



YoloFoods.™

# YoloPlans Menu

11 September - 22 September 2023 | [yolofoods.my](https://yolofoods.my)

# Weight Loss Menu

Monday September — 11/2023

Add On: RM3

## Lunch

Peranakan Curry Chicken With Basmati Rice, Cauliflower and Lady Finger

### Small Plan

455kcal 34g 46g 15g  
Calories Protein Carbs Fat

### Medium Plan

660kcal 49g 67g 22g  
Calories Protein Carbs Fat

## Dinner

Beef Meatballs With Mashed Potatoes, Tomato Sauce, Saute Green Peas and Carrot

### Small Plan

420kcal 36g 38g 14g  
Calories Protein Carbs Fat

### Medium Plan

610kcal 52g 55g 20g  
Calories Protein Carbs Fat

## Snack

Peanut Butter Chocolate Energy Bites

### Small Plan

125kcal 4g 3g 11g  
Calories Protein Carbs Fat

### Medium Plan

125kcal 4g 3g 11g  
Calories Protein Carbs Fat

Tuesday September — 12/2023

## Lunch

Sambal Prawns & Squids With Brown Rice, Tofu and Shanghai Green

### Small Plan

445kcal 33g 44g 15g  
Calories Protein Carbs Fat

### Medium Plan

665kcal 50g 66g 23g  
Calories Protein Carbs Fat

## Dinner

Tomato Soup With Cajun Chicken, Avocado and Mixed Beans, Feta Cheese

### Small Plan

370kcal 35g 22g 16g  
Calories Protein Carbs Fat

### Medium Plan

560kcal 53g 33g 24g  
Calories Protein Carbs Fat

## Snack

Tofu Chocolate Brownie

### Small Plan

185kcal 8g 20g 8g  
Calories Protein Carbs Fat

### Medium Plan

185kcal 8g 20g 8g  
Calories Protein Carbs Fat

Wednesday September — 13/2023

## Lunch

Yakiniku Minced Beef With Rice Noodles, Kimchi and Edamame

### Small Plan

460kcal 36g 45g 15g  
Calories Protein Carbs Fat

### Medium Plan

665kcal 52g 65g 22g  
Calories Protein Carbs Fat

## Dinner

Herb Chicken With Roasted Herb Veggies Quinoa Salad, Pomegranate, Honey Citrus Dressing

### Small Plan

370kcal 37g 28g 12g  
Calories Protein Carbs Fat

### Medium Plan

535kcal 54g 41g 17g  
Calories Protein Carbs Fat

## Snack

Carrot Cake with Cashew Frosting

### Small Plan

180kcal 8g 19g 8g  
Calories Protein Carbs Fat

### Medium Plan

180kcal 8g 19g 8g  
Calories Protein Carbs Fat

Thursday September — 14/2023

## Lunch

Yuxiang Minced Chicken With Brown Rice, Saute Mushroom and Bok Choy

### Small Plan

445kcal 32g 45g 15g  
Calories Protein Carbs Fat

### Medium Plan

640kcal 46g 65g 22g  
Calories Protein Carbs Fat

## Dinner

Fresh Herb and Lemon Barramundi Fish With Roasted Potatoes, French Beans

### Small Plan

430kcal 38g 38g 14g  
Calories Protein Carbs Fat

### Medium Plan

645kcal 57g 57g 21g  
Calories Protein Carbs Fat

## Snack

Pistachio and Dates Energy Bites

### Small Plan

120kcal 4g 4g 10g  
Calories Protein Carbs Fat

### Medium Plan

120kcal 4g 4g 10g  
Calories Protein Carbs Fat

Friday September — 15/2023

## Lunch

Green Curry Chicken With Basmati Rice, Eggplants and Long Beans

### Small Plan

475kcal 36g 47g 16g  
Calories Protein Carbs Fat

### Medium Plan

690kcal 52g 68g 23g  
Calories Protein Carbs Fat

## Dinner

Salmon Chicken Balls with Sweet Potatoes, Baked Spinach Egg, Broccoli, House Made Chilli Sauce

### Small Plan

385kcal 31g 34g 14g  
Calories Protein Carbs Fat

### Medium Plan

560kcal 45g 49g 20g  
Calories Protein Carbs Fat

## Snack

Overnight Oats with Roasted Apple and Chia Seeds

### Small Plan

145kcal 5g 20g 5g  
Calories Protein Carbs Fat

### Medium Plan

145kcal 5g 20g 5g  
Calories Protein Carbs Fat

Add on  
drinks for RM3

- COWA Coconut Water  
(330ml)

