



YoloFoods.™

YoloPlans Menu

Sept 12th - Sept 23rd 2022 | yolofoods.sg

Weight Loss Menu

Monday Sept — 12/2022

Add On: \$2.5

Lunch

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

Small Plan

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

Medium Plan

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

Dinner

Peri Peri Tilapia with Roasted Potatoes, Green Beans and Carrot

Small Plan

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

Medium Plan

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

Snack

Gluten Free Banana Bread

Small Plan

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

Medium Plan

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

Tuesday Sept — 13/2022

Lunch

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

Small Plan

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

Medium Plan

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

Dinner

Basil Minced Chicken with Rice Noodles, Shredded Cucumber and Carrot

Small Plan

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

Medium Plan

560kcal 42g 55g 19g
Calories Protein Carbs Fat

Snack

Tofu Chocolate Brownie

Small Plan

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

Medium Plan

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

Wednesday Sept — 14/2022

Lunch

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

Small Plan

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

Medium Plan

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

Dinner

Baked Honey Miso Salmon with Cauliflower Rice, Saute Edamame

Small Plan

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

Medium Plan

540kcal 52g 30g 23g
Calories Protein Carbs Fat

Snack

Low Fat Cheesecake

Small Plan

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

Medium Plan

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

Thursday Sept — 15/2022

Lunch

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

Small Plan

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

Medium Plan

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

Dinner

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

Small Plan

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

Medium Plan

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

Snack

Peanut Butter Chocolate Cookie

Small Plan

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

Medium Plan

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

Friday Sept — 16/2022

Lunch

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

Small Plan

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

Medium Plan

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

Dinner

Coconut Chicken with Quinoa, Cauliflower and Sweet Potatoes

Small Plan

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

Medium Plan

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

Snack

Chocolate Hazelnut Energy Bites

Small Plan

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

Medium Plan

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

Add on
drinks for \$3

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

YoloFoods.™

Weight Loss Menu

Monday Sept — 19/2022

Add On: \$2.5

Lunch

Beef Bulgogi with Sweet Potato Noodles, Spinach and Shredded Carrot

Small Plan

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

Medium Plan

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

Dinner

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

Small Plan

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

Medium Plan

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

Snack

Peanut Butter Chocolate Cookie

Small Plan

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

Medium Plan

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

Tuesday Sept — 20/2022

Lunch

Herb Chicken with Roasted Potato, French Beans, Harissa Sauce

Small Plan

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

Medium Plan

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

Dinner

Beef Bolognese with Pasta, Mixed Mushrooms and Green Peas

Small Plan

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

Medium Plan

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

Snack

Mango Chia Seeds Pudding

Small Plan

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

Medium Plan

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

Wednesday Sept — 21/2022

Lunch

Rendang Chicken with Coconut Basmati Rice, Roasted Cauliflower

Small Plan

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

Medium Plan

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

Dinner

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

Small Plan

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

Medium Plan

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

Snack

Gluten Free Banana Bread

Small Plan

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

Medium Plan

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

Thursday Sept — 22/2022

Lunch

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

Small Plan

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

Medium Plan

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

Dinner

Peri Peri Chicken with Cauliflower Rice, Braised Purple Cabbage

Small Plan

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

Medium Plan

590kcal 59g 42g 21g
Calories Protein Carbs Fat

Snack

Low Fat Cheesecake

Small Plan

