



YoloPlans Menu

22 April - 3 May 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

April 22
2024



Beef Bulgogi with Sweet Potato Noodles, Spinach and Shredded Carrot

445kcal
Calories

33g
Protein

44g
Carbs

15g
Fat

640kcal
Calories

48g
Protein

64g
Carbs

22g
Fat



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

405kcal
Calories

31g
Protein

41g
Carbs

13g
Fat

585kcal
Calories

45g
Protein

59g
Carbs

19g
Fat



Peanut Butter Chocolate Cookie

160kcal
Calories

7g
Protein

6g
Carbs

12g
Fat

160kcal
Calories

7g
Protein

6g
Carbs

12g
Fat

Lunch

Dinner

Snack

Tuesday

April 23
2024



Herb Chicken with Roasted Potato, French Beans, Harissa Sauce

445kcal
Calories

33g
Protein

44g
Carbs

15g
Fat

640kcal
Calories

48g
Protein

64g
Carbs

22g
Fat



Beef Bolognese with Pasta, Mixed Mushrooms and Green Peas

430kcal
Calories

36g
Protein

42g
Carbs

13g
Fat

620kcal
Calories

52g
Protein

61g
Carbs

19g
Fat



Mango Chia Seeds Pudding

130kcal
Calories

3g
Protein

21g
Carbs

4g
Fat

130kcal
Calories

3g
Protein

21g
Carbs

4g
Fat

Lunch

Dinner

Snack

Wednesday

April 24
2024



Rendang Chicken with Coconut Basmati Rice, Roasted Cauliflower

475kcal
Calories

34g
Protein

46g
Carbs

17g
Fat

685kcal
Calories

49g
Protein

67g
Carbs

25g
Fat



Fresh Herb and Lemon Barramundi Fish with Cajun Roasted Sweet Potato, Herb Veggies

360kcal
Calories

32g
Protein

35g
Carbs

10g
Fat

535kcal
Calories

48g
Protein

53g
Carbs

15g
Fat



Gluten Free Banana Bread

175kcal
Calories

5g
Protein

16g
Carbs

10g
Fat

175kcal
Calories

5g
Protein

16g
Carbs

10g
Fat

Lunch

Dinner

Snack

Thursday

April 25
2024



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

430kcal
Calories

35g
Protein

39g
Carbs

15g
Fat

645kcal
Calories

53g
Protein

59g
Carbs

23g
Fat



Peri Peri Chicken with Cauliflower Rice, Braised Purple Cabbage

395kcal
Calories

39g
Protein

28g
Carbs

14g
Fat

590kcal
Calories

59g
Protein

42g
Carbs

21g
Fat



Low Fat Cheesecake

170kcal
Calories

8g
Protein

14g
Carbs

9g
Fat

170kcal
Calories

8g
Protein

14g
Carbs

9g
Fat

Lunch

Dinner

Snack

Friday

April 26
2024



Lamb Kofta with Couscous, Mint Yoghurt, Cucumber and Tomato Salad

475kcal
Calories

36g
Protein

47g
Carbs

16g
Fat

690kcal
Calories

52g
Protein

68g
Carbs

23g
Fat



Basil Minced Chicken with Brown Rice, Soy Egg, Kailan

400kcal
Calories

35g
Protein

34g
Carbs

14g
Fat

585kcal
Calories

51g
Protein

49g
Carbs

20g
Fat



Peanut Butter Chocolate Energy Bites (2 Pcs)

125kcal
Calories

4g
Protein

3g
Carbs

11g
Fat

125kcal
Calories

4g
Protein

3g
Carbs

11g
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 29
2024



Teriyaki Salmon w/ Brown Rice, Kimchi, Edamame



Herb Chicken w/ Kale Quinoa Salad and Baked Pumpkin



Chocolate Hazelnut Energy Bites (2 Pcs)

