



YoloFoods.™

# YoloPlans Menu

Jan 17th - Jan 28th 2022 | [yolofood.com.sg](https://yolofood.com.sg)



# Weight Loss Menu

Monday Jan — 17/2022		Add On : \$2.5
<b>Lunch</b> Teriyaki Salmon with Brown Rice, Kimchi, Edamame  <b>Small Plan</b> 460kcal 33g 44g 17g Calories Protein Carbs Fat <b>Medium Plan</b> 690kcal 50g 66g 26g Calories Protein Carbs Fat	<b>Dinner</b> Herb Chicken with Kale Quinoa Salad and Baked Pumpkin  <b>Small Plan</b> 410kcal 42g 34g 12g Calories Protein Carbs Fat <b>Medium Plan</b> 595kcal 61g 49g 17g Calories Protein Carbs Fat	<b>Snack</b> Chocolate Hazelnut Energy Bites  <b>Small Plan</b> 120kcal 6g 6g 8g Calories Protein Carbs Fat <b>Medium Plan</b> 120kcal 6g 6g 8g Calories Protein Carbs Fat
Tuesday Jan — 18/2022		
<b>Lunch</b> Nasi Lemak (Turmeric Chicken) with Coconut Basmati Rice, Hard Boiled Egg, Cucumber  <b>Small Plan</b> 460kcal 38g 41g 16g Calories Protein Carbs Fat <b>Medium Plan</b> 665kcal 55g 59g 23g Calories Protein Carbs Fat	<b>Dinner</b> Seafood Tom Yam with Brown Rice Noodles, Beansprouts and Cucumber  <b>Small Plan</b> 370kcal 32g 36g 11g Calories Protein Carbs Fat <b>Medium Plan</b> 555kcal 48g 54g 17g Calories Protein Carbs Fat	<b>Snack</b> Carrot Cake with Cashew Frosting  <b>Small Plan</b> 175kcal 8g 18g 8g Calories Protein Carbs Fat <b>Medium Plan</b> 175kcal 8g 18g 8g Calories Protein Carbs Fat
Wednesday Jan — 19/2022		
<b>Lunch</b> Beef Meatball with Aglio Olio Pasta, Mixed Veggies  <b>Small Plan</b> 465kcal 39g 48g 13g Calories Protein Carbs Fat <b>Medium Plan</b> 650kcal 55g 67g 18g Calories Protein Carbs Fat	<b>Dinner</b> Green Curry Chicken with Basmati Rice, Eggplants, Long Beans  <b>Small Plan</b> 455kcal 36g 44g 15g Calories Protein Carbs Fat <b>Medium Plan</b> 660kcal 52g 64g 22g Calories Protein Carbs Fat	<b>Snack</b> Fruits Cup  <b>Small Plan</b> 90kcal 0g 20g 0g Calories Protein Carbs Fat <b>Medium Plan</b> 90kcal 0g 20g 0g Calories Protein Carbs Fat
Thursday Jan — 20/2022		
<b>Lunch</b> Brown Rice Paella with Chicken Thigh Chunks, Prawns and Squids, Serve With a Side Salad  <b>Small Plan</b> 415kcal 31g 41g 14g Calories Protein Carbs Fat <b>Medium Plan</b> 600kcal 45g 59g 20g Calories Protein Carbs Fat	<b>Dinner</b> Honey Miso Salmon with Quinoa and Broccoli  <b>Small Plan</b> 405kcal 36g 41g 11g Calories Protein Carbs Fat <b>Medium Plan</b> 610kcal 54g 62g 17g Calories Protein Carbs Fat	<b>Snack</b> Tofu Chocolate Brownie  <b>Small Plan</b> 185kcal 8g 20g 8g Calories Protein Carbs Fat <b>Medium Plan</b> 185kcal 8g 20g 8g Calories Protein Carbs Fat
Friday Jan — 21/2022		
<b>Lunch</b> Yakiniku Beef with Brown Rice, Edamame and Kimchi  <b>Small Plan</b> 465kcal 36g 46g 15g Calories Protein Carbs Fat <b>Medium Plan</b> 670kcal 52g 67g 22g Calories Protein Carbs Fat	<b>Dinner</b> Lemongrass Barramundi with Rice Noodles, Beansprouts, Spinach, Clear Chicken Soup  <b>Small Plan</b> 415kcal 33g 41g 13g Calories Protein Carbs Fat <b>Medium Plan</b> 600kcal 48g 59g 19g Calories Protein Carbs Fat	<b>Snack</b> Pistachio and Dates Energy Bites  <b>Small Plan</b> 120kcal 4g 8g 8g Calories Protein Carbs Fat <b>Medium Plan</b> 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)

