Protein Carbs Fat	Medium Plan 185kcal 8g 20g 8g Calories Protein Carbs Fat
Regular Plan 785kcal 59g 78g 27g Calories Protein Carbs Fat	Regular Plan 815kcal 72g 82g 22g Calories Protein Carbs Fat	Regular Plan 185kcal 8g 20g 8g Calories Protein Carbs Fat
Friday Sept — 30/2022		
Lunch Yakiniku Minced Beef with Brown Rice, Edamame and Kimchi	Dinner Lemongrass Grouper Fish with Rice Noodles, Beansprouts, Spinach, Clear Chicken Soup	Snack Pistachio and Dates Energy Bites
Medium Plan 670kcal 52g 67g 22g Calories Protein Carbs Fat	Medium Plan 600kcal 48g 59g 19g Calories Protein Carbs Fat	Medium Plan 120kcal 4g 8g 8g Calories Protein Carbs Fat
Regular Plan 835kcal 65g 83g 27g Calories Protein Carbs Fat	Regular Plan 725kcal 58g 72g 23g Calories Protein Carbs Fat	Regular Plan 240kcal 8g 16g 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 Oct — 3/2022		Add On : \$2.5
<div>Lunch</div> <div>Gong Bao Chicken with Brown Rice, Spicy Eggplant, Cucumber Salad</div> <div><div><div>Medium Plan</div><div>675kcal52g68g22gCaloriesProteinCarbsFat</div></div><div><div>Regular Plan</div><div>840kcal65g85g27gCaloriesProteinCarbsFat</div></div></div>		<div>Snack</div> <div>Pistachios and Dates Energy Bites</div> <div><div><div>Medium Plan</div><div>120kcal4g4g10gCaloriesProteinCarbsFat</div></div><div><div>Regular Plan</div><div>240kcal6g18g16gCaloriesProteinCarbsFat</div></div></div>
Tuesday Oct — 4/2022		
<div>Lunch</div> <div>Honey Miso Salmon with Quinoa and Broccoli</div> <div><div><div>Medium Plan</div><div>635kcal54g70g16gCaloriesProteinCarbsFat</div></div><div><div>Regular Plan</div><div>855kcal72g94g21gCaloriesProteinCarbsFat</div></div></div>		<div>Snack</div> <div>Gluten Free Banana Bread</div> <div><div><div>Medium Plan</div><div>175kcal5g16g10gCaloriesProteinCarbsFat</div></div><div><div>Regular Plan</div><div>175kcal5g16g10gCaloriesProteinCarbsFat</div></div></div>
Wednesday Oct — 5/2022		
<div>Lunch</div> <div>Beef Bolognese with Pasta, Mixed Mushrooms and Green Peas</div> <div><div><div>Medium Plan</div><div>710kcal51g69g26gCaloriesProteinCarbsFat</div></div><div><div>Regular Plan</div><div>645kcal68g92g34gCaloriesProteinCarbsFat</div></div></div>		<div>Snack</div> <div>Oatmeal Cookie</div> <div><div><div>Medium Plan</div><div>145kcal5g9g10gCaloriesProteinCarbsFat</div></div><div><div>Regular Plan</div><div>145kcal5g9g10gCaloriesProteinCarbsFat</div></div></div>
Thursday Oct — 6/2022		
<div>Lunch</div> <div>Baked Curry Spanish Mackerel with Coconut Basmati Rice, Long Beans</div> <div><div><div>Medium Plan</div><div>690kcal56g63g24gCaloriesProteinCarbsFat</div></div><div><div>Regular Plan</div><div>920kcal74g84g32gCaloriesProteinCarbsFat</div></div></div>		<div>Snack</div> <div>Almond Oats Energy Bar</div> <div><div><div>Medium Plan</div><div>190kcal6g12g13gCaloriesProteinCarbsFat</div></div><div><div>Regular Plan</div><div>190kcal6g12g13gCaloriesProteinCarbsFat</div></div></div>
Friday Oct — 7/2022		
<div>Lunch</div> <div>Chicken Rendang with Brown Rice, Roasted Cauliflower</div> <div><div><div>Medium Plan</div><div>590kcal48g59g18gCaloriesProteinCarbsFat</div></div><div><div>Regular Plan</div><div>810kcal66g82g24gCaloriesProteinCarbsFat</div></div></div>		<div>Snack</div> <div>Tofu Chocolate Brownie</div> <div><div><div>Medium Plan</div><div>185kcal8g20g8gCaloriesProteinCarbsFat</div></div><div><div>Regular Plan</div><div>185kcal8g20g8gCaloriesProteinCarbsFat</div></div></div>

