

YoloFoods.™

# YoloPlans Menu

Oct 10th - Oct 24th 2022 | [yolofoods.sg](https://yolofoods.sg)



# Weight Loss Menu

Monday Oct — 10/2022

Add On: \$2.5

## Lunch

Herb Chicken with Aglio Olio Pasta,  
Tomato Sauce, Sweet Snap Peas

### Small Plan

480kcal 36g 48g 16g  
Calories Protein Carbs Fat

### Medium Plan

720kcal 54g 72g 24g  
Calories Protein Carbs Fat

## Dinner

Teriyaki Salmon with Quinoa, Sauté Mixed  
Veggies

### Small Plan

395kcal 32g 38g 13g  
Calories Protein Carbs Fat

### Medium Plan

555kcal 45g 53g 18g  
Calories Protein Carbs Fat

## Snack

Cumin Carrot Soup

### Small Plan

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

### Medium Plan

125kcal 6g 6g 8g  
Calories Protein Carbs Fat

Tuesday Oct — 11/2022

## Lunch

Red Curry Chicken with Brown Rice, Long  
Beans and Eggplants

### Small Plan

455kcal 31g 49g 15g  
Calories Protein Carbs Fat

### Medium Plan

685kcal 50g 66g 23g  
Calories Protein Carbs Fat

## Dinner

Salmon Chicken Balls with Cauliflower  
Rice, Spinach Egg

### Small Plan

360kcal 36g 34g 9g  
Calories Protein Carbs Fat

### Medium Plan

540kcal 54g 51g 14g  
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 Oct — 12/2022

## Lunch

Yakiniku Minced Beef with Brown Rice,  
Edamame and Kimchi

### Small Plan

465kcal 36g 45g 15g  
Calories Protein Carbs Fat

### Medium Plan

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

## Dinner

Peri Peri Chicken with Roasted Potato,  
Herb Veggies

### Small Plan

420kcal 37g 41g 12g  
Calories Protein Carbs Fat

### Medium Plan

610kcal 54g 59g 17g  
Calories Protein Carbs Fat

## Snack

Peanut Butter Chocolate Energy Bites

### Small Plan

125kcal 4g 2g 11g  
Calories Protein Carbs Fat

### Medium Plan

125kcal 4g 2g 11g  
Calories Protein Carbs Fat

Thursday Oct — 13/2022

## Lunch

Basil Minced Chicken with Brown Rice, Soy  
Egg, Kailan

### Small Plan

440kcal 36g 42g 14g  
Calories Protein Carbs Fat

### Medium Plan

635kcal 52g 61g 20g  
Calories Protein Carbs Fat

## Dinner

Baked Lemongrass Barramundi with Cajun  
Roasted Sweet Potato, Broccoli

### Small Plan

390kcal 36g 35g 12g  
Calories Protein Carbs Fat

### Medium Plan

590kcal 54g 53g 18g  
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 Oct — 14/2022

## Lunch

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

### Small Plan

440kcal 32g 44g 15g  
Calories Protein Carbs Fat

### Medium Plan

635kcal 46g 64g 22g  
Calories Protein Carbs Fat

## Dinner

Turmeric Chicken with Brown Rice, Lady  
Finger

### Small Plan

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

### Medium Plan

575kcal 48g 59g 17g  
Calories Protein Carbs Fat

## Snack

Peanut Butter Chocolate Cookie

### Small Plan

180kcal 4g 5g 16g  
Calories Protein Carbs Fat

### Medium Plan

180kcal 4g 5g 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.™



# Weight Loss Menu

Monday Oct — 17/2022

Add On: \$2.5

## Lunch

Peranakan Curry Chicken with Basmati Rice, Cauliflower and Lady Finger

### Small Plan

455kcal 34g 46g 15g  
Calories Protein Carbs Fat

### Medium Plan

660kcal 49g 67g 22g  
Calories Protein Carbs Fat

## Dinner

Beef Meatballs with Mashed Potatoes, Tomato Sauce, Saute Green Peas and Carrot

### Small Plan

420kcal 36g 38g 14g  
Calories Protein Carbs Fat

### Medium Plan

610kcal 52g 55g 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

Tuesday Oct — 19/2022

## Lunch

Sambal Prawns & Squids with Brown Rice, Tofu and Shanghai Green

### Small Plan

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

### Medium Plan

665kcal 50g 66g 23g  
Calories Protein Carbs Fat

## Dinner

Tomato Soup with Cajun Chicken, Avocado and Mixed Beans, Feta Cheese

### Small Plan

370kcal 35g 22g 16g  
Calories Protein Carbs Fat

### Medium Plan

560kcal 53g 33g 24g  
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 Oct — 20/2022