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# Weight Loss Menu

Monday Jan — 24/2022		Add On : \$2.5
<b>Lunch</b> Gong Bao Chicken with Brown Rice, Spicy Eggplant, Cucumber Salad	<b>Dinner</b> Harrisa Roasted Tilapia with Roasted Potato, French Beans	<b>Snack</b> Pistachios and Dates Energy Bites
<b>Small Plan</b> 465kcal 36g 47g 15g Calories Protein Carbs Fat	<b>Small Plan</b> 410kcal 34g 41g 12g Calories Protein Carbs Fat	<b>Small Plan</b> 120kcal 4g 4g 10g Calories Protein Carbs Fat
<b>Medium Plan</b> 675kcal 52g 68g 22g Calories Protein Carbs Fat	<b>Medium Plan</b> 590kcal 49g 59g 17g Calories Protein Carbs Fat	<b>Medium Plan</b> 120kcal 4g 4g 10g Calories Protein Carbs Fat
Tuesday Jan — 25/2022		
<b>Lunch</b> Honey Miso Salmon with Quinoa and Broccoli	<b>Dinner</b> Cauliflower Rice with Herb Chicken	<b>Snack</b> Gluten Free Banana Bread
<b>Small Plan</b> 440kcal 37g 48g 11g Calories Protein Carbs Fat	<b>Small Plan</b> 385kcal 39g 28g 13g Calories Protein Carbs Fat	<b>Small Plan</b> 175kcal 5g 16g 10g Calories Protein Carbs Fat
<b>Medium Plan</b> 635kcal 54g 70g 16g Calories Protein Carbs Fat	<b>Medium Plan</b> 580kcal 59g 42g 20g Calories Protein Carbs Fat	<b>Medium Plan</b> 175kcal 5g 16g 10g Calories Protein Carbs Fat
Wednesday Jan — 26/2022		
<b>Lunch</b> Beef Bolognese with Pasta, Mixed Mushrooms and Green Peas	<b>Dinner</b> Lemongrass Chicken with Rice Vermicelli and Mixed Veggies Salad	<b>Snack</b> Oatmeal Cookie
<b>Small Plan</b> 475kcal 34g 46g 17g Calories Protein Carbs Fat	<b>Small Plan</b> 385kcal 32g 39g 11g Calories Protein Carbs Fat	<b>Small Plan</b> 145kcal 5g 9g 10g Calories Protein Carbs Fat
<b>Medium Plan</b> 710kcal 51g 69g 26g Calories Protein Carbs Fat	<b>Medium Plan</b> 555kcal 46g 57g 16g Calories Protein Carbs Fat	<b>Medium Plan</b> 145kcal 5g 9g 10g Calories Protein Carbs Fat
Thursday Jan — 27/2022		
<b>Lunch</b> Baked Curry Barramundi with Coconut Basmati Rice, Long Beans	<b>Dinner</b> Ma Po Tofu with Rice Noodles, Beansprouts	<b>Snack</b> Almond Oats Energy Bar
<b>Small Plan</b> 460kcal 37g 42g 16g Calories Protein Carbs Fat	<b>Small Plan</b> 355kcal 32g 32g 11g Calories Protein Carbs Fat	<b>Small Plan</b> 190kcal 6g 12g 13g Calories Protein Carbs Fat
<b>Medium Plan</b> 690kcal 56g 63g 24g Calories Protein Carbs Fat	<b>Medium Plan</b> 515kcal 46g 46g 16g Calories Protein Carbs Fat	<b>Medium Plan</b> 190kcal 6g 12g 13g Calories Protein Carbs Fat
Friday Jan — 28/2022		
<b>Lunch</b> Chicken Rendang with Brown Rice, Roasted Cauliflower	<b>Dinner</b> Beef Bulgogi with Sweet Potato Noodles, Spinach and Shredded Carrot	<b>Snack</b> Fruits Cup
<b>Small Plan</b> 480kcal 38g 48g 15g Calories Protein Carbs Fat	<b>Small Plan</b> 445kcal 33g 44g 15g Calories Protein Carbs Fat	<b>Small Plan</b> 90kcal 0g 20g 0g Calories Protein Carbs Fat
<b>Medium Plan</b> 695kcal 55g 70g 22g Calories Protein Carbs Fat	<b>Medium Plan</b> 620kcal 46g 62g 21g Calories Protein Carbs Fat	<b>Medium Plan</b> 90kcal 0g 20g 0g 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.**<sup>™</sup>

