



YoloPlans Menu

25 March – 5 April 2024 | Malaysia

Weight Loss Menu

*All Pictures shown here are for illustration purpose only. Actual product size may vary.

	Lunch	Dinner	Snack	Add On : RM3								
Monday March — 25/2024												
	Gong Bao Chicken with Brown Rice, Spicy Eggplant, Cucumber Salad	Harrisa Roasted Tilapia with Roasted Potato, French Beans	Peanut Butter Chocolate Cookie									
Small Plan	435kcal Calories	35g Protein	45g Carbs	13g Fat	390kcal Calories	33g Protein	40g Carbs	11g Fat	180kcal Calories	4g Protein	5g Carbs	16g Fat
Medium Plan	635kcal Calories	51g Protein	65g Carbs	19g Fat	585kcal Calories	50g Protein	60g Carbs	17g Fat	180kcal Calories	4g Protein	5g Carbs	16g Fat

	Lunch				Dinner				Snack			
Tuesday March — 26/2024												
	Cauliflower Rice with Herb Chicken				Honey Miso Salmon with Quinoa and Broccoli				Tomato Soup (180g)			
Small Plan	385kcal Calories	39g Protein	28g Carbs	13g Fat	440kcal Calories	37g Protein	48g Carbs	11g Fat	158kcal Calories	3g Protein	20g Carbs	8g Fat
Medium Plan	580kcal Calories	59g Protein	42g Carbs	20g Fat	660kcal Calories	56g Protein	72g Carbs	17g Fat	158kcal Calories	3g Protein	20g Carbs	8g Fat

	Lunch				Dinner				Snack			
Wednesday March — 27/2024												
	Beef Bolognese with Pasta, Mixed Mushrooms and Green Peas				Lemongrass Chicken with Rice Vermicelli and Mixed Veggies Salad				Oatmeal Cookie			
Small Plan	475kcal Calories	34g Protein	46g Carbs	17g Fat	385kcal Calories	32g Protein	39g Carbs	11g Fat	145kcal Calories	5g Protein	9g Carbs	10g Fat
Medium Plan	710kcal Calories	51g Protein	69g Carbs	26g Fat	555kcal Calories	46g Protein	57g Carbs	16g Fat	145kcal Calories	5g Protein	9g Carbs	10g Fat

	Lunch	Dinner	Snack	
Thursday March – 28/2024	Public Holiday			

	Lunch				Dinner				Snack			
Friday March — 29/2024												
	Chicken Rendang with Brown Rice, Roasted Cauliflower				Beef Bulgogi with Sweet Potato Noodles, Spinach and Shredded Carrot				Low Fat Cheesecake			
Small Plan	430kcal Calories	34g Protein	44g Carbs	13g Fat	405kcal Calories	29g Protein	41g Carbs	14g Fat	170kcal Calories	8g Protein	14g Carbs	9g Fat
Medium Plan	620kcal Calories	49g Protein	64g Carbs	19g Fat	610kcal Calories	44g Protein	62g Carbs	21g Fat	170kcal Calories	8g Protein	14g Carbs	9g Fat

Add on drinks for RM3 - COWA Coconut Water (330ml)

YoloFoods.™

Weight Loss Menu

*All Pictures shown here are for illustration purpose only. Actual product size may vary.

	Lunch	Dinner	Snack	Add On : RM3								
Monday April – 01/2024												
	Herb Chicken with Aglio Olio Pasta, Tomato Sauce, Sweet Snap Peas	Teriyaki Salmon with Quinoa, Sauté Mixed Veggies	Cumin Carrot Soup (180g w/ Super Seeds)									
Small Plan	480kcal Calories	36g Protein	48g Carbs	16g Fat	395kcal Calories	32g Protein	38g Carbs	13g Fat	120kcal Calories	6g Protein	6g Carbs	8g Fat
Medium Plan	720kcal Calories	54g Protein	72g Carbs	24g Fat	555kcal Calories	45g Protein	53g Carbs	18g Fat	120kcal Calories	6g Protein	6g Carbs	8g Fat