Small Plan

460kcal
Calories 33g Protein 44g Carbs 17g Fat

410kcal
Calories 42g Protein 34g Carbs 12g Fat

120kcal
Calories 6g Protein 6g Carbs 8g Fat

Medium Plan

690kcal
Calories 50g Protein 66g Carbs 26g Fat

595kcal
Calories 61g Protein 49g Carbs 17g Fat

120kcal
Calories 6g Protein 6g Carbs 8g Fat

Lunch

Dinner

Snack

Tuesday

April 30
2024



Nasi Lemak (Turmeric Chicken) w/ Coconut Basmati Rice, Hard Boiled Egg, Cucumber



Seafood Tom Yam w/ Brown Rice Noodles, Beansprouts and Cucumber



Carrot Cake with Cashew Frosting

Small Plan

460kcal
Calories 38g Protein 41g Carbs 16g Fat

370kcal
Calories 32g Protein 36g Carbs 11g Fat

175kcal
Calories 8g Protein 18g Carbs 8g Fat

Medium Plan

665kcal
Calories 55g Protein 59g Carbs 23g Fat

555kcal
Calories 48g Protein 54g Carbs 17g Fat

175kcal
Calories 8g Protein 18g Carbs 8g Fat

Lunch

Dinner

Snack

Wednesday

May 01
2024

Public Holiday

Lunch

Dinner

Snack

Thursday

May 02
2024



Brown Rice Paella w/ Chicken Thigh Chunks, Prawns and Squids, Serve With a Side Salad



Honey Miso Salmon w/ Quinoa and Broccoli



Tofu Chocolate Brownie

Small Plan

415kcal
Calories 31g Protein 41g Carbs 14g Fat

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

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

Medium Plan

600kcal
Calories 45g Protein 59g Carbs 20g Fat

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

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

Lunch

Dinner

Snack

Friday

May 03
2024



Yakiniku Beef w/ Brown Rice, Edamame and Kimchi



Lemongrass Barramundi w/ Rice Noodles, Beansprouts, Spinach, Clear Chicken Soup



Pistachio and Dates Energy Bites (2 Pcs)

Small Plan

465kcal
Calories 36g Protein 46g Carbs 15g Fat

415kcal
Calories 33g Protein 41g Carbs 13g Fat

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

Medium Plan

670kcal
Calories 52g Protein 67g Carbs 22g Fat

600kcal
Calories 48g Protein 59g Carbs 19g Fat

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

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

YoloFoods™

High Protein Menu

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

Lunch

Dinner

Snack

Add On : RM3

Monday

April 22
2024



Beef Bulgogi with Sweet Potato Noodles, Spinach and Shredded Carrot

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

625kcal	57g	48g	23g
Calories	Protein	Carbs	Fat



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

405kcal	37g	31g	15g
Calories	Protein	Carbs	Fat

620kcal	54g	45g	25g
Calories	Protein	Carbs	Fat



Peanut Butter Chocolate Cookie

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

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

Lunch

Dinner

Snack

Tuesday

April 23
2024



Herb Chicken with Roasted Potato, French Beans, Harissa Sauce

440kcal	42g	33g	16g
Calories	Protein	Carbs	Fat

625kcal	57g	48g	23g
Calories	Protein	Carbs	Fat



Beef Bolognese with Pasta, Mixed Mushrooms and Green Peas

420kcal	43g	32g	14g
Calories	Protein	Carbs	Fat

630kcal	63g	46g	22g
Calories	Protein	Carbs	Fat



Mango Chia Seeds Pudding

130kcal	3g	21g	4g
Calories	Protein	Carbs	Fat

130kcal	3g	21g	4g
Calories	Protein	Carbs	Fat

Lunch

Dinner

Snack

Wednesday

April 24
2024



Rendang Chicken with Coconut Basmati Rice, Roasted Cauliflower

460kcal	41g	35g	18g
Calories	Protein	Carbs	Fat

660kcal	61g	50g	24g
Calories	Protein	Carbs	Fat



Fresh Herb and Lemon Barramundi Fish with Cajun Roasted Sweet Potato, Herb Veggies

