Agration

YoloPlans X Agrain



WEEK 5

Oct Oct **21 25**

MONDAY

Chickpea Stew

with Vegeroni Spiral Pasta, BBQ Cauliflower, and Blistered Cherry Tomatoes

Tikka Masala Tofu

with Parsley Cauliflower Rice, Charred Broccoli, and Nelson's Sweet Corn

Thips Spicy Chilli Tempeh Chips

TUESDAY

Turmeric Chicken Thigh

with Fragrant Brown Rice, Herbed Potatoes, and Blistered Cherry Tomatoes

Honey Soy Chicken Thigh

with Chunky Potato Salad, Blistered Cherry Tomatoes, and Charred Broccoli

Thips Seaweed Tempeh Chips



WEDNESDAY

Honey Soy Chicken Thigh

with Vegeroni Spiral Pasta, Sunny Full-Baked Egg, and Blistered Cherry Tomatoes

Turmeric Chicken Thigh

with Fragrant Brown Rice, Tandoori Okra, and Sunny Full-Baked Egg

Kintry Chocolate Hazelnut Granola

THURSDAY

Rosemary Chicken Breast

with Fragrant Brown Rice, Nelson's Sweet Corn, and Charred Broccoli

Lemon Pepper Crusted Fish

with Baby Romaine, BBQ Cauliflower, and Blistered Cherry Tomatoes

Kintry Macademia Cookies with White Chocolate Chips

FRIDAY

Turmeric Chicken Thigh

with Parsley Cauliflower Rice, Caramelized Pumpkin, and Thyme Shimeiji Mushrooms

Honey Soy Chicken Thigh

with Fragrant Brown Rice, Tikka Masala Tofu, and Garlic Pak Choy

Kintry Salted Egg Yolk Potato Crisps





WEEK 6 Oct Nov 28 01

MONDAY

Chickpea Stew

with Fragrant Brown Rice, Turmeric Tempeh, and Herbed Potatoes

Paprika Tempeh

with Baby Romaine, Nelson's Sweet Corn, and **Blistered Cherry Tomatoes**

Kintry Oat Cookies with Chocolate Chips

TUESDAY

Lemon Pepper Crusted Fish

with Fragrant Brown Rice, Cajun Eggplant, and Garlic Pak Choy

Rosemary Chicken Breast

with Parsley Cauliflower Rice, Turmeric Tempeh, and Nelson's Sweet Corn

Thips Sea Salt **Tempeh Chips**

WEDNESDAY

Lemon Pepper Crusted Fish

with Vegeroni Spiral Pasta, Blistered Cherry Tomatoes, and Garlic Pak Choy

Honey Soy Chicken Thigh

with Chunky Potato Salad, Turmeric Tempeh, and Sunny Full-Baked Egg

Thips Spicy Chilli Tempeh Chips

THURSDAY

Rosemary Chicken Breast

with Fragrant Brown Rice, Cajun Eggplant, and Harissa Cabbage

Turmeric Chicken Thigh

with Vegeroni Spiral Pasta, Garlic Pak Choy, and BBQ Cauliflower

Thips Seaweed Tempeh Chips

FRIDAY

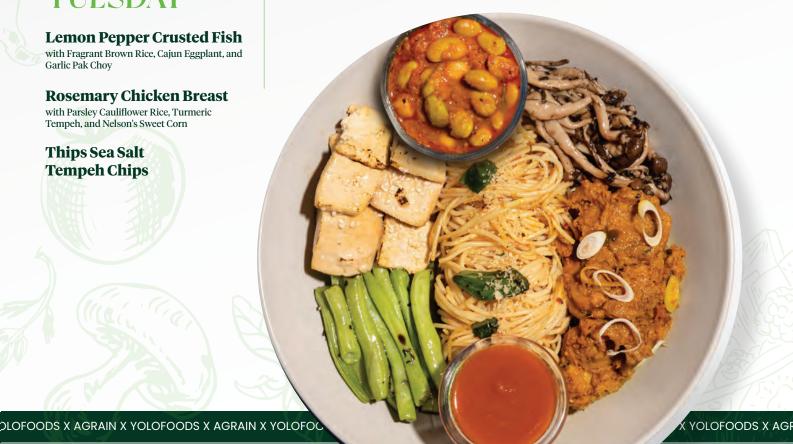
Rosemary Chicken Breast

with Parsley Cauliflower Rice, Blistered Cherry Tomatoes, and Harissa Cabbage