## Lunch

Yakiniku Minced Beef with Rice Noodles, Kimchi and Edamame

### Small Plan

460kcal 36g 45g 15g  
Calories Protein Carbs Fat

### Medium Plan

665kcal 52g 65g 22g  
Calories Protein Carbs Fat

## Dinner

Herb Chicken with Roasted Herb Veggies Quinoa Salad, Pomegranate, Honey Citrus Dressing

### Small Plan

370kcal 37g 28g 12g  
Calories Protein Carbs Fat

### Medium Plan

535kcal 54g 41g 17g  
Calories Protein Carbs Fat

## Snack

Carrot Cake with Cashew Frosting

### Small Plan

180kcal 8g 19g 8g  
Calories Protein Carbs Fat

### Medium Plan

180kcal 8g 19g 8g  
Calories Protein Carbs Fat

Thursday Oct — 21/2022

## Lunch

Yuxiang Minced Chicken with Brown Rice, Saute Mushroom and Bok Choy

### Small Plan

445kcal 32g 45g 15g  
Calories Protein Carbs Fat

### Medium Plan

640kcal 46g 65g 22g  
Calories Protein Carbs Fat

## Dinner

Fresh Herb and Lemon Barramundi Fish with Roasted Potatoes, French Beans

### Small Plan

430kcal 38g 38g 14g  
Calories Protein Carbs Fat

### Medium Plan

645kcal 57g 57g 21g  
Calories Protein Carbs Fat

## Snack

Pistachio and Dates Energy Bites

### Small Plan

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

### Medium Plan

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

Friday Oct — 22/2022

## Lunch

Green Curry Chicken with Basmati Rice, Eggplants and Long Beans

### Small Plan

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

### Medium Plan

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

## Dinner

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

### Small Plan

385kcal 31g 34g 14g  
Calories Protein Carbs Fat

### Medium Plan

560kcal 45g 49g 20g  
Calories Protein Carbs Fat

## Snack

Overnight Oats with Roasted Apple and Chia Seeds

### Small Plan

145kcal 5g 20g 5g  
Calories Protein Carbs Fat

### Medium Plan

145kcal 5g 20g 5g  
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 Oct — 10/2022

