Agrain

YoloPlans X Agrain

July July **01** - **05**



Honey Soy Chicken Thigh

with Fragrant Brown Rice, Sweet Chilli Tofu, and Garlic Pak Choy

Turmeric Chicken Thigh

with Mixed Greens, Mixed Bean Salad, and Young Papaya Salad

Thips Sea Salt Tempeh Chips

TUESDAY

Turmeric Chicken Thigh

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

Chickpea Stew

with Parsley Cauliflower Rice, Harissa Eggplant, and Herbed Potatoes

Thips Spicy Chilli Tempeh Chips



Rosemary Chicken Breast

with Fragrant Brown Rice, Harissa Eggplant, and Cajun Cabbage

Paprika Tempeh

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

Thips Seaweed Tempeh Chips



Rosemary Chi

with Fragrant Brown Rice, Cnarred Broccon, and Caramelized Pumpkin

Chickpea Stew

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

Kintry Chocolate Hazelnut Granola

FRIDAY

Turmeric Chicken Thigh

with Fragrant Brown Rice , Peppered Long Beans, and Sunny Full-Baked Egg

Chickpea Stew

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

Kintry Macademia Cookies with White Chocolate Chips





July July 08-12

THURSDAY

Honey Soy Chicken Thigh

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

Honey Soy Chicken Thigh

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

KIntry Salted Butter Caramel Granola

FRIDAY

Lemon Pepper Crusted Fi

with Fragrant Brown Rice, Harissa Eggplan Garlic Pak Choy

Honey Soy Chicken Thigh

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

Kintry Pandan Gula Melaka Granola

MONDAY

Rosemary Chicken Breast

with Fragrant Brown Rice, Blistered Cherry Tomatoes, and Caramelized Pumpkin

Paprika Tempeh

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

Kintry Salted Egg Yolk Potato Crisps

TUESDAY

Rosemary Chicken Breast

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

Sweet Chilli Tofu

with Fragrant Brown Rice, Peppered Long Beans, and Harissa Eggplant

Kintry Oat Cookies with Chocolate Chips

WEDNESDAY

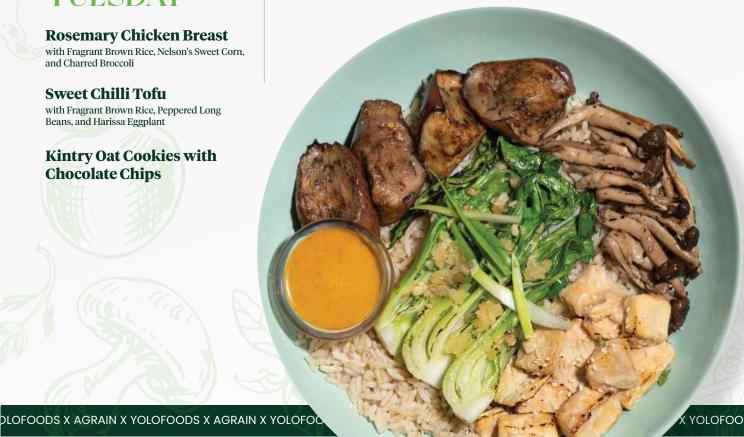
Honey Soy Chicken Thigh

with Fragrant Brown Rice, Thyme Shimeiji Mushrooms, and Peppered Long Beans

Chickpea Stew

with Fragrant Brown Rice, Paprika Tempeh, and Herbed Potatoes

Kintry Pandan Gula Melaka Granola



July July 15 - 19

MONDAY

Lemon Pepper Crusted Fish

with Fragrant Brown Rice, Peppered Long Beans, and Curried Cauliflower

Rosemary Chicken Breast

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

Thips Sea Salt Tempeh Chips

TUESDAY

Honey Soy Chicken Thigh

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

Turmeric Chicken Thigh

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

Thips Spicy Chilli Tempeh Chips

WEDNESDAY

Turmeric Chicken Thigh

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

Honey Soy Chicken Thigh

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

Thips Seaweed Tempeh Chips

THURSDAY

Rosemary Chicken Breast

with Vegeroni Spiral Pasta, Blistered Cherry Tomatoes, and Charred Broccoli

Lemon Pepper Crusted Fish

with Baby Romaine, Curried Cauliflower, and Blistered Cherry Tomatoes

Kintry Chocolate Hazelnut Granola

FRIDAY

Honey Soy Chicken Thigh

with Vegeroni Spiral Pasta, Caramelized Pumpkin, and Curried Cauliflower

