

YoloFoods.TM

Sept 20th - Oct 1st 2021



Yolo Meal Menu

yolofood.com.sg

Lose Weight Menu

Monday Sept — 20/2021

Lunch

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

1000 KCAL
465kcal 36g 47g 15g
Calories Protein Carbs Fat Total 995kcal
1400 KCAL
675kcal 52g 68g 22g
Calories Protein Carbs Fat Total 1390kcal

Snack

Pistachio and Dates Energy Bites

1000 KCAL
120kcal 4g 4g 10g
Calories Protein Carbs Fat Total 995kcal
1400 KCAL
120kcal 4g 4g 10g
Calories Protein Carbs Fat Total 1390kcal

Dinner

Harrisa Roasted Tilapia with Roasted Potato, French Beans

1000 KCAL
410kcal 34g 41g 12g
Calories Protein Carbs Fat Total 1010kcal
1400 KCAL
590kcal 49g 59g 17g
Calories Protein Carbs Fat Total 1390kcal

Tuesday Sept — 21/2021

Lunch

Honey Miso Salmon with Quinoa and Broccoli

1000 KCAL
440kcal 37g 48g 11g
Calories Protein Carbs Fat Total 1000kcal
1400 KCAL
635kcal 54g 70g 16g
Calories Protein Carbs Fat Total 1390kcal

Snack

Banana Bread

1000 KCAL
175kcal 5g 16g 10g
Calories Protein Carbs Fat Total 1000kcal
1400 KCAL
175kcal 5g 16g 10g
Calories Protein Carbs Fat Total 1390kcal

Dinner

Cauliflower Rice with Herb Chicken

1000 KCAL
385kcal 32g 28g 13g
Calories Protein Carbs Fat Total 1000kcal
1400 KCAL
580kcal 59g 42g 20g
Calories Protein Carbs Fat Total 1390kcal

Wednesday Sept — 22/2021

Lunch

Beef Bolognese with Pasta, Mixed Mushrooms and Green Peas

1000 KCAL
475kcal 34g 46g 17g
Calories Protein Carbs Fat Total 1000kcal
1400 KCAL
710kcal 51g 69g 26g
Calories Protein Carbs Fat Total 1410kcal

Snack

Oatmeal Cookie

1000 KCAL
145kcal 5g 9g 10g
Calories Protein Carbs Fat Total 1000kcal
1400 KCAL
145kcal 5g 9g 10g
Calories Protein Carbs Fat Total 1410kcal

Dinner

Lemongrass Chicken with Rice Vermicelli and Mixed Veggies Salad

1000 KCAL
385kcal 32g 39g 11g
Calories Protein Carbs Fat Total 1000kcal
1400 KCAL
555kcal 46g 57g 16g
Calories Protein Carbs Fat Total 1410kcal

Thursday Sept — 23/2021

Lunch

Baked Curry Barramundi with Coconut Basmati Rice, Long Beans

1000 KCAL
460kcal 37g 42g 16g
Calories Protein Carbs Fat Total 1005kcal
1400 KCAL
690kcal 56g 63g 24g
Calories Protein Carbs Fat Total 1395kcal

Snack

Almond Oats Energy Bar

1000 KCAL
190kcal 6g 12g 13g
Calories Protein Carbs Fat Total 1005kcal
1400 KCAL
190kcal 6g 12g 13g
Calories Protein Carbs Fat Total 1395kcal

Dinner

Ma Po Tofu with Rice Noodles, Beansprouts

1000 KCAL
355kcal 32g 32g 11g
Calories Protein Carbs Fat Total 1005kcal
1400 KCAL
515kcal 46g 46g 16g
Calories Protein Carbs Fat Total 1395kcal

Friday Sept — 24/2021

Lunch

Chicken Rendang with Brown Rice, Roasted Cauliflower

1000 KCAL
480kcal 38g 48g 15g
Calories Protein Carbs Fat Total 1000kcal
1400 KCAL
695kcal 55g 70g 22g
Calories Protein Carbs Fat Total 1395kcal

Snack

Fruits Cup

1000 KCAL
90kcal 0g 20g 0g
Calories Protein Carbs Fat Total 1000kcal
1400 KCAL
90kcal 0g 20g 0g
Calories Protein Carbs Fat Total 1395kcal

Dinner

Beef Bulgogi with Sweet Potato Noodles, Spinach and Shredded Carrot

1000 KCAL
445kcal 33g 44g 15g
Calories Protein Carbs Fat Total 1000kcal
1400 KCAL
620kcal 46g 62g 21g
Calories Protein Carbs Fat Total 1395kcal