	Lunch				Dinner				Snack			
Tuesday April – 02/2024												
	Red Curry Chicken with Brown Rice, Long Beans and Eggplants				Salmon Chicken Balls with Cauliflower Rice, Spinach Egg				Tofu Chocolate Brownie (1 Slice)			
Small Plan	455kcal Calories	31g Protein	49g Carbs	15g Fat	300kcal Calories	34g Protein	15g Carbs	12g Fat	185kcal Calories	8g Protein	20g Carbs	8g Fat
Medium Plan	685kcal Calories	47g Protein	74g Carbs	23g Fat	410kcal Calories	47g Protein	20g Carbs	16g Fat	185kcal Calories	8g Protein	20g Carbs	8g Fat

	Lunch				Dinner				Snack			
Wednesday April — 03/2024												
	Yakiniku Minced Beef with Brown Rice, Edamame and Kimchi				Peri Peri Chicken with Roasted Potato, Herb Veggies				Peanut Butter Chocolate Energy Bites (2 Pcs)			
Small Plan	465kcal Calories	36g Protein	46g Carbs	15g Fat	420kcal Calories	37g Protein	41g Carbs	12g Fat	125kcal Calories	4g Protein	2g Carbs	11g Fat
Medium Plan	670kcal Calories	52g Protein	67g Carbs	22g Fat	610kcal Calories	54g Protein	59g Carbs	17g Fat	125kcal Calories	4g Protein	2g Carbs	11g Fat

	Lunch				Dinner				Snack			
Thursday April – 04/2024												
	Basil Minced Chicken with Brown Rice, Soy Egg, Kailan				Baked Lemongrass Barramundi with Cajun Roasted Sweet Potato, Broccoli				Low Fat Cheesecake			
Small Plan	440kcal Calories	36g Protein	42g Carbs	14g Fat	390kcal Calories	36g Protein	35g Carbs	12g Fat	170kcal Calories	8g Protein	14g Carbs	9g Fat
Medium Plan	635kcal Calories	52g Protein	61g Carbs	20g Fat	590kcal Calories	54g Protein	53g Carbs	18g Fat	170kcal Calories	8g Protein	14g Carbs	9g Fat

	Lunch				Dinner				Snack			
Friday April – 05/2024												
	Turmeric Chicken with Brown Rice, Lady Finger				Lamb Kofta with Couscous, Mint Yoghurt, Cucumber and Tomato Salad				Peanut Butter Chocolate Cookie			
Small Plan	265kcal Calories	32g Protein	39g Carbs	11g Fat	440kcal Calories	32g Protein	44g Carbs	15g Fat	180kcal Calories	4g Protein	5g Carbs	16g Fat
Medium Plan	575kcal Calories	48g Protein	59g Carbs	17g Fat	635kcal Calories	46g Protein	64g Carbs	22g Fat	180kcal Calories	4g Protein	5g Carbs	16g Fat

Add on drinks for RM3 - COWA Coconut Water (330ml)

YoloFoods.™

Low Carb Menu

*All Pictures shown here are for illustration purpose only. Actual product size may vary.

Lunch		Dinner				Snack				Add On : RM3			
Monday March – 25/2024													
Gong Bao Chicken with Brown Rice, Spicy Eggplant, Cucumber Salad		Harrisa Roasted Tilapia with Roasted Potato, French Beans				Peanut Butter Chocolate Cookie							
Small Plan	420kcal Calories	40g Protein	34g Carbs	14g Fat	400kcal Calories	43g Protein	30g Carbs	12g Fat	180kcal Calories	4g Protein	5g Carbs	16g Fat	
Medium Plan	635kcal Calories	59g Protein	49g Carbs	23g Fat	585kcal Calories	57g Protein	45g Carbs	20g Fat	180kcal Calories	4g Protein	5g Carbs	16g Fat	
Lunch		Dinner				Snack							
Tuesday March – 26/2024													
Cauliflower Rice with Herb Chicken		Honey Miso Salmon with Quinoa and Broccoli				Tomato Soup (180g)							
Small Plan	385kcal Calories	48g Protein	21g Carbs	15g Fat	440kcal Calories	45g Protein	36g Carbs	12g Fat	158kcal Calories	3g Protein	20g Carbs	8g Fat	
Medium Plan	580kcal Calories	71g Protein	32g Carbs	19g Fat	660kcal Calories	68g Protein	54g Carbs	18g Fat	158kcal Calories	3g Protein	20g Carbs	8g Fat	
Lunch		Dinner				Snack							
Wednesday March – 27/2024													
Beef Bolognese with Pasta, Mixed Mushrooms and Green Peas		Lemongrass Chicken with Rice Vermicelli and Mixed Veggies Salad				Oatmeal Cookie							
Small Plan	475kcal Calories	41g Protein	35g Carbs	18g Fat	385kcal Calories	44g Protein	29g Carbs	12g Fat	145kcal Calories	5g Protein	9g Carbs	10g Fat	
Medium Plan	710kcal Calories	61g Protein	52g Carbs	27g Fat	555kcal Calories	57g Protein	42g Carbs	18g Fat	145kcal Calories	5g Protein	9g Carbs	10g Fat	
Lunch		Dinner				Snack							
Thursday March – 28/2024		Public Holiday											
Lunch		Dinner				Snack							
Friday March – 29/2024													
Chicken Rendang with Brown Rice, Roasted Cauliflower		Beef Bulgogi with Sweet Potato Noodles, Spinach and Shredded Carrot				Low Fat Cheesecake							
Small Plan	430kcal Calories	43g Protein	33g Carbs	14g Fat	405kcal Calories	39g Protein	31g Carbs	15g Fat	170kcal Calories	8g Protein	14g Carbs	9g Fat	
Medium Plan	620kcal Calories	60g Protein	48g Carbs	20g Fat	610kcal Calories	61g Protein	46g Carbs	22g Fat	170kcal Calories	8g Protein	14g Carbs	9g Fat	