Rosemary Chicken Breast

with Baby Romaine, Blistered Cherry Tomatoes, and Caramelized Pumpkin

Kintry Macademia Cookies with White Chocolate Chips



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July **22-26**

WEDNESDAY

Honey Soy Chicken Thigh

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

Lemon Pepper Crusted Fish

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

Kintry Pandan Gula Melaka Granola

THURSDAY

Rosemary Chicken Breast

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

Rosemary Chicken Breast

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

Kintry Salted Butter Caramel Granola

MONDAY

Rosemary Chicken Breast

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

Rosemary Chicken Breast

with Baby Romaine, Paprika Tempeh, and Nelson's Sweet Corn

Kintry Salted Egg Yolk Potato Crisps

TUESDAY

Honey Soy Chicken Thigh

with Vegeroni Spiral Pasta, Peppered Long Beans, and Blistered Cherry Tomatoes

Lemon Pepper Crusted Fish

with Vegeroni Spiral Pasta, Caramelized Pumpkin, and Cajun Cabbage

Kintry Oat Cookies with Chocolate Chips

FRIDAY

Rosemary Chicken Breast

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

Honey Soy Chicken Thigh

with Fragrant Brown Rice, Sweet Chilli Tofu, and Garlic Pak Choy

Thips Sea Salt Tempeh Chips



July Aug 29-02

MONDAY

Lemon Pepper Crusted Fish

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

Turmeric Chicken Thigh



WEDNESDAY

Rosemary Chicken Breast

with Baby Romaine, Paprika Tempeh, and Nelson's Sweet Corn

Rosemary Chicken Breast

with Fragrant Brown Rice, Charred Broccoli, and Caramelized Pumpkin

Kintry Chocolate Hazelnut Granola



THURSD.

Rosemary Chicket

with Baby Romaine, Blistered and Caramelized Pumpkin

Turmeric Chicken

with Fragrant Brown Rice, Pep Beans, and Sunny Full-Baked 1

Kintry Macademia with White Choco

FRIDAY

Lemon Pepper Crusted Fish

with Baby Romaine, Curried Cauliflower, and Blistered Cherry Tomatoes

Rosemary Chicken Breast

with Fragrant Brown Rice, Blistered Cherry Tomatoes, and Caramelized Pumpkin

Kintry Salted Egg Yolk Potato Crisps



Aug Aug 05-09

MONDAY

Honey Soy Chicken Thigh

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

Rosemary Chicken Breast

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

Kintry Oat Cookies with Chocolate Chips

TUESDAY

Turmeric Chicken Thigh

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

Honey Soy Chicken Thigh

with Fragrant Brown Rice, Thyme Shimeiji Mushrooms, and Peppered Long Beans

Kintry Pandan Gula Melaka Granola

WEDNESDAY

Rosemary Chicken Breast

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

Honey Soy Chicken Thigh

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

Kintry Salted Butter Caramel Granola

THURSDAY

Honey Soy Chicken Thigh

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

Lemon Pepper Crusted Fish

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

Kintry Pandan Gula Melaka Granola

FRIDAY

Honey Soy Chicken Thigh

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

Lemon Pepper Crusted Fish

with Fragrant Brown Rice, Peppered Long Beans, and Curried Cauliflower

Thips Sea Salt Tempeh Chips