Lose Weight Menu

Monday Sept — 27/2021

Lunch

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

1000 KCAL
480kcal 36g 48g 16g
Calories Protein Carbs Fat Total 995kcal
1400 KCAL
720kcal 54g 72g 24g
Calories Protein Carbs Fat Total 1395kcal

Snack

Cumin Carrot Soup

1000 KCAL
120kcal 6g 6g 8g
Calories Protein Carbs Fat Total 995kcal
1400 KCAL
120kcal 6g 6g 8g
Calories Protein Carbs Fat Total 1395kcal

Dinner

Teriyaki Salmon with Quinoa, Sauté Mixed
Veggies

1000 KCAL
395kcal 32g 38g 13g
Calories Protein Carbs Fat Total 995kcal
1400 KCAL
555kcal 45g 53g 18g
Calories Protein Carbs Fat Total 1395kcal

Tuesday Sept — 28/2021

Lunch

Red Curry Chicken with Brown Rice, Long
Beans and Eggplants

1000 KCAL
455kcal 31g 49g 15g
Calories Protein Carbs Fat Total 1000kcal
1400 KCAL
685kcal 47g 74g 23g
Calories Protein Carbs Fat Total 1410kcal

Snack

Tofu Brownie

1000 KCAL
185kcal 8g 20g 8g
Calories Protein Carbs Fat Total 1000kcal
1400 KCAL
185kcal 8g 20g 8g
Calories Protein Carbs Fat Total 1410kcal

Dinner

Salmon Chicken Balls with Cauliflower
Rice, Spinach Egg

1000 KCAL
360kcal 36g 34g 9g
Calories Protein Carbs Fat Total 1000kcal
1400 KCAL
540kcal 54g 51g 14g
Calories Protein Carbs Fat Total 1410kcal

Wednesday Sept — 29/2021

Lunch

Yakiniku Beef with Brown Rice, Edamame
and Kimchi

1000 KCAL
465kcal 36g 46g 15g
Calories Protein Carbs Fat Total 1005kcal
1400 KCAL
670kcal 52g 67g 22g
Calories Protein Carbs Fat Total 1405kcal

Snack

Peanut Butter Energy Bites

1000 KCAL
125kcal 4g 2g 11g
Calories Protein Carbs Fat Total 1005kcal
1400 KCAL
125kcal 4g 2g 11g
Calories Protein Carbs Fat Total 1405kcal

Dinner

Peri Peri Chicken with Roasted Potato,
Herb Veggies

1000 KCAL
420kcal 37g 41g 12g
Calories Protein Carbs Fat Total 1005kcal
1400 KCAL
610kcal 54g 59g 17g
Calories Protein Carbs Fat Total 1405kcal

Thursday Sept — 30/2021

Lunch

Basil Minced Chicken with Brown Rice, Soy
Egg, Kailan

1000 KCAL
440kcal 36g 42g 14g
Calories Protein Carbs Fat Total 1000kcal
1400 KCAL
635kcal 52g 61g 20g
Calories Protein Carbs Fat Total 1390kcal

Snack

Low Fat Cheese Cake

1000 KCAL
170kcal 8g 14g 9g
Calories Protein Carbs Fat Total 1000kcal
1400 KCAL
170kcal 8g 14g 9g
Calories Protein Carbs Fat Total 1390kcal

Dinner

Baked Lemongrass Barramundi with Cajun
Roasted Sweet Potato, Broccoli

1000 KCAL
390kcal 36g 35g 12g
Calories Protein Carbs Fat Total 1000kcal
1400 KCAL
590kcal 54g 53g 18g
Calories Protein Carbs Fat Total 1390kcal

Friday Oct — 1/2021

Lunch

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

1000 KCAL
440kcal 32g 44g 15g
Calories Protein Carbs Fat Total 1000kcal
1400 KCAL
635kcal 46g 64g 22g
Calories Protein Carbs Fat Total 1390kcal

Snack

Peanut Butter Cookie

1000 KCAL
180kcal 4g 5g 16g
Calories Protein Carbs Fat Total 1000kcal
1400 KCAL
180kcal 4g 5g 16g
Calories Protein Carbs Fat Total 1390kcal

Dinner

Turmeric Chicken with Brown Rice, Lady
Finger

1000 KCAL
385kcal 32g 39g 11g
Calories Protein Carbs Fat Total 1000kcal
1400 KCAL
575kcal 48g 59g 17g
Calories Protein Carbs Fat Total 1390kcal

Stay in Check Menu

Monday Sept — 20/2021

Lunch

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

1400 KCAL				
675kcal	52g	68g	22g	
Calories	Protein	Carbs	Fat	Total
1390kcal				
1800 KCAL				
840kcal	65g	85g	27g	
Calories	Protein	Carbs	Fat	Total
1795kcal				