Rosemary Chicken Breast

with Vegeroni Spiral Pasta, Harissa Cabbage, and Thyme Shimeiji Mushrooms

Kintry Chocolate Hazelnut Granola



Nov Nov **04 08**

MONDAY

Chickpea Stew

with Vegeroni Spiral Pasta, BBQ Cauliflower, and Blistered Cherry Tomatoes

Tikka Masala Tofu

with Parsley Cauliflower Rice, Charred Broccoli, and Nelson's Sweet Corn

Thips Sea Salt Tempeh Chips

TUESDAY

Turmeric Chicken Thigh

with Fragrant Brown Rice, Herbed Potatoes, and Blistered Cherry Tomatoes

Honey Soy Chicken Thigh

with Chunky Potato Salad, Blistered Cherry Tomatoes, and Charred Broccoli

Thips Spicy Chilli Tempeh Chips

WEDNESDAY

Honey Soy Chicken Thigh

with Vegeroni Spiral Pasta, Sunny Full-Baked Egg, and Blistered Cherry Tomatoes

Turmeric Chicken Thigh

with Fragrant Brown Rice, Tandoori Okra, and Sunny Full-Baked Egg

Thips Seaweed Tempeh Chips

THURSDAY

Rosemary Chicken Breast

with Fragrant Brown Rice, Nelson's Sweet Corn, and Charred Broccoli

Lemon Pepper Crusted Fish

with Baby Romaine, BBQ Cauliflower, and Blistered Cherry Tomatoes

Kintry Chocolate Hazelnut Granola

FRIDAY

Turmeric Chicken Thigh

with Parsley Cauliflower Rice, Caramelized Pumpkin, and Thyme Shimeiji Mushrooms

Honey Soy Chicken Thigh

with Fragrant Brown Rice , Tikka Masala Tofu, and Garlic Pak Choy

Kintry Macademia Cookies with White Chocolate Chips



Nov Nov 11 15



WEDNESDAY

with Vegeroni Spiral Pasta, Blistered Cherry Tomatoes, and Garlic Pak Choy

and Sunny Full-Baked Egg

Thips Sea Salt

Lemon Pepper Crusted Fish

Honey Soy Chicken Thigh

with Chunky Potato Salad, Turmeric Tempeh,

Tempeh Chips

THURSDAY

Rosemary Chicken Breast

with Fragrant Brown Rice, Cajun Eggplant, and Harissa Cabbage

Turmeric Chicken Thigh

with Vegeroni Spiral Pasta, Garlic Pak Choy, and BBO Cauliflower

Thips Spicy Chilli Tempeh Chips

FRIDAY

Rosemary Chicken Breast

with Parsley Cauliflower Rice, Blistered Cherry Tomatoes, and Harissa Cabbage

Rosemary Chicken Breast

with Vegeroni Spiral Pasta, Harissa Cabbage, and Thyme Shimeiji Mushrooms

Thips Seaweed Tempeh Chips

MONDAY

Chickpea Stew

with Fragrant Brown Rice, Turmeric Tempeh, and Herbed Potatoes

Turmeric Tempeh

with Baby Romaine, Nelson's Sweet Corn, and Blistered Cherry Tomatoes

Kintry Salted Egg Yolk Potato Crisps

TUESDAY

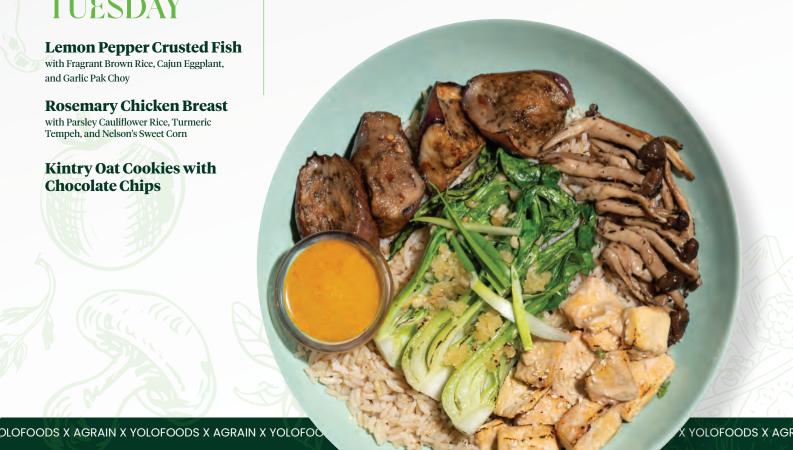
Lemon Pepper Crusted Fish

