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YoloPlans Menu

20 November - 1 December 2023 | yolofoods.my

Weight Loss Menu

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

Lunch				Dinner				Snack				Add On : RM3			
Monday November – 20/2023															
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 November – 21/2023															
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 November – 22/2023															
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 November – 23/2023															
Ma Po Tofu with Rice Noodles, Beansprouts				Baked Curry Barramundi with Coconut Basmati Rice, Long Beans				Almond Oats Energy Bar							
Small Plan	355kcal Calories	32g Protein	32g Carbs	11g Fat	460kcal Calories	37g Protein	42g Carbs	16g Fat	190kcal Calories	6g Protein	12g Carbs	13g Fat			
Medium Plan	535kcal Calories	48g Protein	48g Carbs	17g Fat	665kcal Calories	54g Protein	61g Carbs	23g Fat	190kcal Calories	6g Protein	12g Carbs	13g Fat			

Lunch				Dinner				Snack							
Friday November – 24/2023															
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)

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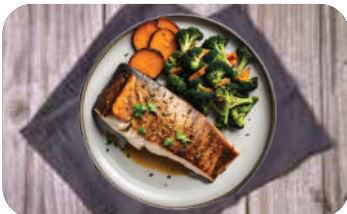
Weight Loss Menu

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

Lunch					Dinner				Snack				Add On : RM3			
Monday November — 27/2023																
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					395kcal	32g	38g	13g	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				

Lunch					Dinner				Snack							
Tuesday November — 28/2023																
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					360kcal	36g	34g	9g	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				

Lunch					Dinner				Snack							
Wednesday November — 29/2023																
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					420kcal	37g	41g	12g	125kcal	4g	2g	11g				
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat				
Medium Plan					670kcal	52g	67g	17g	125kcal	4g	2g	11g				
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat				

Lunch					Dinner				Snack							
Thursday November — 30/2023																
Basil Minced Chicken with Brown Rice, Soy Egg, Kailan					Baked Lemongrass Barramundi with Cajun Roasted Sweet Potato, Broccoli				Low Fat Cheesecake							
Small Plan					390kcal	36g	35g	12g	170kcal	8g	14g	9g				
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat				
Medium Plan					590kcal	54g	53g	18g	170kcal	8g	14g	9g				
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat				

Lunch					Dinner				Snack							
Friday December — 1/2023																
Turmeric Chicken with Brown Rice, Lady Finger					Lamb Kofta with Couscous, Mint Yoghurt, Cucumber and Tomato Salad				Peanut Butter Chocolate Cookie							
Small Plan					440kcal	32g	44g	15g	180kcal	4g	5g	16g				
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat				
Medium Plan					635kcal	46g	64g	22g	180kcal	4g	5g	16g				
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat				

