MENU 1,000kcal

CALORIE-CALCULATED WHOLE FOODS
VIEW YOUR MEALS FOR EACH WEEK

YoloChallenge.™

Wk 1	Meal 1	Meal 2	Snack	Total Kcal
Monday	Teriyaki Salmon with Brown Rice, Kimchi, Edamame	Herb Chicken with Kale Quinoa Salad and Baked Pumpkin	Choc Hazelnut Energy Bites (2 pcs)	
	460	410	120	990
Tuesday	Nasi Lemak (Turmeric Chicken) with Coconut Basmati Rice, Hard Boiled Egg, Cucumber	Seafood Tom Yam with Brown Rice Noodles, Beansprouts and Cucumber	Carrot Cake with Cashew Frosting	
	460	370	175	1005
Wednesday	Beef Meatball with Aglio Olio Pasta, Mixed Veggies	Green Curry Chicken with Basmati Rice, Eggplants, Long Beans	Gluten Free Banana Bread	
	385	455	175	1015
Thursday	Brown Rice Paella with Chicken Thigh Chunks, Prawns and Squids, Saute green peas	Honey Miso Salmon with Quinoa and Broccoli	Tofu Chocolate Brownie	
	415	405	185	1005
Friday	Gong Bao Chicken with Brown Rice, Spicy Eggplant, Cucumber Salad	Harrisa Roasted Tilapia with Roasted Potato, French Beans	Pistachios and Dates Energy Bites	
	465	410	120	995
Saturday	Beef Bolognese with Pasta, Mixed Mushrooms and Green Peas	Lemongrass Chicken with Rice Vermicelli and Mixed Veggies Salad	Oatmeal Cookie	
	475	385	145	1005

Wk 2	Meal 1	Meal 2	Snack	Total Kcal
Monday	Ma Po Tofu with Rice Noodles, Beansprouts	Baked Curry Barramundi with Coconut Basmati Rice, Long Beans	Almond Oats Energy Bar	
	355	460	190	1005
Tuesday	Honey Miso Salmon with Quinoa and Broccoli	Yuxiang Minced Chicken with Brown Rice, Saute Mushroom and Bok Choy	Gluten Free Banana Bread	
	440	445	175	1060
Wednesday	Chicken Rendang with Brown Rice, Roasted Cauliflower	Beef Bulgogi with Sweet Potato Noodles, Spinach and Shredded Carrot	Tofu Chococate Brownie	
	405	415	185	1005
Thursday	Chilli Con Carne (Beef and Red Kidney Beans) with Brown Rice, Saute Green Peas	Peri Peri Tilapia with Roasted Potatoes, Green Beans and Carrot	Low Fat Cheesecake	
	470	360	170	1000
Friday	Gong Bao Chicken with Brown Rice, Spicy Eggplant, Garlic Choy Sum	Basil Minced Chicken with Rice Noodles, Shredded Cucumber and Carrot	Peanut Butter Chocolate Cookie	
	440	385	160	985
Saturday	Nasi Lemak (Turmeric Chicken) with Basmati Rice, Boiled Egg, Cucumber	Lemongrass Barramundi with Brown Rice, Stew Tofu with Bittergourd and Red Capsicum	Chocolate Hazelnut Energy Bites	
	465	445	120	1030

Wk 3	Meal 1	Meal 2	Snack	Total Kcal
Monday	Seafood Tom Yam with Brown Rice Noodles, Beansprouts and Long Beans	Herb Chicken Breast with Spaghetti Aglio Olio, Roasted Veggies with Tomato	Pistachio and Dates Energy Bites	
	435	405	120	960
Tuesday	Lemongrass Barramundi with Brown Rice, Stew Tofu with Bittergourd and Red Capsicum	Coconut Chicken with Quinoa, Cauliflower and Sweet Potatoes	Gluten Free Banana Bread	
	445	440	175	1060
Wednesday	Herb Chicken with Roasted Potato, French Beans, Harissa Sauce	Beef Bolognese with Pasta, Mixed Mushrooms and Green Peas	Peanut Butter Chocolate Energy	
	445	430	125	1000
Thursday	Rendang Chicken with Coconut Basmati Rice, Roasted Cauliflower	Fresh Herb and Lemon Barramundi Fish with Cajun Roasted Sweet Potato, Herb Veggies	Low Fat Cheesecake	
	475	360	170	1005
Friday	Salmon Chicken Balls with Quinoa, Baked Spinach Egg, Broccoli, House Made Chilli Sauce	Tomato Soup with Cajun Chicken, Avocado and Mixed Beans, Feta Cheese	Tofu Chocolate Brownie	
	430	370	185	985
Saturday	Lamb Kofta with Couscous, Mint Yoghurt, Cucumber and Tomato Salad	Basil Minced Chicken with Brown Rice, Soy Egg, Kailan	Chocolate Hazelnut Energy Bites	
	475	400	120	995

