

YOLO

Healthy Eating Made Easy

LOSE WEIGHT MENU

MONDAY (JUNE 14, 2021)

LUNCH

Beef Bulgogi with Sweet Potato Noodles, Spinach and Shredded Carrot

1000 KCAL

Calorie: 445kcal
Protein: 33g
Carbs: 44g
Fat: 15g

TOTAL: 1010kcal

1400 KCAL

Calorie: 640kcal
Protein: 48g
Carbs: 64g
Fat: 22g

TOTAL: 1390kcal

SNACK

Peanut Butter Cookie

1000 KCAL

Calorie: 160kcal
Protein: 7g
Carbs: 6g
Fat: 12g

TOTAL: 1005kcal

1400 KCAL

Calorie: 160kcal
Protein: 7g
Carbs: 6g
Fat: 12g

TOTAL: 1390kcal

DINNER

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

1000 KCAL

Calorie: 405kcal
Protein: 31g
Carbs: 41g
Fat: 13g

TOTAL: 1005kcal

1400 KCAL

Calorie: 585kcal
Protein: 45g
Carbs: 59g
Fat: 19g

TOTAL: 1390kcal

TUESDAY (JUNE 15, 2021)

LUNCH

Herb Chicken with Roasted Potato, French Beans, Harissa Sauce

1000 KCAL

Calorie: 445kcal
Protein: 33g
Carbs: 44g
Fat: 15g

TOTAL: 1005kcal

1400 KCAL

Calorie: 640kcal
Protein: 48g
Carbs: 64g
Fat: 22g

TOTAL: 1395kcal

SNACK

Mango Chia Seeds Pudding

1000 KCAL

Calorie: 130kcal
Protein: 3g
Carbs: 21g
Fat: 4g

TOTAL: 1005kcal

1400 KCAL

Calorie: 130kcal
Protein: 3g
Carbs: 21g
Fat: 4g

TOTAL: 1395kcal

DINNER

Beef Bolognese with Pasta, Mixed Mushroom and Green Peas

1000 KCAL

Calorie: 430kcal
Protein: 36g
Carbs: 42g
Fat: 13g

TOTAL: 1005kcal

1400 KCAL

Calorie: 620kcal
Protein: 52g
Carbs: 61g
Fat: 19g

TOTAL: 1395kcal

WEDNESDAY (JUNE 16, 2021)

LUNCH

Rendang Chicken with Coconut Basmati Rice, Roasted Cauliflower

1000 KCAL

Calorie: 475kcal
Protein: 34g
Carbs: 46g
Fat: 17g

TOTAL: 1005kcal

1400 KCAL

Calorie: 685kcal
Protein: 49g
Carbs: 67g
Fat: 25g

TOTAL: 1395kcal

SNACK

Banana Bread

1000 KCAL

Calorie: 175kcal
Protein: 5g
Carbs: 16g
Fat: 10g

TOTAL: 1005kcal

1400 KCAL

Calorie: 175kcal
Protein: 5g
Carbs: 16g
Fat: 10g

TOTAL: 1395kcal

DINNER

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

1000 KCAL

Calorie: 360kcal
Protein: 32g
Carbs: 35g
Fat: 10g

TOTAL: 1005kcal

1400 KCAL

Calorie: 535kcal
Protein: 48g
Carbs: 59g
Fat: 15g

TOTAL: 1395kcal

THURSDAY (JUNE 17, 2021)

LUNCH

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

1000 KCAL

Calorie: 430kcal
Protein: 45g
Carbs: 39g
Fat: 15g

TOTAL: 995kcal

1400 KCAL

Calorie: 645kcal
Protein: 53g
Carbs: 59g
Fat: 23g

TOTAL: 1405kcal

SNACK

Low Fat Cheese Cake

1000 KCAL

Calorie: 170kcal
Protein: 8g
Carbs: 14g
Fat: 9g

TOTAL: 995kcal

1400 KCAL

Calorie: 170kcal
Protein: 8g
Carbs: 14g
Fat: 9g

TOTAL: 1405kcal

DINNER

Peri Peri Chicken with Cauliflower Rice, Braised Purple Cabbage

1000 KCAL

Calorie: 395kcal
Protein: 39g
Carbs: 28g
Fat: 14g

TOTAL: 995kcal

1400 KCAL

Calorie: 590kcal
Protein: 51g
Carbs: 42g
Fat: 21g

TOTAL: 1405kcal

FRIDAY (JUNE 18, 2021)

LUNCH

Lamb Kofta with Couscous, Mint Yoghurt, Cucumber Tomato Salad

1000 KCAL

Calorie: 475kcal
Protein: 36g
Carbs: 47g
Fat: 16g

TOTAL: 1005kcal

1400 KCAL

Calorie: 690kcal
Protein: 52g
Carbs: 68g
Fat: 23g

TOTAL: 1400kcal

SNACK

Peanut Butter Energy Bites

1000 KCAL

Calorie: 125kcal
Protein: 4g
Carbs: 3g
Fat: 11g

TOTAL: 1005kcal

1400 KCAL

Calorie: 125kcal
Protein: 4g
Carbs: 3g
Fat: 11g

TOTAL: 1400kcal

DINNER

Basil Minced Chicken with Brown Rice, Soy Egg, Kallian

1000 KCAL

Calorie: 400kcal
Protein: 35g
Carbs: 34g
Fat: 14g

TOTAL: 1005kcal

1400 KCAL

Calorie: 585kcal
Protein: 51g
Carbs: 49g
Fat: 20g

TOTAL: 1400kcal

CONVENIENT • SCIENTIFICALLY CURATED MEAL PLANS • WHOLESOME & TASTY

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Healthy Eating Made Easy

LOSE WEIGHT MENU

MONDAY (JUNE 21, 2021)