with Fragrant Brown Rice, Cajun Eggplant, and Garlic Pak Choy

Rosemary Chicken Breast

with Parsley Cauliflower Rice, Turmeric Tempeh, and Nelson's Sweet Corn

Kintry Oat Cookies with Chocolate Chips



WEEK 3

Nov Nov 18 22

MONDAY

Tikka Masala Tofu

with Fragrant Brown Rice, Tandoori Okra, and Cajun Eggplant

Chickpea Stew

with Parsley Cauliflower Rice, Cajun Eggplant, and Herbed Potatoes

Kintry Chocolate Hazelnut Granola

TUESDAY

Honey Soy Chicken Thigh

with Fragrant Brown Rice, Thyme Shimeiji Mushrooms, and Tandoori Okra

Rosemary Chicken Breast

with Vegeroni Spiral Pasta, Garlic Pak Choy, and Sunny Full-Baked Egg

Kintry Macademia Cookies with White Chocolate Chips

WEDNESDAY

Honey Soy Chicken Thigh

with Vegeroni Spiral Pasta, Tandoori Okra, and Blistered Cherry Tomatoes

Rosemary Chicken Breast

with Parsley Cauliflower Rice, Turmeric Tempeh, and Nelson's Sweet Corn

Kintry Salted Egg Yolk Potato Crisps

THURSDAY

Honey Soy Chicken Thigh

with Fragrant Brown Rice, Garlic Pak Choy, and Onsen Egg

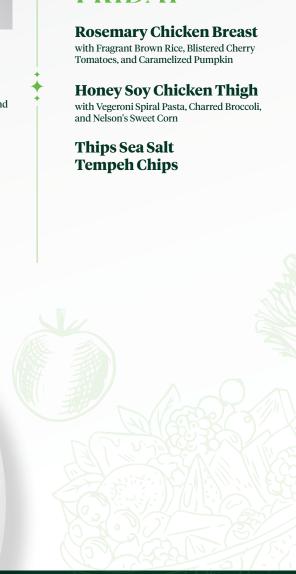
Rosemary Chicken Breast

with Vegeroni Spiral Pasta, Cajun Eggplant, and Nelson's Sweet Corn

Kintry Oat Cookies with Chocolate Chips









Nov - Nov 25 29



WEDNESDAY

Lemon Pepper Crusted Fish

with Vegeroni Spiral Pasta, Caramelized Pumpkin, and Harissa Cabbage

Honey Soy Chicken Thigh

with Fragrant Brown Rice, Garlic Pak Choy, and Onsen Egg

Kintry Chocolate Hazelnut Granola

THURSDAY

Honey Soy Chicken Thigh

with Vegeroni Spiral Pasta, Caramelized Pumpkin, and BBQ Cauliflower

Honey Soy Chicken Thigh

with Parsley Cauliflower Rice, Garlic Pak Choy, and Cajun Eggplant

Kintry Macademia Cookies with White Chocolate Chips

MONDAY

Chickpea Stew

with Baby Romaine, Charred Broccoli, and Nelson's Sweet Corn

Turmeric Tempeh

with Vegeroni Spiral Pasta, Caramelized Pumpkin, and Nelson's Sweet Corn

Thips Spicy Chilli Tempeh Chips

TUESDAY

Honey Soy Chicken Thigh

with Vegeroni Spiral Pasta, Tandoori Okra, and Blistered Cherry Tomatoes

Lemon Pepper Crusted Fish

with Fragrant Brown Rice, Tandoori Okra, and BBQ Cauliflower

Thips Seaweed Tempeh Chips

FRIDAY

Rosemary Chicken Breast

with Baby Romaine, Blistered Cherry Tomatoes, and Caramelized Pumpkin

Honey Soy Chicken Thigh

with Vegeroni Spiral Pasta, Charred Broccoli, and Nelson's Sweet Corn

Thips Sea Salt Tempeh Chips