Snack

Pistachio and Dates Energy Bites

1400 KCAL				
120kcal	4g	4g	10g	
Calories	Protein	Carbs	Fat	Total
1390kcal				
1800 KCAL				
240kcal	6g	18g	16g	
Calories	Protein	Carbs	Fat	Total
1795kcal				

Dinner

Harrisa Roasted Tilapia with Roasted Potato, French Beans

1400 KCAL				
590kcal	49g	59g	17g	
Calories	Protein	Carbs	Fat	Total
1390kcal				
1800 KCAL				
715kcal	60g	72g	21g	
Calories	Protein	Carbs	Fat	Total
1795kcal				

Tuesday Sept — 21/2021

Lunch

Honey Miso Salmon with Quinoa and Broccoli

1400 KCAL				
635kcal	54g	70g	16g	
Calories	Protein	Carbs	Fat	Total
1390kcal				
1800 KCAL				
855kcal	72g	94g	21g	
Calories	Protein	Carbs	Fat	Total
1800kcal				

Snack

Banana Bread

1400 KCAL				
175kcal	5g	16g	10g	
Calories	Protein	Carbs	Fat	Total
1390kcal				
1800 KCAL				
175kcal	5g	16g	10g	
Calories	Protein	Carbs	Fat	Total
1800kcal				

Dinner

Cauliflower Rice with Herb Chicken

1400 KCAL				
580kcal	59g	42g	20g	
Calories	Protein	Carbs	Fat	Total
1390kcal				
1800 KCAL				
770kcal	78g	56g	26g	
Calories	Protein	Carbs	Fat	Total
1800kcal				

Wednesday Sept — 22/2021

Lunch

Beef Bolognese with Pasta, Mixed Mushrooms and Green Peas

1400 KCAL				
710kcal	51g	69g	26g	
Calories	Protein	Carbs	Fat	Total
1410kcal				
1800 KCAL				
945kcal	68g	92g	34g	
Calories	Protein	Carbs	Fat	Total
1840kcal				

Snack

Oatmeal Cookie

1400 KCAL				
145kcal	5g	9g	10g	
Calories	Protein	Carbs	Fat	Total
1410kcal				
1800 KCAL				
145kcal	5g	9g	10g	
Calories	Protein	Carbs	Fat	Total
1840kcal				

Dinner

Lemongrass Chicken with Rice Vermicelli and Mixed Veggies Salad

1400 KCAL				
555kcal	46g	57g	16g	
Calories	Protein	Carbs	Fat	Total
1410kcal				
1800 KCAL				
745kcal	62g	76g	21g	
Calories	Protein	Carbs	Fat	Total
1840kcal				

Thursday Sept — 23/2021

Lunch

Baked Curry Barramundi with Coconut Basmati Rice, Long Beans

1400 KCAL				
690kcal	56g	63g	24g	
Calories	Protein	Carbs	Fat	Total
1395kcal				
1800 KCAL				
920kcal	74g	84g	32g	
Calories	Protein	Carbs	Fat	Total
1800kcal				

Snack

Almond Oats Energy Bar

1400 KCAL				
190kcal	6g	12g	13g	
Calories	Protein	Carbs	Fat	Total
1395kcal				
1800 KCAL				
190kcal	6g	12g	13g	
Calories	Protein	Carbs	Fat	Total
1800kcal				

Dinner

Ma Po Tofu with Rice Noodles, Beansprouts

1400 KCAL				
515kcal	46g	46g	16g	
Calories	Protein	Carbs	Fat	Total
1395kcal				
1800 KCAL				
690kcal	62g	62g	21g	
Calories	Protein	Carbs	Fat	Total
1800kcal				

Friday Sept — 24/2021

Lunch

Chicken Rendang with Brown Rice, Roasted Cauliflower

1400 KCAL				
695kcal	55g	70g	22g	
Calories	Protein	Carbs	Fat	Total
1395kcal				
1800 KCAL				
910kcal	72g	91g	29g	
Calories	Protein	Carbs	Fat	Total
1790kcal				

Snack

Fruits Cup

1400 KCAL				
90kcal	0g	20g	0g	
Calories	Protein	Carbs	Fat	Total
1395kcal				
1800 KCAL				
90kcal	0g	20g	0g	
Calories	Protein	Carbs	Fat	Total
1790kcal				

Dinner

Beef Bulgogi with Sweet Potato Noodles, Spinach and Shredded Carrot

1400 KCAL				
620kcal	46g	62g	21g	
Calories	Protein	Carbs	Fat	Total
1395kcal				
1800 KCAL				
795kcal	59g	79g	27g	
Calories	Protein	Carbs	Fat	Total
1790kcal				