LUNCH

Teriyaki Salmon with Brown Rice, Kimchi, Edamame

1000 KCAL

Calorie: 460kcal
Protein: 33g
Carbs: 44g
Fat: 17g

TOTAL: 995kcal

1400 KCAL

Calorie: 690kcal
Protein: 50g
Carbs: 66g
Fat: 26g

TOTAL: 1410kcal

SNACK

Hazelnuts Chocolate Energy Bites

1000 KCAL

Calorie: 120kcal
Protein: 6g
Carbs: 6g
Fat: 8g

TOTAL: 995kcal

1400 KCAL

Calorie: 120kcal
Protein: 6g
Carbs: 6g
Fat: 8g

TOTAL: 1410kcal

DINNER

Herb Chicken with Kale Quinoa Salad and Baked Pumpkin

1000 KCAL

Calorie: 410kcal
Protein: 42g
Carbs: 34g
Fat: 12g

TOTAL: 995kcal

1400 KCAL

Calorie: 595kcal
Protein: 61g
Carbs: 49g
Fat: 17g

TOTAL: 1410kcal

TUESDAY (JUNE 22, 2021)

LUNCH

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

1000 KCAL

Calorie: 460kcal
Protein: 38g
Carbs: 41g
Fat: 16g

TOTAL: 1005kcal

1400 KCAL

Calorie: 665kcal
Protein: 55g
Carbs: 59g
Fat: 23g

TOTAL: 1400kcal

SNACK

Carrot Cake

1000 KCAL

Calorie: 175kcal
Protein: 8g
Carbs: 18g
Fat: 8g

TOTAL: 1005kcal

1400 KCAL

Calorie: 175kcal
Protein: 8g
Carbs: 18g
Fat: 8g

TOTAL: 1400kcal

DINNER

Seafood Tom Yam with Brown Rice Noodle Beansprouts and Cucumber

1000 KCAL

Calorie: 370kcal
Protein: 32g
Carbs: 36g
Fat: 11g

TOTAL: 1005kcal

1400 KCAL

Calorie: 555kcal
Protein: 48g
Carbs: 54g
Fat: 17g

TOTAL: 1400kcal

WEDNESDAY (JUNE 23, 2021)

LUNCH

Beef Meatball with Aglio Olio Pasta, Mixed Veggies

1000 KCAL

Calorie: 465kcal
Protein: 39g
Carbs: 48g
Fat: 13g

TOTAL: 1000kcal

1400 KCAL

Calorie: 650kcal
Protein: 55g
Carbs: 67g
Fat: 18g

TOTAL: 1390kcal

SNACK

Fruits Cup

1000 KCAL

Calorie: 90kcal
Protein: 0g
Carbs: 20g
Fat: 0g

TOTAL: 1000kcal

1400 KCAL

Calorie: 90kcal
Protein: 0g
Carbs: 20g
Fat: 0g

TOTAL: 1390kcal

DINNER

Green Curry Chicken with Brown Rice, Eggplants, Long Beans

1000 KCAL

Calorie: 455kcal
Protein: 36g
Carbs: 44g
Fat: 15g

TOTAL: 1000kcal

1400 KCAL

Calorie: 600kcal
Protein: 52g
Carbs: 64g
Fat: 22g

TOTAL: 1390kcal

THURSDAY (JUNE 24, 2021)

LUNCH

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

1000 KCAL

Calorie: 415kcal
Protein: 31g
Carbs: 41g
Fat: 14g

TOTAL: 1005kcal

1400 KCAL

Calorie: 600kcal
Protein: 45g
Carbs: 59g
Fat: 20g

TOTAL: 1395kcal

SNACK

Tofu Brownie

1000 KCAL

Calorie: 185kcal
Protein: 8g
Carbs: 20g
Fat: 8g

TOTAL: 1005kcal

1400 KCAL

Calorie: 185kcal
Protein: 8g
Carbs: 20g
Fat: 8g

TOTAL: 1395kcal

DINNER

Honey Miso Salmon with Quinoa and Broccoli

1000 KCAL

Calorie: 405kcal
Protein: 36g
Carbs: 41g
Fat: 11g

TOTAL: 1005kcal

1400 KCAL

Calorie: 610kcal
Protein: 54g
Carbs: 62g
Fat: 17g

TOTAL: 1395kcal

FRIDAY (JUNE 25, 2021)

LUNCH

Yakiniku Beef with Brown Rice, Edamame and Kimchi

1000 KCAL

Calorie: 465kcal
Protein: 36g
Carbs: 46g
Fat: 15g

TOTAL: 995kcal

1400 KCAL

Calorie: 670kcal
Protein: 52g
Carbs: 67g
Fat: 22g

TOTAL: 1390kcal

SNACK

Pistachio & Dates Energy Bites

1000 KCAL

Calorie: 120kcal
Protein: 4g
Carbs: 8g
Fat: 8g

TOTAL: 995kcal

1400 KCAL

Calorie: 120kcal
Protein: 4g
Carbs: 8g
Fat: 8g

TOTAL: 1390kcal

DINNER

Lemongrass Barramundi Fish with Rice Noodle, Beansprouts, Spinach, Clear Chicken Soup

