



YoloFoods.™



# YoloPlans Menu

Aug 15th - Aug 26th 2022 | [yolofood.com.sg](http://yolofood.com.sg)

# Weight Loss Menu

Monday Aug — 15/2022

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 Aug — 16/2022

## 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 Aug — 17/2022

## 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 Aug — 18/2022

## 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

Honey Miso Salmon with Quinoa 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 Aug — 19/2022

## 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 Barramundi 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)

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# Weight Loss Menu

Monday Aug — 22/2022

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 Aug — 23/2022

## 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 Aug — 24/2022

## 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 Aug — 25/2022

## Lunch

Baked Curry Barramundi 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 Aug — 26/2022

## 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

620kcal 50g 62g 20g  
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)

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# Eat Clean Menu

Monday Aug — 15/2022

Add On: \$2.5

## Lunch

Teriyaki Salmon with Brown Rice, Kimchi, Edamame

### Medium Plan

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

### Regular Plan

855kcal 61g 81g 31g  
Calories Protein Carbs Fat

## Dinner

Herb Chicken with Kale Quinoa Salad and Baked Pumpkin

### Medium Plan

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

### Regular Plan

700kcal 71g 58g 20g  
Calories Protein Carbs Fat

## Snack

Chocolate Hazelnut Energy Bites

### Medium Plan

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

### Regular Plan

240kcal 12g 12g 16g  
Calories Protein Carbs Fat

Tuesday Aug — 16/2022

## Lunch

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

### Medium Plan

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

### Regular Plan

920kcal 76g 82g 32g  
Calories Protein Carbs Fat

## Dinner

Seafood Tom Yam with Brown Rice Noodles, Beansprouts and Cucumber

### Medium Plan

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

### Regular Plan

705kcal 61g 68g 21g  
Calories Protein Carbs Fat

## Snack

Carrot Cake with Cashew Frosting

### Medium Plan

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

### Regular Plan

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

Wednesday Aug — 17/2022

## Lunch

Beef Meatball with Aglio Olio Pasta, Mixed Veggies

### Medium Plan

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

### Regular Plan

730kcal 63g 72g 21g  
Calories Protein Carbs Fat

## Dinner

Green Curry Chicken with Basmati Rice, Eggplants, Long Beans

### Medium Plan

660kcal 52g 64g 22g  
Calories Protein Carbs Fat

### Regular Plan

865kcal 68g 84g 29g  
Calories Protein Carbs Fat

## Snack

Gluten Free Banana Bread

### Medium Plan

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

### Regular Plan

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

Thursday Aug — 18/2022

## Lunch

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

### Medium Plan

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

### Regular Plan

785kcal 59g 78g 27g  
Calories Protein Carbs Fat

## Dinner

Honey Miso Salmon with Quinoa and Broccoli

### Medium Plan

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

### Regular Plan

815kcal 72g 82g 22g  
Calories Protein Carbs Fat

## Snack

Tofu Chocolate Brownie

### Medium Plan

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

### Regular Plan

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

Friday Aug — 19/2022

## Lunch

Yakiniku Minced Beef with Brown Rice, Edamame and Kimchi

### Medium Plan

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

### Regular Plan

835kcal 65g 83g 27g  
Calories Protein Carbs Fat

## Dinner

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

### Medium Plan

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

### Regular Plan

725kcal 58g 72g 23g  
Calories Protein Carbs Fat

## Snack

Pistachio and Dates Energy Bites

### Medium Plan

120kcal 4g 8g 8g  
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)

