



*Fittie Sense*

# Menu



**YoloPlans**

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*Fittie Sense*

July  
**01** – **05**  
July



## 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 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



July July  
**08 - 12**



## 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**



July  
**15** – **19**  
July

## MONDAY

### **Plant-Based Tofu and Tempeh**

with Rice Noodles Laksa, Green Bean, and Eggplant

### **Lamb Kofta Burger Patty**

with Coconut Flour Burger Bun, Tomato, and Side Salad

### **Carrot Beetroot Cake**

## TUESDAY

### **Grilled Chicken Fajita**

with Flour Tortilla, Salsa, and Grilled Capsicum

### **Sesame Crusted Salmon**

with Mixed Grain Rice, Spinach, and Pickled Cucumbers

### **Chocolate Hazelnut Cake**

## WEDNESDAY

### **Plant-Based 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 and Omelette**

with Almond Flour Sandwich Bread, 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**

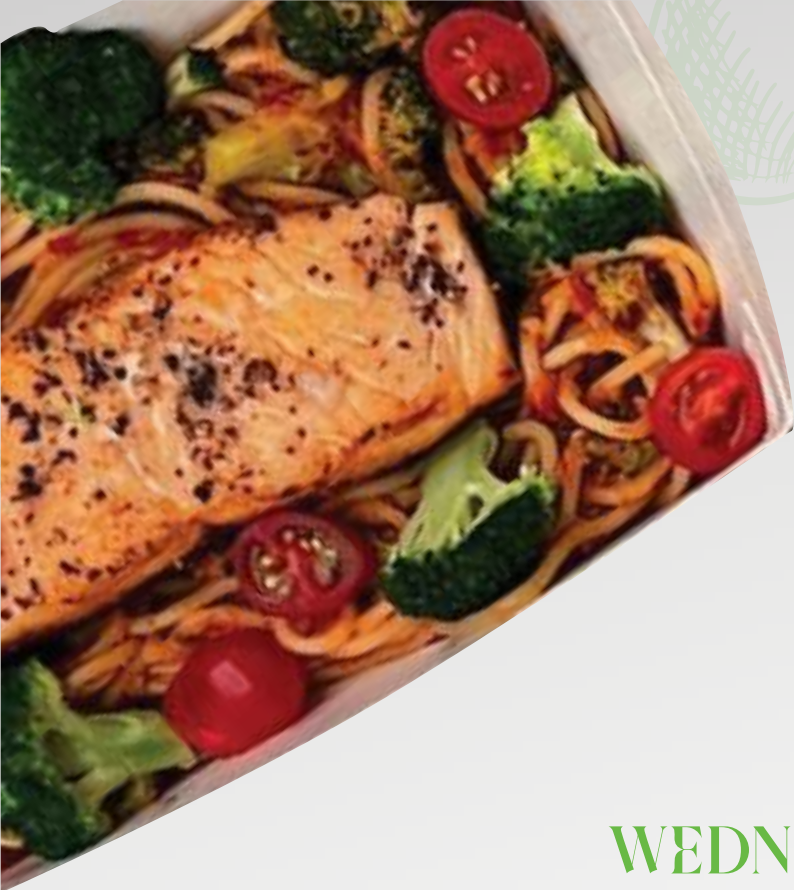
with Mixed Greens, Roasted Broccoli, Cauliflower, and Mixed Bean Salad

### **Sea Bass Fillet**

with Rice Noodles, Bok Choy Oyster Sauce, and Eggplant

### **Orange Polenta Cake**





July July  
**22 - 26**

## FRIDAY

### **Plant-Based 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, Spinach, Carrots, and Red Capsicum

### **Salmon Fillet**

with Carbless Konjac Spaghetti and Kailan

### **Vegan Hummingbird Cake**

## 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**

## THURSDAY

### **Sea Bass Fillet**

with Mushroom Almond-Cream Sauce, Broccoli, and Asparagus

### **Roast Chicken Leg**

with Mix Grain Rice, Broccoli, Pea, Zucchini, and Green Bean

### **Vegan Black Forest**



July Aug  
**29-02**



## 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 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

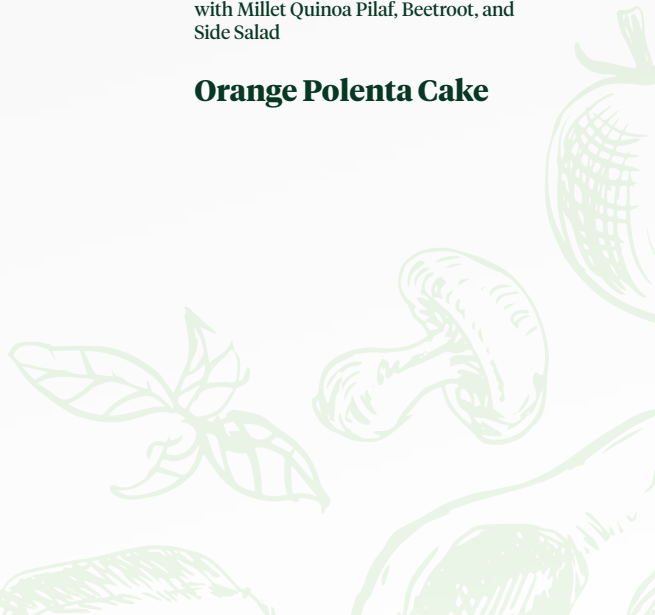
### Sae Bass Fillet

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

### Harissa Chicken

with Millet Quinoa Pilaf, Beetroot, and Side Salad

### Orange Polenta Cake





Aug Aug  
**05 - 09**

## 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**