# Eat Clean Menu

Monday Jan — 17/2022		Add On : \$2.5
<div>Lunch</div> <div>Teriyaki Salmon with Brown Rice, Kimchi, Edamame</div> <div><div><div>Medium Plan</div><div>690kcal50g66g26gCaloriesProteinCarbsFat</div></div><div><div>Regular Plan</div><div>855kcal61g81g31gCaloriesProteinCarbsFat</div></div></div>	<div>Dinner</div> <div>Herb Chicken with Kale Quinoa Salad and Baked Pumpkin</div> <div><div><div>Medium Plan</div><div>595kcal61g49g17gCaloriesProteinCarbsFat</div></div><div><div>Regular Plan</div><div>700kcal71g58g20gCaloriesProteinCarbsFat</div></div></div>	<div>Snack</div> <div>Chocolate Hazelnut Energy Bites</div> <div><div><div>Medium Plan</div><div>120kcal6g6g8gCaloriesProteinCarbsFat</div></div><div><div>Regular Plan</div><div>240kcal12g12g16gCaloriesProteinCarbsFat</div></div></div>
Tuesday Jan — 18/2022		
<div>Lunch</div> <div>Nasi Lemak (Turmeric Chicken) with Coconut Basmati Rice, Hard Boiled Egg, Cucumber</div> <div><div><div>Medium Plan</div><div>665kcal55g59g23gCaloriesProteinCarbsFat</div></div><div><div>Regular Plan</div><div>920kcal76g82g32gCaloriesProteinCarbsFat</div></div></div>	<div>Dinner</div> <div>Seafood Tom Yam with Brown Rice Noodles, Beansprouts and Cucumber</div> <div><div><div>Medium Plan</div><div>555kcal48g54g17gCaloriesProteinCarbsFat</div></div><div><div>Regular Plan</div><div>705kcal61g68g21gCaloriesProteinCarbsFat</div></div></div>	<div>Snack</div> <div>Carrot Cake with Cashew Frosting</div> <div><div><div>Medium Plan</div><div>175kcal8g18g8gCaloriesProteinCarbsFat</div></div><div><div>Regular Plan</div><div>175kcal8g18g8gCaloriesProteinCarbsFat</div></div></div>
Wednesday Jan — 19/2022		
<div>Lunch</div> <div>Beef Meatball with Aglio Olio Pasta, Mixed Veggies</div> <div><div><div>Medium Plan</div><div>650kcal55g67g18gCaloriesProteinCarbsFat</div></div><div><div>Regular Plan</div><div>885kcal74g91g25gCaloriesProteinCarbsFat</div></div></div>	<div>Dinner</div> <div>Green Curry Chicken with Basmati Rice, Eggplants, Long Beans</div> <div><div><div>Medium Plan</div><div>660kcal52g64g22gCaloriesProteinCarbsFat</div></div><div><div>Regular Plan</div><div>865kcal68g84g29gCaloriesProteinCarbsFat</div></div></div>	<div>Snack</div> <div>Fruits Cup</div> <div><div><div>Medium Plan</div><div>90kcal0g20g0gCaloriesProteinCarbsFat</div></div><div><div>Regular Plan</div><div>90kcal0g20g0gCaloriesProteinCarbsFat</div></div></div>
Thursday Jan — 20/2022		
<div>Lunch</div> <div>Brown Rice Paella with Chicken Thigh Chunks, Prawns and Squids, Serve With a Side Salad</div> <div><div><div>Medium Plan</div><div>600kcal45g59g20gCaloriesProteinCarbsFat</div></div><div><div>Regular Plan</div><div>785kcal59g78g27gCaloriesProteinCarbsFat</div></div></div>	<div>Dinner</div> <div>Honey Miso Salmon with Quinoa and Broccoli</div> <div><div><div>Medium Plan</div><div>610kcal54g62g17gCaloriesProteinCarbsFat</div></div><div><div>Regular Plan</div><div>815kcal72g82g22gCaloriesProteinCarbsFat</div></div></div>	<div>Snack</div> <div>Tofu Chocolate Brownie</div> <div><div><div>Medium Plan</div><div>185kcal8g20g8gCaloriesProteinCarbsFat</div></div><div><div>Regular Plan</div><div>185kcal8g20g8gCaloriesProteinCarbsFat</div></div></div>
Friday Jan — 21/2022		
<div>Lunch</div> <div>Yakiniku Beef with Brown Rice, Edamame and Kimchi</div> <div><div><div>Medium Plan</div><div>670kcal52g67g22gCaloriesProteinCarbsFat</div></div><div><div>Regular Plan</div><div>835kcal65g83g27gCaloriesProteinCarbsFat</div></div></div>	<div>Dinner</div> <div>Lemongrass Barramundi with Rice Noodles, Beansprouts, Spinach, Clear Chicken Soup</div> <div><div><div>Medium Plan</div><div>600kcal48g59g19gCaloriesProteinCarbsFat</div></div><div><div>Regular Plan</div><div>725kcal58g72g23gCaloriesProteinCarbsFat</div></div></div>	<div>Snack</div> <div>Pistachio and Dates Energy Bites</div> <div><div><div>Medium Plan</div><div>120kcal4g8g8gCaloriesProteinCarbsFat</div></div><div><div>Regular Plan</div><div>240kcal8g16g16gCaloriesProteinCarbsFat</div></div></div>

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(500ml) (330ml) (250ml)