Low Carb Menu

Monday Sept — 26/2022		Add On : \$2.5
<div>Lunch</div> <div>Teriyaki Salmon with Brown Rice, Kimchi, Edamame</div> <div><div><div>Small Plan</div><div>450kcal Calories</div><div>40g Protein</div><div>33g Carbs</div><div>18g Fat</div></div><div><div>Medium Plan</div><div>675kcal Calories</div><div>59g Protein</div><div>50g Carbs</div><div>27g Fat</div></div></div>		<div>Snack</div> <div>Chocolate Hazelnut Energy Bites</div> <div><div><div>Small Plan</div><div>120kcal Calories</div><div>6g Protein</div><div>6g Carbs</div><div>8g Fat</div></div><div><div>Medium Plan</div><div>120kcal Calories</div><div>6g Protein</div><div>6g Carbs</div><div>8g Fat</div></div></div>
Tuesday Sept — 27/2022		
<div>Lunch</div> <div>Nasi Lemak (Turmeric Chicken) with Coconut Basmati Rice, Hard Boiled Egg, Cucumber</div> <div><div><div>Small Plan</div><div>455kcal Calories</div><div>46g Protein</div><div>31g Carbs</div><div>17g Fat</div></div><div><div>Medium Plan</div><div>660kcal Calories</div><div>66g Protein</div><div>45g Carbs</div><div>24g Fat</div></div></div>		<div>Snack</div> <div>Tofu Chocolate Brownie</div> <div><div><div>Small Plan</div><div>175kcal Calories</div><div>8g Protein</div><div>18g Carbs</div><div>8g Fat</div></div><div><div>Medium Plan</div><div>175kcal Calories</div><div>8g Protein</div><div>18g Carbs</div><div>8g Fat</div></div></div>
Wednesday Sept — 28/2022		
<div>Lunch</div> <div>Beef Meatball with Aglio Olio Pasta, Mixed Veggies</div> <div><div><div>Small Plan</div><div>385kcal Calories</div><div>42g Protein</div><div>29g Carbs</div><div>12g Fat</div></div><div><div>Medium Plan</div><div>590kcal Calories</div><div>61g Protein</div><div>41g Carbs</div><div>20g 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 Sept — 29/2022		
<div>Lunch</div> <div>Brown Rice Paella with Chicken Thigh Chunks, Prawns and Squids, Serve With a Side Salad</div> <div><div><div>Small Plan</div><div>410kcal Calories</div><div>39g Protein</div><div>31g Carbs</div><div>15g Fat</div></div><div><div>Medium Plan</div><div>580kcal Calories</div><div>53g Protein</div><div>45g Carbs</div><div>21g 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>
Friday Sept — 30/2022		
<div>Lunch</div> <div>Yakiniku Minced Beef with Brown Rice, Edamame and Kimchi</div> <div><div><div>Small Plan</div><div>455kcal Calories</div><div>43g Protein</div><div>35g Carbs</div><div>16g Fat</div></div><div><div>Medium Plan</div><div>655kcal Calories</div><div>63g Protein</div><div>50g Carbs</div><div>23g Fat</div></div></div>		<div>Snack</div> <div>Pistachio and Dates 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 Oct — 3/2022		Add On : \$2.5