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# Weight Loss Menu

Monday September — 18/2023

Add On: RM3

## Lunch

Chilli Con Carne (Beef and Red Kidney Beans) with Brown Rice, Saute Green Peas

### Small Plan

470kcal 31g 48g 17g  
Calories Protein Carbs Fat

### Medium Plan

705kcal 47g 72g 26g  
Calories Protein Carbs Fat

## Dinner

Peri Peri Tilapia with Roasted Potatoes, Green Beans and Carrot

### Small Plan

360kcal 32g 38g 9g  
Calories Protein Carbs Fat

### Medium Plan

525kcal 46g 55g 13g  
Calories Protein Carbs Fat

## Snack

Gluten Free Banana Bread

### Small Plan

175kcal 5g 16g 10g  
Calories Protein Carbs Fat

### Medium Plan

175kcal 5g 16g 10g  
Calories Protein Carbs Fat

Tuesday September — 19/2023

## Lunch

Gong Bao Chicken with Brown Rice, Spicy Eggplant, Garlic Choy Sum

### Small Plan

440kcal 35g 41g 15g  
Calories Protein Carbs Fat

### Medium Plan

660kcal 53g 62g 23g  
Calories Protein Carbs Fat

## Dinner

Basil Minced Chicken with Rice Noodles, Shredded Cucumber and Carrot

### Small Plan

385kcal 29g 38g 13g  
Calories Protein Carbs Fat

### Medium Plan

560kcal 42g 55g 19g  
Calories Protein Carbs Fat

## Snack

Tofu Chocolate Brownie

### Small Plan

185kcal 8g 20g 8g  
Calories Protein Carbs Fat

### Medium Plan

185kcal 8g 20g 8g  
Calories Protein Carbs Fat

Wednesday September — 20/2023

## Lunch

Nasi Lemak (Turmeric Chicken) with Basmati Rice, Boiled Egg, Cucumber

### Small Plan

465kcal 39g 48g 13g  
Calories Protein Carbs Fat

### Medium Plan

700kcal 59g 72g 20g  
Calories Protein Carbs Fat

## Dinner

Baked Honey Miso Salmon with Cauliflower Rice, Saute Edamame

### Small Plan

370kcal 36g 21g 16g  
Calories Protein Carbs Fat

### Medium Plan

540kcal 52g 30g 23g  
Calories Protein Carbs Fat

## Snack

Low Fat Cheesecake

### Small Plan

170kcal 8g 14g 9g  
Calories Protein Carbs Fat

### Medium Plan

170kcal 8g 14g 9g  
Calories Protein Carbs Fat

Thursday September — 21/2023

## Lunch

Seafood Tom Yam with Brown Rice Noodles, Beansprouts and Long Beans

### Small Plan

435kcal 31g 44g 15g  
Calories Protein Carbs Fat

### Medium Plan

630kcal 45g 64g 22g  
Calories Protein Carbs Fat

## Dinner

Herb Chicken Breast with Spaghetti Aglio Olio, Roasted Veggies With Tomato

### Small Plan

405kcal 36g 41g 11g  
Calories Protein Carbs Fat

### Medium Plan

610kcal 54g 62g 17g  
Calories Protein Carbs Fat

## Snack

Peanut Butter Chocolate Cookie

### Small Plan

160kcal 7g 6g 12g  
Calories Protein Carbs Fat

### Medium Plan

160kcal 7g 6g 12g  
Calories Protein Carbs Fat

Friday September — 22/2023

## Lunch

Lemongrass Barramundi with Brown Rice, Stew Tofu with Bittergourd and Red Capsicum