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# Eat Clean Menu

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<b>Lunch</b> Gong Bao Chicken with Brown Rice, Spicy Eggplant, Cucumber Salad	<b>Dinner</b> Harrisa Roasted Tilapia with Roasted Potato, French Beans	<b>Snack</b> Pistachios and Dates Energy Bites
<b>Medium Plan</b> 675kcal 52g 68g 22g Calories Protein Carbs Fat	<b>Medium Plan</b> 590kcal 49g 59g 17g Calories Protein Carbs Fat	<b>Medium Plan</b> 120kcal 4g 4g 10g Calories Protein Carbs Fat
<b>Regular Plan</b> 840kcal 65g 85g 27g Calories Protein Carbs Fat	<b>Regular Plan</b> 715kcal 60g 72g 21g Calories Protein Carbs Fat	<b>Regular Plan</b> 240kcal 6g 18g 16g Calories Protein Carbs Fat
Tuesday Jan — 25/2022		
<b>Lunch</b> Honey Miso Salmon with Quinoa and Broccoli	<b>Dinner</b> Cauliflower Rice with Herb Chicken	<b>Snack</b> Gluten Free Banana Bread
<b>Medium Plan</b> 635kcal 54g 70g 16g Calories Protein Carbs Fat	<b>Medium Plan</b> 580kcal 59g 42g 20g Calories Protein Carbs Fat	<b>Medium Plan</b> 175kcal 5g 16g 10g Calories Protein Carbs Fat
<b>Regular Plan</b> 855kcal 72g 94g 21g Calories Protein Carbs Fat	<b>Regular Plan</b> 770kcal 78g 56g 26g Calories Protein Carbs Fat	<b>Regular Plan</b> 175kcal 5g 16g 10g Calories Protein Carbs Fat
Wednesday Jan — 26/2022		
<b>Lunch</b> Beef Bolognese with Pasta, Mixed Mushrooms and Green Peas	<b>Dinner</b> Lemongrass Chicken with Rice Vermicelli and Mixed Veggies Salad	<b>Snack</b> Oatmeal Cookie
<b>Medium Plan</b> 710kcal 51g 69g 26g Calories Protein Carbs Fat	<b>Medium Plan</b> 555kcal 46g 57g 16g Calories Protein Carbs Fat	<b>Medium Plan</b> 145kcal 5g 9g 10g Calories Protein Carbs Fat
<b>Regular Plan</b> 945kcal 68g 92g 34g Calories Protein Carbs Fat	<b>Regular Plan</b> 745kcal 62g 76g 21g Calories Protein Carbs Fat	<b>Regular Plan</b> 145kcal 5g 9g 10g Calories Protein Carbs Fat
Thursday Jan — 27/2022		
<b>Lunch</b> Baked Curry Barramundi with Coconut Basmati Rice, Long Beans	<b>Dinner</b> Ma Po Tofu with Rice Noodles, Beansprouts	<b>Snack</b> Almond Oats Energy Bar
<b>Medium Plan</b> 690kcal 56g 63g 24g Calories Protein Carbs Fat	<b>Medium Plan</b> 515kcal 46g 46g 16g Calories Protein Carbs Fat	<b>Medium Plan</b> 190kcal 6g 12g 13g Calories Protein Carbs Fat
<b>Regular Plan</b> 920kcal 74g 84g 32g Calories Protein Carbs Fat	<b>Regular Plan</b> 690kcal 62g 62g 21g Calories Protein Carbs Fat	<b>Regular Plan</b> 190kcal 6g 12g 13g Calories Protein Carbs Fat
Friday Jan — 28/2022		
<b>Lunch</b> Chicken Rendang with Brown Rice, Roasted Cauliflower	<b>Dinner</b> Beef Bulgogi with Sweet Potato Noodles, Spinach and Shredded Carrot	<b>Snack</b> Fruits Cup
<b>Medium Plan</b> 695kcal 55g 70g 22g Calories Protein Carbs Fat	<b>Medium Plan</b> 620kcal 46g 62g 21g Calories Protein Carbs Fat	<b>Medium Plan</b> 90kcal 0g 20g 0g Calories Protein Carbs Fat
<b>Regular Plan</b> 910kcal 72g 91g 29g Calories Protein Carbs Fat	<b>Regular Plan</b> 795kcal 59g 79g 27g Calories Protein Carbs Fat	<b>Regular Plan</b> 90kcal 0g 20g 0g Calories Protein Carbs Fat