1000 KCAL

Calorie: 415kcal
Protein: 33g
Carbs: 41g
Fat: 13g

TOTAL: 995kcal

1400 KCAL

Calorie: 600kcal
Protein: 48g
Carbs: 59g
Fat: 18g

TOTAL: 1390kcal

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STAY IN CHECK MENU

MONDAY (JUNE 14, 2021)

LUNCH

Beef Bulgogi with Sweet Potato Noodles, Spinach and Shredded Carrot

1400 KCAL

Calorie: 640kcal
Protein: 48g
Carbs: 64g
Fat: 22g

TOTAL: 1390kcal

1800 KCAL

Calorie: 820kcal
Protein: 61g
Carbs: 81g
Fat: 28g

TOTAL: 1790kcal

SNACK

Peanut Butter Cookie

1400 KCAL

Calorie: 160kcal
Protein: 7g
Carbs: 6g
Fat: 12g

TOTAL: 1390kcal

1800 KCAL

Calorie: 240kcal
Protein: 6g
Carbs: 18g
Fat: 16g

TOTAL: 1790kcal

DINNER

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

1400 KCAL

Calorie: 585kcal
Protein: 45g
Carbs: 59g
Fat: 19g

TOTAL: 1390kcal

1800 KCAL

Calorie: 730kcal
Protein: 56g
Carbs: 74g
Fat: 23g

TOTAL: 1790kcal

TUESDAY (JUNE 15, 2021)

LUNCH

Herb Chicken with Roasted Potato, French Beans, Harissa Sauce

1400 KCAL

Calorie: 640kcal
Protein: 48g
Carbs: 64g
Fat: 22g

TOTAL: 1395kcal

1800 KCAL

Calorie: 840kcal
Protein: 63g
Carbs: 84g
Fat: 29g

TOTAL: 1790kcal

SNACK

Mango Chia Seeds Pudding

1400 KCAL

Calorie: 130kcal
Protein: 3g
Carbs: 21g
Fat: 4g

TOTAL: 1395kcal

1800 KCAL

Calorie: 130kcal
Protein: 3g
Carbs: 21g
Fat: 4g

TOTAL: 1790kcal

DINNER

Beef Bolognese with Pasta, Mixed Mushroom and Green Peas

1400 KCAL

Calorie: 620kcal
Protein: 52g
Carbs: 61g
Fat: 19g

TOTAL: 1395kcal

1800 KCAL

Calorie: 815kcal
Protein: 68g
Carbs: 80g
Fat: 25g

TOTAL: 1790kcal

WEDNESDAY (JUNE 16, 2021)

LUNCH

Rendang Chicken with Coconut Basmati Rice, Roasted Cauliflower

1400 KCAL

Calorie: 685kcal
Protein: 49g
Carbs: 67g
Fat: 25g

TOTAL: 1395kcal

1800 KCAL

Calorie: 920kcal
Protein: 66g
Carbs: 90g
Fat: 33g

TOTAL: 1795kcal

SNACK

Banana Bread

1400 KCAL

Calorie: 175kcal
Protein: 5g
Carbs: 16g
Fat: 10g

TOTAL: 1395kcal

1800 KCAL

Calorie: 175kcal
Protein: 5g
Carbs: 16g
Fat: 10g

TOTAL: 1795kcal

DINNER

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

1400 KCAL

Calorie: 535kcal
Protein: 48g
Carbs: 53g
Fat: 15g

TOTAL: 1395kcal

1800 KCAL

Calorie: 700kcal
Protein: 62g
Carbs: 68g
Fat: 20g

TOTAL: 1795kcal

THURSDAY (JUNE 17, 2021)

LUNCH

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

1400 KCAL

Calorie: 645kcal
Protein: 53g
Carbs: 59g
Fat: 23g

TOTAL: 1405kcal

1800 KCAL

Calorie: 840kcal
Protein: 68g
Carbs: 79g
Fat: 29g

TOTAL: 1795kcal

SNACK

Low Fat Cheese Cake

1400 KCAL

Calorie: 170kcal
Protein: 8g
Carbs: 14g
Fat: 9g

TOTAL: 1405kcal

1800 KCAL

Calorie: 170kcal
Protein: 8g
Carbs: 14g
Fat: 9g

TOTAL: 1795kcal

DINNER

Peri Peri Chicken with Cauliflower Rice, Braised Purple Cabbage

1400 KCAL

Calorie: 590kcal
Protein: 59g
Carbs: 42g
Fat: 21g

TOTAL: 1405kcal

1800 KCAL

Calorie: 790kcal
Protein: 78g
Carbs: 56g
Fat: 28g

TOTAL: 1795kcal

FRIDAY (JUNE 18, 2021)

LUNCH

Lamb Kofta with Couscous, Mint Yoghurt, Cucumber Tomato Salad

1400 KCAL

Calorie: 690kcal
Protein: 52g
Carbs: 68g
Fat: 23g

TOTAL: 1400kcal

1800 KCAL

Calorie: 835kcal
Protein: 63g
Carbs: 82g
Fat: 28g

TOTAL: 1790kcal

SNACK

Peanut Butter Energy Bites

1400 KCAL

Calorie: 125kcal
Protein: 4g
Carbs: 3g
Fat: 11g

TOTAL: 1400kcal

1800 KCAL

Calorie: 250kcal
Protein: 8g
Carbs: 6g
Fat: 22g

TOTAL: 1790kcal

DINNER

Basil Minced Chicken with Brown Rice, Soy Egg, Kallian

1400 KCAL

Calorie: 585kcal
Protein: 51g
Carbs: 49g
Fat: 20g

TOTAL: 1400kcal

1800 KCAL

Calorie: 705kcal
Protein: 61g
Carbs: 60g
Fat: 25g

TOTAL: 1790kcal

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STAY IN CHECK MENU

MONDAY (JUNE 21, 2021)