Wk 4	Meal 1	Meal 2	Snack	Total Kcal
Monday	Herb Chicken with Aglio Olio Pasta, Tomato Sauce, Sweet Snap Peas	Teriyaki Salmon with Quinoa, Sauté Mixed Veggies	Gluten Free Banana Bread	
	480	395	175	1050
Tuesday	Red Curry Chicken with Brown Rice, Long Beans and Eggplants	Lemongrass Chicken with Rice Vermicelli and Mixed Veggies Salad	Tofu Chocolate Brownie	
	455	385	185	1025
Wednesday	Yakiniku Minced Beef with Brown Rice, Edamame and Kimchi	Peri Peri Chicken with Roasted Potato, Herb Veggies	Peanut Butter Chocolate Energy Bites	
	465	420	125	1010
Thursday	Basil Minced Chicken with Brown Rice, Soy Egg, Kailan	Baked Lemongrass Barramundi with Cajun Roasted Sweet Potato, Broccoli	Low Fat Cheesecake	
	440	390	170	1000
Friday	Lamb Kofta with Couscous, Mint Yoghurt, Cucumber and Tomato Salad	Turmeric Chicken with Brown Rice, Lady Finger	Peanut Butter Chocolate Cookie	
	440	385	180	1005
Saturday	Peranakan Curry Chicken with Basmati Rice, Cauliflower and Lady Finger	Beef Meatballs with Mashed Potatoes, Tomato Sauce, Saute Green Peas and Carrot	Carrot Cake with Cashew Frosting	
	455	420	180	1055

Wk 5	Meal 1	Meal 2	Snack	Total Kcal
Monday	Sambal Prawns and Squids with Brown Rice, Tofu and Shanghai Green	Tomato Soup with Cajun Chicken, Avocado and Mixed Beans, Feta Cheese	Tofu Chocolate Brownie	
	445	370	185	1000
Tuesday	Yakiniku Minced Beef with Rice Noodles, Kimchi and Edamame	Herb Chicken with Roasted Herb Veggies Quinoa Salad, Pomegranate, Honey Citrus	Peanut Butter Chocolate Energy Bites	
	460	370	125	955
Wednesday	Yuxiang Minced Chicken with Brown Rice, Saute Mushroom and Bok Choy	Fresh Herb and Lemon Barramundi Fish with Roasted Potatoes, French Beans	Oatmeal Cookie	
	445	430	145	1020
Thursday	Green Curry Chicken with Basmati Rice, Eggplants and Long Beans	Salmon Chicken Balls with Sweet Potatoes, Baked Spinach Egg, Broccoli, House Made Chilli	Pistachio and Dates Energy Bites	
	475	385	120	980
Friday	Chilli Con Carne (Beef and Red Kidney Beans) with Brown Rice, Saute Green Peas	Peri Peri Tilapia with Roasted Potatoes, French Beans and Carrot	Gluten Free Banana Bread	
	470	360	175	1005
Saturday	Gong Bao Chicken with Brown Rice, Spicy Eggplant, Garlic Choy Sum	Basil Minced Chicken with Rice Noodles, Shredded Cucumber and Carrot	Tofu Chocolate Brownie	
	440	385	185	1010

Wk 6	Meal 1	Meal 2	Snack	Total Kcal
Monday	Nasi Lemak (Turmeric Chicken) with Basmati Rice, Boiled Egg, Cucumber	Lemongrass Barramundi with Brown Rice, Stew Tofu with Bittergourd and Red Capsicum	Low Fat Cheesecake	
	465	445	170	1080
Tuesday	Seafood Tom Yam with Brown Rice Noodles, Beansprouts and Long Beans	Herb Chicken Breast with Spaghetti Aglio Olio, Roasted Veggies With Tomato	Peanut Butter Chocolate Cookie	
	435	405	160	1000
Wednesday	Teriyaki Salmon with Brown Rice, Kimchi, Edamame	Coconut Chicken with Quinoa, Cauliflower and Sweet Potatoes	Chocolate Hazelnut Energy Bites	
	460	440	120	1020
Thursday	Beef Bulgogi with Sweet Potato Noodles, Spinach and Shredded Carrot	Gong Bao Chicken with Brown Rice, Spicy Eggplant, Garlic Bok Choy	Gluten Free Banana Bread	
	445	405	170	1020
Friday	Herb Chicken with Roasted Potato, French Beans, Harissa Sauc	Beef Bolognese with Pasta, Mixed Mushrooms and Green Peas	Peanut Butter Chocolate Energy Bites	
	445	430	160	1035
Saturday	Rendang Chicken with Coconut Basmati Rice, Roasted Cauliflower	Fresh Herb and Lemon Barramundi Fish with Cajun Roasted Sweet Potato, Herb Veggies	Pistachio and Dates Energy Bites	
	475	360	130	965

MENU 1,400kcal

CALORIE-CALCULATED WHOLE FOODS
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YoloChallenge.™