Add on
drinks for RM3

- COWA Coconut Water
(330ml)

YoloFoods.™

Low Carb Menu

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Lunch					Dinner					Snack					Add On : RM3				
Monday April – 01/2024																			
Herb Chicken with Aglio Olio Pasta, Tomato Sauce, Sweet Snap Peas					Teriyaki Salmon with Quinoa, Sauté Mixed Veggies					Cumin Carrot Soup (180g w/ Super Seeds)									
Small Plan	470kcal Calories	43g Protein	36g Carbs	17g Fat	415kcal Calories	41g Protein	29g Carbs	15g Fat		120kcal Calories	6g Protein	6g Carbs	8g Fat						
Medium Plan	695kcal Calories	65g Protein	52g Carbs	25g Fat	590kcal Calories	58g Protein	40g Carbs	22g Fat		120kcal Calories	6g Protein	6g Carbs	8g Fat						
Tuesday April – 02/2024																			
Red Curry Chicken with Brown Rice, Long Beans and Eggplants					Salmon Chicken Balls with Cauliflower Rice, Spinach Egg					Tofu Chocolate Brownie (1 Slice)									
Small Plan	440kcal Calories	37g Protein	37g Carbs	16g Fat	345kcal Calories	48g Protein	11g Carbs	12g Fat		185kcal Calories	8g Protein	20g Carbs	8g Fat						
Medium Plan	655kcal Calories	56g Protein	55g Carbs	24g Fat	420kcal Calories	56g Protein	15g Carbs	15g Fat		185kcal Calories	8g Protein	20g Carbs	8g Fat						
Wednesday April – 03/2024																			
Yakiniku Minced Beef with Brown Rice, Edamame and Kimchi					Peri Peri Chicken with Roasted Potato, Herb Veggies					Peanut Butter Chocolate Energy Bites (2 Pcs)									
Small Plan	455kcal Calories	43g Protein	35g Carbs	16g Fat	415kcal Calories	44g Protein	31g Carbs	13g Fat		125kcal Calories	4g Protein	2g Carbs	11g Fat						
Medium Plan	665kcal Calories	63g Protein	50g Carbs	24g Fat	600kcal Calories	64g Protein	45g Carbs	18g Fat		125kcal Calories	4g Protein	2g Carbs	11g Fat						
Thursday April – 04/2024																			
Basil Minced Chicken with Brown Rice, Soy Egg, Kailan					Baked Lemongrass Barramundi with Cajun Roasted Sweet Potato, Broccoli					Low Fat Cheesecake									
Small Plan	430kcal Calories	43g Protein	32g Carbs	15g Fat	390kcal Calories	43g Protein	26g Carbs	13g Fat		170kcal Calories	8g Protein	14g Carbs	9g Fat						
Medium Plan	635kcal Calories	63g Protein	47g Carbs	22g Fat	585kcal Calories	65g Protein	39g Carbs	19g Fat		170kcal Calories	8g Protein	14g Carbs	9g Fat						
Friday April – 05/2024																			
Turmeric Chicken with Brown Rice, Lady Finger					Lamb Kofta with Couscous, Mint Yoghurt, Cucumber and Tomato Salad					Peanut Butter Chocolate Cookie									
Small Plan	390kcal Calories	41g Protein	31g Carbs	12g Fat	425kcal Calories	38g Protein	33g Carbs	16g Fat		180kcal Calories	4g Protein	5g Carbs	16g Fat						
Medium Plan	580kcal Calories	61g Protein	44g Carbs	18g Fat	635kcal Calories	59g Protein	48g Carbs	23g Fat		180kcal Calories	4g Protein	5g Carbs	16g Fat						