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# Low Carb Menu

Monday Jan — 17/2022		Add On : \$2.5
<div>Lunch</div> <div>Teriyaki Salmon with Brown Rice, Kimchi, Edamame</div> <div><div><div>Small Plan</div><div>450kcal Calories</div><div>40g Protein</div><div>33g Carbs</div><div>18g Fat</div></div><div><div>Medium Plan</div><div>675kcal Calories</div><div>59g Protein</div><div>50g Carbs</div><div>27g Fat</div></div></div>	<div>Dinner</div> <div>Herb Chicken with Kale Quinoa Salad and Baked Pumpkin</div> <div><div><div>Small Plan</div><div>415kcal Calories</div><div>50g Protein</div><div>26g Carbs</div><div>13g Fat</div></div><div><div>Medium Plan</div><div>605kcal Calories</div><div>73g Protein</div><div>37g Carbs</div><div>18g Fat</div></div></div>	<div>Snack</div> <div>Chocolate Hazelnut Energy Bites</div> <div><div><div>Small Plan</div><div>120kcal Calories</div><div>6g Protein</div><div>6g Carbs</div><div>8g Fat</div></div><div><div>Medium Plan</div><div>120kcal Calories</div><div>6g Protein</div><div>6g Carbs</div><div>8g Fat</div></div></div>
Tuesday Jan — 18/2022		
<div>Lunch</div> <div>Nasi Lemak (Turmeric Chicken) with Coconut Basmati Rice, Hard Boiled Egg, Cucumber</div> <div><div><div>Small Plan</div><div>455kcal Calories</div><div>46g Protein</div><div>31g Carbs</div><div>17g Fat</div></div><div><div>Medium Plan</div><div>660kcal Calories</div><div>66g Protein</div><div>45g Carbs</div><div>24g Fat</div></div></div>	<div>Dinner</div> <div>Seafood Tom Yam with Brown Rice Noodles, Beansprouts and Cucumber</div> <div><div><div>Small Plan</div><div>365kcal Calories</div><div>38g Protein</div><div>27g Carbs</div><div>12g Fat</div></div><div><div>Medium Plan</div><div>550kcal Calories</div><div>58g Protein</div><div>41g Carbs</div><div>17g Fat</div></div></div>	<div>Snack</div> <div>Carrot Cake with Cashew Frosting</div> <div><div><div>Small Plan</div><div>175kcal Calories</div><div>8g Protein</div><div>18g Carbs</div><div>8g Fat</div></div><div><div>Medium Plan</div><div>175kcal Calories</div><div>8g Protein</div><div>18g Carbs</div><div>8g Fat</div></div></div>
Wednesday Jan — 19/2022		
<div>Lunch</div> <div>Beef Meatball with Aglio Olio Pasta, Mixed Veggies</div> <div><div><div>Small Plan</div><div>465kcal Calories</div><div>49g Protein</div><div>36g Carbs</div><div>14g Fat</div></div><div><div>Medium Plan</div><div>665kcal Calories</div><div>71g Protein</div><div>50g Carbs</div><div>20g Fat</div></div></div>	<div>Dinner</div> <div>Green Curry Chicken with Basmati Rice, Eggplants, Long Beans</div> <div><div><div>Small Plan</div><div>445kcal Calories</div><div>43g Protein</div><div>33g Carbs</div><div>16g Fat</div></div><div><div>Medium Plan</div><div>645kcal Calories</div><div>63g Protein</div><div>48g Carbs</div><div>23g Fat</div></div></div>	<div>Snack</div> <div>Fruits Cup</div> <div><div><div>Small Plan</div><div>90kcal Calories</div><div>0g Protein</div><div>20g Carbs</div><div>0g Fat</div></div><div><div>Medium Plan</div><div>90kcal Calories</div><div>0g Protein</div><div>20g Carbs</div><div>0g Fat</div></div></div>
Thursday Jan — 20/2022		
<div>Lunch</div> <div>Brown Rice Paella with Chicken Thigh Chunks, Prawns and Squids, Serve With a Side Salad</div> <div><div><div>Small Plan</div><div>410kcal Calories</div><div>39g Protein</div><div>31g Carbs</div><div>15g Fat</div></div><div><div>Medium Plan</div><div>580kcal Calories</div><div>53g Protein</div><div>45g Carbs</div><div>21g Fat</div></div></div>	<div>Dinner</div> <div>Honey Miso Salmon with Quinoa and Broccoli</div> <div><div><div>Small Plan</div><div>405kcal Calories</div><div>45g Protein</div><div>31g Carbs</div><div>12g Fat</div></div><div><div>Medium Plan</div><div>625kcal Calories</div><div>65g Protein</div><div>46g Carbs</div><div>20g Fat</div></div></div>	<div>Snack</div> <div>Tofu Chocolate Brownie</div> <div><div><div>Small Plan</div><div>185kcal Calories</div><div>8g Protein</div><div>20g Carbs</div><div>8g Fat</div></div><div><div>Medium Plan</div><div>185kcal Calories</div><div>8g Protein</div><div>20g Carbs</div><div>8g Fat</div></div></div>
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( 500ml ) ( 330ml ) ( 250ml )