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

Medium Plan

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

Friday Sept — 23/2022

Lunch

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

Small Plan

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

Medium Plan

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

Dinner

Basil Minced Chicken with Brown Rice, Soy Egg, Kailan

Small Plan

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

Medium Plan

585kcal 51g 49g 20g
Calories Protein Carbs Fat

Snack

Peanut Butter Chocolate Energy Bites

Small Plan

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

Medium Plan

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

Add on
drinks for \$3

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

YoloFoods.™

Eat Clean Menu

Monday Sept — 12/2022

Add On: \$2.5

Lunch

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

Medium Plan

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

Regular Plan

915kcal	60g	94g	33g
Calories	Protein	Carbs	Fat

Dinner

Peri Peri Tilapia with Roasted Potatoes, Green Beans and Carrot

Medium Plan

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

Regular Plan

705kcal	62g	74g	18g
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

Tuesday Sept — 13/2022

Lunch

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

Medium Plan

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

Regular Plan

880kcal	70g	82g	30g
Calories	Protein	Carbs	Fat

Dinner

Basil Minced Chicken with Rice Noodles, Shredded Cucumber and Carrot

Medium Plan

560kcal	42g	55g	19g
Calories	Protein	Carbs	Fat

Regular Plan

730kcal	55g	72g	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

Wednesday Sept — 14/2022

Lunch

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

Medium Plan

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

Regular Plan

885kcal	74g	91g	25g
Calories	Protein	Carbs	Fat

Dinner

Baked Honey Miso Salmon with Cauliflower Rice, Saute Edamame

Medium Plan

540kcal	52g	30g	23g
Calories	Protein	Carbs	Fat

Regular Plan

705kcal	68g	40g	30g
Calories	Protein	Carbs	Fat

Snack

Low Fat Cheesecake

Medium Plan

170kcal	8g	14g	19g
Calories	Protein	Carbs	Fat

Regular Plan

170kcal	8g	14g	19g
Calories	Protein	Carbs	Fat

Thursday Sept — 15/2022

Lunch

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

Medium Plan

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

Regular Plan

825kcal	59g	84g	29g
Calories	Protein	Carbs	Fat

Dinner

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

Medium Plan

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

Regular Plan

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

Snack

Peanut Butter Chocolate Cookie

Medium Plan

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

Regular Plan

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

Friday Sept — 16/2022

Lunch

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

Medium Plan

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

Regular Plan

800kcal	63g	85g	23g
Calories	Protein	Carbs	Fat

Dinner

Coconut Chicken with Quinoa, Cauliflower and Sweet Potatoes

Medium Plan

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

Regular Plan

765kcal	58g	63g	32g
Calories	Protein	Carbs	Fat

Snack

Chocolate Hazelnut 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)

YoloFoods.™

Eat Clean Menu

Monday Sept — 19/2022

Add On: \$2.5

Lunch

Beef Bulgogi with Sweet Potato Noodles, Spinach and Shredded Carrot

Medium Plan

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

Regular Plan

820kcal 61g 81g 28g
Calories Protein Carbs Fat

Dinner

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

Medium Plan

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

Regular Plan

730kcal 56g 74g 23g
Calories Protein Carbs Fat

Snack

Peanut Butter Chocolate Cookie

Medium Plan

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

Regular Plan

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

Tuesday Sept — 20/2022

Lunch

Herb Chicken with Roasted Potato, French Beans, Harissa Sauce

Medium Plan

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

Regular Plan

840kcal 63g 84g 29g
Calories Protein Carbs Fat

Dinner

Beef Bolognese with Pasta, Mixed Mushrooms and Green Peas

Medium Plan

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

Regular Plan

815kcal 68g 80g 25g
Calories Protein Carbs Fat

Snack

Mango Chia Seeds Pudding

Medium Plan

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

Regular Plan

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

Wednesday Sept — 21/2022

Lunch

Rendang Chicken with Coconut Basmati Rice, Roasted Cauliflower

Medium Plan

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

Regular Plan

920kcal 66g 90g 33g
Calories Protein Carbs Fat

Dinner

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

Medium Plan

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

Regular Plan

700kcal 62g 68g 20g
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 Sept — 22/2022

Lunch

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

Medium Plan

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

Regular Plan

840kcal 68g 76g 29g
Calories Protein Carbs Fat

Dinner

Peri Peri Chicken with Cauliflower Rice, Braised Purple Cabbage

Medium Plan

590kcal 59g 42g 21g
Calories Protein Carbs Fat

Regular Plan

790kcal 78g 56g 28g
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 Sept — 23/2022