LUNCH

Teriyaki Salmon with Brown Rice, Kimchi, Edamame

1400 KCAL

Calorie: 690kcal
Protein: 50g
Carbs: 66g
Fat: 26g

TOTAL: 1410kcal

1800 KCAL

Calorie: 855kcal
Protein: 61g
Carbs: 81g
Fat: 31g

TOTAL: 1795kcal

SNACK

Hazelnuts Chocolate Energy Bites

1400 KCAL

Calorie: 120kcal
Protein: 6g
Carbs: 6g
Fat: 8g

TOTAL: 1410kcal

1800 KCAL

Calorie: 240kcal
Protein: 12g
Carbs: 12g
Fat: 16g

TOTAL: 1795kcal

DINNER

Herb Chicken with Kale Quinoa Salad and Baked Pumpkin

1400 KCAL

Calorie: 595kcal
Protein: 61g
Carbs: 49g
Fat: 17g

TOTAL: 1410kcal

1800 KCAL

Calorie: 700kcal
Protein: 71g
Carbs: 58g
Fat: 20g

TOTAL: 1795kcal

TUESDAY (JUNE 22, 2021)

LUNCH

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

1400 KCAL

Calorie: 665kcal
Protein: 55g
Carbs: 59g
Fat: 23g

TOTAL: 1400kcal

1800 KCAL

Calorie: 920kcal
Protein: 76g
Carbs: 82g
Fat: 32g

TOTAL: 1800kcal

SNACK

Carrot Cake

1400 KCAL

Calorie: 175kcal
Protein: 8g
Carbs: 18g
Fat: 8g

TOTAL: 1400kcal

1800 KCAL

Calorie: 175kcal
Protein: 8g
Carbs: 18g
Fat: 8g

TOTAL: 1800kcal

DINNER

Seafood Tom Yam with Brown Rice Noodle Beansprouts and Cucumber

1400 KCAL

Calorie: 555kcal
Protein: 48g
Carbs: 54g
Fat: 17g

TOTAL: 1400kcal

1800 KCAL

Calorie: 705kcal
Protein: 61g
Carbs: 68g
Fat: 21g

TOTAL: 1800kcal

WEDNESDAY (JUNE 23, 2021)

LUNCH

Beef Meatball with Aglio Olio Pasta, Mix Veggies

1400 KCAL

Calorie: 650kcal
Protein: 55g
Carbs: 67g
Fat: 18g

TOTAL: 1390kcal

1800 KCAL

Calorie: 885kcal
Protein: 74g
Carbs: 91g
Fat: 25g

TOTAL: 1810kcal

SNACK

Fruits Cup

1400 KCAL

Calorie: 90kcal
Protein: 0g
Carbs: 20g
Fat: 0g

TOTAL: 1390kcal

1800 KCAL

Calorie: 90kcal
Protein: 0g
Carbs: 120g
Fat: 0g

TOTAL: 1810kcal

DINNER

Green Curry Chicken with Brown Rice, Eggplants, Long Beans

1400 KCAL

Calorie: 600kcal
Protein: 52g
Carbs: 64g
Fat: 22g

TOTAL: 1390kcal

1800 KCAL

Calorie: 865kcal
Protein: 68g
Carbs: 84g
Fat: 29g

TOTAL: 1810kcal

THURSDAY (JUNE 24, 2021)

LUNCH

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

1400 KCAL

Calorie: 600kcal
Protein: 45g
Carbs: 59g
Fat: 20g

TOTAL: 1395kcal

1800 KCAL

Calorie: 785kcal
Protein: 59g
Carbs: 78g
Fat: 27g

TOTAL: 1785kcal

SNACK

Tofu Brownie

1400 KCAL

Calorie: 185kcal
Protein: 8g
Carbs: 20g
Fat: 8g

TOTAL: 1395kcal

1800 KCAL

Calorie: 185kcal
Protein: 8g
Carbs: 20g
Fat: 8g

TOTAL: 1785kcal

DINNER

Honey Miso Salmon with Quinoa and Broccoli

1400 KCAL

Calorie: 610kcal
Protein: 54g
Carbs: 62g
Fat: 17g

TOTAL: 1395kcal

1800 KCAL

Calorie: 815kcal
Protein: 72g
Carbs: 82g
Fat: 22g

TOTAL: 1785kcal

FRIDAY (JUNE 25, 2021)

LUNCH

Yakiniku Beef with Brown Rice, Edamame and Kimchi

1400 KCAL

Calorie: 670kcal
Protein: 52g
Carbs: 67g
Fat: 22g

TOTAL: 1390kcal

1800 KCAL

Calorie: 935kcal
Protein: 65g
Carbs: 83g
Fat: 27g

TOTAL: 1795kcal

SNACK

Pistachio & Dates Energy Bites

1400 KCAL

Calorie: 120kcal
Protein: 4g
Carbs: 8g
Fat: 8g

TOTAL: 1390kcal

1800 KCAL

Calorie: 240kcal
Protein: 8g
Carbs: 16g
Fat: 16g

TOTAL: 1795kcal

DINNER

Lemongrass Barramundi Fish with Rice Noodle, Beansprouts, Spinach, Clear Chicken Soup