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# Eat Clean Menu

Monday Aug — 22/2022

Add On: \$2.5

## Lunch

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

### Medium Plan

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

### Regular Plan

840kcal 65g 85g 27g  
Calories Protein Carbs Fat

## Dinner

Harrisa Roasted Tilapia with Roasted Potato, French Beans

### Medium Plan

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

### Regular Plan

715kcal 60g 72g 21g  
Calories Protein Carbs Fat

## Snack

Pistachios and Dates Energy Bites

### Medium Plan

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

### Regular Plan

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

Tuesday Aug — 23/2022

## Lunch

Honey Miso Salmon with Quinoa and Broccoli

### Medium Plan

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

### Regular Plan

855kcal 72g 94g 21g  
Calories Protein Carbs Fat

## Dinner

Cauliflower Rice with Herb Chicken

### Medium Plan

580kcal 59g 42g 20g  
Calories Protein Carbs Fat

### Regular Plan

770kcal 78g 56g 26g  
Calories Protein Carbs Fat

## Snack

Gluten Free Banana Bread

### Medium Plan

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

### Regular Plan

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

Wednesday Aug — 24/2022

## Lunch

Beef Bolognese with Pasta, Mixed Mushrooms and Green Peas

### Medium Plan

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

### Regular Plan

645kcal 68g 92g 34g  
Calories Protein Carbs Fat

## Dinner

Lemongrass Chicken with Rice Vermicelli and Mixed Veggies Salad

### Medium Plan

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

### Regular Plan

745kcal 62g 76g 21g  
Calories Protein Carbs Fat

## Snack

Oatmeal Cookie

### Medium Plan

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

### Regular Plan

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

Thursday Aug — 25/2022

## Lunch

Baked Curry Barramundi with Coconut Basmati Rice, Long Beans

### Medium Plan

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

### Regular Plan

920kcal 74g 84g 32g  
Calories Protein Carbs Fat

## Dinner

Ma Po Tofu with Rice Noodles, Beansprouts

### Medium Plan

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

### Regular Plan

690kcal 62g 62g 21g  
Calories Protein Carbs Fat

## Snack

Almond Oats Energy Bar

### Medium Plan

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

### Regular Plan

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

Friday Aug — 26/2022

## Lunch

Chicken Rendang with Brown Rice, Roasted Cauliflower

### Medium Plan

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

### Regular Plan

810kcal 66g 82g 24g  
Calories Protein Carbs Fat

## Dinner

Beef Bulgogi with Sweet Potato Noodles, Spinach and Shredded Carrot

### Medium Plan

620kcal 50g 62g 20g  
Calories Protein Carbs Fat

### Regular Plan

805kcal 64g 80g 25g  
Calories Protein Carbs Fat

## Snack

Tofu Chocolate Brownie

### Medium Plan

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

### Regular Plan

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

Add on  
drinks for \$3

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

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# Low Carb Menu

Monday Aug — 15/2022

Add On : \$2.5

## Lunch

Teriyaki Salmon with Brown Rice, Kimchi, Edamame

### Small Plan

450kcal 40g 33g 18g  
Calories Protein Carbs Fat

### Medium Plan

675kcal 59g 50g 27g  
Calories Protein Carbs Fat

## Dinner

Herb Chicken with Kale Quinoa Salad and Baked Pumpkin

### Small Plan

415kcal 50g 26g 13g  
Calories Protein Carbs Fat

### Medium Plan

605kcal 73g 37g 18g  
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 Aug — 16/2022

## Lunch

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

### Small Plan

455kcal 46g 31g 17g  
Calories Protein Carbs Fat

### Medium Plan

660kcal 66g 45g 24g  
Calories Protein Carbs Fat

## Dinner

Seafood Tom Yam with Brown Rice Noodles, Beansprouts and Cucumber

### Small Plan

365kcal 38g 27g 12g  
Calories Protein Carbs Fat

### Medium Plan

550kcal 58g 41g 17g  
Calories Protein Carbs Fat

## Snack

Tofu Chocolate Brownie

### Small Plan

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

### Medium Plan

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

Wednesday Aug — 17/2022

## Lunch

Beef Meatball with Aglio Olio Pasta, Mixed Veggies

### Small Plan

385kcal 42g 29g 12g  
Calories Protein Carbs Fat

### Medium Plan

590kcal 61g 41g 20g  
Calories Protein Carbs Fat

## Dinner

Green Curry Chicken with Basmati Rice, Eggplants, Long Beans

### Small Plan

445kcal 43g 33g 16g  
Calories Protein Carbs Fat

### Medium Plan

645kcal 63g 48g 23g  
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 — 18/2022

## Lunch

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

### Small Plan

410kcal 39g 31g 15g  
Calories Protein Carbs Fat

### Medium Plan

580kcal 53g 45g 21g  
Calories Protein Carbs Fat

## Dinner

Honey Miso Salmon with Quinoa and Broccoli

### Small Plan

405kcal 45g 31g 12g  
Calories Protein Carbs Fat

### Medium Plan

625kcal 65g 46g 20g  
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 Aug — 19/2022

## Lunch

Yakiniku Minced Beef with Brown Rice, Edamame and Kimchi

### Small Plan

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

### Medium Plan

655kcal 63g 50g 23g  
Calories Protein Carbs Fat

## Dinner

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

### Small Plan

420kcal 44g 31g 14g  
Calories Protein Carbs Fat

### Medium Plan

610kcal 64g 45g 20g  
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)

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# Low Carb Menu

Monday Aug — 22/2022

Add On: \$2.5

## Lunch

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

### Small Plan

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

### Medium Plan

670kcal 63g 51g 24g  
Calories Protein Carbs Fat

## Dinner

Harrisa Roasted Tilapia with Roasted Potato, French Beans

### Small Plan

430kcal 45g 31g 14g  
Calories Protein Carbs Fat

### Medium Plan

605kcal 59g 45g 21g  
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 Aug — 23/2022

## Lunch

Honey Miso Salmon with Quinoa and Broccoli

### Small Plan

425kcal 44g 36g 12g  
Calories Protein Carbs Fat

### Medium Plan

630kcal 64g 52g 18g  
Calories Protein Carbs Fat

## Dinner

Cauliflower Rice with Herb Chicken

### Small Plan

395kcal 47g 21g 14g  
Calories Protein Carbs Fat

### Medium Plan

590kcal 70g 32g 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 Aug — 24/2022