### Small Plan

445kcal 35g 47g 13g  
Calories Protein Carbs Fat

### Medium Plan

645kcal 51g 68g 19g  
Calories Protein Carbs Fat

## Dinner

Coconut Chicken with Quinoa, Cauliflower and Sweet Potatoes

### Small Plan

440kcal 33g 36g 18g  
Calories Protein Carbs Fat

### Medium Plan

635kcal 48g 52g 26g  
Calories Protein Carbs Fat

## Snack

Chocolate Hazelnut Energy Bites

### Small Plan

120kcal 4g 8g 8g  
Calories Protein Carbs Fat

### Medium Plan

120kcal 4g 8g 8g  
Calories Protein Carbs Fat

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

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# Eat Clean Menu

Monday September — 11/2023

Add On : RM3

## Lunch

Peranakan Curry Chicken With Basmati Rice, Cauliflower and Lady Finger

### Small Plan

660kcal 49g 67g 22g  
Calories Protein Carbs Fat

### Medium Plan

795kcal 60g 81g 26g  
Calories Protein Carbs Fat

## Dinner

Beef Meatballs With Mashed Potatoes, Tomato Sauce, Saute Green Peas and Carrot

### Small Plan

610kcal 52g 55g 20g  
Calories Protein Carbs Fat

### Medium Plan

760kcal 65g 68g 25g  
Calories Protein Carbs Fat

## Snack

Peanut Butter Chocolate Energy Bites

### Small Plan

125kcal 4g 3g 11g  
Calories Protein Carbs Fat

### Medium Plan

240kcal 6g 8g 16g  
Calories Protein Carbs Fat

Tuesday September — 12/2023

## Lunch

Sambal Prawns & Squids With Brown Rice, Tofu and Shanghai Green

### Medium Plan

665kcal 50g 66g 23g  
Calories Protein Carbs Fat

### Regular Plan

885kcal 66g 88g 30g  
Calories Protein Carbs Fat

## Dinner

Tomato Soup With Cajun Chicken, Avocado and Mixed Beans, Feta Cheese

### Medium Plan

560kcal 53g 33g 24g  
Calories Protein Carbs Fat

### Regular Plan

725kcal 68g 43g 31g  
Calories Protein Carbs Fat

## Snack

Tofu Chocolate Brownie

### Medium Plan

185kcal 8g 20g 8g  
Calories Protein Carbs Fat

### Regular Plan

185kcal 8g 20g 8g  
Calories Protein Carbs Fat

Wednesday September — 13/2023

## Lunch

Yakiniku Minced Beef With Rice Noodles, Kimchi and Edamame

### Medium Plan

665kcal 52g 65g 22g  
Calories Protein Carbs Fat

### Regular Plan

895kcal 70g 88g 29g  
Calories Protein Carbs Fat

## Dinner

Herb Chicken With Roasted Herb Veggies Quinoa Salad, Pomegranate, Honey Citrus Dressing

### Medium Plan

535kcal 54g 41g 17g  
Calories Protein Carbs Fat

### Regular Plan

720kcal 72g 55g 23g  
Calories Protein Carbs Fat

## Snack

Carrot Cake with Cashew Frosting

### Medium Plan

180kcal 8g 19g 8g  
Calories Protein Carbs Fat

### Regular Plan

180kcal 8g 19g 8g  
Calories Protein Carbs Fat

Thursday September — 14/2023

## Lunch

Yuxiang Minced Chicken With Brown Rice, Saute Mushroom and Bok Choy

### Small Plan

640kcal 46g 65g 22g  
Calories Protein Carbs Fat

### Medium Plan

775kcal 56g 79g 26g  
Calories Protein Carbs Fat

## Dinner

Fresh Herb and Lemon Barramundi Fish With Roasted Potatoes, French Beans

### Small Plan

645kcal 57g 57g 21g  
Calories Protein Carbs Fat

### Medium Plan

775kcal 68g 68g 25g  
Calories Protein Carbs Fat

## Snack

Pistachio and Dates Energy Bites

### Small Plan

120kcal 4g 4g 10g  
Calories Protein Carbs Fat

### Medium Plan

240kcal 8g 8g 20g  
Calories Protein Carbs Fat

Friday September — 15/2023

## Lunch

Green Curry Chicken With Basmati Rice, Eggplants and Long Beans

### Medium Plan

690kcal 52g 68g 23g  
Calories Protein Carbs Fat

### Regular Plan

930kcal 70g 92g 31g  
Calories Protein Carbs Fat

## Dinner

Salmon Chicken Balls with Sweet Potatoes, Baked Spinach Egg, Broccoli, House Made Chilli Sauce