Wk 1	Meal 1	Meal 2	Snack	Total Kcal
Monday	Teriyaki Salmon with Brown Rice, Kimchi, Edamame	Herb Chicken with Kale Quinoa Salad and Baked Pumpkin	Choc Hazelnut Energy Bites (2 pcs)	
	690	595	120	1405
Tuesday	Nasi Lemak (Turmeric Chicken) with Coconut Basmati Rice, Hard Boiled Egg, Cucumber	Seafood Tom Yam with Brown Rice Noodles, Beansprouts and Cucumber	Carrot Cake with Cashew Frosting	
	695	555	175	1425
Wednesday	Beef Meatball with Aglio Olio Pasta, Mixed Veggies	Green Curry Chicken with Basmati Rice, Eggplants, Long Beans	Gluten Free Banana Bread	
	555	660	175	1390
Thursday	Brown Rice Paella with Chicken Thigh Chunks, Prawns and Squids, Saute green peas	Honey Miso Salmon with Quinoa and Broccoli	Tofu Chocolate Brownie	
	600	610	185	1395
Friday	Gong Bao Chicken with Brown Rice, Spicy Eggplant, Cucumber Salad	Harrisa Roasted Tilapia with Roasted Potato, French Beans	Pistachios and Dates Energy Bites	
	675	590	120	1385
Saturday	Beef Bolognese with Pasta, Mixed Mushrooms and Green Peas	Lemongrass Chicken with Rice Vermicelli and Mixed Veggies Salad	Oatmeal Cookie	
	710	555	145	1410

Wk 2	Meal 1	Meal 2	Snack	Total Kcal
Monday	Ma Po Tofu with Rice Noodles, Beansprouts	Baked Curry Barramundi with Coconut Basmati Rice, Long Beans	Almond Oats Energy Bar	
	515	690	190	1395
Tuesday	Honey Miso Salmon with Quinoa and Broccoli	Yuxiang Minced Chicken with Brown Rice, Saute Mushroom and Bok Choy	Gluten Free Banana Bread	
	635	640	175	1450
Wednesday	Chicken Rendang with Brown Rice, Roasted Cauliflower	Beef Bulgogi with Sweet Potato Noodles, Spinach and Shredded Carrot	Tofu Chococate Brownie	
	590	620	185	1395
Thursday	Chilli Con Carne (Beef and Red Kidney Beans) with Brown Rice, Saute Green Peas	Peri Peri Tilapia with Roasted Potatoes, Green Beans and Carrot	Low Fat Cheesecake	
	705	525	170	1400
Friday	Gong Bao Chicken with Brown Rice, Spicy Eggplant, Garlic Choy Sum	Basil Minced Chicken with Rice Noodles, Shredded Cucumber and Carrot	Peanut Butter Chocolate Cookie	
	660	560	160	1380
Saturday	Nasi Lemak (Turmeric Chicken) with Basmati Rice, Boiled Egg, Cucumber	Lemongrass Barramundi with Brown Rice, Stew Tofu with Bittergourd and Red Capsicum	Chocolate Hazelnut Energy Bites	
	700	645	120	1465

Wk 3	Meal 1	Meal 2	Snack	Total Kcal
Monday	Seafood Tom Yam with Brown Rice Noodles, Beansprouts and Long Beans	Herb Chicken Breast with Spaghetti Aglio Olio, Roasted Veggies with Tomato	Pistachio and Dates Energy Bites	
	630	610	120	1360
Tuesday	Lemongrass Barramundi with Brown Rice, Stew Tofu with Bittergourd and Red Capsicum	Coconut Chicken with Quinoa, Cauliflower and Sweet Potatoes	Gluten Free Banana Bread	
	645	635	175	1455
Wednesday	Herb Chicken with Roasted Potato, French Beans, Harissa Sauce	Beef Bolognese with Pasta, Mixed Mushrooms and Green Peas	Peanut Butter Chocolate Energy	
	640	620	125	1385
Thursday	Rendang Chicken with Coconut Basmati Rice, Roasted Cauliflower	Fresh Herb and Lemon Barramundi Fish with Cajun Roasted Sweet Potato, Herb Veggies	Low Fat Cheesecake	
	685	535	170	1390
Friday	Salmon Chicken Balls with Quinoa, Baked Spinach Egg, Broccoli, House Made Chilli Sauce	Tomato Soup with Cajun Chicken, Avocado and Mixed Beans, Feta Cheese	Tofu Chocolate Brownie	
	645	560	185	1390
Saturday	Lamb Kofta with Couscous, Mint Yoghurt, Cucumber and Tomato Salad	Basil Minced Chicken with Brown Rice, Soy Egg, Kailan	Chocolate Hazelnut Energy Bites	
	690	585	120	1395