Add on drinks for RM3 - COWA Coconut Water (330ml)

YoloFoods.™

Eat Clean Menu

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Lunch				Dinner				Snack				Add On : RM3			
Monday March – 25/2024															
Gong Bao Chicken with Brown Rice, Spicy Eggplant, Cucumber Salad				Harrisa Roasted Tilapia with Roasted Potato, French Beans				Peanut Butter Chocolate Cookie							
Small Plan	635kcal Calories	51g Protein	65g Carbs	19g Fat	585kcal Calories	50g Protein	60g Carbs	17g Fat	180kcal Calories	4g Protein	5g Carbs	16g Fat			
Medium Plan	785kcal Calories	63g Protein	81g Carbs	23g Fat	685kcal Calories	58g Protein	70g Carbs	19g Fat	333kcal Calories	7g Protein	9g Carbs	30g Fat			

Lunch					Dinner					Snack									
Tuesday March — 26/2024																			
					Cauliflower Rice with Herb Chicken					Honey Miso Salmon with Quinoa and Broccoli					Tomato Soup (180g)				
Small Plan					580kcal Calories	59g Protein	42g Carbs	20g Fat	660kcal Calories	56g Protein	72g Carbs	17g Fat	158kcal Calories	3g Protein	20g Carbs	8g Fat			
Medium Plan					750kcal Calories	76g Protein	55g Carbs	25g Fat	880kcal Calories	74g Protein	96g Carbs	22g Fat	158kcal Calories	3g Protein	20g Carbs	8g Fat			

Lunch					Dinner				Snack							
Wednesday March – 27/2024																
					Beef Bolognese with Pasta, Mixed Mushrooms and Green Peas				Lemongrass Chicken with Rice Vermicelli and Mixed Veggies Salad				Oatmeal Cookie			
Small Plan					710kcal Calories	51g Protein	69g Carbs	26g Fat	555kcal Calories	46g Protein	57g Carbs	16g Fat	145kcal Calories	5g Protein	9g Carbs	10g Fat
Medium Plan					900kcal Calories	65g Protein	87g Carbs	32g Fat	765kcal Calories	64g Protein	78g Carbs	22g Fat	145kcal Calories	5g Protein	9g Carbs	10g Fat

Lunch				Dinner				Snack			
Thursday March – 28/2024				Public Holiday							

Lunch					Dinner					Snack									
Friday March – 29/2024																			
					Chicken Rendang with Brown Rice, Roasted Cauliflower					Beef Bulgogi with Sweet Potato Noodles, Spinach and Shredded Carrot					Low Fat Cheesecake				
Small Plan					620kcal Calories	49g Protein	64g Carbs	19g Fat	610kcal Calories	44g Protein	62g Carbs	21g Fat	170kcal Calories	8g Protein	14g Carbs	9g Fat			
Medium Plan					815kcal Calories	65g Protein	84g Carbs	25g Fat	790kcal Calories	57g Protein	80g Carbs	27g Fat	196kcal Calories	9g Protein	16g Carbs	10g Fat			

Add on drinks for RM3 - COWA Coconut Water (330ml)

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Eat Clean Menu

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Lunch					Dinner				Snack				Add On : RM3			
Monday April – 01/2024																
Herb Chicken with Aglio Olio Pasta, Tomato Sauce, Sweet Snap Peas					Teriyaki Salmon with Quinoa, Sauté Mixed Veggies				Cumin Carrot Soup (180g w/ Super Seeds)							
Small Plan					555kcal	45g	53g	18g	120kcal	6g	6g	8g				
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat				
Medium Plan					720kcal	54g	72g	24g	120kcal	6g	6g	8g				
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat				
					890kcal	67g	89g	30g	120kcal	6g	6g	8g				
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat				