<div>Lunch</div> <div>Gong Bao Chicken with Brown Rice, Spicy Eggplant, Cucumber Salad</div> <div><div><div>Small Plan</div><div>455kcal Calories</div><div>43g Protein</div><div>35g Carbs</div><div>16g Fat</div></div><div><div>Medium Plan</div><div>670kcal Calories</div><div>63g Protein</div><div>51g Carbs</div><div>24g Fat</div></div></div>		<div>Snack</div> <div>Pistachios and Dates Energy Bites</div> <div><div><div>Small Plan</div><div>120kcal Calories</div><div>4g Protein</div><div>4g Carbs</div><div>10g Fat</div></div><div><div>Medium Plan</div><div>120kcal Calories</div><div>4g Protein</div><div>4g Carbs</div><div>10g Fat</div></div></div>
Tuesday Oct — 4/2022		
<div>Lunch</div> <div>Honey Miso Salmon with Quinoa and Broccoli</div> <div><div><div>Small Plan</div><div>425kcal Calories</div><div>44g Protein</div><div>36g Carbs</div><div>12g Fat</div></div><div><div>Medium Plan</div><div>630kcal Calories</div><div>64g Protein</div><div>52g 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>
Wednesday Oct — 5/2022		
<div>Lunch</div> <div>Beef Bolognese with Pasta, Mixed Mushrooms and Green Peas</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>695kcal Calories</div><div>61g Protein</div><div>52g Carbs</div><div>27g Fat</div></div></div>		<div>Snack</div> <div>Oatmeal Cookie</div> <div><div><div>Small Plan</div><div>145kcal Calories</div><div>5g Protein</div><div>9g Carbs</div><div>10g Fat</div></div><div><div>Medium Plan</div><div>145kcal Calories</div><div>5g Protein</div><div>9g Carbs</div><div>10g Fat</div></div></div>
Thursday Oct — 6/2022		
<div>Lunch</div> <div>Baked Curry Spanish Mackerel with Coconut Basmati Rice, Long Beans</div> <div><div><div>Small Plan</div><div>455kcal Calories</div><div>44g Protein</div><div>32g Carbs</div><div>17g Fat</div></div><div><div>Medium Plan</div><div>680kcal Calories</div><div>67g Protein</div><div>47g Carbs</div><div>25g Fat</div></div></div>		<div>Snack</div> <div>Almond Oats Energy Bar</div> <div><div><div>Small Plan</div><div>190kcal Calories</div><div>6g Protein</div><div>12g Carbs</div><div>13g Fat</div></div><div><div>Medium Plan</div><div>190kcal Calories</div><div>6g Protein</div><div>12g Carbs</div><div>13g Fat</div></div></div>
Friday Oct — 7/2022		
<div>Lunch</div> <div>Chicken Rendang with Brown Rice, Roasted Cauliflower</div> <div><div><div>Small Plan</div><div>470kcal Calories</div><div>46g Protein</div><div>36g Carbs</div><div>16g Fat</div></div><div><div>Medium Plan</div><div>670kcal Calories</div><div>62g Protein</div><div>51g 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>