Wk 4	Meal 1	Meal 2	Snack	Total Kcal
Monday	Herb Chicken with Aglio Olio Pasta, Tomato Sauce, Sweet Snap Peas	Teriyaki Salmon with Quinoa, Sauté Mixed Veggies	Gluten Free Banana Bread	
	720	555	175	1450
Tuesday	Red Curry Chicken with Brown Rice, Long Beans and Eggplants	Lemongrass Chicken with Rice Vermicelli and Mixed Veggies Salad	Tofu Chocolate Brownie	
	685	555	185	1425
Wednesday	Yakiniku Minced Beef with Brown Rice, Edamame and Kimchi	Peri Peri Chicken with Roasted Potato, Herb Veggies	Peanut Butter Chocolate Energy Bites	
	670	610	125	1405
Thursday	Basil Minced Chicken with Brown Rice, Soy Egg, Kailan	Baked Lemongrass Barramundi with Cajun Roasted Sweet Potato, Broccoli	Low Fat Cheesecake	
	635	590	170	1395
Friday	Lamb Kofta with Couscous, Mint Yoghurt, Cucumber and Tomato Salad	Turmeric Chicken with Brown Rice, Lady Finger	Peanut Butter Chocolate Cookie	
	635	575	180	1390
Saturday	Peranakan Curry Chicken with Basmati Rice, Cauliflower and Lady Finger	Beef Meatballs with Mashed Potatoes, Tomato Sauce, Saute Green Peas and Carrot	Carrot Cake with Cashew Frosting	
	660	610	180	1450

Wk 5	Meal 1	Meal 2	Snack	Total Kcal
Monday	Sambal Prawns and Squids with Brown Rice, Tofu and Shanghai Green	Tomato Soup with Cajun Chicken, Avocado and Mixed Beans, Feta Cheese	Tofu Chocolate Brownie	
	665	560	185	1410
Tuesday	Yakiniku Minced Beef with Rice Noodles, Kimchi and Edamame	Herb Chicken with Roasted Herb Veggies Quinoa Salad, Pomegranate, Honey Citrus	Peanut Butter Chocolate Energy Bites	
	665	535	125	1325
Wednesday	Yuxiang Minced Chicken with Brown Rice, Saute Mushroom and Bok Choy	Fresh Herb and Lemon Barramundi Fish with Roasted Potatoes, French Beans	Oatmeal Cookie	
	640	645	145	1430
Thursday	Green Curry Chicken with Basmati Rice, Eggplants and Long Beans	Salmon Chicken Balls with Sweet Potatoes, Baked Spinach Egg, Broccoli, House Made Chilli	Pistachio and Dates Energy Bites	
	690	560	120	1370
Friday	Chilli Con Carne (Beef and Red Kidney Beans) with Brown Rice, Saute Green Peas	Peri Peri Tilapia with Roasted Potatoes, French Beans and Carrot	Gluten Free Banana Bread	
	705	535	175	1415
Saturday	Gong Bao Chicken with Brown Rice, Spicy Eggplant, Garlic Choy Sum	Basil Minced Chicken with Rice Noodles, Shredded Cucumber and Carrot	Tofu Chocolate Brownie	
	660	560	185	1405

Wk 6	Meal 1	Meal 2	Snack	Total Kcal
Monday	Nasi Lemak (Turmeric Chicken) with Basmati Rice, Boiled Egg, Cucumber	Lemongrass Barramundi with Brown Rice, Stew Tofu with Bittergourd and Red Capsicum	Low Fat Cheesecake	
	700	645	170	1515
Tuesday	Seafood Tom Yam with Brown Rice Noodles, Beansprouts and Long Beans	Herb Chicken Breast with Spaghetti Aglio Olio, Roasted Veggies With Tomato	Peanut Butter Chocolate Cookie	
	630	610	160	1400
Wednesday	Teriyaki Salmon with Brown Rice, Kimchi, Edamame	Coconut Chicken with Quinoa, Cauliflower and Sweet Potatoes	Chocolate Hazelnut Energy Bites	
	690	635	120	1445
Thursday	Beef Bulgogi with Sweet Potato Noodles, Spinach and Shredded Carrot	Gong Bao Chicken with Brown Rice, Spicy Eggplant, Garlic Bok Choy	Gluten Free Banana Bread	
	640	585	170	1395
Friday	Herb Chicken with Roasted Potato, French Beans, Harissa Sauc	Beef Bolognese with Pasta, Mixed Mushrooms and Green Peas	Peanut Butter Chocolate Energy Bites	
	640	620	125	1385
Saturday	Rendang Chicken with Coconut Basmati Rice, Roasted Cauliflower	Fresh Herb and Lemon Barramundi Fish with Cajun Roasted Sweet Potato, Herb Veggies	Pistachio and Dates Energy Bites	
	685	535	120	1340

MENU 1,800kcal

CALORIE-CALCULATED WHOLE FOODS
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Wk 1	Meal 1	Meal 2	Snack	Total Kcal
Monday	Teriyaki Salmon with Brown Rice, Kimchi, Edamame	Herb Chicken with Kale Quinoa Salad and Baked Pumpkin	Choc Hazelnut Energy Bites (2 pcs)	
	855	700	240	1795
Tuesday	Nasi Lemak (Turmeric Chicken) with Coconut Basmati Rice, Hard Boiled Egg, Cucumber	Seafood Tom Yam with Brown Rice Noodles, Beansprouts and Cucumber	Carrot Cake with Cashew Frosting	
	920	705	175	1800
Wednesday	Beef Meatball with Aglio Olio Pasta, Mixed Veggies	Green Curry Chicken with Basmati Rice, Eggplants, Long Beans	Gluten Free Banana Bread	
	730	865	175	1770
Thursday	Brown Rice Paella with Chicken Thigh Chunks, Prawns and Squids, Saute green peas	Honey Miso Salmon with Quinoa and Broccoli	Tofu Chocolate Brownie	
	785	815	185	1785
Friday	Gong Bao Chicken with Brown Rice, Spicy Eggplant, Cucumber Salad	Harrisa Roasted Tilapia with Roasted Potato, French Beans	Pistachios and Dates Energy Bites	
	840	715	240	1795
Saturday	Beef Bolognese with Pasta, Mixed Mushrooms and Green Peas	Lemongrass Chicken with Rice Vermicelli and Mixed Veggies Salad	Oatmeal Cookie	
	945	745	145	1835