Lunch					Dinner				Snack							
Tuesday April – 02/2024																
Red Curry Chicken with Brown Rice, Long Beans and Eggplants					Salmon Chicken Balls with Cauliflower Rice, Spinach Egg				Tofu Chocolate Brownie (1 Slice)							
Small Plan					410kcal	47g	20g	16g	185kcal	8g	20g	8g				
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat				
Medium Plan					685kcal	47g	74g	23g	185kcal	8g	20g	8g				
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat				
					910kcal	62g	98g	30g	185kcal	8g	20g	8g				
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat				

Lunch					Dinner				Snack							
Wednesday April – 03/2024																
Yakiniku Minced Beef with Brown Rice, Edamame and Kimchi					Peri Peri Chicken with Roasted Potato, Herb Veggies				Peanut Butter Chocolate Energy Bites (2 Pcs)							
Small Plan					610kcal	54g	59g	17g	125kcal	4g	2g	11g				
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat				
Medium Plan					670kcal	52g	67g	22g	125kcal	4g	2g	11g				
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat				
					880kcal	68g	87g	29g	125kcal	4g	2g	11g				
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat				

Lunch					Dinner				Snack							
Thursday April – 04/2024																
Basil Minced Chicken with Brown Rice, Soy Egg, Kailan					Baked Lemongrass Barramundi with Cajun Roasted Sweet Potato, Broccoli				Low Fat Cheesecake							
Small Plan					590kcal	54g	53g	18g	170kcal	8g	14g	9g				
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat				
Medium Plan					635kcal	52g	61g	20g	170kcal	8g	14g	9g				
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat				
					830kcal	68g	80g	27g	170kcal	8g	14g	9g				
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat				

Lunch					Dinner				Snack							
Friday April – 05/2024																
Turmeric Chicken with Brown Rice, Lady Finger					Lamb Kofta with Couscous, Mint Yoghurt, Cucumber and Tomato Salad				Peanut Butter Chocolate Cookie							
Small Plan					635kcal	46g	64g	22g	180kcal	4g	5g	16g				
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat				
Medium Plan					575kcal	48g	59g	17g	180kcal	4g	5g	16g				
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat				
					765kcal	64g	78g	22g	180kcal	4g	5g	16g				
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat				

Add on drinks for RM3 - COWA Coconut Water (330ml)

YoloFoods.™

Vegetarian Menu

*All Pictures shown here are for illustration purpose only. Actual product size may vary.

	Lunch	Dinner	Snack	Add On : RM3
Monday March – 25/2024	 Gong Bao Earthmeat with Brown Rice, Spicy Eggplant, Cucumber Salad	 Harrisa Roasted Tofu Steaks with Roasted Potato, French Beans	 Peanut Butter Chocolate Cookie	
Small Plan	440kcal Calories31g Protein48g Carbs14g Fat	380kcal Calories29g Protein34g Carbs14g Fat	180kcal Calories4g Protein5g Carbs16g Fat	
Medium Plan	640kcal Calories45g Protein70g Carbs20g Fat	565kcal Calories44g Protein51g Carbs21g Fat	180kcal Calories4g Protein5g Carbs16g Fat	

	Lunch	Dinner	Snack	
Tuesday March – 26/2024	 Cauliflower Rice with Baked Herb Tempeh and Spinach Egg	 Baked Fresh Herb Mushrooms with White Beans, Quinoa and Broccoli	 Tomato Soup (180g)	
Small Plan	340kcal Calories33g Protein23g Carbs13g Fat	495kcal Calories31g Protein46g Carbs21g Fat	158kcal Calories3g Protein20g Carbs8g Fat	
Medium Plan	495kcal Calories48g Protein33g Carbs19g Fat	745kcal Calories47g Protein69g Carbs32g Fat	158kcal Calories3g Protein20g Carbs8g Fat	

	Lunch	Dinner	Snack	
Wednesday March – 27/2024	 Tomato Earthmeat with Pasta, Mixed Mushrooms and Green Peas	 Lemongrass Tofu and King Oyster Mushroom with Rice Vermicelli and Mixed Veggies Salad	 Oatmeal Cookie	
Small Plan	480kcal Calories31g Protein49g Carbs18g Fat	380kcal Calories24g Protein39g Carbs14g Fat	145kcal Calories5g Protein9g Carbs10g Fat	
Medium Plan	725kcal Calories47g Protein74g Carbs27g Fat	530kcal Calories34g Protein55g Carbs20g Fat	145kcal Calories5g Protein9g Carbs10g Fat	