Stay in Check Menu

Monday Sept — 27/2021

Lunch

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

1400 KCAL				
720kcal	54g	72g	24g	
Calories	Protein	Carbs	Fat	Total 1395kcal
1800 KCAL				
890kcal	67g	89g	30g	
Calories	Protein	Carbs	Fat	Total 1800kcal

Snack

Cumin Carrot Soup

1400 KCAL				
120kcal	6g	6g	8g	
Calories	Protein	Carbs	Fat	Total 1395kcal
1800 KCAL				
120kcal	6g	6g	8g	
Calories	Protein	Carbs	Fat	Total 1800kcal

Dinner

Teriyaki Salmon with Quinoa, Sauté Mixed
Veggies

1400 KCAL				
555kcal	45g	53g	18g	
Calories	Protein	Carbs	Fat	Total 1395kcal
1800 KCAL				
795kcal	64g	76g	26g	
Calories	Protein	Carbs	Fat	Total 1800kcal

Tuesday Sept — 28/2021

Lunch

Red Curry Chicken with Brown Rice, Long
Beans and Eggplants

1400 KCAL				
685kcal	47g	74g	23g	
Calories	Protein	Carbs	Fat	Total 1410kcal
1800 KCAL				
910kcal	62g	98g	30g	
Calories	Protein	Carbs	Fat	Total 1800kcal

Snack

Tofu Brownie

1400 KCAL				
185kcal	8g	20g	8g	
Calories	Protein	Carbs	Fat	Total 1410kcal
1800 KCAL				
185kcal	8g	20g	8g	
Calories	Protein	Carbs	Fat	Total 1800kcal

Dinner

Salmon Chicken Balls with Cauliflower
Rice, Spinach Egg

1400 KCAL				
540kcal	54g	51g	14g	
Calories	Protein	Carbs	Fat	Total 1410kcal
1800 KCAL				
705kcal	70g	66g	18g	
Calories	Protein	Carbs	Fat	Total 1800kcal

Wednesday Sept — 29/2021

Lunch

Yakiniku Beef with Brown Rice, Edamame
and Kimchi

1400 KCAL				
670kcal	52g	67g	22g	
Calories	Protein	Carbs	Fat	Total 1405kcal
1800 KCAL				
880kcal	68g	87g	29g	
Calories	Protein	Carbs	Fat	Total 1800kcal

Snack

Peanut Butter Energy Bites

1400 KCAL				
125kcal	4g	2g	11g	
Calories	Protein	Carbs	Fat	Total 1405kcal
1800 KCAL				
125kcal	4g	2g	11g	
Calories	Protein	Carbs	Fat	Total 1800kcal

Dinner

Peri Peri Chicken with Roasted Potato,
Herb Veggies

1400 KCAL				
610kcal	54g	59g	17g	
Calories	Protein	Carbs	Fat	Total 1405kcal
1800 KCAL				
800kcal	70g	78g	23g	
Calories	Protein	Carbs	Fat	Total 1800kcal

Thursday Sept — 30/2021

Lunch

Basil Minced Chicken with Brown Rice, Soy
Egg, Kailan

1400 KCAL				
635kcal	52g	61g	20g	
Calories	Protein	Carbs	Fat	Total 1390kcal
1800 KCAL				
830kcal	68g	80g	27g	
Calories	Protein	Carbs	Fat	Total 1785kcal

Snack

Low Fat Cheese Cake

1400 KCAL				
170kcal	8g	14g	9g	
Calories	Protein	Carbs	Fat	Total 1390kcal
1800 KCAL				
170kcal	8g	14g	9g	
Calories	Protein	Carbs	Fat	Total 1785kcal

Dinner

Baked Lemongrass Barramundi with Cajun
Roasted Sweet Potato, Broccoli

1400 KCAL				
590kcal	54g	53g	18g	
Calories	Protein	Carbs	Fat	Total 1390kcal
1800 KCAL				
785kcal	72g	70g	24g	
Calories	Protein	Carbs	Fat	Total 1785kcal

Friday Oct — 1/2021

Lunch

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

1400 KCAL				
635kcal	46g	64g	22g	
Calories	Protein	Carbs	Fat	Total 1390kcal
1800 KCAL				
855kcal	62g	86g	29g	
Calories	Protein	Carbs	Fat	Total 1800kcal

Snack

Peanut Butter Cookie

1400 KCAL				
180kcal	4g	5g	16g	
Calories	Protein	Carbs	Fat	Total 1390kcal
1800 KCAL				
180kcal	4g	5g	16g	
Calories	Protein	Carbs	Fat	Total 1800kcal

Dinner

Turmeric Chicken with Brown Rice, Lady
Finger

1400 KCAL				
575kcal	48g	59g	17g	
Calories	Protein	Carbs	Fat	Total 1390kcal
1800 KCAL				
765kcal	64g	78g	22g	
Calories	Protein	Carbs	Fat	Total 1800kcal

