



Fittie Sense

Menu



YoloPlans

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Fittie Sense

WEEK 3

Sep 09 - Sep 13



MONDAY

Tofu and Tempeh

with Rice Noodles, Green Bean, and Eggplant

Lamb Kofta Patty

with Low Carb Coconut Flour Burger Bun, Tomato, and Side Salad

Carrot Beetroot Cake

TUESDAY

Harissa Chicken

with Wheat Tortilla Wrap, Grilled Capsicum, and Salsa

Sesame Crusted Salmon

with Mixed Grain Rice, Baby Spinach, and Pickled Cucumbers

Chocolate Hazelnut Cake

WEDNESDAY

Teriyaki Tofu Steak

with Tamari Saute Millet Quinoa, Sweet Pea, Nuts, and Seeds

Sea Bass and Shrimps

with Zoodles (Spiralised Zucchini), Broccoli, and Cherry Tomato

Low Carb Whey Protein Chocolate Torte

THURSDAY

Chicken Chop

with Almond Flour Sandwich Bread, Guacamole, Avocado, and Side Salad

Peri Peri Salmon Fillet

with Lime Herb Rice, Dairy-Free Slaw, and Steamed Corn

Kaffir Lime Coconut Cake

FRIDAY

Lamb Casserole

with Penne Pasta, Carrot, and Side Salad

Sea Bass Fillet

with Rice Noodles, Bok Choy Sesame Oil, and Eggplant Oyster Sauce

Orange Polenta Cake





WEEK 4

Sep
16 — Sep
20

FRIDAY

Tofu and Tempeh

with Green Curry Rice Noodles, Broccoli, and Zucchini

Roast Lamb

with Salad Leaves, Green Beans, and Peas

Keto Cheesecake

WEDNESDAY

Lamb Meatball Kofta

with Tamari Saute Millet Quinoa, Sweet Pea, Carrots, and Red Capsicum

Salmon Fillet

with Carbless Konjac Spaghetti, Kailan, and Lemon Caper Cream

Vegan Hummingbird Cake

THURSDAY

Sea Bass Fillet

with Mushroom Almond-Cream Sauce, Broccoli, and Asparagus

Roast Chicken Leg

with Mix Grain Rice, Zucchini, and Green Bean

Vegan Black Forest



MONDAY

Harissa Chicken

with Arab Flat Bread Shawarma, Salsa, and Side Salad

Salmon Fillet

with Egg Omelette, Broccoli, and Asparagus

Keto Tiramisu

TUESDAY

Plant-Based Tofu

with Zoodles (Spiralised Zucchini), Spinach Avocado Walnut Pesto, and Roast Cauliflower

Chicken Kofta Burger Patty

with Coconut Flour Burger Bun, Tomato, and Side Salad

Dark Chocolate Coconut Cake

WEEK 1

Sep
23 – Sep
27



MONDAY

Sea Bass and Shrimps

with Tomato 'Jambalaya' Rice, Peas, and Corn

Cajun Chicken Chop

with Millet Quinoa Pilaf, Salsa, and Avocado

Carrot Beetroot Cake

TUESDAY

Grilled Salmon Fillet

with Spaghetti Aglio Olio, Broccoli, and Cherry Tomato

Lamb Kofta

with Cauliflower Rice 'Tabbouleh', Beetroot, Eggplant Yoghurt and Baba Ganoush

Chocolate Hazelnut Cake

WEDNESDAY

Sea Bass Fillet

with Mixed Grain Rice, Kai Lan, and Broccoli

Chicken Breast

with Sweet Potato Mash, 3-Bean Tomato Chilli, and Grilled Mushrooms

Low Carb Whey Protein Chocolate Torte

THURSDAY

Easy Over Egg

with Low Carb Coconut Flour Burger Bun, Chickpea Quinoa Sweet Potato Patty, Salsa, and Slaw