## Lunch

Beef Bolognese with Pasta, Mixed Mushrooms and Green Peas

### Small Plan

460kcal 41g 35g 18g  
Calories Protein Carbs Fat

### Medium Plan

695kcal 61g 52g 27g  
Calories Protein Carbs Fat

## Dinner

Lemongrass Chicken with Rice Vermicelli and Mixed Veggies Salad

### Small Plan

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

### Medium Plan

560kcal 57g 42g 18g  
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 Aug — 25/2022

## Lunch

Baked Curry Barramundi with Coconut Basmati Rice, Long Beans

### Small Plan

455kcal 44g 32g 17g  
Calories Protein Carbs Fat

### Medium Plan

680kcal 67g 47g 25g  
Calories Protein Carbs Fat

## Dinner

Ma Po Tofu with Rice Noodles, Beansprouts

### Small Plan

350kcal 38g 24g 12g  
Calories Protein Carbs Fat

### Medium Plan

525kcal 56g 35g 18g  
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 Aug — 26/2022

## Lunch

Chicken Rendang with Brown Rice, Roasted Cauliflower

### Small Plan

390kcal 40g 29g 13g  
Calories Protein Carbs Fat

### Medium Plan

595kcal 62g 39g 21g  
Calories Protein Carbs Fat

## Dinner

Beef Bulgogi with Sweet Potato Noodles, Spinach and Shredded Carrot

### Small Plan

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

### Medium Plan

620kcal 63g 43g 22g  
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)

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# Vegetarian Menu

Monday Aug — 15/2022

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 Aug — 16/2022

## 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 Aug — 17/2022

## Lunch

Vegan Meatball with Aglio Olio Pasta and Mixed Veggies

### Small Plan

450kcal 31g 48g 15g  
Calories Protein Carbs Fat

### Medium Plan

655kcal 45g 70g 22g  
Calories Protein Carbs Fat

## Dinner

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

### Small Plan

465kcal 36g 49g 14g  
Calories Protein Carbs Fat

### Medium Plan

650kcal 50g 69g 20g  
Calories Protein Carbs Fat

## Snack

Gluten Free Banana Bread

### Small Plan

90kcal 0g 20g 0g  
Calories Protein Carbs Fat

### Medium Plan

90kcal 0g 20g 0g  
Calories Protein Carbs Fat

Thursday Aug — 18/2022

## 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

Honey Miso Tempeh with Quinoa 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 Aug — 19/2022

## 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 Aug — 22/2022 Add On: \$2.5

## Lunch

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

### Small Plan

440kcal 31g 48g 14g  
Calories Protein Carbs Fat

### Medium Plan

640kcal 45g 70g 20g  
Calories Protein Carbs Fat

## Dinner

Harrisa Roasted Tofu Steaks with Roasted Potato, French Beans

### Small Plan

380kcal 29g 34g 14g  
Calories Protein Carbs Fat

### Medium Plan

565kcal 44g 51g 21g  
Calories Protein Carbs Fat

## Snack

Pistachio and Dates Energy Bites

### Small Plan

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

### Medium Plan

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

Tuesday Aug — 23/2022

## Lunch

Baked Fresh Herb Haloumi with White Beans, Quinoa and Broccoli

### Small Plan

515kcal 31g 48g 22g  
Calories Protein Carbs Fat

### Medium Plan

745kcal 45g 70g 32g  
Calories Protein Carbs Fat

## Dinner

Cauliflower Rice with Baked Tempeh and Spinach Egg

### Small Plan

345kcal 33g 24g 13g  
Calories Protein Carbs Fat

### Medium Plan

520kcal 50g 36g 20g  
Calories Protein Carbs Fat

## Snack

Roasted Mixed Nuts

### Small Plan

140kcal 6g 4g 11g  
Calories Protein Carbs Fat

### Medium Plan

140kcal 6g 4g 11g  
Calories Protein Carbs Fat

Wednesday Aug — 24/2022

## Lunch

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

### Small Plan

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

### Medium Plan

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

## Dinner

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

### Small Plan

380kcal 24g 39g 14g  
Calories Protein Carbs Fat

### Medium Plan

530kcal 34g 55g 20g  
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 Aug — 25/2022

## Lunch

Vegan Red Curry with Coconut Basmati Rice, Long Beans

### Small Plan

450kcal 29g 48g 16g  
Calories Protein Carbs Fat

### Medium Plan

680kcal 44g 72g 24g  
Calories Protein Carbs Fat

## Dinner

Ma Po Tofu with Rice Noodles, Beansprouts

### Small Plan

355kcal 28g 32g 13g  
Calories Protein Carbs Fat

### Medium Plan

520kcal 41g 46g 19g  
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 Aug — 26/2022

## Lunch

Renderang Earthmeat with Brown Rice, Roasted Cauliflower

### Small Plan

420kcal 34g 42g 13g  
Calories Protein Carbs Fat

### Medium Plan

630kcal 51g 63g 20g  
Calories Protein Carbs Fat

## Dinner

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

### Small Plan

400kcal 28g 38g 15g  
Calories Protein Carbs Fat

### Medium Plan

580kcal 41g 55g 22g  
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™**