Wk 2	Meal 1	Meal 2	Snack	Total Kcal
Monday	Ma Po Tofu with Rice Noodles, Beansprouts	Baked Curry Barramundi with Coconut Basmati Rice, Long Beans	Almond Oats Energy Bar	
	690	920	190	1800
Tuesday	Honey Miso Salmon with Quinoa and Broccoli	Yuxiang Minced Chicken with Brown Rice, Saute Mushroom and Bok Choy	Gluten Free Banana Bread	
	855	775	175	1805
Wednesday	Chicken Rendang with Brown Rice, Roasted Cauliflower	Beef Bulgogi with Sweet Potato Noodles, Spinach and Shredded Carrot	Tofu Chococate Brownie	
	810	805	185	1800
Thursday	Chilli Con Carne (Beef and Red Kidney Beans) with Brown Rice, Saute Green Peas	Peri Peri Tilapia with Roasted Potatoes, Green Beans and Carrot	Low Fat Cheesecake	
	915	705	170	1790
Friday	Gong Bao Chicken with Brown Rice, Spicy Eggplant, Garlic Choy Sum	Basil Minced Chicken with Rice Noodles, Shredded Cucumber and Carrot	Peanut Butter Chocolate Cookie	
	880	730	160	1770
Saturday	Nasi Lemak (Turmeric Chicken) with Basmati Rice, Boiled Egg, Cucumber	Lemongrass Barramundi with Brown Rice, Stew Tofu with Bittergourd and Red Capsicum	Chocolate Hazelnut Energy Bites	
	885	800	120	1805

Wk 3	Meal 1	Meal 2	Snack	Total Kcal
Monday	Seafood Tom Yam with Brown Rice Noodles, Beansprouts and Long Beans	Herb Chicken Breast with Spaghetti Aglio Olio, Roasted Veggies with Tomato	Pistachio and Dates Energy Bites	
	825	815	120	1760
Tuesday	Lemongrass Barramundi with Brown Rice, Stew Tofu with Bittergourd and Red Capsicum	Coconut Chicken with Quinoa, Cauliflower and Sweet Potatoes	Gluten Free Banana Bread	
	800	765	175	1740
Wednesday	Herb Chicken with Roasted Potato, French Beans, Harissa Sauce	Beef Bolognese with Pasta, Mixed Mushrooms and Green Peas	Peanut Butter Chocolate Energy	
	840	815	125	1780
Thursday	Rendang Chicken with Coconut Basmati Rice, Roasted Cauliflower	Fresh Herb and Lemon Barramundi Fish with Cajun Roasted Sweet Potato, Herb Veggies	Low Fat Cheesecake	
	920	700	170	1790
Friday	Salmon Chicken Balls with Quinoa, Baked Spinach Egg, Broccoli, House Made Chilli Sauce	Tomato Soup with Cajun Chicken, Avocado and Mixed Beans, Feta Cheese	Tofu Chocolate Brownie	
	840	725	185	1750
Saturday	Lamb Kofta with Couscous, Mint Yoghurt, Cucumber and Tomato Salad	Basil Minced Chicken with Brown Rice, Soy Egg, Kailan	Chocolate Hazelnut Energy Bites	
	835	705	240	1780

Wk 4	Meal 1	Meal 2	Snack	Total Kcal
Monday	Herb Chicken with Aglio Olio Pasta, Tomato Sauce, Sweet Snap Peas	Teriyaki Salmon with Quinoa, Sauté Mixed Veggies	Gluten Free Banana Bread	
	890	795	175	1860
Tuesday	Red Curry Chicken with Brown Rice, Long Beans and Eggplants	Lemongrass Chicken with Rice Vermicelli and Mixed Veggies Salad	Tofu Chocolate Brownie	
	910	745	185	1840
Wednesday	Yakiniku Minced Beef with Brown Rice, Edamame and Kimchi	Peri Peri Chicken with Roasted Potato, Herb Veggies	Peanut Butter Chocolate Energy Bites	
	880	800	125	1805
Thursday	Basil Minced Chicken with Brown Rice, Soy Egg, Kailan	Baked Lemongrass Barramundi with Cajun Roasted Sweet Potato, Broccoli	Low Fat Cheesecake	
	830	785	170	1785
Friday	Lamb Kofta with Couscous, Mint Yoghurt, Cucumber and Tomato Salad	Turmeric Chicken with Brown Rice, Lady Finger	Peanut Butter Chocolate Cookie	
	855	765	180	1800
Saturday	Peranakan Curry Chicken with Basmati Rice, Cauliflower and Lady Finger	Beef Meatballs with Mashed Potatoes, Tomato Sauce, Saute Green Peas and Carrot	Carrot Cake with Cashew Frosting	
	795	760	180	1735