Lunch

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

Medium Plan

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

Regular Plan

835kcal 63g 82g 28g
Calories Protein Carbs Fat

Dinner

Basil Minced Chicken with Brown Rice, Soy Egg, Kailan

Medium Plan

585kcal 51g 49g 20g
Calories Protein Carbs Fat

Regular Plan

705kcal 61g 60g 25g
Calories Protein Carbs Fat

Snack

Peanut Butter Chocolate Energy Bites

Medium Plan

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

Regular Plan

250kcal 8g 6g 22g
Calories Protein Carbs Fat

Add on
drinks for \$3

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

YoloFoods.™

Low Carb Menu

Monday Sept — 12/2022

Add On: \$2.5

Lunch

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

Small Plan

460kcal 39g 36g 18g
Calories Protein Carbs Fat

Medium Plan

720kcal 56g 54g 31g
Calories Protein Carbs Fat

Dinner

Peri Peri Tilapia with Roasted Potatoes, Green Beans and Carrot

Small Plan

360kcal 40g 29g 9g
Calories Protein Carbs Fat

Medium Plan

510kcal 56g 41g 14g
Calories Protein Carbs Fat

Snack

Gluten Free Banana Bread

Small Plan

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

Medium Plan

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

Tuesday Sept — 13/2022

Lunch

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

Small Plan

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

Medium Plan

650kcal 63g 46g 24g
Calories Protein Carbs Fat

Dinner

Basil Minced Chicken with Rice Noodles, Shredded Cucumber and Carrot

Small Plan

395kcal 35g 29g 16g
Calories Protein Carbs Fat

Medium Plan

575kcal 50g 41g 23g
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 Sept — 14/2022

Lunch

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

Small Plan

455kcal 47g 36g 14g
Calories Protein Carbs Fat

Medium Plan

680kcal 70g 54g 20g
Calories Protein Carbs Fat

Dinner

Baked Honey Miso Salmon with Cauliflower Rice, Saute Edamame

Small Plan

385kcal 43g 16g 17g
Calories Protein Carbs Fat

Medium Plan

560kcal 63g 23g 24g
Calories Protein Carbs Fat

Snack

Low Fat Cheesecake

Small Plan

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

Medium Plan

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

Thursday Sept — 15/2022

Lunch

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

Small Plan

430kcal 39g 33g 16g
Calories Protein Carbs Fat

Medium Plan

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

Dinner

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

Small Plan

400kcal 43g 31g 12g
Calories Protein Carbs Fat

Medium Plan

625kcal 65g 46g 20g
Calories Protein Carbs Fat

Snack

Peanut Butter Chocolate Cookie

Small Plan

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

Medium Plan

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

Friday Sept — 16/2022

Lunch

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

Small Plan

435kcal 42g 36g 14g
Calories Protein Carbs Fat

Medium Plan

625kcal 61g 51g 20g
Calories Protein Carbs Fat

Dinner

Coconut Chicken with Quinoa, Cauliflower and Sweet Potatoes

Small Plan

445kcal 40g 29g 19g
Calories Protein Carbs Fat

Medium Plan

640kcal 57g 39g 28g
Calories Protein Carbs Fat

Snack

Chocolate Hazelnut Energy Bites

Small Plan

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

Medium Plan

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

Add on
drinks for \$3

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

YoloFoods.™

Low Carb Menu

Monday Sept — 19/2022

Add On: \$2.5

Lunch

Beef Bulgogi with Sweet Potato Noodles, Spinach and Shredded Carrot

Small Plan

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

Medium Plan

625kcal 57g 48g 23g
Calories Protein Carbs Fat

Dinner

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

Small Plan

405kcal 37g 31g 15g
Calories Protein Carbs Fat

Medium Plan

620kcal 54g 45g 25g
Calories Protein Carbs Fat

Snack

Peanut Butter Chocolate Cookie

Small Plan

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

Medium Plan

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

Tuesday Sept — 20/2022

Lunch

Herb Chicken with Roasted Potato, French Beans, Harissa Sauce

Small Plan

440kcal 42g 33g 16g
Calories Protein Carbs Fat

Medium Plan

625kcal 57g 48g 23g
Calories Protein Carbs Fat

Dinner

Beef Bolognese with Pasta, Mixed Mushrooms and Green Peas

Small Plan

420kcal 43g 32g 14g
Calories Protein Carbs Fat

Medium Plan

630kcal 63g 46g 22g
Calories Protein Carbs Fat

Snack

Mango Chia Seeds Pudding

Small Plan

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

Medium Plan

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

Wednesday Sept — 21/2022

Lunch

Rendang Chicken with Coconut Basmati Rice, Roasted Cauliflower

Small Plan

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

Medium Plan

660kcal 61g 50g 24g
Calories Protein Carbs Fat

Dinner

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

Small Plan

355kcal 38g 26g 11g
Calories Protein Carbs Fat

Medium Plan

560kcal 58g 42g 18g
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 — 22/2022