Add On: \$2.5

## Lunch

Herb Chicken with Aglio Olio Pasta,  
Tomato Sauce, Sweet Snap Peas

### Medium Plan

720kcal 54g 72g 24g  
Calories Protein Carbs Fat

### Regular Plan

890kcal 67g 89g 30g  
Calories Protein Carbs Fat

## Dinner

Teriyaki Salmon with Quinoa, Sauté Mixed  
Veggies

### Medium Plan

555kcal 45g 53g 18g  
Calories Protein Carbs Fat

### Regular Plan

795kcal 64g 76g 26g  
Calories Protein Carbs Fat

## Snack

Cumin Carrot Soup

### Medium Plan

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

### Regular Plan

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

Tuesday Oct — 11/2022

## Lunch

Red Curry Chicken with Brown Rice, Long  
Beans and Eggplants

### Medium Plan

685kcal 47g 74g 23g  
Calories Protein Carbs Fat

### Regular Plan

910kcal 62g 98g 30g  
Calories Protein Carbs Fat

## Dinner

Salmon Chicken Balls with Cauliflower  
Rice, Spinach Egg

### Medium Plan

540kcal 54g 51g 14g  
Calories Protein Carbs Fat

### Regular Plan

705kcal 70g 66g 18g  
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

Wednesday Oct — 12/2022

## Lunch

Yakiniku Minced Beef with Brown Rice,  
Edamame and Kimchi

### Medium Plan

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

### Regular Plan

880kcal 68g 87g 29g  
Calories Protein Carbs Fat

## Dinner

Peri Peri Chicken with Roasted Potato,  
Herb Veggies

### Medium Plan

610kcal 54g 59g 17g  
Calories Protein Carbs Fat

### Regular Plan

800kcal 70g 78g 23g  
Calories Protein Carbs Fat

## Snack

Peanut Butter Chocolate Energy Bites

### Medium Plan

125kcal 4g 2g 11g  
Calories Protein Carbs Fat

### Regular Plan

125kcal 4g 2g 11g  
Calories Protein Carbs Fat

Thursday Oct — 13/2022

## Lunch

Basil Minced Chicken with Brown Rice, Soy  
Egg, Kailan

### Medium Plan

635kcal 52g 61g 20g  
Calories Protein Carbs Fat

### Regular Plan

830kcal 68g 80g 27g  
Calories Protein Carbs Fat

## Dinner

Baked Lemongrass Barramundi with Cajun  
Roasted Sweet Potato, Broccoli

### Medium Plan

590kcal 54g 53g 18g  
Calories Protein Carbs Fat

### Regular Plan

785kcal 72g 70g 24g  
Calories Protein Carbs Fat

## Snack

Low Fat Cheesecake

### Medium Plan

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

### Regular Plan

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

Friday Oct — 14/2022

## Lunch

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

### Medium Plan

635kcal 46g 64g 22g  
Calories Protein Carbs Fat

### Regular Plan

855kcal 62g 86g 29g  
Calories Protein Carbs Fat

## Dinner

Turmeric Chicken with Brown Rice, Lady  
Finger

### Medium Plan

575kcal 48g 59g 17g  
Calories Protein Carbs Fat

### Regular Plan

765kcal 64g 78g 22g  
Calories Protein Carbs Fat

## Snack

Peanut Butter Chocolate Cookie

### Medium Plan

180kcal 4g 5g 16g  
Calories Protein Carbs Fat

### Regular Plan

180kcal 4g 5g 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 Oct — 17/2022

Add On: \$2.5

## Lunch

Peranakan Curry Chicken with Basmati Rice, Cauliflower and Lady Finger

### Medium Plan

660kcal 49g 67g 22g  
Calories Protein Carbs Fat

### Regular Plan

795kcal 60g 81g 26g  
Calories Protein Carbs Fat

## Dinner

Beef Meatballs with Mashed Potatoes, Tomato Sauce, Saute Green Peas and Carrot

### Medium Plan

610kcal 52g 55g 20g  
Calories Protein Carbs Fat

### Regular Plan

760kcal 65g 68g 25g  
Calories Protein Carbs Fat

## Snack

Peanut Butter Chocolate Energy Bites

### Medium Plan

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

### Regular Plan

240kcal 6g 8g 16g  
Calories Protein Carbs Fat

Tuesday Oct — 18/2022

## Lunch

Sambal Prawns & Squids with Brown Rice, Tofu and Shanghai Green

### Medium Plan

665kcal 50g 66g 23g  
Calories Protein Carbs Fat

### Regular Plan

885kcal 66g 88g 30g  
Calories Protein Carbs Fat

## Dinner

Tomato Soup with Cajun Chicken, Avocado and Mixed Beans, Feta Cheese

### Medium Plan

560kcal 53g 33g 24g  
Calories Protein Carbs Fat

### Regular Plan

725kcal 68g 43g 31g  
Calories Protein Carbs Fat

## Snack

Tofu Chocolate Browine

### Medium Plan

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

### Regular Plan

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

Wednesday Oct — 19/2022

## Lunch

Yakiniku Minced Beef with Rice Noodles, Kimchi and Edamame

### Medium Plan

665kcal 52g 65g 22g  
Calories Protein Carbs Fat

### Regular Plan

895kcal 70g 88g 29g  
Calories Protein Carbs Fat

## Dinner

Herb Chicken with Roasted Herb Veggies Quinoa Salad, Pomegranate, Honey Citrus Dressing