Low-Carb Menu

Monday Sept — 20/2021

Lunch

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

1000 KCAL				
455kcal	43g	35g	16g	
Calories	Protein	Carbs	Fat	Total 1005kcal
1400 KCAL				
670kcal	63g	51g	24g	
Calories	Protein	Carbs	Fat	Total 1395kcal

Snack

Pistachio and Dates Energy Bites

1000 KCAL				
120kcal	4g	4g	10g	
Calories	Protein	Carbs	Fat	Total 1005kcal
1400 KCAL				
120kcal	4g	4g	10g	
Calories	Protein	Carbs	Fat	Total 1395kcal

Dinner

Harrisa Roasted Tilapia with Roasted Potato, French Beans

1000 KCAL				
430kcal	45g	31g	14g	
Calories	Protein	Carbs	Fat	Total 1005kcal
1400 KCAL				
605kcal	59g	45g	21g	
Calories	Protein	Carbs	Fat	Total 1395kcal

Tuesday Sept — 21/2021

Lunch

Honey Miso Salmon with Quinoa and Broccoli

1000 KCAL				
425kcal	44g	36g	12g	
Calories	Protein	Carbs	Fat	Total 995kcal
1400 KCAL				
630kcal	64g	52g	18g	
Calories	Protein	Carbs	Fat	Total 1395kcal

Snack

Banana Bread

1000 KCAL				
175kcal	5g	16g	10g	
Calories	Protein	Carbs	Fat	Total 995kcal
1400 KCAL				
175kcal	5g	16g	10g	
Calories	Protein	Carbs	Fat	Total 1395kcal

Dinner

Cauliflower Rice with Herb Chicken

1000 KCAL				
395kcal	47g	21g	14g	
Calories	Protein	Carbs	Fat	Total 995kcal
1400 KCAL				
590kcal	70g	32g	20g	
Calories	Protein	Carbs	Fat	Total 1395kcal

Wednesday Sept — 22/2021

Lunch

Beef Bolognese with Pasta, Mixed Mushrooms and Green Peas

1000 KCAL				
470kcal	41g	35g	19g	
Calories	Protein	Carbs	Fat	Total 995kcal
1400 KCAL				
695kcal	61g	52g	27g	
Calories	Protein	Carbs	Fat	Total 1400kcal

Snack

Oatmeal Cookie

1000 KCAL				
145kcal	5g	9g	10g	
Calories	Protein	Carbs	Fat	Total 995kcal
1400 KCAL				
145kcal	5g	9g	10g	
Calories	Protein	Carbs	Fat	Total 1400kcal

Dinner

Lemongrass Chicken with Rice Vermicelli and Mixed Veggies Salad

1000 KCAL				
375kcal	38g	29g	12g	
Calories	Protein	Carbs	Fat	Total 995kcal
1400 KCAL				
560kcal	57g	42g	18g	
Calories	Protein	Carbs	Fat	Total 1400kcal

Thursday Sept — 23/2021

Lunch

Baked Curry Barramundi with Coconut Basmati Rice, Long Beans

1000 KCAL				
455kcal	44g	32g	17g	
Calories	Protein	Carbs	Fat	Total 995kcal
1400 KCAL				
680kcal	67g	47g	25g	
Calories	Protein	Carbs	Fat	Total 1395kcal

Snack

Almond Oats Energy Bar

1000 KCAL				
190kcal	6g	12g	13g	
Calories	Protein	Carbs	Fat	Total 995kcal
1400 KCAL				
190kcal	6g	12g	13g	
Calories	Protein	Carbs	Fat	Total 1395kcal

Dinner

Ma Po Tofu with Rice Noodles, Beansprouts

1000 KCAL				
355kcal	38g	24g	12g	
Calories	Protein	Carbs	Fat	Total 995kcal
1400 KCAL				
525kcal	56g	35g	18g	
Calories	Protein	Carbs	Fat	Total 1395kcal

Friday Sept — 24/2021

Lunch

Chicken Rendang with Brown Rice, Roasted Cauliflower

1000 KCAL				
470kcal	46g	36g	16g	
Calories	Protein	Carbs	Fat	Total 1000kcal
1400 KCAL				
670kcal	62g	51g	24g	
Calories	Protein	Carbs	Fat	Total 1405kcal

Snack

Fruits Cup

1000 KCAL				
90kcal	0g	20g	0g	
Calories	Protein	Carbs	Fat	Total 1000kcal
1400 KCAL				
90kcal	0g	20g	0g	
Calories	Protein	Carbs	Fat	Total 1405kcal