Wk 5	Meal 1	Meal 2	Snack	Total Kcal
Monday	Sambal Prawns and Squids with Brown Rice, Tofu and Shanghai Green	Tomato Soup with Cajun Chicken, Avocado and Mixed Beans, Feta Cheese	Tofu Chocolate Brownie	
	885	725	185	1795
Tuesday	Yakiniku Minced Beef with Rice Noodles, Kimchi and Edamame	Herb Chicken with Roasted Herb Veggies Quinoa Salad, Pomegranate, Honey Citrus	Peanut Butter Chocolate Energy Bites	
	895	720	125	1740
Wednesday	Yuxiang Minced Chicken with Brown Rice, Saute Mushroom and Bok Choy	Fresh Herb and Lemon Barramundi Fish with Roasted Potatoes, French Beans	Pistachios and Dates Energy Bites (4 pcs)	
	775	775	240	1790
Thursday	Green Curry Chicken with Basmati Rice, Eggplants and Long Beans	Salmon Chicken Balls with Sweet Potatoes, Baked Spinach Egg, Broccoli, House Made Chilli	Oatmeal Cookie	
	930	735	145	1810
Friday	Chilli Con Carne (Beef and Red Kidney Beans) with Brown Rice, Saute Green Peas	Peri Peri Tilapia with Roasted Potatoes, French Beans and Carrot	Gluten Free Banana Bread	
	915	705	175	1795
Saturday	Gong Bao Chicken with Brown Rice, Spicy Eggplant, Garlic Choy Sum	Basil Minced Chicken with Rice Noodles, Shredded Cucumber and Carrot	Tofu Chocolate Brownie	
	880	730	185	1795

Wk 6	Meal 1	Meal 2	Snack	Total Kcal
Monday	Nasi Lemak (Turmeric Chicken) with Basmati Rice, Boiled Egg, Cucumber	Lemongrass Barramundi with Brown Rice, Stew Tofu with Bittergourd and Red Capsicum	Low Fat Cheesecake	
	885	800	170	1855
Tuesday	Seafood Tom Yam with Brown Rice Noodles, Beansprouts and Long Beans	Herb Chicken Breast with Spaghetti Aglio Olio, Roasted Veggies With Tomato	Peanut Butter Chocolate Cookie	
	825	815	160	1800
Wednesday	Teriyaki Salmon with Brown Rice, Kimchi, Edamame	Coconut Chicken with Quinoa, Cauliflower and Sweet Potatoes	Chocolate Hazelnut Energy Bites	
	855	765	240	1860
Thursday	Beef Bulgogi with Sweet Potato Noodles, Spinach and Shredded Carrot	Gong Bao Chicken with Brown Rice, Spicy Eggplant, Garlic Bok Choy	Gluten Free Banana Bread	
	820	730	170	1720
Friday	Herb Chicken with Roasted Potato, French Beans, Harissa Sauc	Beef Bolognese with Pasta, Mixed Mushrooms and Green Peas	Peanut Butter Chocolate Energy Bites	
	840	815	125	1780
Saturday	Rendang Chicken with Coconut Basmati Rice, Roasted Cauliflower	Fresh Herb and Lemon Barramundi Fish with Cajun Roasted Sweet Potato, Herb Veggies	Pistachio and Dates Energy Bites	
	920	700	120	1740

MENU 2,200kcal

CALORIE-CALCULATED WHOLE FOODS
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Wk 1	Meal 1	Meal 2	Meal 3	Total Kcal
Monday	Teriyaki Salmon with Brown Rice, Kimchi, Edamame	Herb Chicken with Kale Quinoa Salad and Baked Pumpkin	Beef Bulgogi with Sweet Potato Noodles, Spinach and Shredded Carrot	
	855	700	640	2195
Tuesday	Nasi Lemak (Turmeric Chicken) with Coconut Basmati Rice, Hard Boiled Egg, Cucumber	Seafood Tom Yam with Brown Rice Noodles, Beansprouts and Cucumber	Herb Chicken with Roasted Potato, French Beans, Harissa Sauce	
	920	705	640	2265
Wednesday	Beef Meatball with Aglio Olio Pasta, Mixed Veggies	Green Curry Chicken with Basmati Rice, Eggplants, Long Beans	Fresh Herb and Lemon Barramundi Fish with Cajun Roasted Sweet Potato, Herb Veggies	
	730	865	535	2130
Thursday	Brown Rice Paella with Chicken Thigh Chunks, Prawns and Squids, Saute green peas	Honey Miso Salmon with Quinoa and Broccoli	Rendang Chicken with Coconut Basmati Rice, Roasted Cauliflower	
	785	815	685	2285
Friday	Gong Bao Chicken with Brown Rice, Spicy Eggplant, Cucumber Salad	Harrisa Roasted Tilapia with Roasted Potato, French Beans	Peri Peri Tilapia with Roasted Potatoes, French Beans and Carrot	
	840	715	525	2080
Saturday	Beef Bolognese with Pasta, Mixed Mushrooms and Green Peas	Lemongrass Chicken with Rice Vermicelli and Mixed Veggies Salad	Salmon Chicken Balls with Quinoa, Baked Spinach Egg, Broccoli, House Made Chilli Sauce	
	945	745	645	2335