1400 KCAL

Calorie: 600kcal
Protein: 48g
Carbs: 59g
Fat: 18g

TOTAL: 1390kcal

1800 KCAL

Calorie: 725kcal
Protein: 58g
Carbs: 72g
Fat: 23g

TOTAL: 1795kcal

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LOW-CARB MENU

MONDAY (JUNE 14, 2021)

LUNCH

Beef Bulgogi with Sweet Potato Noodles, Spinach And Shredded Carrot

1000 KCAL

Calorie: 430kcal
Protein: 40g
Carbs: 33g
Fat: 16g

TOTAL: 1000kcal

1400 KCAL

Calorie: 625kcal
Protein: 57g
Carbs: 48g
Fat: 23g

TOTAL: 1405kcal

SNACK

Peanut Butter Cookie

1000 KCAL

Calorie: 160kcal
Protein: 7g
Carbs: 6g
Fat: 12g

TOTAL: 1000kcal

1400 KCAL

Calorie: 160kcal
Protein: 7g
Carbs: 6g
Fat: 12g

TOTAL: 1405kcal

DINNER

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

1000 KCAL

Calorie: 405kcal
Protein: 37g
Carbs: 41g
Fat: 15g

TOTAL: 1000kcal

1400 KCAL

Calorie: 620kcal
Protein: 54g
Carbs: 45g
Fat: 25g

TOTAL: 1405kcal

TUESDAY (JUNE 15, 2021)

LUNCH

Herb Chicken with Roasted Potato, French Beans, Harissa Sauce

1000 KCAL

Calorie: 440kcal
Protein: 42g
Carbs: 33g
Fat: 16g

TOTAL: 995kcal

1400 KCAL

Calorie: 625kcal
Protein: 57g
Carbs: 48g
Fat: 23g

TOTAL: 1390kcal

SNACK

Mango Chia Seeds Pudding

1000 KCAL

Calorie: 130kcal
Protein: 3g
Carbs: 21g
Fat: 4g

TOTAL: 995kcal

1400 KCAL

Calorie: 130kcal
Protein: 3g
Carbs: 21g
Fat: 4g

TOTAL: 1390kcal

DINNER

Beef Bolognese with Pasta, Mixed Mushroom and Green Peas

1000 KCAL

Calorie: 420kcal
Protein: 43g
Carbs: 32g
Fat: 14g

TOTAL: 995kcal

1400 KCAL

Calorie: 630kcal
Protein: 63g
Carbs: 46g
Fat: 22g

TOTAL: 1390kcal

WEDNESDAY (JUNE 16, 2021)

LUNCH

Rendang Chicken with Coconut Basmati Rice, Roasted Cauliflower

1000 KCAL

Calorie: 460kcal
Protein: 41g
Carbs: 35g
Fat: 18g

TOTAL: 990kcal

1400 KCAL

Calorie: 660kcal
Protein: 61g
Carbs: 50g
Fat: 24g

TOTAL: 1395kcal

SNACK

Banana Bread

1000 KCAL

Calorie: 175kcal
Protein: 5g
Carbs: 16g
Fat: 10g

TOTAL: 990kcal

1400 KCAL

Calorie: 175kcal
Protein: 5g
Carbs: 16g
Fat: 10g

TOTAL: 1395kcal

DINNER

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

1000 KCAL

Calorie: 335kcal
Protein: 38g
Carbs: 26g
Fat: 11g

TOTAL: 990kcal

1400 KCAL

Calorie: 560kcal
Protein: 58g
Carbs: 42g
Fat: 18g

TOTAL: 1395kcal

THURSDAY (JUNE 17, 2021)

LUNCH

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

1000 KCAL

Calorie: 440kcal
Protein: 39g
Carbs: 35g
Fat: 16g

TOTAL: 1010kcal

1400 KCAL

Calorie: 630kcal
Protein: 61g
Carbs: 44g
Fat: 24g

TOTAL: 1405kcal

SNACK

Low Fat Cheese Cake

1000 KCAL

Calorie: 170kcal
Protein: 9g
Carbs: 14g
Fat: 9g

TOTAL: 1010kcal

1400 KCAL

Calorie: 120kcal
Protein: 4g
Carbs: 4g
Fat: 10g

TOTAL: 1405kcal

DINNER

Peri Peri Chicken with Cauliflower Rice, Braised Purple Cabbage

1000 KCAL

Calorie: 405kcal
Protein: 22g
Carbs: 21g
Fat: 15g

TOTAL: 1010kcal

1400 KCAL

Calorie: 605kcal
Protein: 70g
Carbs: 32g
Fat: 22g

TOTAL: 1405kcal

FRIDAY (JUNE 18, 2021)

LUNCH

Lamb Kofta with Couscous, Mint Yoghurt, Cucumber Tomato Salad

1000 KCAL

Calorie: 465kcal
Protein: 43g
Carbs: 35g
Fat: 17g

TOTAL: 995kcal

1400 KCAL

Calorie: 675kcal
Protein: 63g
Carbs: 51g
Fat: 24g

TOTAL: 1385kcal

SNACK

Peanut Butter Energy Bites

1000 KCAL

Calorie: 125kcal
Protein: 4g
Carbs: 3g
Fat: 11g

TOTAL: 995kcal

1400 KCAL

Calorie: 125kcal
Protein: 4g
Carbs: 3g
Fat: 11g

TOTAL: 1385kcal

DINNER

Basil Minced Chicken with Brown Rice, Soy Egg, Kallian

1000 KCAL

Calorie: 400kcal
Protein: 22g
Carbs: 26g
Fat: 15g

TOTAL: 995kcal

1400 KCAL

Calorie: 585kcal
Protein: 61g
Carbs: 37g
Fat: 21g

TOTAL: 1385kcal

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LOW-CARB MENU

MONDAY (JUNE 21, 2021)