Lunch

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

Small Plan

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

Medium Plan

630kcal 61g 44g 24g
Calories Protein Carbs Fat

Dinner

Peri Peri Chicken with Cauliflower Rice, Braised Purple Cabbage

Small Plan

405kcal 47g 21g 15g
Calories Protein Carbs Fat

Medium Plan

605kcal 70g 32g 22g
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 Sept — 23/2022

Lunch

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

Small Plan

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

Medium Plan

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

Dinner

Basil Minced Chicken with Brown Rice, Soy Egg, Kailan

Small Plan

400kcal 42g 26g 15g
Calories Protein Carbs Fat

Medium Plan

585kcal 61g 37g 21g
Calories Protein Carbs Fat

Snack

Peanut Butter Chocolate Energy Bites

Small Plan

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

Medium Plan

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

Add on
drinks for \$3

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

YoloFoods.™

Vegetarian Menu

Monday Sept — 12/2022		Add On: \$2.5
Lunch Tomato Mixed Beans Stew with Wholemeal Pasta, Sauté Green Peas Small Plan 485kcal 34g 45g 19g Calories Protein Carbs Fat Medium Plan 730kcal 51g 68g 29g Calories Protein Carbs Fat	Dinner Peri Peri Tofu Steaks with Roasted Potatoes, Green Beans and Carrot Small Plan 350kcal 29g 29g 13g Calories Protein Carbs Fat Medium Plan 505kcal 42g 42g 19g Calories Protein Carbs Fat	Snack Gluten Free Banana Bread Small Plan 175kcal 5g 16g 10g Calories Protein Carbs Fat Medium Plan 175kcal 5g 16g 10g Calories Protein Carbs Fat
Tuesday Sept — 13/2022		
Lunch Gong Bao Earthmeat and Shitake Mushrooms with Brown Rice, Spicy Eggplant and Garlic Choy Sum Small Plan 430kcal 31g 41g 16g Calories Protein Carbs Fat Medium Plan 650kcal 47g 62g 24g Calories Protein Carbs Fat	Dinner Basil Crushed Tofu, Lentils and King Oyster Mushroom with Rice Noodles, Shredded Cucumber and Carrot Small Plan 385kcal 29g 38g 13g Calories Protein Carbs Fat Medium Plan 560kcal 42g 55g 19g Calories Protein Carbs Fat	Snack Tofu Chocolate Brownie Small Plan 185kcal 8g 20g 8g Calories Protein Carbs Fat Medium Plan 185kcal 8g 20g 8g Calories Protein Carbs Fat
Wednesday Sept — 14/2022		
Lunch Baked Turmeric Tempeh with Basmati Rice, Boiled Egg, Cucumber Small Plan 470kcal 34g 48g 16g Calories Protein Carbs Fat Medium Plan 685kcal 49g 70g 23g Calories Protein Carbs Fat	Dinner Veggie Pattie, Avocado Fritter with Mixed Salad, Tomato, Baked Pumpkin, Honey Citrus, Pomegranate, Mixed Nuts Small Plan 360kcal 26g 26g 17g Calories Protein Carbs Fat Medium Plan 540kcal 39g 39g 26g Calories Protein Carbs Fat	Snack Low Fat Cheesecake Small Plan 170kcal 8g 14g 9g Calories Protein Carbs Fat Medium Plan 170kcal 8g 14g 9g Calories Protein Carbs Fat
Thursday Sept — 15/2022		
Lunch Tom Yam Stew Tofu and Oyster Mushroom with Brown Rice Noodles, Beansprouts and Long Beans, Spinach Egg Small Plan 450kcal 31g 46g 16g Calories Protein Carbs Fat Medium Plan 655kcal 45g 67g 23g Calories Protein Carbs Fat	Dinner Herb Baked Butter Beans with Spaghetti Aglio Olio, Roasted Herb Veggies with Tomato, Fresh Herb Ricotta Cheese Small Plan 390kcal 28g 42g 12g Calories Protein Carbs Fat Medium Plan 580kcal 42g 63g 18g Calories Protein Carbs Fat	Snack Peanut Butter Chocolate Cookie Small Plan 160kcal 7g 6g 12g Calories Protein Carbs Fat Medium Plan 160kcal 7g 6g 12g Calories Protein Carbs Fat
Friday Sept — 16/2022		
Lunch Honey Miso Stew Earthmeat and Baiye with Brown Rice, Stew Tofu with Bittergourd and Red Capsicum Small Plan 435kcal 32g 47g 13g Calories Protein Carbs Fat Medium Plan 630kcal 46g 68g 19g Calories Protein Carbs Fat	Dinner Coconut Curry Home Made Spinach Egg Tofu with Quinoa, Sweet Potatoes and Cauliflower Small Plan 395kcal 28g 39g 14g Calories Protein Carbs Fat Medium Plan 590kcal 42g 59g 21g Calories Protein Carbs Fat	Snack Chocolate Hazelnut Energy Bites Small Plan 180kcal 6g 12g 12g Calories Protein Carbs Fat Medium Plan 180kcal 6g 12g 12g Calories Protein Carbs Fat