Wk 2	Meal 1	Meal 2	Meal 3	Total Kcal
Monday	Ma Po Tofu with Rice Noodles, Beansprouts	Baked Curry Barramundi with Coconut Basmati Rice, Long Beans	Basil Minced Chicken with Brown Rice, Soy Egg, Kailan	
	690	920	585	2195
Tuesday	Honey Miso Salmon with Quinoa and Broccoli	Yuxiang Minced Chicken with Brown Rice, Saute Mushroom and Bok Choy	Lamb Kofta with Couscous, Mint Yoghurt, Cucumber and Tomato Salad	
	855	775	690	2320
Wednesday	Chicken Rendang with Brown Rice, Roasted Cauliflower	Beef Bulgogi with Sweet Potato Noodles, Spinach and Shredded Carrot	Seafood Tom Yam with Brown Rice Noodles, Beansprouts and Long Beans	
	810	805	630	2245
Thursday	Chilli Con Carne (Beef and Red Kidney Beans) with Brown Rice, Saute Green Peas	Peri Peri Tilapia with Roasted Potatoes, Green Beans and Carrot	Coconut Chicken with Quinoa, Cauliflower and Sweet Potatoes	
	915	705	635	2255
Friday	Gong Bao Chicken with Brown Rice, Spicy Eggplant, Garlic Choy Sum	Basil Minced Chicken with Rice Noodles, Shredded Cucumber and Carrot	Lemongrass Barramundi with Brown Rice, Stew Tofu with Bittergourd and Red Capsicum	
	880	730	645	2255
Saturday	Nasi Lemak (Turmeric Chicken) with Basmati Rice, Boiled Egg, Cucumber	Lemongrass Barramundi with Brown Rice, Stew Tofu with Bittergourd and Red Capsicum	Herb Chicken with Roasted Potato, French Beans, Harissa Sauce	
	885	800	640	2325

Wk 3	Meal 1	Meal 2	Meal 3	Total Kcal
Monday	Seafood Tom Yam with Brown Rice Noodles, Beansprouts and Long Beans	Herb Chicken Breast with Spaghetti Aglio Olio, Roasted Veggies with Tomato	Ma Po Tofu with Rice Noodles, Beansprouts	
	825	815	515	2155
Tuesday	Lemongrass Barramundi with Brown Rice, Stew Tofu with Bittergourd and Red Capsicum	Coconut Chicken with Quinoa, Cauliflower and Sweet Potatoes	Beef Bolognese with Pasta, Mixed Mushrooms and Green Peas	
	800	765	620	2185
Wednesday	Herb Chicken with Roasted Potato, French Beans, Harissa Sauce	Beef Bolognese with Pasta, Mixed Mushrooms and Green Peas	Peri Peri Tilapia with Roasted Potatoes, French Beans and Carrot	
	840	815	525	2180
Thursday	Rendang Chicken with Coconut Basmati Rice, Roasted Cauliflower	Fresh Herb and Lemon Barramundi Fish with Cajun Roasted Sweet Potato, Herb Veggies	Beef Bulgogi with Sweet Potato Noodles, Spinach and Shredded Carrot	
	920	700	640	2260
Friday	Salmon Chicken Balls with Quinoa, Baked Spinach Egg, Broccoli, House Made Chilli Sauce	Tomato Soup with Cajun Chicken, Avocado and Mixed Beans, Feta Cheese	Gong Bao Chicken with Brown Rice, Spicy Eggplant, Garlic Choy Sum	
	840	725	660	2225
Saturday	Lamb Kofta with Couscous, Mint Yoghurt, Cucumber and Tomato Salad	Basil Minced Chicken with Brown Rice, Soy Egg, Kailan	Nasi Lemak (Turmeric Chicken) with Basmati Rice, Boiled Egg, Cucumber	
	835	705	700	2240