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

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Low Carb Menu

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

Lunch					Dinner					Snack					Add On : RM3									
Monday November – 20/2023																								
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	40g	34g	14g	400kcal					43g	30g	12g	180kcal					4g	5g	16g
					Calories	Protein	Carbs	Fat	Calories					Protein	Carbs	Fat	Calories					Protein	Carbs	Fat
Medium Plan					635kcal	59g	49g	23g	585kcal					57g	45g	20g	180kcal					4g	5g	16g
					Calories	Protein	Carbs	Fat	Calories					Protein	Carbs	Fat	Calories					Protein	Carbs	Fat
Lunch					Dinner					Snack														
Tuesday November – 21/2023																								
Cauliflower Rice with Herb Chicken					Honey Miso Salmon with Quinoa and Broccoli					Tomato Soup (180g)														
Small Plan					385kcal	48g	21g	15g	440kcal					45g	36g	12g	158kcal					3g	20g	8g
					Calories	Protein	Carbs	Fat	Calories					Protein	Carbs	Fat	Calories					Protein	Carbs	Fat
Medium Plan					580kcal	71g	32g	19g	660kcal					68g	54g	18g	158kcal					3g	20g	8g
					Calories	Protein	Carbs	Fat	Calories					Protein	Carbs	Fat	Calories					Protein	Carbs	Fat
Lunch					Dinner					Snack														
Wednesday November – 22/2023																								
Beef Bolognese with Pasta, Mixed Mushrooms and Green Peas					Lemongrass Chicken with Rice Vermicelli and Mixed Veggies Salad					Oatmeal Cookie														
Small Plan					475kcal	41g	35g	18g	385kcal					44g	29g	12g	145kcal					5g	9g	10g
					Calories	Protein	Carbs	Fat	Calories					Protein	Carbs	Fat	Calories					Protein	Carbs	Fat
Medium Plan					710kcal	61g	52g	27g	555kcal					57g	42g	18g	145kcal					5g	9g	10g
					Calories	Protein	Carbs	Fat	Calories					Protein	Carbs	Fat	Calories					Protein	Carbs	Fat
Lunch					Dinner					Snack														
Thursday November – 23/2023																								
Ma Po Tofu with Rice Noodles, Beansprouts					Baked Curry Barramundi with Coconut Basmati Rice, Long Beans					Almond Oats Energy Bar														
Small Plan					355kcal	38g	24g	12g	460kcal					37g	42g	16g	190kcal					6g	12g	13g
					Calories	Protein	Carbs	Fat	Calories					Protein	Carbs	Fat	Calories					Protein	Carbs	Fat
Medium Plan					535kcal	61g	36g	20g	665kcal					67g	46g	21g	190kcal					6g	12g	13g
					Calories	Protein	Carbs	Fat	Calories					Protein	Carbs	Fat	Calories					Protein	Carbs	Fat
Lunch					Dinner					Snack														
Friday November – 24/2023																								
Chicken Rendang with Brown Rice, Roasted Cauliflower					Beef Bulgogi with Sweet Potato Noodles, Spinach and Shredded Carrot					Low Fat Cheesecake														
Small Plan					430kcal	43g	33g	14g	405kcal					39g	31g	15g	170kcal					8g	14g	9g
					Calories	Protein	Carbs	Fat	Calories					Protein	Carbs	Fat	Calories					Protein	Carbs	Fat
Medium Plan					620kcal	60g	48g	20g	610kcal					61g	46g	22g	170kcal					8g	14g	9g
					Calories	Protein	Carbs	Fat	Calories					Protein	Carbs	Fat	Calories					Protein	Carbs	Fat

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

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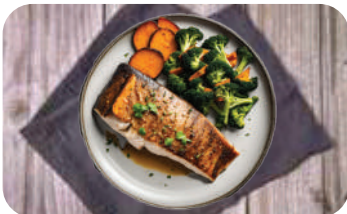
Low Carb Menu

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Lunch				Dinner				Snack				Add On : RM3			
Monday November — 27/2023															
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			

Lunch				Dinner				Snack							
Tuesday November — 28/2023															
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	380kcal Calories	48g Protein	26g Carbs	9g Fat	185kcal Calories	8g Protein	20g Carbs	8g Fat			
Medium Plan	655kcal Calories	56g Protein	55g Carbs	24g Fat	545kcal Calories	65g Protein	38g Carbs	15g Fat	185kcal Calories	8g Protein	20g Carbs	8g Fat			

Lunch				Dinner				Snack							
Wednesday November — 29/2023															
Yakiniku Minced Beef with Brown Rice, Edamame and Kimchi				Peri Peri Chicken with Roasted Potato, Herb Veggies				Peanut Butter Chocolate Energy Bites							
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			

Lunch				Dinner				Snack							
Thursday November — 30/2023															
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	66g Protein	39g Carbs	19g Fat	170kcal Calories	8g Protein	14g Carbs	9g Fat			

Lunch				Dinner				Snack							
Friday December — 1/2023															
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)