### Medium Plan

560kcal 45g 49g 20g  
Calories Protein Carbs Fat

### Regular Plan

735kcal 59g 65g 27g  
Calories Protein Carbs Fat

## Snack

Overnight Oats with Roasted Apple and Chia Seeds

### Medium Plan

145kcal 5g 20g 5g  
Calories Protein Carbs Fat

### Regular Plan

145kcal 5g 20g 5g  
Calories Protein Carbs Fat

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

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# Eat Clean Menu

Monday September — 18/2023

Add On : RM3

## Lunch

Chilli Con Carne (Beef and Red Kidney Beans) with Brown Rice, Saute Green Peas

### Medium Plan

705kcal 47g 72g 26g  
Calories Protein Carbs Fat

### Regular Plan

915kcal 60g 94g 33g  
Calories Protein Carbs Fat

## Dinner

Peri Peri Tilapia with Roasted Potatoes, Green Beans and Carrot

### Medium Plan

525kcal 46g 55g 13g  
Calories Protein Carbs Fat

### Regular Plan

705kcal 62g 74g 18g  
Calories Protein Carbs Fat

## Snack

Gluten Free Banana Bread

### Medium Plan

175kcal 5g 16g 10g  
Calories Protein Carbs Fat

### Regular Plan

175kcal 5g 16g 10g  
Calories Protein Carbs Fat

Tuesday September — 19/2023

## Lunch

Gong Bao Chicken with Brown Rice, Spicy Eggplant, Garlic Choy Sum

### Medium Plan

660kcal 53g 62g 23g  
Calories Protein Carbs Fat

### Regular Plan

880kcal 70g 82g 30g  
Calories Protein Carbs Fat

## Dinner

Basil Mince Chicken with Rice Noodles, Shredded Cucumber and Carrot

### Medium Plan

560kcal 42g 55g 19g  
Calories Protein Carbs Fat

### Regular Plan

730kcal 55g 72g 25g  
Calories Protein Carbs Fat

## Snack

Tofu Chocolate Browine

### Medium Plan

185kcal 8g 20g 8g  
Calories Protein Carbs Fat

### Regular Plan

185kcal 8g 20g 8g  
Calories Protein Carbs Fat

Wednesday September — 20/2023

## Lunch

Nasi Lemak (Turmeric Chicken) with Basmati Rice, Boiled Egg, Cucumber

### Medium Plan

700kcal 59g 72g 20g  
Calories Protein Carbs Fat

### Regular Plan

885kcal 74g 91g 25g  
Calories Protein Carbs Fat

## Dinner

Baked Honey Miso Salmon with Cauliflower Rice, Saute Edamame

### Medium Plan

540kcal 52g 30g 23g  
Calories Protein Carbs Fat

### Regular Plan

705kcal 68g 40g 30g  
Calories Protein Carbs Fat

## Snack

Low Fat Cheesecake

### Medium Plan

170kcal 8g 14g 9g  
Calories Protein Carbs Fat

### Regular Plan

170kcal 8g 14g 9g  
Calories Protein Carbs Fat

Thursday September — 21/2023

## Lunch

Seafood Tom Yam with Brown Rice Noodles, Beansprouts and Long Beans

### Small Plan

630kcal 45g 64g 22g  
Calories Protein Carbs Fat

### Medium Plan

825kcal 59g 84g 29g  
Calories Protein Carbs Fat

## Dinner

Herb Chicken Breast with Spaghetti Aglio Olio, Roasted Veggies With Tomato

### Small Plan

610kcal 54g 62g 17g  
Calories Protein Carbs Fat

### Medium Plan

815kcal 72g 82g 22g  
Calories Protein Carbs Fat

## Snack

Peanut Butter Chocolate Cookie

### Small Plan

160kcal 7g 6g 12g  
Calories Protein Carbs Fat

### Medium Plan

160kcal 7g 6g 12g  
Calories Protein Carbs Fat

Friday September — 22/2023

## Lunch

Lemongrass Barramundi with Brown Rice, Stew Tofu with Bittergourd and Red Capsicum