LUNCH

Teriyaki Salmon with Brown Rice, Kimchi, Edamame

1000 KCAL

Calorie: 450kcal
Protein: 40g
Carbs: 33g
Fat: 18g

TOTAL: 990kcal

1400 KCAL

Calorie: 675kcal
Protein: 59g
Carbs: 50g
Fat: 27g

TOTAL: 1400kcal

SNACK

Hazelnuts Chocolate Energy Bites

1000 KCAL

Calorie: 120kcal
Protein: 6g
Carbs: 6g
Fat: 8g

TOTAL: 990kcal

1400 KCAL

Calorie: 120kcal
Protein: 6g
Carbs: 6g
Fat: 8g

TOTAL: 1400kcal

DINNER

Herb Chicken with Kale Quinoa Salad and Baked Pumpkin

1000 KCAL

Calorie: 415kcal
Protein: 50g
Carbs: 26g
Fat: 13g

TOTAL: 990kcal

1400 KCAL

Calorie: 605kcal
Protein: 73g
Carbs: 37g
Fat: 18g

TOTAL: 1400kcal

TUESDAY (JUNE 22, 2021)

LUNCH

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

1000 KCAL

Calorie: 455kcal
Protein: 46g
Carbs: 31g
Fat: 17g

TOTAL: 1000kcal

1400 KCAL

Calorie: 660kcal
Protein: 66g
Carbs: 45g
Fat: 24g

TOTAL: 1385kcal

SNACK

Carrot Cake

1000 KCAL

Calorie: 175kcal
Protein: 8g
Carbs: 18g
Fat: 8g

TOTAL: 1000kcal

1400 KCAL

Calorie: 175kcal
Protein: 8g
Carbs: 18g
Fat: 8g

TOTAL: 1385kcal

DINNER

Seafood Tom Yam with Brown Rice Noodle Beansprouts and Cucumber

1000 KCAL

Calorie: 365kcal
Protein: 38g
Carbs: 27g
Fat: 12g

TOTAL: 1000kcal

1400 KCAL

Calorie: 550kcal
Protein: 58g
Carbs: 41g
Fat: 17g

TOTAL: 1385kcal

WEDNESDAY (JUNE 23, 2021)

LUNCH

Beef Meatball with Aglio Olio Pasta, Mixed Veggies

1000 KCAL

Calorie: 465kcal
Protein: 49g
Carbs: 36g
Fat: 14g

TOTAL: 990kcal

1400 KCAL

Calorie: 665kcal
Protein: 71g
Carbs: 50g
Fat: 20g

TOTAL: 1395kcal

SNACK

Fruits Cup

1000 KCAL

Calorie: 90kcal
Protein: 0g
Carbs: 20g
Fat: 0g

TOTAL: 990kcal

1400 KCAL

Calorie: 90kcal
Protein: 0g
Carbs: 20g
Fat: 0g

TOTAL: 1395kcal

DINNER

Green Curry Chicken with Brown Rice, Eggplants, Long Beans

1000 KCAL

Calorie: 445kcal
Protein: 43g
Carbs: 33g
Fat: 16g

TOTAL: 990kcal

1400 KCAL

Calorie: 645kcal
Protein: 63g
Carbs: 48g
Fat: 23g

TOTAL: 1395kcal

THURSDAY (JUNE 24, 2021)

LUNCH

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

1000 KCAL

Calorie: 410kcal
Protein: 39g
Carbs: 31g
Fat: 15g

TOTAL: 1000kcal

1400 KCAL

Calorie: 580kcal
Protein: 53g
Carbs: 45g
Fat: 21g

TOTAL: 1390kcal

SNACK

Tofu Brownie

1000 KCAL

Calorie: 185kcal
Protein: 8g
Carbs: 20g
Fat: 8g

TOTAL: 1000kcal

1400 KCAL

Calorie: 160kcal
Protein: 7g
Carbs: 6g
Fat: 12g

TOTAL: 1390kcal

DINNER

Honey Miso Salmon with Quinoa and Broccoli

1000 KCAL

Calorie: 405kcal
Protein: 45g
Carbs: 31g
Fat: 12g

TOTAL: 1000kcal

1400 KCAL

Calorie: 625kcal
Protein: 65g
Carbs: 46g
Fat: 20g

TOTAL: 1390kcal

FRIDAY (JUNE 25, 2021)

LUNCH

Yakiniku Beef with Brown Rice, Edamame And Kimchi

1000 KCAL

Calorie: 455kcal
Protein: 43g
Carbs: 35g
Fat: 16g

TOTAL: 995kcal

1400 KCAL

Calorie: 655kcal
Protein: 63g
Carbs: 50g
Fat: 23g

TOTAL: 1390kcal

SNACK

Pistachio & Dates Energy Bites

1000 KCAL

Calorie: 120kcal
Protein: 4g
Carbs: 8g
Fat: 8g

TOTAL: 995kcal

1400 KCAL

Calorie: 120kcal
Protein: 4g
Carbs: 8g
Fat: 8g

TOTAL: 1390kcal

DINNER

Lemongrass Barramundi Fish with Rice Noodle, Beansprouts, Spinach, Clear Chicken Soup