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Eat Clean Menu

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Lunch					Dinner				Snack				Add On : RM3			
Monday November – 20/2023																
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	51g	65g	19g	585kcal	50g	60g	17g	180kcal	4g	5g	16g
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat
Medium Plan					785kcal	63g	81g	23g	685kcal	58g	70g	19g	180kcal	4g	5g	16g
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat
Lunch					Dinner				Snack							
Tuesday November – 21/2023																
Cauliflower Rice with Herb Chicken					Honey Miso Salmon with Quinoa and Broccoli				Tomato Soup (180g)							
Small Plan					580kcal	59g	42g	20g	660kcal	56g	72g	17g	158kcal	3g	20g	8g
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat
Medium Plan					750kcal	76g	55g	25g	880kcal	74g	96g	22g	158kcal	3g	20g	8g
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat
Lunch					Dinner				Snack							
Wednesday November – 22/2023																
Beef Bolognese with Pasta, Mixed Mushrooms and Green Peas					Lemongrass Chicken with Rice Vermicelli and Mixed Veggies Salad				Oatmeal Cookie							
Small Plan					710kcal	51g	69g	26g	555kcal	46g	57g	16g	145kcal	5g	9g	10g
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat
Medium Plan					900kcal	65g	87g	32g	765kcal	64g	78g	22g	145kcal	5g	9g	10g
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat
Lunch					Dinner				Snack							
Thursday November – 23/2023																
Ma Po Tofu with Rice Noodles, Beansprouts					Baked Curry Barramundi with Coconut Basmati Rice, Long Beans				Almond Oats Energy Bar							
Small Plan					535kcal	48g	48g	17g	665kcal	54g	61g	23g	190kcal	6g	12g	13g
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat
Medium Plan					710kcal	64g	64g	22g	895kcal	72g	82g	31g	190kcal	6g	12g	13g
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat
Lunch					Dinner				Snack							
Friday November – 24/2023																
Chicken Rendang with Brown Rice, Roasted Cauliflower					Beef Bulgogi with Sweet Potato Noodles, Spinach and Shredded Carrot				Low Fat Cheesecake							
Small Plan					620kcal	49g	64g	19g	610kcal	44g	62g	21g	170kcal	8g	14g	9g
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat
Medium Plan					815kcal	65g	84g	25g	790kcal	57g	80g	27g	196kcal	9g	16g	10g
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	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 November — 27/2023															
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	720kcal Calories	54g Protein	72g Carbs	24g Fat	555kcal Calories	45g Protein	53g Carbs	18g Fat		120kcal Calories	6g Protein	6g Carbs	8g Fat		
Medium Plan	890kcal Calories	67g Protein	89g Carbs	30g Fat	795kcal Calories	64g Protein	76g Carbs	26g Fat		120kcal Calories	6g Protein	6g Carbs	8g Fat		
Tuesday November — 28/2023															
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	685kcal Calories	47g Protein	74g Carbs	23g Fat	540kcal Calories	54g Protein	51g Carbs	14g Fat		185kcal Calories	8g Protein	20g Carbs	8g Fat		
Medium Plan	910kcal Calories	62g Protein	98g Carbs	30g Fat	705kcal Calories	70g Protein	66g Carbs	18g Fat		185kcal Calories	8g Protein	20g Carbs	8g Fat		
Wednesday November — 29/2023															
Yakiniku Minced Beef with Brown Rice, Edamame and Kimchi					Peri Peri Chicken with Roasted Potato, Herb Veggies					Peanut Butter Chocolate Energy Bites					
Small 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		
Medium Plan	880kcal Calories	68g Protein	87g Carbs	29g Fat	800kcal Calories	70g Protein	78g Carbs	23g Fat		125kcal Calories	4g Protein	2g Carbs	11g Fat		
Thursday November — 30/2023															
Basil Minced Chicken with Brown Rice, Soy Egg, Kailan					Baked Lemongrass Barramundi with Cajun Roasted Sweet Potato, Broccoli					Low Fat Cheesecake					
Small 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		
Medium Plan	830kcal Calories	68g Protein	80g Carbs	27g Fat	785kcal Calories	72g Protein	70g Carbs	24g Fat		170kcal Calories	8g Protein	14g Carbs	9g Fat		
Friday December — 1/2023															
Turmeric Chicken with Brown Rice, Lady Finger					Lamb Kofta with Couscous, Mint Yoghurt, Cucumber and Tomato Salad					Peanut Butter Chocolate Cookie					
Small 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		
Medium Plan	765kcal Calories	64g Protein	78g Carbs	22g Fat	855kcal Calories	62g Protein	86g Carbs	29g Fat		180kcal Calories	4g Protein	5g Carbs	16g Fat		