Dinner

Beef Bulgogi with Sweet Potato Noodles, Spinach and Shredded Carrot

1000 KCAL				
455kcal	42g	33g	17g	
Calories	Protein	Carbs	Fat	Total 1000kcal
1400 KCAL				
655kcal	63g	47g	24g	
Calories	Protein	Carbs	Fat	Total 1405kcal

Low-Carb Menu

Monday Sept — 27/2021

Lunch

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

1000 KCAL				
470kcal	43g	36g	17g	
Calories	Protein	Carbs	Fat	Total 1000kcal
1400 KCAL				
695kcal	65g	52g	25g	
Calories	Protein	Carbs	Fat	Total 1405kcal

Snack

Cumin Carrot Soup

1000 KCAL				
120kcal	6g	6g	8g	
Calories	Protein	Carbs	Fat	Total 1000kcal
1400 KCAL				
120kcal	6g	6g	8g	
Calories	Protein	Carbs	Fat	Total 1405kcal

Dinner

Teriyaki Salmon with Quinoa, Sauté Mixed
Veggies

1000 KCAL				
415kcal	41g	29g	15g	
Calories	Protein	Carbs	Fat	Total 1000kcal
1400 KCAL				
590kcal	58g	40g	22g	
Calories	Protein	Carbs	Fat	Total 1405kcal

Tuesday Sept — 28/2021

Lunch

Red Curry Chicken with Brown Rice, Long
Beans and Eggplants

1000 KCAL				
440kcal	37g	37g	16g	
Calories	Protein	Carbs	Fat	Total 1000kcal
1400 KCAL				
655kcal	56g	55g	24g	
Calories	Protein	Carbs	Fat	Total 1390kcal

Snack

Tofu Brownie

1000 KCAL				
185kcal	8g	20g	8g	
Calories	Protein	Carbs	Fat	Total 1000kcal
1400 KCAL				
185kcal	8g	20g	8g	
Calories	Protein	Carbs	Fat	Total 1390kcal

Dinner

Salmon Chicken Balls with Cauliflower
Rice, Spinach Egg

1000 KCAL				
380kcal	48g	26g	9g	
Calories	Protein	Carbs	Fat	Total 1000kcal
1400 KCAL				
545kcal	65g	38g	15g	
Calories	Protein	Carbs	Fat	Total 1390kcal

Wednesday Sept — 29/2021

Lunch

Yakiniku Beef with Brown Rice, Edamame
and Kimchi

1000 KCAL				
455kcal	43g	35g	16g	
Calories	Protein	Carbs	Fat	Total 990kcal
1400 KCAL				
665kcal	63g	50g	24g	
Calories	Protein	Carbs	Fat	Total 1390kcal

Snack

Peanut Butter Energy Bites

1000 KCAL				
125kcal	4g	2g	11g	
Calories	Protein	Carbs	Fat	Total 990kcal
1400 KCAL				
125kcal	4g	2g	11g	
Calories	Protein	Carbs	Fat	Total 1390kcal

Dinner

Peri Peri Chicken with Roasted Potato,
Herb Veggies

1000 KCAL				
415kcal	44g	31g	13g	
Calories	Protein	Carbs	Fat	Total 990kcal
1400 KCAL				
600kcal	64g	45g	18g	
Calories	Protein	Carbs	Fat	Total 1390kcal

Thursday Sept — 30/2021

Lunch

Basil Minced Chicken with Brown Rice, Soy
Egg, Kailan

1000 KCAL				
130kcal	43g	32g	15g	
Calories	Protein	Carbs	Fat	Total 990kcal
1400 KCAL				
635kcal	63g	47g	22g	
Calories	Protein	Carbs	Fat	Total 1390kcal

Snack

Low Fat Cheese Cake

1000 KCAL				
170kcal	8g	14g	9g	
Calories	Protein	Carbs	Fat	Total 990kcal
1400 KCAL				
170kcal	8g	14g	9g	
Calories	Protein	Carbs	Fat	Total 1390kcal

Dinner

Baked Lemongrass Barramundi with Cajun
Roasted Sweet Potato, Broccoli

1000 KCAL				
390kcal	43g	26g	13g	
Calories	Protein	Carbs	Fat	Total 990kcal
1400 KCAL				
585kcal	65g	39g	19g	
Calories	Protein	Carbs	Fat	Total 1390kcal

Friday Oct — 1/2021

Lunch

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

1000 KCAL				
425kcal	38g	33g	16g	
Calories	Protein	Carbs	Fat	Total 1000kcal
1400 KCAL				
635kcal	59g	48g	23g	
Calories	Protein	Carbs	Fat	Total 1395kcal