1000 KCAL

Calorie: 420kcal
Protein: 44g
Carbs: 31g
Fat: 14g

TOTAL: 995kcal

1400 KCAL

Calorie: 610kcal
Protein: 64g
Carbs: 45g
Fat: 20g

TOTAL: 1390kcal

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VEGETARIAN MENU

MONDAY (JUNE 14, 2021)

LUNCH

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

1000 KCAL

Calorie: 430kcal
Protein: 28g
Carbs: 48g
Fat: 14g

TOTAL: 1000kcal

1400 KCAL

Calorie: 625kcal
Protein: 41g
Carbs: 70g
Fat: 20g

TOTAL: 1395kcal

SNACK

Peanut Butter Cookie

1000 KCAL

Calorie: 160kcal
Protein: 7g
Carbs: 6g
Fat: 12g

TOTAL: 1000kcal

1400 KCAL

Calorie: 160kcal
Protein: 7g
Carbs: 6g
Fat: 12g

TOTAL: 1395kcal

DINNER

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

1000 KCAL

Calorie: 410kcal
Protein: 29g
Carbs: 44g
Fat: 13g

TOTAL: 1000kcal

1400 KCAL

Calorie: 615kcal
Protein: 44g
Carbs: 66g
Fat: 20g

TOTAL: 1395kcal

TUESDAY (JUNE 15, 2021)

LUNCH

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

1000 KCAL

Calorie: 415kcal
Protein: 33g
Carbs: 44g
Fat: 12g

TOTAL: 990kcal

1400 KCAL

Calorie: 605kcal
Protein: 49g
Carbs: 64g
Fat: 17g

TOTAL: 1400kcal

SNACK

Mango Chia Seeds Pudding

1000 KCAL

Calorie: 130kcal
Protein: 3g
Carbs: 21g
Fat: 4g

TOTAL: 990kcal

1400 KCAL

Calorie: 130kcal
Protein: 3g
Carbs: 21g
Fat: 4g

TOTAL: 1400kcal

DINNER

Tomato Stew Beans with Pasta, Mixed
Mushroom and Green Peas

1000 KCAL

Calorie: 445kcal
Protein: 31g
Carbs: 46g
Fat: 15g

TOTAL: 990kcal

1400 KCAL

Calorie: 665kcal
Protein: 47g
Carbs: 69g
Fat: 23g

TOTAL: 1400kcal

WEDNESDAY (JUNE 16, 2021)

LUNCH

Reyndang Tofu And Chick Peas with Coconut
Basmati Rice, Roasted Cauliflower

1000 KCAL

Calorie: 445kcal
Protein: 32g
Carbs: 46g
Fat: 15g

TOTAL: 995kcal

1400 KCAL

Calorie: 650kcal
Protein: 46g
Carbs: 67g
Fat: 22g

TOTAL: 1385kcal

SNACK

Banana Bread

1000 KCAL

Calorie: 175kcal
Protein: 5g
Carbs: 16g
Fat: 10g

TOTAL: 995kcal

1400 KCAL

Calorie: 175kcal
Protein: 5g
Carbs: 16g
Fat: 10g

TOTAL: 1385kcal

DINNER

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

1000 KCAL

Calorie: 375kcal
Protein: 27g
Carbs: 35g
Fat: 14g

TOTAL: 995kcal

1400 KCAL

Calorie: 560kcal
Protein: 41g
Carbs: 53g
Fat: 21g

TOTAL: 1385kcal

THURSDAY (JUNE 17, 2021)

LUNCH

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

1000 KCAL

Calorie: 425kcal
Protein: 35g
Carbs: 42g
Fat: 13g

TOTAL: 990kcal

1400 KCAL

Calorie: 640kcal
Protein: 53g
Carbs: 63g
Fat: 20g

TOTAL: 1405kcal

SNACK

Low Fat Cheese Cake

1000 KCAL

Calorie: 170kcal
Protein: 8g
Carbs: 14g
Fat: 9g

TOTAL: 990kcal

1400 KCAL

Calorie: 170kcal
Protein: 8g
Carbs: 14g
Fat: 9g

TOTAL: 1405kcal

DINNER

Peri Peri Tofu Steak W/ Cauliflower Rice,
Braised Purple Cabbage

1000 KCAL

Calorie: 400kcal
Protein: 32g
Carbs: 36g
Fat: 14g

TOTAL: 990kcal

1400 KCAL

Calorie: 595kcal
Protein: 48g
Carbs: 54g
Fat: 21g

TOTAL: 1405kcal

FRIDAY (JUNE 18, 2021)

LUNCH

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

1000 KCAL

Calorie: 430kcal
Protein: 31g
Carbs: 47g
Fat: 13g

TOTAL: 995kcal

1400 KCAL

Calorie: 645kcal
Protein: 47g
Carbs: 71g
Fat: 20g

TOTAL: 1405kcal

SNACK

Peanut Butter Energy Bites

1000 KCAL

Calorie: 185kcal
Protein: 6g
Carbs: 4g
Fat: 16g

TOTAL: 995kcal

1400 KCAL

Calorie: 185kcal
Protein: 6g
Carbs: 4g
Fat: 16g

TOTAL: 1405kcal

DINNER

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

1000 KCAL

Calorie: 385kcal
Protein: 30g
Carbs: 39g
Fat: 12g

TOTAL: 995kcal

1400 KCAL

Calorie: 575kcal
Protein: 45g
Carbs: 59g
Fat: 18g

TOTAL: 1405kcal

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VEGETARIAN MENU

MONDAY (JUNE 21, 2021)