Wk 4	Meal 1	Meal 2	Meal 3	Total Kcal
Monday	Herb Chicken with Aglio Olio Pasta, Tomato Sauce, Sweet Snap Peas	Teriyaki Salmon with Quinoa, Sauté Mixed Veggies	Lemongrass Chicken with Rice Vermicelli and Mixed Veggies Salad	
	890	795	555	2240
Tuesday	Red Curry Chicken with Brown Rice, Long Beans and Eggplants	Lemongrass Chicken with Rice Vermicelli and Mixed Veggies Salad	Harrisa Roasted Tilapia with Roasted Potato, French Beans	
	910	745	590	2245
Wednesday	Beef Meatballs with Mashed Potatoes, Tomato Sauce, Saute Green Peas and Carrot	Peri Peri Chicken with Roasted Potato, Herb Veggies	Green Curry Chicken with Basmati Rice, Eggplants and Long Beans	
	760	800	690	2250
Thursday	Basil Minced Chicken with Brown Rice, Soy Egg, Kailan	Baked Lemongrass Barramundi with Cajun Roasted Sweet Potato, Broccoli	Yuxiang Minced Chicken with Brown Rice, Saute Mushroom and Bok Choy	
	830	785	640	2255
Friday	Lamb Kofta with Couscous, Mint Yoghurt, Cucumber and Tomato Salad	Turmeric Chicken with Brown Rice, Lady Finger	Fresh Herb and Lemon Barramundi Fish with Roasted Potatoes, French Beans	
	855	765	645	2265
Saturday	Peranakan Curry Chicken with Basmati Rice, Cauliflower and Lady Finger	Yakiniku Minced Beef with Brown Rice, Edamame and Kimchi	Herb Chicken with Roasted Herb Veggies Quinoa Salad, Pomegranate, Honey Citrus Dressing	
	795	880	535	2210

Wk 5	Meal 1	Meal 2	Meal 3	Total Kcal
Monday	Sambal Prawns and Squids with Brown Rice, Tofu and Shanghai Green	Tomato Soup with Cajun Chicken, Avocado and Mixed Beans, Feta Cheese	Lemongrass Chicken with Rice Vermicelli and Mixed Veggies Salad	
	885	725	555	2165
Tuesday	Yakiniku Minced Beef with Rice Noodles, Kimchi and Edamame	Herb Chicken with Roasted Herb Veggies Quinoa Salad, Pomegranate, Honey Citrus Dressing	Baked Curry Barramundi with Coconut Basmati Rice, Long Beans	
	895	720	690	2305
Wednesday	Yuxiang Minced Chicken with Brown Rice, Saute Mushroom and Bok Choy	Fresh Herb and Lemon Barramundi Fish with Roasted Potatoes, French Beans	Beef Meatballs with Mashed Potatoes, Tomato Sauce, Saute Green Peas and Carrot	
	775	775	610	2160
Thursday	Green Curry Chicken with Basmati Rice, Eggplants and Long Beans	Salmon Chicken Balls with Sweet Potatoes, Baked Spinach Egg, Broccoli, House Made Chilli Sauce	Chicken Rendang with Brown Rice, Roasted Cauliflower	
	930	735	590	2255
Friday	Chilli Con Carne (Beef and Red Kidney Beans) with Brown Rice, Saute Green Peas	Peri Peri Tilapia with Roasted Potatoes, French Beans and Carrot	Herb Chicken with Kale Quinoa Salad and Baked Pumpkin	
	915	705	595	2215
Saturday	Gong Bao Chicken with Brown Rice, Spicy Eggplant, Garlic Choy Sum	Basil Minced Chicken with Rice Noodles, Shredded Cucumber and Carrot	Ma Po Tofu with Rice Noodles, Beansprouts	
	880	730	515	2125

Wk 6	Meal 1	Meal 2	Meal 3	Total Kcal
Monday	Nasi Lemak (Turmeric Chicken) with Basmati Rice, Boiled Egg, Cucumber	Lemongrass Barramundi with Brown Rice, Stew Tofu with Bittergourd and Red Capsicum	Brown Rice Paella with Chicken Thigh Chunks, Prawns and Squids, Serve With a Side Salad	
	885	800	600	2285
Tuesday	Seafood Tom Yam with Brown Rice Noodles, Beansprouts and Long Beans	Herb Chicken Breast with Spaghetti Aglio Olio, Roasted Veggies With Tomato	Yakiniku Minced Beef with Rice Noodles, Kimchi and Edamame	
	825	815	665	2305
Wednesday	Teriyaki Salmon with Brown Rice, Kimchi, Edamame	Coconut Chicken with Quinoa, Cauliflower and Sweet Potatoes	Peranakan Curry Chicken with Basmati Rice, Cauliflower and Lady Finger	
	855	765	660	2280
Thursday	Beef Bulgogi with Sweet Potato Noodles, Spinach and Shredded Carrot	Gong Bao Chicken with Brown Rice, Spicy Eggplant, Garlic Bok Choy	Harrisa Roasted Tilapia with Roasted Potato, French Beans	
	820	730	590	2140
Friday	Herb Chicken with Roasted Potato, French Beans, Harissa Sauc	Beef Bolognese with Pasta, Mixed Mushrooms and Green Peas	Yuxiang Minced Chicken with Brown Rice, Saute Mushroom and Bok Choy	
	840	815	640	2295
Saturday	Rendang Chicken with Coconut Basmati Rice, Roasted Cauliflower	Fresh Herb and Lemon Barramundi Fish with Cajun Roasted Sweet Potato, Herb Veggies	Tomato Soup with Cajun Chicken, Avocado and Mixed Beans, Feta Cheese	
	920	700	560	2180