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# Low Carb Menu

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<div>Lunch</div> <div>Gong Bao Chicken with Brown Rice, Spicy Eggplant, Cucumber Salad</div> <div><div><div>Small Plan</div><div>455kcal Calories</div><div>43g Protein</div><div>35g Carbs</div><div>16g Fat</div></div><div><div>Medium Plan</div><div>670kcal Calories</div><div>63g Protein</div><div>51g Carbs</div><div>24g Fat</div></div></div>		<div>Snack</div> <div>Pistachios and Dates Energy Bites</div> <div><div><div>Small Plan</div><div>120kcal Calories</div><div>4g Protein</div><div>4g Carbs</div><div>10g Fat</div></div><div><div>Medium Plan</div><div>120kcal Calories</div><div>4g Protein</div><div>4g Carbs</div><div>10g Fat</div></div></div>
Tuesday Jan — 25/2022		
<div>Lunch</div> <div>Honey Miso Salmon with Quinoa and Broccoli</div> <div><div><div>Small Plan</div><div>425kcal Calories</div><div>44g Protein</div><div>36g Carbs</div><div>12g Fat</div></div><div><div>Medium Plan</div><div>630kcal Calories</div><div>64g Protein</div><div>52g Carbs</div><div>18g Fat</div></div></div>		<div>Snack</div> <div>Gluten Free Banana Bread</div> <div><div><div>Small Plan</div><div>175kcal Calories</div><div>5g Protein</div><div>16g Carbs</div><div>10g Fat</div></div><div><div>Medium Plan</div><div>175kcal Calories</div><div>5g Protein</div><div>16g Carbs</div><div>10g Fat</div></div></div>
Wednesday Jan — 26/2022		
<div>Lunch</div> <div>Beef Bolognese with Pasta, Mixed Mushrooms and Green Peas</div> <div><div><div>Small Plan</div><div>460kcal Calories</div><div>41g Protein</div><div>35g Carbs</div><div>18g Fat</div></div><div><div>Medium Plan</div><div>695kcal Calories</div><div>61g Protein</div><div>52g Carbs</div><div>27g Fat</div></div></div>		<div>Snack</div> <div>Oatmeal Cookie</div> <div><div><div>Small Plan</div><div>145kcal Calories</div><div>5g Protein</div><div>9g Carbs</div><div>10g Fat</div></div><div><div>Medium Plan</div><div>145kcal Calories</div><div>5g Protein</div><div>9g Carbs</div><div>10g Fat</div></div></div>
Thursday Jan — 27/2022		
<div>Lunch</div> <div>Baked Curry Barramundi with Coconut Basmati Rice, Long Beans</div> <div><div><div>Small Plan</div><div>455kcal Calories</div><div>44g Protein</div><div>32g Carbs</div><div>17g Fat</div></div><div><div>Medium Plan</div><div>680kcal Calories</div><div>67g Protein</div><div>47g Carbs</div><div>25g Fat</div></div></div>		<div>Snack</div> <div>Almond Oats Energy Bar</div> <div><div><div>Small Plan</div><div>190kcal Calories</div><div>6g Protein</div><div>12g Carbs</div><div>13g Fat</div></div><div><div>Medium Plan</div><div>190kcal Calories</div><div>6g Protein</div><div>12g Carbs</div><div>13g Fat</div></div></div>
Friday Jan — 28/2022		
<div>Lunch</div> <div>Chicken Rendang with Brown Rice, Roasted Cauliflower</div> <div><div><div>Small Plan</div><div>470kcal Calories</div><div>46g Protein</div><div>36g Carbs</div><div>16g Fat</div></div><div><div>Medium Plan</div><div>670kcal Calories</div><div>62g Protein</div><div>51g Carbs</div><div>24g Fat</div></div></div>		<div>Snack</div> <div>Fruits Cup</div> <div><div><div>Small Plan</div><div>90kcal Calories</div><div>0g Protein</div><div>20g Carbs</div><div>0g Fat</div></div><div><div>Medium Plan</div><div>90kcal Calories</div><div>0g Protein</div><div>20g Carbs</div><div>0g Fat</div></div></div>