Add on
drinks for \$3

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

YoloFoods.™

Vegetarian Menu

Monday Sept — 26/2022		Add On : \$2.5
Lunch Teriyaki Stew Spinach Egg Tofu with Brown Rice, Kimchi and Edamame Small Plan 450kcal 28g 48g 16g Calories Protein Carbs Fat Medium Plan 670kcal 42g 72g 24g Calories Protein Carbs Fat	Dinner Herb Roasted Butter Beans with Kale Quinoa Salad and Baked Pumpkin and Snap Peas Small Plan 365kcal 26g 38g 12g Calories Protein Carbs Fat Medium Plan 530kcal 38g 55g 17g Calories Protein Carbs Fat	Snack Chocolate Hazelnut Energy Bites Small Plan 180kcal 9g 9g 12g Calories Protein Carbs Fat Medium Plan 180kcal 9g 9g 12g Calories Protein Carbs Fat
Tuesday Sept — 27/2022		
Lunch Turmeric Earthmeat with Coconut Basmati Rice, Hard Boiled Egg and Cucumber Small Plan 460kcal 38g 41g 16g Calories Protein Carbs Fat Medium Plan 665kcal 55g 59g 23g Calories Protein Carbs Fat	Dinner Thai Style Tofu Tom Yam with Brown Rice Noodles Beansprouts and Cucumber Small Plan 370kcal 32g 36g 11g Calories Protein Carbs Fat Medium Plan 555kcal 48g 54g 17g Calories Protein Carbs Fat	Snack Carrot Cake with Cashew Frosting Small Plan 175kcal 8g 18g 8g Calories Protein Carbs Fat Medium Plan 175kcal 8g 18g 8g Calories Protein Carbs Fat
Wednesday Sept — 28/2022		
Lunch Vegan Meatball with Aglio Olio Pasta and Mixed Veggies Small Plan 400kcal 31g 42g 12g Calories Protein Carbs Fat Medium Plan 600kcal 47g 63g 18g Calories Protein Carbs Fat	Dinner Green Curry Earthmeat and White Beans with Basmati Rice, Eggplants and Long Beans Small Plan 440kcal 36g 42g 14g Calories Protein Carbs Fat Medium Plan 635kcal 52g 61g 20g 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 Sept — 29/2022		
Lunch Mala Mixed Veggies and Semi-Dry Tofu with Fried Brown Rice with Eggs Small Plan 425kcal 27g 46g 15g Calories Protein Carbs Fat Medium Plan 640kcal 41g 69g 23g Calories Protein Carbs Fat	Dinner Peri peri tempeh with roast potato and Broccoli Small Plan 380kcal 31g 42g 10g Calories Protein Carbs Fat Medium Plan 575kcal 47g 63g 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
Friday Sept — 30/2022		
Lunch Yakiniku Stir Fry Tofu and Mushroom with Brown Rice, Edamame and Kimchi Small Plan 435kcal 29g 46g 15g Calories Protein Carbs Fat Medium Plan 630kcal 42g 67g 22g Calories Protein Carbs Fat	Dinner Veggie Patties with Mashed Sweet Potatoes and Toasted Green Peas Small Plan 385kcal 28g 41g 12g Calories Protein Carbs Fat Medium Plan 575kcal 42g 62g 18g Calories Protein Carbs Fat	Snack Pistachio and Dates 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