LUNCH

Teriyaki Stew Spinach Egg Tofu with Brown Rice, Kimchi, Edamame

1000 KCAL

Calorie: 450kcal
Protein: 28g
Carbs: 48g
Fat: 16g

TOTAL: 990kcal

1400 KCAL

Calorie: 670kcal
Protein: 42g
Carbs: 72g
Fat: 24g

TOTAL: 1380kcal

SNACK

Hazelnuts Chocolate Energy Bites

1000 KCAL

Calorie: 180kcal
Protein: 9g
Carbs: 9g
Fat: 12g

TOTAL: 990kcal

1400 KCAL

Calorie: 180kcal
Protein: 9g
Carbs: 9g
Fat: 12g

TOTAL: 1380kcal

DINNER

Herb Roasted Butter Beans with Kale Quinoa Salad and Baked Pumpkin, Snap Peas

1000 KCAL

Calorie: 365kcal
Protein: 26g
Carbs: 38g
Fat: 12g

TOTAL: 990kcal

1400 KCAL

Calorie: 530kcal
Protein: 38g
Carbs: 55g
Fat: 17g

TOTAL: 1380kcal

TUESDAY (JUNE 22, 2021)

LUNCH

Turmeric Earthmeat with Coconut Basmati Rice, Hard Boiled Egg, Cucumber

1000 KCAL

Calorie: 460kcal
Protein: 38g
Carbs: 41g
Fat: 16g

TOTAL: 1005kcal

1400 KCAL

Calorie: 665kcal
Protein: 55g
Carbs: 59g
Fat: 23g

TOTAL: 1400kcal

SNACK

Carrot Cake

1000 KCAL

Calorie: 175kcal
Protein: 8g
Carbs: 18g
Fat: 8g

TOTAL: 1005kcal

1400 KCAL

Calorie: 175kcal
Protein: 8g
Carbs: 18g
Fat: 8g

TOTAL: 1400kcal

DINNER

Thai Style Tofu Tom Yam with Brown Rice Noodle Beansprouts and Cucumber

1000 KCAL

Calorie: 370kcal
Protein: 32g
Carbs: 36g
Fat: 11g

TOTAL: 1005kcal

1400 KCAL

Calorie: 555kcal
Protein: 48g
Carbs: 54g
Fat: 17g

TOTAL: 1400kcal

WEDNESDAY (JUNE 23, 2021)

LUNCH

Vegan Meatball with Aglio Olio Pasta, Mixed Veggies

1000 KCAL

Calorie: 450kcal
Protein: 31g
Carbs: 48g
Fat: 15g

TOTAL: 995kcal

1400 KCAL

Calorie: 655kcal
Protein: 45g
Carbs: 70g
Fat: 22g

TOTAL: 1385kcal

SNACK

Fruits Cup

1000 KCAL

Calorie: 90kcal
Protein: 0g
Carbs: 20g
Fat: 0g

TOTAL: 995kcal

1400 KCAL

Calorie: 90kcal
Protein: 0g
Carbs: 20g
Fat: 0g

TOTAL: 1385kcal

DINNER

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

1000 KCAL

Calorie: 465kcal
Protein: 36g
Carbs: 49g
Fat: 14g

TOTAL: 995kcal

1400 KCAL

Calorie: 650kcal
Protein: 50g
Carbs: 69g
Fat: 20g

TOTAL: 1385kcal

THURSDAY (JUNE 24, 2021)

LUNCH

Mala Mixed Veggie and Semi-Dry Tofu with Fried Brown Rice with Eggs

1000 KCAL

Calorie: 425kcal
Protein: 27g
Carbs: 46g
Fat: 15g

TOTAL: 995kcal

1400 KCAL

Calorie: 640kcal
Protein: 41g
Carbs: 69g
Fat: 23g

TOTAL: 1400kcal

SNACK

Tofu Brownie

1000 KCAL

Calorie: 185kcal
Protein: 8g
Carbs: 20g
Fat: 8g

TOTAL: 995kcal

1400 KCAL

Calorie: 185kcal
Protein: 8g
Carbs: 20g
Fat: 8g

TOTAL: 1400kcal

DINNER

Honey Miso Tempeh with Quinoa and Broccoli

1000 KCAL

Calorie: 380kcal
Protein: 31g
Carbs: 42g
Fat: 10g

TOTAL: 995kcal

1400 KCAL

Calorie: 575kcal
Protein: 47g
Carbs: 63g
Fat: 15g

TOTAL: 1400kcal

FRIDAY (JUNE 25, 2021)

LUNCH

Yakiniku Stir Fry Tofu and Mushroom with Brown Rice, Edamame and Kimchi

1000 KCAL

Calorie: 435kcal
Protein: 29g
Carbs: 46g
Fat: 15g

TOTAL: 1000kcal

1400 KCAL

Calorie: 630kcal
Protein: 42g
Carbs: 67g
Fat: 22g

TOTAL: 1385kcal

SNACK

Pistachio & Dates Energy Bites

1000 KCAL

Calorie: 190kcal
Protein: 6g
Carbs: 12g
Fat: 12g

TOTAL: 1000kcal

1400 KCAL

Calorie: 190kcal
Protein: 6g
Carbs: 12g
Fat: 12g

TOTAL: 1385kcal

DINNER

Veggie Patties with Sweet Potato Mashed, Toasted Green Peas

1000 KCAL

Calorie: 385kcal
Protein: 28g
Carbs: 41g
Fat: 12g

TOTAL: 1000kcal

1400 KCAL

Calorie: 575kcal
Protein: 42g
Carbs: 62g
Fat: 18g

TOTAL: 1385kcal

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