Snack

Peanut Butter Cookie

1000 KCAL				
180kcal	4g	5g	16g	
Calories	Protein	Carbs	Fat	Total 1000kcal
1400 KCAL				
180kcal	4g	5g	16g	
Calories	Protein	Carbs	Fat	Total 1395kcal

Dinner

Turmeric Chicken with Brown Rice, Lady
Finger

1000 KCAL				
390kcal	41g	31g	12g	
Calories	Protein	Carbs	Fat	Total 1000kcal
1400 KCAL				
580kcal	61g	44g	18g	
Calories	Protein	Carbs	Fat	Total 1395kcal

Vegetarian Menu

Monday Sept — 20/2021

Lunch

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

1000 KCAL
440kcal 31g 48g 14g
Calories Protein Carbs Fat Total 1005kcal
1400 KCAL
640kcal 45g 70g 20g
Calories Protein Carbs Fat Total 1390kcal

Snack

Pistachio and Dates Energy Bites

1000 KCAL
185kcal 6g 6g 15g
Calories Protein Carbs Fat Total 1005kcal
1400 KCAL
185kcal 6g 6g 15g
Calories Protein Carbs Fat Total 1390kcal

Dinner

Harrisa Roasted Tofu Steaks with Roasted
Potato, French Beans

1000 KCAL
380kcal 29g 34g 14g
Calories Protein Carbs Fat Total 1005kcal
1400 KCAL
565kcal 44g 51g 21g
Calories Protein Carbs Fat Total 1390kcal

Tuesday Sept — 21/2021

Lunch

Baked Fresh Herb Haloumi with White
Beans, Quinoa and Broccoli

1000 KCAL
515kcal 31g 48g 22g
Calories Protein Carbs Fat Total 1000kcal
1400 KCAL
745kcal 45g 70g 32g
Calories Protein Carbs Fat Total 1400kcal

Snack

Roasted Mixed Nuts

1000 KCAL
140kcal 6g 4g 11g
Calories Protein Carbs Fat Total 1000kcal
1400 KCAL
140kcal 6g 4g 11g
Calories Protein Carbs Fat Total 1400kcal

Dinner

Cauliflower Rice with Baked Tempeh and
Spinach Egg

1000 KCAL
345kcal 33g 24g 13g
Calories Protein Carbs Fat Total 1000kcal
1400 KCAL
520kcal 50g 36g 20g
Calories Protein Carbs Fat Total 1400kcal

Wednesday Sept — 22/2021

Lunch

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

1000 KCAL
480kcal 31g 49g 18g
Calories Protein Carbs Fat Total 1005kcal
1400 KCAL
725kcal 47g 74g 27g
Calories Protein Carbs Fat Total 1400kcal

Snack

Oatmeal Cookie

1000 KCAL
145kcal 5g 9g 10g
Calories Protein Carbs Fat Total 1005kcal
1400 KCAL
145kcal 5g 9g 10g
Calories Protein Carbs Fat Total 1400kcal

Dinner

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

1000 KCAL
380kcal 24g 39g 14g
Calories Protein Carbs Fat Total 1005kcal
1400 KCAL
530kcal 34g 55g 20g
Calories Protein Carbs Fat Total 1400kcal

Thursday Sept — 23/2021

Lunch

Vegan Red Curry with Coconut Basmati
Rice, Long Beans

1000 KCAL
450kcal 29g 48g 16g
Calories Protein Carbs Fat Total 1000kcal
1400 KCAL
680kcal 44g 72g 24g
Calories Protein Carbs Fat Total 1385kcal

Snack

Almond Oats Energy Bar

1000 KCAL
190kcal 6g 12g 13g
Calories Protein Carbs Fat Total 1000kcal
1400 KCAL
190kcal 6g 12g 13g
Calories Protein Carbs Fat Total 1385kcal

Dinner

Ma Po Tofu with Rice Noodles, Beansprouts

1000 KCAL
355kcal 28g 32g 13g
Calories Protein Carbs Fat Total 1000kcal
1400 KCAL
520kcal 41g 46g 19g
Calories Protein Carbs Fat Total 1385kcal

Friday Sept — 24/2021

Lunch

Renderang Earthmeat with Brown Rice,
Roasted Cauliflower

1000 KCAL
470kcal 34g 48g 16g
Calories Protein Carbs Fat Total 1005kcal
1400 KCAL
685kcal 49g 70g 23g
Calories Protein Carbs Fat Total 1400kcal

Snack

Fruits Cup

1000 KCAL
90kcal 0g 20g 0g
Calories Protein Carbs Fat Total 1005kcal
1400 KCAL
90kcal 0g 20g 0g
Calories Protein Carbs Fat Total 1400kcal