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drinks for \$3

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

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# Vegetarian Menu

Monday Jan — 17/2022		Add On : \$2.5
<div>Lunch</div> <div>Teriyaki Stew Spinach Egg Tofu with Brown Rice, Kimchi and Edamame</div> <div><div><div>Small Plan</div><div>450kcal Calories</div><div>28g Protein</div><div>48g Carbs</div><div>16g Fat</div></div><div><div>Medium Plan</div><div>670kcal Calories</div><div>42g Protein</div><div>72g Carbs</div><div>24g Fat</div></div></div>	<div>Dinner</div> <div>Herb Roasted Butter Beans with Kale Quinoa Salad and Baked Pumpkin and Snap Peas</div> <div><div><div>Small Plan</div><div>365kcal Calories</div><div>26g Protein</div><div>38g Carbs</div><div>12g Fat</div></div><div><div>Medium Plan</div><div>530kcal Calories</div><div>38g Protein</div><div>55g Carbs</div><div>17g Fat</div></div></div>	<div>Snack</div> <div>Chocolate Hazelnut Energy Bites</div> <div><div><div>Small Plan</div><div>180kcal Calories</div><div>9g Protein</div><div>9g Carbs</div><div>12g Fat</div></div><div><div>Medium Plan</div><div>180kcal Calories</div><div>9g Protein</div><div>9g Carbs</div><div>12g Fat</div></div></div>
Tuesday Jan — 18/2022		
<div>Lunch</div> <div>Turmeric Earthmeat with Coconut Basmati Rice, Hard Boiled Egg and Cucumber</div> <div><div><div>Small Plan</div><div>460kcal Calories</div><div>38g Protein</div><div>41g Carbs</div><div>16g Fat</div></div><div><div>Medium Plan</div><div>665kcal Calories</div><div>55g Protein</div><div>59g Carbs</div><div>23g Fat</div></div></div>	<div>Dinner</div> <div>Thai Style Tofu Tom Yam with Brown Rice Noodles Beansprouts and Cucumber</div> <div><div><div>Small Plan</div><div>370kcal Calories</div><div>32g Protein</div><div>36g Carbs</div><div>11g Fat</div></div><div><div>Medium Plan</div><div>555kcal Calories</div><div>48g Protein</div><div>54g Carbs</div><div>17g Fat</div></div></div>	<div>Snack</div> <div>Carrot Cake with Cashew Frosting</div> <div><div><div>Small Plan</div><div>175kcal Calories</div><div>8g Protein</div><div>18g Carbs</div><div>8g Fat</div></div><div><div>Medium Plan</div><div>175kcal Calories</div><div>8g Protein</div><div>18g Carbs</div><div>8g Fat</div></div></div>
Wednesday Jan — 19/2022		
<div>Lunch</div> <div>Vegan Meatball with Aglio Olio Pasta and Mixed Veggies</div> <div><div><div>Small Plan</div><div>450kcal Calories</div><div>31g Protein</div><div>48g Carbs</div><div>15g Fat</div></div><div><div>Medium Plan</div><div>655kcal Calories</div><div>45g Protein</div><div>70g Carbs</div><div>22g Fat</div></div></div>	<div>Dinner</div> <div>Green Curry Earthmeat and White Beans with Basmati Rice, Eggplants and Long Beans</div> <div><div><div>Small Plan</div><div>465kcal Calories</div><div>36g Protein</div><div>49g Carbs</div><div>14g Fat</div></div><div><div>Medium Plan</div><div>650kcal Calories</div><div>50g Protein</div><div>69g Carbs</div><div>20g Fat</div></div></div>	<div>Snack</div> <div>Fruits Cup</div> <div><div><div>Small Plan</div><div>90kcal Calories</div><div>0g Protein</div><div>20g Carbs</div><div>0g Fat</div></div><div><div>Medium Plan</div><div>90kcal Calories</div><div>0g Protein</div><div>20g Carbs</div><div>0g Fat</div></div></div>
Thursday Jan — 20/2022		
<div>Lunch</div> <div>Mala Mixed Veggies and Semi-Dry Tofu with Fried Brown Rice with Eggs</div> <div><div><div>Small Plan</div><div>425kcal Calories</div><div>27g Protein</div><div>46g Carbs</div><div>15g Fat</div></div><div><div>Medium Plan</div><div>640kcal Calories</div><div>41g Protein</div><div>69g Carbs</div><div>23g Fat</div></div></div>	<div>Dinner</div> <div>Honey Miso Tempeh with Quinoa and Broccoli</div> <div><div><div>Small Plan</div><div>380kcal Calories</div><div>31g Protein</div><div>42g Carbs</div><div>10g Fat</div></div><div><div>Medium Plan</div><div>575kcal Calories</div><div>47g Protein</div><div>63g Carbs</div><div>15g Fat</div></div></div>	<div>Snack</div> <div>Tofu Chocolate Brownie</div> <div><div><div>Small Plan</div><div>185kcal Calories</div><div>8g Protein</div><div>20g Carbs</div><div>8g Fat</div></div><div><div>Medium Plan</div><div>185kcal Calories</div><div>8g Protein</div><div>20g Carbs</div><div>8g Fat</div></div></div>
Friday Jan — 21/2022		
<div>Lunch</div> <div>Yakiniku Stir Fry Tofu and Mushroom with Brown Rice, Edamame and Kimchi</div> <div><div><div>Small Plan</div><div>435kcal Calories</div><div>29g Protein</div><div>46g Carbs</div><div>15g Fat</div></div><div><div>Medium Plan</div><div>630kcal Calories</div><div>42g Protein</div><div>67g Carbs</div><div>22g Fat</div></div></div>	<div>Dinner</div> <div>Veggie Patties with Mashed Sweet Potatoes and Toasted Green Peas</div> <div><div><div>Small Plan</div><div>385kcal Calories</div><div>28g Protein</div><div>41g Carbs</div><div>12g Fat</div></div><div><div>Medium Plan</div><div>575kcal Calories</div><div>42g Protein</div><div>62g Carbs</div><div>18g Fat</div></div></div>	<div>Snack</div> <div>Pistachio and Dates Energy Bites</div> <div><div><div>Small Plan</div><div>180kcal Calories</div><div>6g Protein</div><div>12g Carbs</div><div>12g Fat</div></div><div><div>Medium Plan</div><div>180kcal Calories</div><div>6g Protein</div><div>12g Carbs</div><div>12g Fat</div></div></div>

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( 500ml ) ( 330ml ) ( 250ml )