355kcal	38g	26g	11g
Calories	Protein	Carbs	Fat

560kcal	58g	42g	18g
Calories	Protein	Carbs	Fat



Gluten Free Banana Bread

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

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

Lunch

Dinner

Snack

Thursday

April 25
2024



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

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

630kcal	61g	44g	24g
Calories	Protein	Carbs	Fat



Peri Peri Chicken with Cauliflower Rice, Braised Purple Cabbage

405kcal	47g	21g	15g
Calories	Protein	Carbs	Fat

605kcal	70g	32g	22g
Calories	Protein	Carbs	Fat



Low Fat Cheesecake

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

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

Lunch

Dinner

Snack

Friday

April 26
2024



Lamb Kofta with Couscous, Mint Yoghurt, Cucumber and Tomato Salad

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

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



Basil Minced Chicken with Brown Rice, Soy Egg, Kailan

400kcal	42g	26g	15g
Calories	Protein	Carbs	Fat

585kcal	61g	37g	21g
Calories	Protein	Carbs	Fat



Peanut Butter Chocolate Energy Bites (2 Pcs)

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

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

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

YoloFoods.™

High Protein Menu

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

Lunch

Dinner

Snack

Add On : RM3

Monday

April 29
2024



Teriyaki Salmon w/ Brown Rice, Kimchi, Edamame



Herb Chicken w/ Kale Quinoa Salad and Baked Pumpkin



Chocolate Hazelnut Energy Bites (2 Pcs)

Small Plan

450kcal
Calories 40g 33g 18g
Protein Carbs Fat

415kcal
Calories 50g 26g 13g
Protein Carbs Fat

120kcal
Calories 6g 6g 8g
Protein Carbs Fat

Medium Plan

675kcal
Calories 59g 50g 27g
Protein Carbs Fat

605kcal
Calories 73g 37g 18g
Protein Carbs Fat

120kcal
Calories 6g 6g 8g
Protein Carbs Fat

Lunch

Dinner

Snack

Tuesday

April 30
2024



Nasi Lemak (Turmeric Chicken) w/ Coconut Basmati Rice, Hard Boiled Egg, Cucumber



Seafood Tom Yam w/ Brown Rice Noodles, Beansprouts and Cucumber



Carrot Cake with Cashew Frosting

Small Plan

455kcal
Calories 46g 31g 17g
Protein Carbs Fat

365kcal
Calories 38g 27g 12g
Protein Carbs Fat

175kcal
Calories 8g 18g 8g
Protein Carbs Fat

Medium Plan

660kcal
Calories 66g 45g 24g
Protein Carbs Fat

550kcal
Calories 58g 41g 17g
Protein Carbs Fat

175kcal
Calories 8g 18g 8g
Protein Carbs Fat

Lunch

Dinner

Snack

Wednesday

May 01
2024

Public Holiday

Lunch

Dinner

Snack

Thursday

May 02
2024



Brown Rice Paella w/ Chicken Thigh Chunks, Prawns and Squids, Serve With a Side Salad



Honey Miso Salmon w/ Quinoa and Broccoli



Tofu Chocolate Brownie

Small Plan

410kcal
Calories 39g 31g 15g
Protein Carbs Fat

405kcal
Calories 45g 31g 12g
Protein Carbs Fat

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

Medium Plan

580kcal
Calories 53g 45g 21g
Protein Carbs Fat

625kcal
Calories 65g 46g 20g
Protein Carbs Fat

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

Lunch

Dinner

Snack

Friday

May 03
2024



Yakiniku Beef w/ Brown Rice, Edamame and Kimchi



Lemongrass Barramundi w/ Rice Noodles, Beansprouts, Spinach, Clear Chicken Soup



Pistachio and Dates Energy Bites (2 Pcs)

Small Plan

455kcal
Calories 43g 35g 16g
Protein Carbs Fat

420kcal
Calories 44g 31g 14g
Protein Carbs Fat

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

Medium Plan

655kcal
Calories 63g 50g 23g
Protein Carbs Fat

610kcal
Calories 64g 45g 20g
Protein Carbs Fat

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

Add on
drinks for RM3

- COWA Coconut Water
(330ml)