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

YoloFoods.™

Vegetarian Menu

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Lunch					Dinner					Snack					Add On : RM3				
Monday November – 20/2023																			
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	31g	48g	14g		380kcal	29g	34g	14g		180kcal	4g	5g	16g	
					Calories	Protein	Carbs	Fat		Calories	Protein	Carbs	Fat		Calories	Protein	Carbs	Fat	
Medium Plan					640kcal	45g	70g	20g		565kcal	44g	51g	21g		180kcal	4g	5g	16g	
					Calories	Protein	Carbs	Fat		Calories	Protein	Carbs	Fat		Calories	Protein	Carbs	Fat	
Lunch					Dinner					Snack									
Tuesday November – 21/2023																			
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	33g	23g	13g		495kcal	31g	46g	21g		158kcal	3g	20g	8g	
					Calories	Protein	Carbs	Fat		Calories	Protein	Carbs	Fat		Calories	Protein	Carbs	Fat	
Medium Plan					495kcal	48g	33g	19g		745kcal	47g	69g	32g		158kcal	3g	20g	8g	
					Calories	Protein	Carbs	Fat		Calories	Protein	Carbs	Fat		Calories	Protein	Carbs	Fat	
Lunch					Dinner					Snack									
Wednesday November – 22/2023																			
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	31g	49g	18g		380kcal	24g	39g	14g		145kcal	5g	9g	10g	
					Calories	Protein	Carbs	Fat		Calories	Protein	Carbs	Fat		Calories	Protein	Carbs	Fat	
Medium Plan					725kcal	47g	74g	27g		530kcal	34g	55g	20g		145kcal	5g	9g	10g	
					Calories	Protein	Carbs	Fat		Calories	Protein	Carbs	Fat		Calories	Protein	Carbs	Fat	
Lunch					Dinner					Snack									
Thursday November – 23/2023																			
Ma Po Tofu with Rice Noodles, Beansprouts					Red Curry Earthmeat with Coconut Basmati Rice, Long Beans					Almond Oats Energy Bar									
Small Plan					355kcal	28g	32g	13g		450kcal	29g	48g	16g		190kcal	6g	12g	13g	
					Calories	Protein	Carbs	Fat		Calories	Protein	Carbs	Fat		Calories	Protein	Carbs	Fat	
Medium Plan					530kcal	41g	46g	20g		680kcal	44g	72g	24g		190kcal	6g	12g	13g	
					Calories	Protein	Carbs	Fat		Calories	Protein	Carbs	Fat		Calories	Protein	Carbs	Fat	
Lunch					Dinner					Snack									
Friday November – 24/2023																			
Rendang Earthmeat with Brown Rice, Roasted Cauliflower					Kimchi Stew Tofu with Sweet Potato Noodles, Spinach and Shredded Carrot					Low Fat Cheesecake									
Small Plan					430kcal	31g	43g	15g		405kcal	25g	33g	19g		170kcal	8g	14g	9g	
					Calories	Protein	Carbs	Fat		Calories	Protein	Carbs	Fat		Calories	Protein	Carbs	Fat	
Medium Plan					610kcal	43g	60g	22g		545kcal	33g	44g	27g		170kcal	12g	20g	13g	
					Calories	Protein	Carbs	Fat		Calories	Protein	Carbs	Fat		Calories	Protein	Carbs	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 November — 27/2023													
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 Calories	33g Protein	48g Carbs	17g Fat	415kcal Calories	34g Protein	36g Carbs	15g Fat	120kcal Calories	6g Protein	6g Carbs	8g Fat	
Medium Plan	700kcal Calories	49g Protein	70g Carbs	25g Fat	580kcal Calories	48g Protein	50g Carbs	21g Fat	120kcal Calories	6g Protein	6g Carbs	8g Fat	

Lunch		Dinner				Snack							
Tuesday November — 28/2023													
Red Curry Chick Peas with Brown Rice, Long Beans and Eggplants		Braised Earthmeat with Cauliflower Rice, Spinach Egg				Tofu Chocolate Brownie (1 Slice)							
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 November — 29/2023													
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							
Small Plan	440kcal Calories	34g Protein	47g Carbs	13g Fat	380kcal Calories	33g Protein	35g Carbs	12g Fat	180kcal Calories	6g Protein	3g Carbs	16g Fat	
Medium Plan	640kcal Calories	49g Protein	68g Carbs	19g Fat	570kcal Calories	50g Protein	53g Carbs	18g Fat	180kcal Calories	6g Protein	3g Carbs	16g Fat	

Lunch		Dinner				Snack							
Thursday November — 30/2023													
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 Calories	34g Protein	44g Carbs	14g Fat	395kcal Calories	32g Protein	37g Carbs	13g Fat	170kcal Calories	8g Protein	14g Carbs	9g Fat	
Medium Plan	635kcal Calories	49g Protein	64g Carbs	20g Fat	590kcal Calories	48g Protein	56g Carbs	20g Fat	170kcal Calories	8g Protein	14g Carbs	9g Fat	

Lunch		Dinner				Snack							
Friday December — 1/2023													
Turmeric Earthmeat with Brown Rice, Lady Finger		Tempeh Kofta with Couscous, Mint Yoghurt, Cucumber and Tomato Salad				Peanut Butter Chocolate Cookie							
Small Plan	390kcal Calories	32g Protein	32g Carbs	12g Fat	435kcal Calories	32g Protein	48g Carbs	13g Fat	180kcal Calories	4g Protein	5g Carbs	16g Fat	
Medium Plan	570kcal Calories	46g Protein	57g Carbs	17g Fat	655kcal Calories	48g Protein	72g Carbs	20g Fat	180kcal Calories	4g Protein	5g Carbs	16g Fat	

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

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