Dinner

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

1000 KCAL
455kcal 28g 38g 21g
Calories Protein Carbs Fat Total 1005kcal
1400 KCAL
635kcal 39g 53g 29g
Calories Protein Carbs Fat Total 1400kcal

Vegetarian Menu

Monday Sept — 27/2021

Lunch

Herb Roasted Portobello, Tempeh with Aglio Olio Pasta, Tomato Sauce and Sweet Snap Peas

1000 KCAL
445kcal 31g 46g 15g
Calories Protein Carbs Fat Total 1005kcal
1400 KCAL
665kcal 47g 69g 23g
Calories Protein Carbs Fat Total 1395kcal

Snack

Hazelnuts Chocolate Energy Bites

1000 KCAL
180kcal 6g 5g 15g
Calories Protein Carbs Fat Total 1005kcal
1400 KCAL
180kcal 6g 5g 15g
Calories Protein Carbs Fat Total 1395kcal

Dinner

Teriyaki Home Made Spinach Egg Tofu with Quinoa, Sauté Mixed Veggies

1000 KCAL
380kcal 32g 34g 13g
Calories Protein Carbs Fat Total 1005kcal
1400 KCAL
550kcal 46g 49g 19g
Calories Protein Carbs Fat Total 1395kcal

Tuesday Sept — 28/2021

Lunch

Red Curry Chick Peas with Brown Rice, Long Beans and Eggplants

1000 KCAL
480kcal 31g 49g 18g
Calories Protein Carbs Fat Total 1000kcal
1400 KCAL
725kcal 47g 74g 27g
Calories Protein Carbs Fat Total 1405kcal

Snack

Tofu Brownie

1000 KCAL
185kcal 8g 20g 8g
Calories Protein Carbs Fat Total 1000kcal
1400 KCAL
185kcal 8g 20g 8g
Calories Protein Carbs Fat Total 1405kcal

Dinner

Vegan Meatballs with Cauliflower Rice, Spinach Egg

1000 KCAL
330kcal 32g 24g 12g
Calories Protein Carbs Fat Total 1000kcal
1400 KCAL
500kcal 48g 36g 18g
Calories Protein Carbs Fat Total 1405kcal

Wednesday Sept — 29/2021

Lunch

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

1000 KCAL
440kcal 34g 47g 13g
Calories Protein Carbs Fat Total 1000kcal
1400 KCAL
640kcal 49g 68g 19g
Calories Protein Carbs Fat Total 1390kcal

Snack

Peanut Butter Energy Bites

1000 KCAL
180kcal 6g 3g 16g
Calories Protein Carbs Fat Total 1000kcal
1400 KCAL
180kcal 6g 3g 16g
Calories Protein Carbs Fat Total 1390kcal

Dinner

Peri Peri Earthmeat with Roasted Potato, Herb Veggies

1000 KCAL
380kcal 33g 35g 12g
Calories Protein Carbs Fat Total 1000kcal
1400 KCAL
570kcal 50g 53g 18g
Calories Protein Carbs Fat Total 1390kcal

Thursday Sept — 30/2021

Lunch

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

1000 KCAL
440kcal 34g 44g 14g
Calories Protein Carbs Fat Total 1000kcal
1400 KCAL
635kcal 49g 64g 20g
Calories Protein Carbs Fat Total 1395kcal

Snack

Low Fat Cheese Cake

1000 KCAL
170kcal 8g 14g 9g
Calories Protein Carbs Fat Total 1000kcal
1400 KCAL
170kcal 8g 14g 9g
Calories Protein Carbs Fat Total 1395kcal

Dinner

Fresh Herb and Lemon Stew Butter Beans with Cajun Roasted Sweet Potato, Broccoli, Ricotta Cheese

1000 KCAL
395kcal 32g 37g 13g
Calories Protein Carbs Fat Total 1000kcal
1400 KCAL
590kcal 48g 56g 20g
Calories Protein Carbs Fat Total 1395kcal

Friday Oct — 1/2021

Lunch

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

1000 KCAL
435kcal 32g 48g 13g
Calories Protein Carbs Fat Total 1010kcal
1400 KCAL
655kcal 48g 72g 20g
Calories Protein Carbs Fat Total 1405kcal

Snack

Peanut Butter Cookie

1000 KCAL
180kcal 4g 5g 16g
Calories Protein Carbs Fat Total 1010kcal
1400 KCAL
180kcal 4g 5g 16g
Calories Protein Carbs Fat Total 1405kcal

Dinner

Turmeric Earthmeat with Brown Rice, Lady Finger

1000 KCAL
390kcal 32g 39g 12g
Calories Protein Carbs Fat Total 1010kcal
1400 KCAL
570kcal 46g 57g 17g
Calories Protein Carbs Fat Total 1405kcal