### Medium Plan

645kcal 51g 68g 19g  
Calories Protein Carbs Fat

### Regular Plan

800kcal 63g 85g 23g  
Calories Protein Carbs Fat

## Dinner

Coconut Chicken with Quinoa, Cauliflower and Sweet Potatoes

### Medium Plan

635kcal 48g 52g 26g  
Calories Protein Carbs Fat

### Regular Plan

765kcal 58g 63g 32g  
Calories Protein Carbs Fat

## Snack

Chocolate Hazelnut Energy Bites

### Medium Plan

120kcal 4g 8g 8g  
Calories Protein Carbs Fat

### Regular Plan

240kcal 8g 16g 16g  
Calories Protein Carbs Fat

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

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# Low Carb Menu

Monday September — 11/2023

Add On : RM3

## Lunch

Peranakan Curry Chicken With Basmati Rice, Cauliflower and Lady Finger

### Small Plan

445kcal 41g 35g 16g  
Calories Protein Carbs Fat

### Medium Plan

660kcal 64g 50g 23g  
Calories Protein Carbs Fat

## Dinner

Beef Meatballs With Mashed Potatoes, Tomato Sauce, Saute Green Peas and Carrot

### Small Plan

420kcal 43g 29g 15g  
Calories Protein Carbs Fat

### Medium Plan

655kcal 66g 41g 25g  
Calories Protein Carbs Fat

## Snack

Peanut Butter Chocolate Energy Bites

### Small Plan

125kcal 4g 3g 11g  
Calories Protein Carbs Fat

### Medium Plan

125kcal 4g 3g 11g  
Calories Protein Carbs Fat

Tuesday September — 12/2023

## Lunch

Sambal Prawns & Squids With Brown Rice, Tofu and Shanghai Green

### Small Plan

430kcal 40g 33g 16g  
Calories Protein Carbs Fat

### Medium Plan

650kcal 59g 50g 24g  
Calories Protein Carbs Fat

## Dinner

Tomato Soup With Cajun Chicken, Avocado and Mixed Beans, Feta Cheese

### Small Plan

385kcal 42g 17g 17g  
Calories Protein Carbs Fat

### Medium Plan

580kcal 63g 25g 25g  
Calories Protein Carbs Fat

## Snack

Tofu Chocolate Brownie

### Small Plan

185kcal 8g 20g 8g  
Calories Protein Carbs Fat

### Medium Plan

185kcal 8g 20g 8g  
Calories Protein Carbs Fat

Wednesday September — 13/2023

## Lunch

Yakiniku Minced Beef With Rice Noodles, Kimchi and Edamame

### Small Plan

450kcal 43g 34g 16g  
Calories Protein Carbs Fat

### Medium Plan

650kcal 63g 49g 23g  
Calories Protein Carbs Fat

## Dinner

Herb Chicken With Roasted Herb Veggies Quinoa Salad, Pomegranate, Honey Citrus Dressing

### Small Plan

375kcal 44g 21g 13g  
Calories Protein Carbs Fat

### Medium Plan

535kcal 52g 41g 18g  
Calories Protein Carbs Fat

## Snack

Carrot Cake with Cashew Frosting

### Small Plan

180kcal 8g 19g 8g  
Calories Protein Carbs Fat

### Medium Plan

180kcal 8g 19g 8g  
Calories Protein Carbs Fat

Thursday September — 14/2023

## Lunch

Yuxiang Minced Chicken With Brown Rice, Saute Mushroom and Bok Choy

### Small Plan

440kcal 39g 35g 16g  
Calories Protein Carbs Fat

### Medium Plan

635kcal 56g 49g 24g  
Calories Protein Carbs Fat

## Dinner

Fresh Herb and Lemon Barramundi Fish With Roasted Potatoes, French Beans

### Small Plan

435kcal 47g 29g 15g  
Calories Protein Carbs Fat

### Medium Plan

605kcal 68g 43g 18g  
Calories Protein Carbs Fat

## Snack

Pistachio and Dates Energy Bites

### Small Plan

120kcal 4g 4g 10g  
Calories Protein Carbs Fat

### Medium Plan

120kcal 4g 4g 10g  
Calories Protein Carbs Fat

Friday September — 15/2023

## Lunch

Green Curry Chicken With Basmati Rice, Eggplants and Long Beans

### Small Plan

465kcal 43g 35g 17g  
Calories Protein Carbs Fat

### Medium Plan

675kcal 63g 51g 24g  
Calories Protein Carbs Fat

## Dinner

Salmon Chicken Balls with Sweet Potatoes, Baked Spinach Egg, Broccoli, House Made Chilli Sauce