### Medium Plan

535kcal 54g 41g 17g  
Calories Protein Carbs Fat

### Regular Plan

720kcal 72g 55g 23g  
Calories Protein Carbs Fat

## Snack

Carrot Cake with Cashew Frosting

### Medium Plan

180kcal 8g 19g 8g  
Calories Protein Carbs Fat

### Regular Plan

180kcal 8g 19g 8g  
Calories Protein Carbs Fat

Thursday Oct — 20/2022

## Lunch

Yuxiang Minced Chicken with Brown Rice, Saute Mushroom and Bok Choy

### Medium Plan

640kcal 46g 65g 22g  
Calories Protein Carbs Fat

### Regular Plan

775kcal 56g 79g 26g  
Calories Protein Carbs Fat

## Dinner

Fresh Herb and Lemon Barramundi Fish with Roasted Potatoes, French Beans

### Medium Plan

645kcal 57g 57g 21g  
Calories Protein Carbs Fat

### Regular Plan

775kcal 68g 68g 25g  
Calories Protein Carbs Fat

## Snack

Pistachio and Dates Energy Bites

### Medium Plan

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

### Regular Plan

240kcal 8g 8g 20g  
Calories Protein Carbs Fat

Friday Oct — 21/2022

## Lunch

Green Curry Chicken with Basmati Rice, Eggplants and Long Beans

### Medium Plan

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

### Regular Plan

930kcal 70g 92g 31g  
Calories Protein Carbs Fat

## Dinner

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

### Medium Plan

560kcal 45g 49g 20g  
Calories Protein Carbs Fat

### Regular Plan

735kcal 59g 65g 27g  
Calories Protein Carbs Fat

## Snack

Overnight Oats with Roasted Apple and Chia Seeds

### Medium Plan

145kcal 5g 20g 5g  
Calories Protein Carbs Fat

### Regular Plan

145kcal 5g 20g 5g  
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 Oct — 10/2022

Add On: \$2.5

## Lunch

Herb Chicken with Aglio Olio Pasta, Tomato Sauce, Sweet Snap Peas

### Small Plan

470kcal 43g 36g 17g  
Calories Protein Carbs Fat

### Medium Plan

695kcal 65g 52g 25g  
Calories Protein Carbs Fat

## Dinner

Teriyaki Salmon with Quinoa, Sauté Mixed Veggies

### Small Plan

415kcal 41g 29g 15g  
Calories Protein Carbs Fat

### Medium Plan

590kcal 58g 40g 22g  
Calories Protein Carbs Fat

## Snack

Cumin Carrot Soup

### Small Plan

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

### Medium Plan

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

Tuesday Oct — 11/2022

## Lunch

Red Curry Chicken with Brown Rice, Long Beans and Eggplants

### Small Plan

440kcal 37g 37g 16g  
Calories Protein Carbs Fat

### Medium Plan

655kcal 56g 55g 24g  
Calories Protein Carbs Fat

## Dinner

Salmon Chicken Balls with Cauliflower Rice, Spinach Egg

### Small Plan

380kcal 48g 26g 9g  
Calories Protein Carbs Fat

### Medium Plan

545kcal 65g 38g 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

Wednesday Oct — 12/2022

## Lunch

Yakiniku Minced Beef with Brown Rice, Edamame and Kimchi

### Small Plan

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

### Medium Plan

665kcal 63g 50g 24g  
Calories Protein Carbs Fat

## Dinner

Peri Peri Chicken with Roasted Potato, Herb Veggies

### Small Plan

415kcal 44g 31g 13g  
Calories Protein Carbs Fat

### Medium Plan

600kcal 64g 45g 18g  
Calories Protein Carbs Fat

## Snack

Peanut Butter Chocolate Energy Bites

### Small Plan

125kcal 4g 2g 11g  
Calories Protein Carbs Fat

### Medium Plan

125kcal 4g 2g 11g  
Calories Protein Carbs Fat

Thursday Oct — 13/2022

## Lunch

Basil Minced Chicken with Brown Rice, Soy Egg, Kailan

### Small Plan

430kcal 43g 32g 15g  
Calories Protein Carbs Fat

### Medium Plan

635kcal 63g 47g 22g  
Calories Protein Carbs Fat

## Dinner

Baked Lemongrass Barramundi with Cajun Roasted Sweet Potato, Broccoli

### Small Plan

390kcal 43g 26g 13g  
Calories Protein Carbs Fat

### Medium Plan

585kcal 65g 39g 19g  
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 Oct — 14/2022

## Lunch

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

### Small Plan

425kcal 38g 33g 16g  
Calories Protein Carbs Fat

### Medium Plan

635kcal 59g 48g 23g  
Calories Protein Carbs Fat

## Dinner

Turmeric Chicken with Brown Rice, Lady Finger

### Small Plan

390kcal 41g 31g 12g  
Calories Protein Carbs Fat

### Medium Plan

580kcal 61g 44g 18g  
Calories Protein Carbs Fat

## Snack

Peanut Butter Chocolate Cookie

### Small Plan

180kcal 4g 5g 16g  
Calories Protein Carbs Fat

### Medium Plan

180kcal 4g 5g 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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# Low Carb Menu