	Lunch	Dinner	Snack	
Thursday March – 28/2024	Public Holiday			

	Lunch	Dinner	Snack	
Friday March – 29/2024	 Rendang Earthmeat with Brown Rice, Roasted Cauliflower	 Kimchi Stew Tofu with Sweet Potato Noodles, Spinach and Shredded Carrot	 Low Fat Cheesecake	
Small Plan	430kcal Calories31g Protein43g Carbs15g Fat	405kcal Calories25g Protein33g Carbs19g Fat	170kcal Calories8g Protein14g Carbs9g Fat	
Medium Plan	610kcal Calories43g Protein60g Carbs22g Fat	545kcal Calories33g Protein44g Carbs27g Fat	170kcal Calories12g Protein20g Carbs13g Fat	

Add on drinks for RM3 - COWA Coconut Water (330ml)

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Vegetarian Menu

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Lunch					Dinner					Snack					Add On : RM3	
Monday April – 01/2024																
																
Herb Roasted Portobello, Tempeh with Aglio Olio Pasta, Tomato Sauce and Sweet Snap Peas					Teriyaki Home Made Spinach Egg Tofu with Quinoa, Sauté Mixed Veggies					Cumin Carrot Soup (180g w/ Super Seeds)						
Small Plan	475kcal	33g	48g	17g	415kcal	34g	36g	15g	120kcal	6g	6g	8g				
	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat				
Medium Plan	700kcal	49g	70g	25g	580kcal	48g	50g	21g	120kcal	6g	6g	8g				
	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat				

Lunch					Dinner				Snack					
Tuesday April – 02/2024														
														
Red Curry Chick Peas with Brown Rice, Long Beans and Eggplants					Braised Earthmeat with Cauliflower Rice, Spinach Egg				Tofu Chocolate Brownie					
Small Plan														
480kcal Calories		31g Protein	49g Carbs	18g Fat	330kcal Calories		32g Protein	24g Carbs	12g Fat	185kcal Calories		8g Protein	20g Carbs	8g Fat
Medium Plan														
725kcal Calories		47g Protein	74g Carbs	27g Fat	500kcal Calories		48g Protein	36g Carbs	18g Fat	185kcal Calories		8g Protein	20g Carbs	8g Fat

Lunch					Dinner					Snack				
Wednesday April — 03/2024														
														
Yakiniku Stir Fry Tofu and Mushroom with Brown Rice, Edamame and Kimchi					Peri Peri Earthmeat with Roasted Potato, Herb Veggies					Peanut Butter Chocolate Energy Bites (2 Pcs)				
Small Plan	440kcal	34g	47g	13g	380kcal	33g	35g	12g	180kcal	6g	3g	16g		
	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat		
Medium Plan	640kcal	49g	68g	19g	570kcal	50g	53g	18g	180kcal	6g	3g	16g		
	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat		

Lunch					Dinner				Snack				
Thursday April – 04/2024													
													
Basil Crushed Tofu and Mushroom with Brown Rice, Soy Egg, Kailan					Fresh Herb Stew Beans with Cajun Roasted Sweet Potato, Broccoli, Ricotta Cheese				Low Fat Cheesecake				
Small Plan	440kcal	34g	44g	14g	395kcal	32g	37g	13g	170kcal	8g	14g	9g	
	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	
Medium Plan	635kcal	49g	64g	20g	590kcal	48g	56g	20g	170kcal	8g	14g	9g	
	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	

Lunch				Dinner				Snack				
Friday April – 05/2024												
												
Turmeric Earthmeat with Brown Rice, Lady Finger				Tempeh Kofta with Couscous, Mint Yoghurt, Cucumber and Tomato Salad				Peanut Butter Chocolate Cookie				
Small Plan	390kcal	32g	39g	12g	435kcal	32g	48g	13g	180kcal	4g	5g	16g
	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat
Medium Plan	570kcal	46g	57g	17g	655kcal	48g	72g	20g	180kcal	4g	5g	16g
	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat

Add on drinks for RM3 - COWA Coconut Water (330ml)

YoloFoods.™