### Small Plan

385kcal 37g 26g 15g  
Calories Protein Carbs Fat

### Medium Plan

555kcal 54g 37g 21g  
Calories Protein Carbs Fat

## Snack

Overnight Oats with Roasted Apple and Chia Seeds

### Small Plan

145kcal 5g 20g 5g  
Calories Protein Carbs Fat

### Medium Plan

145kcal 5g 20g 5g  
Calories Protein Carbs Fat

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

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# Low Carb Menu

Monday September — 18/2023

Add On : RM3

## Lunch

Chilli Con Carne (Beef and Red Kidney Beans) with Brown Rice, Saute Green Peas

### Small Plan

460kcal 39g 36g 18g  
Calories Protein Carbs Fat

### Medium Plan

715kcal 56g 54g 31g  
Calories Protein Carbs Fat

## Dinner

Peri Peri Tilapia with Roasted Potatoes, Green Beans and Carrot

### Small Plan

360kcal 40g 29g 9g  
Calories Protein Carbs Fat

### Medium Plan

510kcal 56g 41g 14g  
Calories Protein Carbs Fat

## Snack

Gluten Free Banana Bread

### Small Plan

175kcal 5g 16g 10g  
Calories Protein Carbs Fat

### Medium Plan

175kcal 5g 16g 10g  
Calories Protein Carbs Fat

Tuesday September — 19/2023

## Lunch

Gong Bao Chicken with Brown Rice, Spicy Eggplant, Garlic Choy Sum

### Small Plan

435kcal 42g 31g 16g  
Calories Protein Carbs Fat

### Medium Plan

650kcal 63g 46g 24g  
Calories Protein Carbs Fat

## Dinner

Basil Minced Chicken with Rice Noodles, Shredded Cucumber and Carrot

### Small Plan

395kcal 35g 29g 16g  
Calories Protein Carbs Fat

### Medium Plan

575kcal 50g 41g 23g  
Calories Protein Carbs Fat

## Snack

Tofu Chocolate Browine

### Small Plan

185kcal 8g 20g 8g  
Calories Protein Carbs Fat

### Medium Plan

185kcal 8g 20g 8g  
Calories Protein Carbs Fat

Wednesday September — 20/2023

## Lunch

Nasi Lemak (Turmeric Chicken) with Basmati Rice, Boiled Egg, Cucumber

### Small Plan

455kcal 47g 36g 14g  
Calories Protein Carbs Fat

### Medium Plan

670kcal 70g 54g 20g  
Calories Protein Carbs Fat

## Dinner

Baked Honey Miso Salmon with Cauliflower Rice, Saute Edamame

### Small Plan

385kcal 43g 16g 17g  
Calories Protein Carbs Fat

### Medium Plan

560kcal 63g 23g 24g  
Calories Protein Carbs Fat

## Snack

Low Fat Cheesecake

### Small Plan

170kcal 8g 14g 9g  
Calories Protein Carbs Fat

### Medium Plan

170kcal 8g 14g 9g  
Calories Protein Carbs Fat

Thursday September — 21/2023

## Lunch

Seafood Tom Yam with Brown Rice Noodles, Beansprouts and Long Beans

### Small Plan

430kcal 39g 33g 16g  
Calories Protein Carbs Fat

### Medium Plan

610kcal 53g 48g 23g  
Calories Protein Carbs Fat

## Dinner

Herb Chicken Breast with Spaghetti Aglio Olio, Roasted Veggies With Tomato

### Small Plan

400kcal 43g 31g 12g  
Calories Protein Carbs Fat

### Medium Plan

620kcal 65g 46g 20g  
Calories Protein Carbs Fat

## Snack

Peanut Butter Chocolate Cookie

### Small Plan

160kcal 7g 6g 12g  
Calories Protein Carbs Fat

### Medium Plan

160kcal 7g 6g 12g  
Calories Protein Carbs Fat

Friday September — 22/2023

## Lunch

Lemongrass Barramundi with Brown Rice, Stew Tofu with Bittergourd and Red Capsicum

### Small Plan

435kcal 42g 36g 14g  
Calories Protein Carbs Fat

### Medium Plan

650kcal 61g 51g 23g  
Calories Protein Carbs Fat

## Dinner

Coconut Chicken with Quinoa, Cauliflower and Sweet Potatoes

### Small Plan

445kcal 40g 29g 19g  
Calories Protein Carbs Fat

### Medium Plan

635kcal 57g 39g 27g  
Calories Protein Carbs Fat

## Snack

Chocolate Hazelnut Energy Bites

### Small Plan

120kcal 4g 8g 8g  
Calories Protein Carbs Fat

### Medium Plan

120kcal 4g 8g 8g  
Calories Protein Carbs Fat

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

YoloFoods.™

# Vegetarian Menu

## Monday September — 11/2023

### Lunch

Peranakan Curry (Tofu and Lentils) with Basmati Rice, Cauliflower and Lady Finger