Monday Oct — 17/2022

Add On: \$2.5

## Lunch

Peranakan Curry Chicken with Basmati Rice, Cauliflower and Lady Finger

### Small Plan

445kcal 41g 35g 16g  
Calories Protein Carbs Fat

### Medium Plan

660kcal 64g 50g 23g  
Calories Protein Carbs Fat

## Dinner

Beef Meatballs with Mashed Potatoes, Tomato Sauce, Saute Green Peas and Carrot

### Small Plan

420kcal 43g 29g 15g  
Calories Protein Carbs Fat

### Medium Plan

655kcal 66g 41g 25g  
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

Tuesday Oct — 18/2022

## Lunch

Sambal Prawns & Squids with Brown Rice, Tofu and Shanghai Green

### Small Plan

430kcal 40g 33g 16g  
Calories Protein Carbs Fat

### Medium Plan

650kcal 59g 50g 24g  
Calories Protein Carbs Fat

## Dinner

Tomato Soup with Cajun Chicken, Avocado and Mixed Beans, Feta Cheese

### Small Plan

385kcal 42g 17g 17g  
Calories Protein Carbs Fat

### Medium Plan

580kcal 63g 25g 25g  
Calories Protein Carbs Fat

## Snack

Tofu Chocolate Browine

### Small Plan

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

### Medium Plan

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

Wednesday Oct — 19/2022

## Lunch

Yakiniku Minced Beef with Rice Noodles, Kimchi and Edamame

### Small Plan

450kcal 43g 34g 16g  
Calories Protein Carbs Fat

### Medium Plan

655kcal 63g 49g 23g  
Calories Protein Carbs Fat

## Dinner

Herb Chicken with Roasted Herb Veggies Quinoa Salad, Pomegranate, Honey Citrus Dressing

### Small Plan

375kcal 44g 21g 13g  
Calories Protein Carbs Fat

### Medium Plan

535kcal 68g 43g 18g  
Calories Protein Carbs Fat

## Snack

Carrot Cake with Cashew Frosting

### Small Plan

180kcal 8g 19g 8g  
Calories Protein Carbs Fat

### Medium Plan

180kcal 8g 19g 8g  
Calories Protein Carbs Fat

Thursday Oct — 20/2022

## Lunch

Yuxiang Minced Chicken with Brown Rice, Saute Mushroom and Bok Choy

### Small Plan

440kcal 39g 35g 16g  
Calories Protein Carbs Fat

### Medium Plan

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

## Dinner

Fresh Herb and Lemon Barramundi Fish with Roasted Potatoes, French Beans

### Small Plan

435kcal 47g 29g 15g  
Calories Protein Carbs Fat

### Medium Plan

620kcal 65g 46g 20g  
Calories Protein Carbs Fat

## Snack

Pistachio and Dates Energy Bites

### Small Plan

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

### Medium Plan

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

Friday Oct — 21/2022

## Lunch

Green Curry Chicken with Basmati Rice, Eggplants and Long Beans

### Small Plan

465kcal 43g 35g 17g  
Calories Protein Carbs Fat

### Medium Plan

675kcal 63g 51g 24g  
Calories Protein Carbs Fat

## Dinner

Salmon Chicken Balls with Sweet Potatoes, Baked Spinach Egg, Broccoli, House Made Chili Sauce