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# Vegetarian Menu

Monday Jan — 24/2022		Add On : \$2.5
<div><div>Lunch</div><div>Gong Bao Earthmeat with Brown Rice, Spicy Eggplant, Cucumber Salad</div><div><div>Small Plan</div><div>440kcal31g48g14gCaloriesProteinCarbsFat</div><div>Medium Plan</div><div>640kcal45g70g20gCaloriesProteinCarbsFat</div></div></div> <div><div>Dinner</div><div>Harrisa Roasted Tofu Steaks with Roasted Potato, French Beans</div><div><div>Small Plan</div><div>380kcal29g34g14gCaloriesProteinCarbsFat</div><div>Medium Plan</div><div>565kcal44g51g21gCaloriesProteinCarbsFat</div></div></div>		<div><div>Snack</div><div>Pistachio and Dates Energy Bites</div><div><div>Small Plan</div><div>185kcal6g6g15gCaloriesProteinCarbsFat</div><div>Medium Plan</div><div>185kcal6g6g15gCaloriesProteinCarbsFat</div></div></div>
Tuesday Jan — 25/2022		
<div><div>Lunch</div><div>Baked Fresh Herb Haloumi with White Beans, Quinoa and Broccoli</div><div><div>Small Plan</div><div>515kcal31g48g22gCaloriesProteinCarbsFat</div><div>Medium Plan</div><div>745kcal45g70g32gCaloriesProteinCarbsFat</div></div></div> <div><div>Dinner</div><div>Cauliflower Rice with Baked Tempeh and Spinach Egg</div><div><div>Small Plan</div><div>345kcal33g24g13gCaloriesProteinCarbsFat</div><div>Medium Plan</div><div>520kcal50g36g20gCaloriesProteinCarbsFat</div></div></div>		<div><div>Snack</div><div>Roasted Mixed Nuts</div><div><div>Small Plan</div><div>140kcal6g4g11gCaloriesProteinCarbsFat</div><div>Medium Plan</div><div>140kcal6g4g11gCaloriesProteinCarbsFat</div></div></div>
Wednesday Jan — 26/2022		
<div><div>Lunch</div><div>Tomato Mixed Beans Stew with Pasta, Mixed Mushrooms and Green Peas</div><div><div>Small Plan</div><div>480kcal31g49g18gCaloriesProteinCarbsFat</div><div>Medium Plan</div><div>725kcal47g74g27gCaloriesProteinCarbsFat</div></div></div> <div><div>Dinner</div><div>Lemongrass Tofu Skin and King Oyster Mushroom with Rice Vermicelli and Mixed Veggies Salad</div><div><div>Small Plan</div><div>380kcal24g39g14gCaloriesProteinCarbsFat</div><div>Medium Plan</div><div>530kcal34g55g20gCaloriesProteinCarbsFat</div></div></div>		<div><div>Snack</div><div>Oatmeal Cookie</div><div><div>Small Plan</div><div>145kcal5g9g10gCaloriesProteinCarbsFat</div><div>Medium Plan</div><div>145kcal5g9g10gCaloriesProteinCarbsFat</div></div></div>
Thursday Jan — 27/2022		
<div><div>Lunch</div><div>Vegan Red Curry with Coconut Basmati Rice, Long Beans</div><div><div>Small Plan</div><div>450kcal29g48g16gCaloriesProteinCarbsFat</div><div>Medium Plan</div><div>680kcal44g72g24gCaloriesProteinCarbsFat</div></div></div> <div><div>Dinner</div><div>Ma Po Tofu with Rice Noodles, Beansprouts</div><div><div>Small Plan</div><div>355kcal28g32g13gCaloriesProteinCarbsFat</div><div>Medium Plan</div><div>520kcal41g46g19gCaloriesProteinCarbsFat</div></div></div>		<div><div>Snack</div><div>Almond Oats Energy Bar</div><div><div>Small Plan</div><div>190kcal6g12g13gCaloriesProteinCarbsFat</div><div>Medium Plan</div><div>190kcal6g12g13gCaloriesProteinCarbsFat</div></div></div>
Friday Jan — 28/2022		
<div><div>Lunch</div><div>Rendang Earthmeat with Brown Rice, Roasted Cauliflower</div><div><div>Small Plan</div><div>470kcal34g48g16gCaloriesProteinCarbsFat</div><div>Medium Plan</div><div>685kcal49g70g23gCaloriesProteinCarbsFat</div></div></div> <div><div>Dinner</div><div>Kimchi Stew Tofu with Sweet Potato Noodles, Spinach and Shredded Carrot</div><div><div>Small Plan</div><div>455kcal28g38g21gCaloriesProteinCarbsFat</div><div>Medium Plan</div><div>635kcal39g53g29gCaloriesProteinCarbsFat</div></div></div>		<div><div>Snack</div><div>Fruits Cup</div><div><div>Small Plan</div><div>90kcal0g20g0gCaloriesProteinCarbsFat</div><div>Medium Plan</div><div>90kcal0g20g0gCaloriesProteinCarbsFat</div></div></div>

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