Peri Peri Salmon Fillet

with Cauliflower Rice Tabbouleh, Broccoli, Kailan, and Yellow Zucchini

Kaffir Lime Coconut Cake

FRIDAY

Sae Bass Fillet

with Soft Flour Tortilla, Pumpkin, Mash, Salsa, and Slaw

Harissa Chicken

with Millet Quinoa Pilaf, Beetroot, and Side Salad

Orange Polenta Cake



WEEK 2

Sep 30 - Oct 04



MONDAY

Peri Peri Chicken

with Mix Grain Rice, Pumpkin, and Side Salad

Harissa Salmon Fillet

with Cauliflower Rice Tabbouleh, Kailan, and Broccoli

Keto Tiramisu

TUESDAY

Sea Bass

with Soba Noodles, Bok Choy Oyster Sauce, and Japanese Sweet Potato

Tomato Jackfruit

with Chili Rice, Wheat Tortilla Wrap, Mushroom, and Pumpkin

Dark Chocolate Coconut Cake

WEDNESDAY

Moroccan Lamb Tagine

with Sweet Potato Mash, Carrot (In Tagine), and Side Salad

Salmon Fillet

with Cauliflower Rice Tabbouleh, Sicilian Caponata, and Olives

Vegan Hummingbird Cake

THURSDAY

3-Bean Chili

with Millet Quinoa Pilaf and Sweet Potato Kofte

Poached Chicken Breast

with Saute Mushroom Tamari Rice, Egg Over Easy, and Poached Spinach

Vegan Black Forest

FRIDAY

Sea Bass Fillet

with Salad Leaves, Orange, Beetroot, and Broccoli

Cajun Chicken Chop

with Millet Quinoa Pilaf, Salad Leaves, Cherry Tomato, Guacamole, and Avocado

Keto Cheesecake



WEEK 3

Oct
07 – Oct
11



MONDAY

Tofu and Tempeh

with Rice Noodles, Green Bean, and Eggplant

Lamb Kofta Patty

with Low Carb Coconut Flour Burger Bun, Tomato, and Side Salad

Carrot Beetroot Cake

TUESDAY

Harissa Chicken

with Wheat Tortilla Wrap, Grilled Capsicum, and Salsa

Sesame Crusted Salmon

with Mixed Grain Rice, Baby Spinach, and Pickled Cucumbers

Chocolate Hazelnut Cake

WEDNESDAY

Teriyaki Tofu Steak

with Tamari Saute Millet Quinoa, Sweet Pea, Nuts, and Seeds

Sea Bass and Shrimps

with Zoodles (Spiralised Zucchini), Broccoli, and Cherry Tomato

Low Carb Whey Protein Chocolate Torte

THURSDAY

Chicken Chop

with Almond Flour Sandwich Bread, Guacamole, Avocado, and Side Salad

Peri Peri Salmon Fillet

with Lime Herb Rice, Dairy-Free Slaw, and Steamed Corn

Kaffir Lime Coconut Cake

FRIDAY

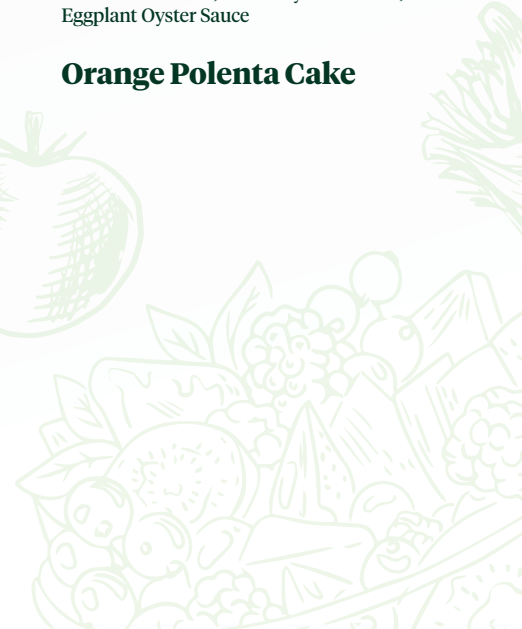
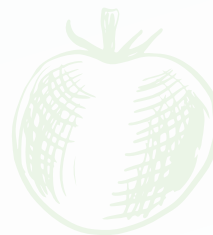
Lamb Casserole

with Penne Pasta, Carrot, and Side Salad

Sea Bass Fillet

with Rice Noodles, Bok Choy Sesame Oil, and Eggplant Oyster Sauce

Orange Polenta Cake





WEEK 4

Oct
14 — Oct
18

THURSDAY

Sea Bass Fillet

with Mushroom Almond-Cream Sauce, Broccoli, and Asparagus

Roast Chicken Leg

with Mix Grain Rice, Zucchini, and Green Bean

Vegan Black Forest

FRIDAY

Tofu and Tempeh

with Green Curry Rice Noodles, Broccoli, and Zucchini

Roast Lamb

with Salad Leaves, Green Beans, and Peas

Keto Cheesecake

MONDAY

Harissa Chicken

with Arab Flat Bread Shawarma, Salsa, and Side Salad

Salmon Fillet

with Egg Omelette, Broccoli, and Asparagus

Keto Tiramisu

TUESDAY

Plant-Based Tofu

with Zoodles (Spiralised Zucchini), Spinach Avocado Walnut Pesto, and Roast Cauliflower

Chicken Kofta Burger Patty

with Coconut Flour Burger Bun, Tomato, and Side Salad

Dark Chocolate Coconut Cake

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Salmon Fillet

with Carbless Konjac Spaghetti, Kailan, and Lemon Caper Cream

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