### Small Plan

385kcal 37g 26g 15g  
Calories Protein Carbs Fat

### Medium Plan

555kcal 54g 37g 21g  
Calories Protein Carbs Fat

## Snack

Overnight Oats with Roasted Apple and Chia Seeds

### Small Plan

145kcal 5g 20g 5g  
Calories Protein Carbs Fat

### Medium Plan

145kcal 5g 20g 5g  
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

|   |  |   |
|---|--|---|
| <p><b>Monday Oct — 10/2022</b></p>  | <p><b>Add On: \$2.5</b></p>  |   |
| <p><b>Lunch</b><br/>Herb Roasted Portobello, Tempeh with Aglio Olio Pasta, Tomato Sauce and Sweet Snap Peas</p> <p><b>Small Plan</b><br/>445kcal 31g 46g 15g<br/>Calories Protein Carbs Fat</p> <p><b>Medium Plan</b><br/>665kcal 47g 69g 23g<br/>Calories Protein Carbs Fat</p>          | <p><b>Dinner</b><br/>Teriyaki Home Made Spinach Egg Tofu with Quinoa, Sauté Mixed Veggies</p> <p><b>Small Plan</b><br/>380kcal 32g 34g 13g<br/>Calories Protein Carbs Fat</p> <p><b>Medium Plan</b><br/>550kcal 46g 49g 19g<br/>Calories Protein Carbs Fat</p>                             | <p><b>Snack</b><br/>Chocolate Hazelnut Energy Bites</p> <p><b>Small Plan</b><br/>180kcal 6g 5g 15g<br/>Calories Protein Carbs Fat</p> <p><b>Medium Plan</b><br/>180kcal 6g 5g 15g<br/>Calories Protein Carbs Fat</p>      |
| <p><b>Tuesday Oct — 11/2022</b></p>   |  |   |
| <p><b>Lunch</b><br/>Red Curry Chick Peas with Brown Rice, Long Beans and Eggplants</p> <p><b>Small Plan</b><br/>480kcal 31g 49g 18g<br/>Calories Protein Carbs Fat</p> <p><b>Medium Plan</b><br/>725kcal 47g 74g 27g<br/>Calories Protein Carbs Fat</p>                                   | <p><b>Dinner</b><br/>Vegan Meatballs with Cauliflower Rice, Spinach Egg</p> <p><b>Small Plan</b><br/>330kcal 32g 24g 12g<br/>Calories Protein Carbs Fat</p> <p><b>Medium Plan</b><br/>500kcal 48g 36g 18g<br/>Calories Protein Carbs Fat</p>   | <p><b>Snack</b><br/>Tofu Chocolate Brownie</p> <p><b>Small Plan</b><br/>185kcal 8g 20g 8g<br/>Calories Protein Carbs Fat</p> <p><b>Medium Plan</b><br/>185kcal 8g 20g 8g<br/>Calories Protein Carbs Fat</p>               |
| <p><b>Wednesday Oct — 12/2022</b></p>   |  |   |
| <p><b>Lunch</b><br/>Yakiniku Stir Fry Tofu and Mushroom with Brown Rice, Edamame and Kimchi</p> <p><b>Small Plan</b><br/>440kcal 34g 47g 13g<br/>Calories Protein Carbs Fat</p> <p><b>Medium Plan</b><br/>640kcal 49g 68g 19g<br/>Calories Protein Carbs Fat</p>                          | <p><b>Dinner</b><br/>Peri Peri Earthmeat with Roasted Potato, Herb Veggies</p> <p><b>Small Plan</b><br/>380kcal 33g 35g 12g<br/>Calories Protein Carbs Fat</p> <p><b>Medium Plan</b><br/>500kcal 48g 36g 18g<br/>Calories Protein Carbs Fat</p>  | <p><b>Snack</b><br/>Peanut Butter Chocolate Energy Bites</p> <p><b>Small Plan</b><br/>180kcal 6g 3g 16g<br/>Calories Protein Carbs Fat</p> <p><b>Medium Plan</b><br/>180kcal 6g 3g 16g<br/>Calories Protein Carbs Fat</p> |
| <p><b>Thursday Oct — 13/2022</b></p>  |  |   |
| <p><b>Lunch</b><br/>Basil Crushed Tofu and Lentils with Brown Rice, Soy Egg, Kailan</p> <p><b>Small Plan</b><br/>440kcal 34g 44g 14g<br/>Calories Protein Carbs Fat</p> <p><b>Medium Plan</b><br/>635kcal 49g 64g 20g<br/>Calories Protein Carbs Fat</p>                                  | <p><b>Dinner</b><br/>Fresh Herb and Lemon Stew Butter Beans with Cajun Roasted Sweet Potato, Broccoli, Ricotta Cheese</p> <p><b>Small Plan</b><br/>395kcal 32g 37g 13g<br/>Calories Protein Carbs Fat</p> <p><b>Medium Plan</b><br/>590kcal 48g 56g 20g<br/>Calories Protein Carbs Fat</p> | <p><b>Snack</b><br/>Low Fat Cheesecake</p> <p><b>Small Plan</b><br/>170kcal 8g 14g 9g<br/>Calories Protein Carbs Fat</p> <p><b>Medium Plan</b><br/>170kcal 8g 14g 9g<br/>Calories Protein Carbs Fat</p>                   |
| <p><b>Friday Oct — 14/2022</b></p>  |  |   |
| <p><b>Lunch</b><br/>Cauliflower Protein Bites with Couscous and Black Beans, Mint Yoghurt, Cucumber and Tomato Salad</p> <p><b>Small Plan</b><br/>435kcal 32g 48g 13g<br/>Calories Protein Carbs Fat</p> <p><b>Medium Plan</b><br/>655kcal 48g 72g 20g<br/>Calories Protein Carbs Fat</p> | <p><b>Dinner</b><br/>Turmeric Earthmeat with Brown Rice, Lady Finger</p> <p><b>Small Plan</b><br/>390kcal 32g 39g 12g<br/>Calories Protein Carbs Fat</p> <p><b>Medium Plan</b><br/>570kcal 46g 57g 17g<br/>Calories Protein Carbs Fat</p>  | <p><b>Snack</b><br/>Peanut Butter Chocolate Cookie</p> <p><b>Small Plan</b><br/>180kcal 4g 5g 16g<br/>Calories Protein Carbs Fat</p> <p><b>Medium Plan</b><br/>180kcal 4g 5g 16g<br/>Calories Protein Carbs Fat</p>       |