#### Small Plan

470kcal 31g 46g 18g  
Calories Protein Carbs Fat

#### Medium Plan

705kcal 47g 69g 27g  
Calories Protein Carbs Fat

### Dinner

Vegan Meatballs with Mashed Potatoes, Tomato Sauce, Sauté Green Peas and Carrot

#### Small Plan

345kcal 27g 32g 12g  
Calories Protein Carbs Fat

#### Medium Plan

515kcal 41g 48g 18g  
Calories Protein Carbs Fat

### Snack

Peanut Butter Chocolate Energy Bites

#### Small Plan

185kcal 6g 4g 16g  
Calories Protein Carbs Fat

#### Medium Plan

185kcal 6g 4g 16g  
Calories Protein Carbs Fat

## Tuesday September — 12/2023

### Lunch

Sambal Earthmeat with Brown Rice, Tofu and Shanghai Green

#### Small Plan

445kcal 36g 46g 13g  
Calories Protein Carbs Fat

#### Medium Plan

670kcal 54g 69g 20g  
Calories Protein Carbs Fat

### Dinner

Tomato Soup with Spinach Egg, Avocado and Mixed Beans, Feta Cheese

#### Small Plan

365kcal 32g 21g 17g  
Calories Protein Carbs Fat

#### Medium Plan

550kcal 48g 32g 26g  
Calories Protein Carbs Fat

### Snack

Tofu Chocolate Brownie

#### Small Plan

185kcal 8g 20g 8g  
Calories Protein Carbs Fat

#### Medium Plan

185kcal 8g 20g 8g  
Calories Protein Carbs Fat

## Wednesday September — 13/2023

### Lunch

Yakiniku Stir Fry Soy Knots & Lentils with Rice Noodles, Kimchi and Edamame

#### Small Plan

440kcal 31g 45g 15g  
Calories Protein Carbs Fat

#### Medium Plan

660kcal 47g 68g 23g  
Calories Protein Carbs Fat

### Dinner

Baked Honey Miso Tempeh with Roasted Herb Veggies Quinoa Salad, Pomegranate, Honey Citrus Dressing

#### Small Plan

385kcal 29g 29g 17g  
Calories Protein Carbs Fat

#### Medium Plan

560kcal 42g 42g 25g  
Calories Protein Carbs Fat

### Snack

Carrot Cake with Cashew Frosting

#### Small Plan

180kcal 8g 19g 8g  
Calories Protein Carbs Fat

#### Medium Plan

180kcal 8g 19g 8g  
Calories Protein Carbs Fat

## Thursday September — 14/2023

### Lunch

Yuxiang Tofu and Chick Peas with Brown Rice, Sauté Mushrooms and Bok Choy s

#### Small Plan

460kcal 36g 45g 15g  
Calories Protein Carbs Fat

#### Medium Plan

665kcal 52g 65g 22g  
Calories Protein Carbs Fat

### Dinner

Fresh Herb and Lemon Baked Ricotta with Roasted Potatoes, French Beans, Black Beans and Tomato Salsa

#### Small Plan

365kcal 23g 34g 15g  
Calories Protein Carbs Fat

#### Medium Plan

545kcal 35g 51g 23g  
Calories Protein Carbs Fat

### Snack

Pistachio and Dates Energy Bites

#### Small Plan

185kcal 6g 6g 15g  
Calories Protein Carbs Fat

#### Medium Plan

185kcal 6g 6g 15g  
Calories Protein Carbs Fat

## Friday September — 15/2023

### Lunch

Green Curry Earthmeat and White Beans with Basmati Rice, Eggplants and Long Beans

#### Small Plan

475kcal 36g 47g 16g  
Calories Protein Carbs Fat

#### Medium Plan

690kcal 52g 68g 23g  
Calories Protein Carbs Fat

### Dinner

Cauliflower Protein Bites with Sweet Potatoes, Baked Spinach Egg, Broccoli, House Made Chilli Sauce