YoloFoods™

Eat Clean Menu

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

Lunch

Dinner

Snack

Add On : RM3

Monday

April 22
2024



Beef Bulgogi with Sweet Potato Noodles, Spinach and Shredded Carrot

640kcal	48g	64g	22g
Calories	Protein	Carbs	Fat

820kcal	61g	81g	28g
Calories	Protein	Carbs	Fat



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

585kcal	45g	59g	19g
Calories	Protein	Carbs	Fat

730kcal	56g	74g	23g
Calories	Protein	Carbs	Fat



Peanut Butter Chocolate Cookie

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

240kcal	6g	18g	16g
Calories	Protein	Carbs	Fat

Lunch

Dinner

Snack

Tuesday

April 23
2024



Herb Chicken with Roasted Potato, French Beans, Harissa Sauce

640kcal	48g	64g	22g
Calories	Protein	Carbs	Fat

840kcal	63g	84g	29g
Calories	Protein	Carbs	Fat



Beef Bolognese with Pasta, Mixed Mushrooms and Green Peas

620kcal	52g	61g	19g
Calories	Protein	Carbs	Fat

815kcal	68g	80g	25g
Calories	Protein	Carbs	Fat



Mango Chia Seeds Pudding

130kcal	3g	21g	4g
Calories	Protein	Carbs	Fat

130kcal	3g	21g	4g
Calories	Protein	Carbs	Fat

Lunch

Dinner

Snack

Wednesday

April 24
2024



Rendang Chicken with Coconut Basmati Rice, Roasted Cauliflower

685kcal	49g	67g	25g
Calories	Protein	Carbs	Fat

920kcal	66g	90g	33g
Calories	Protein	Carbs	Fat



Fresh Herb and Lemon Barramundi Fish with Cajun Roasted Sweet Potato, Herb Veggies

535kcal	48g	53g	15g
Calories	Protein	Carbs	Fat

700kcal	62g	68g	20g
Calories	Protein	Carbs	Fat



Gluten Free Banana Bread

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

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

Lunch

Dinner

Snack

Thursday

April 25
2024



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

645kcal	53g	59g	23g
Calories	Protein	Carbs	Fat

840kcal	68g	76g	29g
Calories	Protein	Carbs	Fat



Peri Peri Chicken with Cauliflower Rice, Braised Purple Cabbage

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

790kcal	78g	56g	28g
Calories	Protein	Carbs	Fat



Low Fat Cheesecake

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

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

Lunch

Dinner

Snack

Friday

April 26
2024



Lamb Kofta with Couscous, Mint Yoghurt, Cucumber and Tomato Salad

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

835kcal	63g	82g	28g
Calories	Protein	Carbs	Fat



Basil Minced Chicken with Brown Rice, Soy Egg, Kailan

585kcal	51g	49g	20g
Calories	Protein	Carbs	Fat

705kcal	61g	60g	25g
Calories	Protein	Carbs	Fat



Peanut Butter Chocolate Energy Bites (2 Pcs)

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

250kcal	8g	6g	22g
Calories	Protein	Carbs	Fat

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

YoloFoods.™

Eat Clean Menu

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

Lunch

Dinner

Snack

Add On : RM3

Monday

April 29
2024



Teriyaki Salmon w/ Brown Rice, Kimchi, Edamame



Herb Chicken w/ Kale Quinoa Salad and Baked Pumpkin



Chocolate Hazelnut Energy Bites (2 Pcs)