Add on drinks for \$3

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

YoloFoods™

Vegetarian Menu

Monday Sept — 19/2022

Add On: \$2.5

Lunch

Baiye and King Oyster Mushroom "Bulgogi" with Sweet Potato Noodles, Spinach and Shredded Carrot

Small Plan

430kcal 28g 48g 14g
Calories Protein Carbs Fat

Medium Plan

625kcal 41g 70g 20g
Calories Protein Carbs Fat

Dinner

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

Small Plan

410kcal 29g 44g 13g
Calories Protein Carbs Fat

Medium Plan

615kcal 44g 66g 20g
Calories Protein Carbs Fat

Snack

Peanut Butter Chocolate Cookie

Small Plan

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

Medium Plan

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

Tuesday Sept — 20/2022

Lunch

Baked Herb Portobello with Roasted Potato, French Beans, Spinach Egg, Harissa Sauce

Small Plan

415kcal 33g 44g 12g
Calories Protein Carbs Fat

Medium Plan

605kcal 48g 64g 17g
Calories Protein Carbs Fat

Dinner

Tomato Stew Beans with Pasta, Mixed Mushrooms and Green Peas

Small Plan

445kcal 31g 46g 15g
Calories Protein Carbs Fat

Medium Plan

665kcal 47g 69g 23g
Calories Protein Carbs Fat

Snack

Mango Chia Seeds Pudding

Small Plan

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

Medium Plan

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

Wednesday Sept — 21/2022

Lunch

Rendang Tofu and Chick Peas with Coconut Basmati Rice, Roasted Cauliflower

Small Plan

445kcal 32g 46g 15g
Calories Protein Carbs Fat

Medium Plan

650kcal 46g 67g 22g
Calories Protein Carbs Fat

Dinner

Fresh Herb and Lemon Baked Halloumi and Butter Beans with Cajun Roasted Sweet Potatoes, Herb Veggies

Small Plan

375kcal 27g 35g 14g
Calories Protein Carbs Fat

Medium Plan

560kcal 41g 53g 21g
Calories Protein Carbs Fat

Snack

Gluten Free Banana Bread

Small Plan

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

Medium Plan

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

Thursday Sept — 22/2022

Lunch

Baked Tempeh with Quinoa, Baked Spinach Egg, Broccoli, House Made Chilli Sauce

Small Plan

425kcal 35g 42g 13g
Calories Protein Carbs Fat

Medium Plan

640kcal 53g 63g 20g
Calories Protein Carbs Fat

Dinner

Peri Peri Tofu Steak with Cauliflower Rice, Braised Purple Cabbage

Small Plan

400kcal 32g 36g 14g
Calories Protein Carbs Fat

Medium Plan

595kcal 48g 54g 21g
Calories Protein Carbs Fat

Snack

Low Fat Cheesecake

Small Plan

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

Medium Plan

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

Friday Sept — 23/2022

Lunch

Cauliflower Protein Bites with Couscous and Black Bean, Mint Yoghurt, Cucumber and Tomato Salad

Small Plan

430kcal 31g 47g 13g
Calories Protein Carbs Fat

Medium Plan

645kcal 47g 71g 20g
Calories Protein Carbs Fat

Dinner

Basil Minced Crushed Tofu and Lentils with Brown Rice, Soy Egg, Kailan

Small Plan

385kcal 30g 39g 12g
Calories Protein Carbs Fat

Medium Plan

575kcal 45g 59g 18g
Calories Protein Carbs Fat

Snack

Peanut Butter Chocolate Energy Bites

Small Plan

185kcal 6g 4g 16g
Calories Protein Carbs Fat

Medium Plan

185kcal 6g 4g 16g
Calories Protein Carbs Fat

Add on
drinks for \$3

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

YoloFoods.™