**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 — 17/2022

Add On: \$2.5

## Lunch

Peranakan Curry (Tofu and Lentils) with Basmati Rice, Cauliflower and Lady Finger

### Small Plan

470kcal 31g 46g 18g  
Calories Protein Carbs Fat

### Medium Plan

705kcal 47g 69g 27g  
Calories Protein Carbs Fat

## Dinner

Vegan Meatballs with Mashed Potatoes, Tomato Sauce, Sauté Green Peas and Carrot

### Small Plan

345kcal 27g 32g 12g  
Calories Protein Carbs Fat

### Medium Plan

515kcal 41g 48g 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

Tuesday Oct — 18/2022

## Lunch

Sambal Earthmeat with Brown Rice, Tofu and Shanghai Green

### Small Plan

445kcal 36g 46g 13g  
Calories Protein Carbs Fat

### Medium Plan

670kcal 54g 69g 20g  
Calories Protein Carbs Fat

## Dinner

Tomato Soup with Spinach Egg, Avocado and Mixed Beans, Feta Cheese

### Small Plan

365kcal 32g 21g 17g  
Calories Protein Carbs Fat

### Medium Plan

550kcal 48g 32g 26g  
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 Oct — 19/2022

## Lunch

Yakiniku Stir Fry Baiye and Lentils with Rice Noodles, Kimchi and Edamame

### Small Plan

440kcal 31g 45g 15g  
Calories Protein Carbs Fat

### Medium Plan

660kcal 47g 68g 23g  
Calories Protein Carbs Fat

## Dinner

Baked Honey Miso Tempeh with Roasted Herb Veggies Quinoa Salad, Pomegranate, Honey Citrus Dressing

### Small Plan

385kcal 29g 29g 17g  
Calories Protein Carbs Fat

### Medium Plan

560kcal 42g 42g 25g  
Calories Protein Carbs Fat

## Snack

Carrot Cake with Cashew Frosting

### Small Plan

180kcal 8g 19g 8g  
Calories Protein Carbs Fat

### Medium Plan

180kcal 8g 19g 8g  
Calories Protein Carbs Fat

Thursday Oct — 20/2022

## Lunch

Yuxiang Tofu and Chick Peas with Brown Rice, Sauté Mushrooms and Bok Choy

### Small Plan

460kcal 36g 45g 15g  
Calories Protein Carbs Fat

### Medium Plan

665kcal 52g 65g 22g  
Calories Protein Carbs Fat

## Dinner

Fresh Herb and Lemon Baked Halloumi with Roasted Potatoes, French Beans, Black Beans and Tomato Salsa

### Small Plan

365kcal 23g 34g 15g  
Calories Protein Carbs Fat

### Medium Plan

545kcal 35g 51g 23g  
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

Friday Oct — 21/2022

## Lunch

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

### Small Plan

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

### Medium Plan

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

## Dinner

Cauliflower Protein Bites with Sweet Potatoes, Baked Spinach Egg, Broccoli, House Made Chilli Sauce

### Small Plan

375kcal 39g 26g 13g  
Calories Protein Carbs Fat

### Medium Plan

565kcal 59g 39g 20g  
Calories Protein Carbs Fat

## Snack

Overnight Oats with Roasted Apple and Chia Seeds

### Small Plan

145kcal 5g 20g 5g  
Calories Protein Carbs Fat

### Medium Plan

145kcal 5g 20g 5g  
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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