Medium Plan

690kcal
Calories 50g Protein 66g Carbs 26g Fat

595kcal
Calories 61g Protein 49g Carbs 17g Fat

120kcal
Calories 6g Protein 6g Carbs 8g Fat

Regular Plan

855kcal
Calories 61g Protein 81g Carbs 31g Fat

700kcal
Calories 71g Protein 58g Carbs 20g Fat

240kcal
Calories 12g Protein 12g Carbs 16g Fat

Lunch

Dinner

Snack

Tuesday

April 30
2024



Nasi Lemak (Turmeric Chicken) w/ Coconut Basmati Rice, Hard Boiled Egg, Cucumber



Seafood Tom Yam w/ Brown Rice Noodles, Beansprouts and Cucumber



Carrot Cake with Cashew Frosting

Medium Plan

665kcal
Calories 55g Protein 59g Carbs 23g Fat

555kcal
Calories 48g Protein 54g Carbs 17g Fat

175kcal
Calories 8g Protein 18g Carbs 8g Fat

Regular Plan

920kcal
Calories 76g Protein 82g Carbs 32g Fat

705kcal
Calories 61g Protein 68g Carbs 21g Fat

175kcal
Calories 8g Protein 18g Carbs 8g Fat

Lunch

Dinner

Snack

Wednesday

May 01
2024

Public Holiday

Lunch

Dinner

Snack

Thursday

May 02
2024



Brown Rice Paella w/ Chicken Thigh Chunks, Prawns and Squids, Serve With a Side Salad



Honey Miso Salmon w/ Quinoa and Broccoli



Tofu Chocolate Brownie

Medium Plan

600kcal
Calories 45g Protein 59g Carbs 20g Fat

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

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

Regular Plan

785kcal
Calories 59g Protein 78g Carbs 27g Fat

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

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

Lunch

Dinner

Snack

Friday

May 03
2024



Yakiniku Beef w/ Brown Rice, Edamame and Kimchi



Lemongrass Barramundi w/ Rice Noodles, Beansprouts, Spinach, Clear Chicken Soup



Pistachio and Dates Energy Bites (2 Pcs)

Medium Plan

670kcal
Calories 52g Protein 67g Carbs 22g Fat

600kcal
Calories 48g Protein 59g Carbs 19g Fat

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

Regular Plan

835kcal
Calories 65g Protein 83g Carbs 27g Fat

725kcal
Calories 58g Protein 72g Carbs 23g Fat

240kcal
Calories 8g Protein 16g 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

April 22
2024



Soy Knot and King Oyster Mushroom "Bulgogi" with Sweet Potato Noodles, Spinach and Shredded Carrot

430kcal	28g	48g	14g
Calories	Protein	Carbs	Fat

625kcal	41g	70g	20g
Calories	Protein	Carbs	Fat



Gong Bao Earthmeat with Brown Rice, Spicy Eggplant, Garlic Bok Choy

410kcal	29g	44g	13g
Calories	Protein	Carbs	Fat

615kcal	44g	66g	20g
Calories	Protein	Carbs	Fat



Peanut Butter Chocolate Cookie

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

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

Lunch

Dinner

Snack

Tuesday

April 23
2024



Baked Herb Portobello with Roasted Potato, French Beans, Spinach Egg, Harissa Sauce

415kcal	33g	44g	12g
Calories	Protein	Carbs	Fat

605kcal	48g	64g	17g
Calories	Protein	Carbs	Fat



Tomato Stew Beans with Pasta, Mixed Mushrooms and Green Peas

445kcal	31g	46g	15g
Calories	Protein	Carbs	Fat

665kcal	47g	69g	23g
Calories	Protein	Carbs	Fat



Mango Chia Seeds Pudding

130kcal	3g	21g	4g
Calories	Protein	Carbs	Fat

130kcal	3g	21g	4g
Calories	Protein	Carbs	Fat

Lunch

Dinner

Snack

Wednesday

April 24
2024



Rendang Tofu and Chick Peas with Coconut Basmati Rice, Roasted cauliflower

445kcal	32g	46g	15g
Calories	Protein	Carbs	Fat

650kcal	46g	67g	22g
Calories	Protein	Carbs	Fat



Fresh Herb and Lemon Baked Ricotta and Butter Beans with Cajun Roasted Sweet Potatoes, Herb Veggies