#### Small Plan

375kcal 39g 26g 13g  
Calories Protein Carbs Fat

#### Medium Plan

565kcal 59g 39g 20g  
Calories Protein Carbs Fat

### Snack

Overnight Oats With Roasted Apple and Chia Seeds

#### Small Plan

145kcal 5g 20g 5g  
Calories Protein Carbs Fat

#### Medium Plan

145kcal 5g 20g 5g  
Calories Protein Carbs Fat

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



# Vegetarian Menu

Monday September — 18/2023

Add On : RM3

## Lunch

Tomato Mixed Beans Stew with Wholemeal Pasta, Sauté Green Peas

### Small Plan

485kcal 34g 45g 19g  
Calories Protein Carbs Fat

### Medium Plan

730kcal 51g 68g 29g  
Calories Protein Carbs Fat

## Dinner

Peri Peri Tofu Steaks with Roasted Potatoes, Green Beans and Carrot

### Small Plan

350kcal 29g 29g 13g  
Calories Protein Carbs Fat

### Medium Plan

505kcal 42g 42g 19g  
Calories Protein Carbs Fat

## Snack

Gluten Free Banana Bread

### Small Plan

175kcal 5g 16g 10g  
Calories Protein Carbs Fat

### Medium Plan

175kcal 5g 16g 10g  
Calories Protein Carbs Fat

Tuesday September — 19/2023

## Lunch

Gong Bao Earthmeat and Shitake Mushrooms with Brown Rice, Spicy Eggplant and Garlic Choy Sum

### Small Plan

430kcal 31g 41g 16g  
Calories Protein Carbs Fat

### Medium Plan

650kcal 47g 62g 24g  
Calories Protein Carbs Fat

## Dinner

Basil Crushed Tofu, Lentils and King Oyster Mushroom with Rice Noodles, Shredded Cucumber and Carrot

### Small Plan

385kcal 29g 38g 13g  
Calories Protein Carbs Fat

### Medium Plan

560kcal 42g 55g 19g  
Calories Protein Carbs Fat

## Snack

Tofu Chocolate Brownie

### Small Plan

185kcal 8g 20g 8g  
Calories Protein Carbs Fat

### Medium Plan

185kcal 8g 20g 8g  
Calories Protein Carbs Fat

Wednesday September — 20/2023

## Lunch

Baked Turmeric Tempeh with Basmati Rice, Boiled Egg, Cucumber

### Small Plan

470kcal 34g 48g 16g  
Calories Protein Carbs Fat

### Medium Plan

685kcal 49g 70g 23g  
Calories Protein Carbs Fat

## Dinner

Veggie Pattie, Avocado Cube with Mixed Salad, Tomato, Baked Pumpkin, Honey Citrus, Pomegranate, Mixed Nuts

### Small Plan

360kcal 26g 26g 17g  
Calories Protein Carbs Fat

### Medium Plan

540kcal 39g 39g 26g  
Calories Protein Carbs Fat

## Snack

Low Fat Cheesecake

### Small Plan

170kcal 8g 14g 9g  
Calories Protein Carbs Fat

### Medium Plan

170kcal 8g 14g 9g  
Calories Protein Carbs Fat

Thursday September — 21/2023

## Lunch

Tom Yam Stew Tofu and Oyster Mushroom with Brown Rice Noodles, Beansprouts and Long Beans, Spinach Egg

### Small Plan

450kcal 31g 46g 16g  
Calories Protein Carbs Fat

### Medium Plan

655kcal 45g 67g 23g  
Calories Protein Carbs Fat

## Dinner

Herb Baked Butter Beans with Spaghetti Aglio Olio, Roasted Herb Veggies with Tomato, Fresh Herb Ricotta Cheese

### Small Plan

390kcal 28g 42g 12g  
Calories Protein Carbs Fat

### Medium Plan

580kcal 42g 63g 18g  
Calories Protein Carbs Fat

## Snack

Peanut Butter Chocolate Cookie

### Small Plan

160kcal 7g 6g 12g  
Calories Protein Carbs Fat

### Medium Plan

160kcal 7g 6g 12g  
Calories Protein Carbs Fat

Friday September — 22/2023

## Lunch

Honey Miso Stew Earthmeat and Baiye with Brown Rice, Stew Tofu With Bittergourd and Red Capsicum

### Small Plan

435kcal 32g 47g 13g  
Calories Protein Carbs Fat

### Medium Plan

630kcal 46g 68g 19g  
Calories Protein Carbs Fat

## Dinner

Coconut Curry Home Made Spinach Egg Tofu with Quinoa, Sweet Potatoes and Cauliflower

### Small Plan

395kcal 28g 39g 14g  
Calories Protein Carbs Fat

### Medium Plan

590kcal 42g 59g 21g  
Calories Protein Carbs Fat

## Snack

Chocolate Hazelnut Energy Bites

### Small Plan

180kcal 6g 12g 12g  
Calories Protein Carbs Fat

### Medium Plan

180kcal 6g 12g 12g  
Calories Protein Carbs Fat

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