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

YoloFoods.™

Vegetarian Menu

Monday Oct — 3/2022		Add On : \$2.5
<div>Lunch</div> <div>Gong Bao Earthmeat with Brown Rice, Spicy Eggplant, Cucumber Salad</div> <div><div><div>Small Plan</div><div>440kcal Calories</div><div>31g Protein</div><div>48g Carbs</div><div>14g Fat</div></div><div><div>Medium Plan</div><div>640kcal Calories</div><div>45g Protein</div><div>70g Carbs</div><div>20g Fat</div></div></div>	<div>Dinner</div> <div>Harrisa Roasted Tofu Steaks with Roasted Potato, French Beans</div> <div><div><div>Small Plan</div><div>380kcal Calories</div><div>29g Protein</div><div>34g Carbs</div><div>14g Fat</div></div><div><div>Medium Plan</div><div>565kcal Calories</div><div>44g Protein</div><div>51g Carbs</div><div>21g Fat</div></div></div>	<div>Snack</div> <div>Pistachio and Dates Energy Bites</div> <div><div><div>Small Plan</div><div>185kcal Calories</div><div>6g Protein</div><div>6g Carbs</div><div>15g Fat</div></div><div><div>Medium Plan</div><div>185kcal Calories</div><div>6g Protein</div><div>6g Carbs</div><div>15g Fat</div></div></div>
Tuesday Oct — 4/2022		
<div>Lunch</div> <div>Baked Fresh Herb Haloumi with White Beans, Quinoa and Broccoli</div> <div><div><div>Small Plan</div><div>515kcal Calories</div><div>31g Protein</div><div>48g Carbs</div><div>22g Fat</div></div><div><div>Medium Plan</div><div>745kcal Calories</div><div>45g Protein</div><div>70g Carbs</div><div>32g Fat</div></div></div>	<div>Dinner</div> <div>Cauliflower Rice with Baked Tempeh and Spinach Egg</div> <div><div><div>Small Plan</div><div>345kcal Calories</div><div>33g Protein</div><div>24g Carbs</div><div>13g Fat</div></div><div><div>Medium Plan</div><div>520kcal Calories</div><div>50g Protein</div><div>36g Carbs</div><div>20g Fat</div></div></div>	<div>Snack</div> <div>Roasted Mixed Nuts</div> <div><div><div>Small Plan</div><div>140kcal Calories</div><div>6g Protein</div><div>4g Carbs</div><div>11g Fat</div></div><div><div>Medium Plan</div><div>140kcal Calories</div><div>6g Protein</div><div>4g Carbs</div><div>11g Fat</div></div></div>
Wednesday Oct — 5/2022		
<div>Lunch</div> <div>Tomato Mixed Beans Stew with Pasta, Mixed Mushrooms and Green Peas</div> <div><div><div>Small Plan</div><div>480kcal Calories</div><div>31g Protein</div><div>49g Carbs</div><div>18g Fat</div></div><div><div>Medium Plan</div><div>725kcal Calories</div><div>47g Protein</div><div>74g Carbs</div><div>27g Fat</div></div></div>	<div>Dinner</div> <div>Lemongrass Tofu Skin and King Oyster Mushroom with Rice Vermicelli and Mixed Veggies Salad</div> <div><div><div>Small Plan</div><div>380kcal Calories</div><div>24g Protein</div><div>39g Carbs</div><div>14g Fat</div></div><div><div>Medium Plan</div><div>530kcal Calories</div><div>34g Protein</div><div>55g Carbs</div><div>20g Fat</div></div></div>	<div>Snack</div> <div>Oatmeal Cookie</div> <div><div><div>Small Plan</div><div>145kcal Calories</div><div>5g Protein</div><div>9g Carbs</div><div>10g Fat</div></div><div><div>Medium Plan</div><div>145kcal Calories</div><div>5g Protein</div><div>9g Carbs</div><div>10g Fat</div></div></div>
Thursday Oct — 6/2022		
<div>Lunch</div> <div>Vegan Red Curry with Coconut Basmati Rice, Long Beans</div> <div><div><div>Small Plan</div><div>450kcal Calories</div><div>29g Protein</div><div>48g Carbs</div><div>16g Fat</div></div><div><div>Medium Plan</div><div>680kcal Calories</div><div>44g Protein</div><div>72g Carbs</div><div>24g Fat</div></div></div>	<div>Dinner</div> <div>Ma Po Tofu with Rice Noodles, Beansprouts</div> <div><div><div>Small Plan</div><div>355kcal Calories</div><div>28g Protein</div><div>32g Carbs</div><div>13g Fat</div></div><div><div>Medium Plan</div><div>520kcal Calories</div><div>41g Protein</div><div>46g Carbs</div><div>19g Fat</div></div></div>	<div>Snack</div> <div>Almond Oats Energy Bar</div> <div><div><div>Small Plan</div><div>190kcal Calories</div><div>6g Protein</div><div>12g Carbs</div><div>13g Fat</div></div><div><div>Medium Plan</div><div>190kcal Calories</div><div>6g Protein</div><div>12g Carbs</div><div>13g Fat</div></div></div>
Friday Oct — 7/2022		
<div>Lunch</div> <div>Rendang Earthmeat with Brown Rice, Roasted Cauliflower</div> <div><div><div>Small Plan</div><div>420kcal Calories</div><div>34g Protein</div><div>42g Carbs</div><div>13g Fat</div></div><div><div>Medium Plan</div><div>630kcal Calories</div><div>51g Protein</div><div>63g Carbs</div><div>30g Fat</div></div></div>	<div>Dinner</div> <div>Kimchi Stew Tofu with Sweet Potato Noodles, Spinach and Shredded Carrot</div> <div><div><div>Small Plan</div><div>400kcal Calories</div><div>28g Protein</div><div>38g Carbs</div><div>15g Fat</div></div><div><div>Medium Plan</div><div>580kcal Calories</div><div>41g Protein</div><div>55g Carbs</div><div>22g 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>

Add on
drinks for \$3

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

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