375kcal	27g	35g	14g
Calories	Protein	Carbs	Fat

560kcal	41g	53g	21g
Calories	Protein	Carbs	Fat



Gluten Free Banana Bread

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

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

Lunch

Dinner

Snack

Thursday

April 25
2024



Baked Tempeh with Quinoa, Baked Spinach Egg, Broccoli, House Made Chilli Sauce

425kcal	35g	42g	13g
Calories	Protein	Carbs	Fat

640kcal	53g	63g	20g
Calories	Protein	Carbs	Fat



Peri Peri Tofu Steak with Cauliflower Rice, Braised Purple Cabbage

400kcal	32g	36g	14g
Calories	Protein	Carbs	Fat

595kcal	48g	54g	21g
Calories	Protein	Carbs	Fat



Low Fat Cheesecake

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

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

Lunch

Dinner

Snack

Friday

April 26
2024



Cauliflower Protein Bites with Couscous & Black Bean, Mint Yoghurt, Cucumber and Tomato Salad

430kcal	31g	47g	13g
Calories	Protein	Carbs	Fat

645kcal	47g	71g	20g
Calories	Protein	Carbs	Fat



Basil Minced Crushed Tofu and Lentils w/ Brown Rice, Soy Egg, Kailan

385kcal	30g	39g	12g
Calories	Protein	Carbs	Fat

575kcal	45g	59g	18g
Calories	Protein	Carbs	Fat



Peanut Butter Chocolate Energy Bites (3 Pcs)

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

185kcal	6g	4g	16g
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

April 29
2024



Teriyaki Stew Spinach Egg Tofu with Brown Rice, Kimchi and Edamame

450kcal	28g	48g	16g
Calories	Protein	Carbs	Fat

670kcal	42g	72g	24g
Calories	Protein	Carbs	Fat



Herb Roasted Butter Beans with Kale Quinoa Salad and Baked Pumpkin and Snap Peas

365kcal	26g	38g	12g
Calories	Protein	Carbs	Fat

530kcal	38g	55g	17g
Calories	Protein	Carbs	Fat



Chocolate Hazelnut Energy Bites (3 Pcs)

180kcal	9g	9g	12g
Calories	Protein	Carbs	Fat

180kcal	9g	9g	12g
Calories	Protein	Carbs	Fat

Lunch

Dinner

Snack

Tuesday

April 30
2024



Turmeric Earthmeat with Coconut Basmati Rice, Hard Boiled Egg and Cucumber

460kcal	38g	41g	16g
Calories	Protein	Carbs	Fat

665kcal	55g	59g	23g
Calories	Protein	Carbs	Fat



Thai Style Tofu Tom Yam w/ Brown Rice Noodles Beansprouts and Cucumber

370kcal	32g	36g	11g
Calories	Protein	Carbs	Fat

555kcal	48g	54g	17g
Calories	Protein	Carbs	Fat



Carrot Cake with Cashew Frosting

175kcal	8g	18g	8g
Calories	Protein	Carbs	Fat

175kcal	8g	18g	8g
Calories	Protein	Carbs	Fat

Lunch

Dinner

Snack

Wednesday

May 01
2024

Public Holiday

Lunch

Dinner

Snack

Thursday

May 02
2024



Mala Mixed Veggies and Semi-Dry Tofu with Fried Brown Rice With Eggs

425kcal	27g	46g	15g
Calories	Protein	Carbs	Fat

640kcal	41g	69g	23g
Calories	Protein	Carbs	Fat



Honey Miso Tempeh with Quinoa and Broccoli

380kcal	31g	42g	10g
Calories	Protein	Carbs	Fat

575kcal	47g	63g	15g
Calories	Protein	Carbs	Fat



Tofu Chocolate Brownie

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

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

Lunch

Dinner

Snack

Friday

May 03
2024



Yakiniku Stir Fry Tofu and Mushroom with Brown Rice, Edamame and Kimchi

435kcal	29g	46g	15g
Calories	Protein	Carbs	Fat

630kcal	42g	67g	22g
Calories	Protein	Carbs	Fat



Veggie Patties with Mashed Sweet Potatoes and Toasted Green Peas

385kcal	28g	41g	12g
Calories	Protein	Carbs	Fat

575kcal	42g	62g	18g
Calories	Protein	Carbs	Fat



Pistachio and Dates Energy Bites (3 Pcs)

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

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

Add on drinks for RM3

- COWA Coconut Water (330ml)

YoloFoods™