YoloFoods.[™]



YoloPlans Menu

29 January - 9 February 2024 | yolofoods.my

Weight Loss Menu

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

Snack

Monday January - 29/2024



Beef Bulgogi with Sweet Potato Noodles, Spinach and Shredded Carrot

33g Protein

48g Protein



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



Peanut Butter Chocolate Cookie

Small Plan Medium Plan 445kcal 640kcal

Lunch

15g 44g 64g Carbs 22g

405kcal 585kcal 31g Protein 45g Protein 59g Carbs

13g

19g

160kcal 7g **Protein** 160kcal

12g

Add On: RM3

Lunch



Dinner

Snack





Herb Chicken with Roasted Potato, French Beans, Harissa Sauce



Beef Bolognese with Pasta, Mixed Mushrooms and Green Peas



130kcal 3g **Protein Calories**

3g Protein

Mango Chia Seeds Pudding

21g Carbs

Small Plan Medium Plan

445kcal **Calories** 640kcal

Lunch

33g **Protein** 48g Protein

44g 64g Carbs

15g Fat 22g

Calories 620kcal

Dinner

36g Protein 52g Protein 61g Carbs 13g 19g

Snack

130kcal

Wednesday January - 31/2024



Rendang Chicken with Coconut Basmati Rice, Roasted Cauliflower



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

360kcal **Calories** 535kcal

Protein

35g 10g **Carbs**



Gluten Free Banana Bread

Small Plan Medium Plan

Thursday

Friday

Small Plan

Medium Plan

February - 02/2024

475kcal **Calories** 685kcal **Calories**

34g Protein

17g Fat

Dinner

175kcal Protein **Calories** 175kcal Protein

Calories

Snack

10g

February - 01/2024

Lunch

Dinner

Public Holiday

Lunch



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

47g

68g

16g

23g



Basil Minced Chicken with Brown Rice, Soy Egg, Kailan

14g Fat 400kcal 34g 35g Calories **Protein** Carbs 585kcal 51g 49g 20g Protein



Peanut Butter Chocolate Energy Bites (2 Pcs)

125kcal 3g Carbs Calories **Protein** 125kcal Protein

11g 3g Carbs

11g Fat

Add on drinks for RM3

- COWA Coconut Water (330m1)

36g

52g

Protein

Protein

475kcal

Calories

690kcal

YoloFoods.

Weight Loss Menu

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

120kcal

Lunch **Dinner** Snack Monday February - 05/2024 Teriyaki Salmon w/ Brown Rice, Herb Chicken w/ Kale Quinoa Salad Kimchi, Edamame and Baked Pumpkin (2 Pcs) 33g 44g

17g

26g

460kcal **Small Plan** Calories 690kcal **Medium Plan**

410kcal 42g Protein 34g Carbs 12g Calories 595kcal 49g Carbs 61g 17g Protein

Add On: RM3

Chocolate Hazelnut Energy Bites

120kcal 6g **Protein** Calories

6g **Protein**

Lunch Dinner Snack

Tuesday February - 06/2024



Protein

50g **Protein**

66g Carbs

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

460kcal **Calories** 665kcal

38g **Protein** 55g Protein

41g Carbs 16g 59g Carbs 23g



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

370kcal 32g **Protein** 36g Carbs 11g **Calories** 555kcal 48g 17g 54g Protein



Carrot Cake with Cashew Frosting

175kcal 8g **Protein Calories** 175kcal 18g 8g Protein

Lunch Snack Dinner

Wednesday February - 07/2024

Small Plan

Medium Plan



Beef Meatball w/ Aglio Olio Pasta, Mixed Veggies

465kcal **Small Plan Calories** 650kcal **Medium Plan**

Lunch

Protein

13g 18g



Green Curry Chicken w/ Basmati Rice, Eggplants, Long Beans

455kcal 36g **Protein Calories** 660kcal

Dinner



Cumin Carrot Soup 180g w/ Super Seeds

85kcal **Calories** 85kcal **Calories**

Fat

Snack

15g

22g

Thursday February - 08/2024



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

415kcal **Small Plan** 600kcal **Medium Plan**

31g **Protein** 41g Carbs 14g Fat 45g **Protein** 59g Carbs 20g



Honey Miso Salmon w/ Quinoa and Broccoli

405kcal 36g **Protein** 41g Carbs 11g Fat 610kcal 54g **Protein** 62g Carbs 17g



Tofu Chocolate Brownie

185kcal 185kcal 20g Carbs

Lunch Dinner Snack

Friday February - 09/2024



Yakiniku Beef w/ Brown Rice, Edamame and Kimchi

Small Plan Medium Plan

465kcal 36g 46g 15g Calories **Protein** Carbs 670kcal 52g 67g 22g Protein



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

415kcal 13g 33g 41g Calories **Protein** Carbs 600kcal 19g 48g 59g Protein



Pistachio and Dates Energy Bites (2 Pcs)

120kcal Calories 120kcal

4g **Protein** Protein Carbs Carbs

Low Carb Menu

Snack

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

Monday January - 29/2024



Beef Bulgogi with Sweet Potato Noodles, Spinach and Shredded Carrot

33g Carbs

48g Carbs

16g

23g Fat

40g Protein

57g Protein



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



405kcal 15g 37g Protein 31g 54g **Protein** 620kcal 45g Carbs 25g



Add On: RM3

Peanut Butter Chocolate Cookie

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

430kcal

Calories

625kcal

Lunch

Lunch



Dinner





Tuesday **January** - 30/2024

Small Plan

Medium Plan



Herb Chicken with Roasted Potato, French Beans, Harissa Sauce



Beef Bolognese with Pasta, Mixed Mushrooms and Green Peas

20kcal	43g	32g	14g
alories	Protein	Carbs	Fat
30kcal	63g	46g	22g



Mango Chia Seeds Pudding

Small Plan Medium Plan

Wednesday

January - 31/2024

Calories 625kcal

42g **Protein** 57g **Protein**

16g 48g Carbs 23g

Dinner

Protein Carbs 130kcal 3g **Protein Calories** 130kcal

21g Carbs

Lunch



Rendang Chicken with Coconut Basmati Rice, Roasted Cauliflower



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

5kcal	38g	26g	11g
alories	Protein	Carbs	Fat
60kcal	58g	42g	18g
alouioc	Duotoin	Couleo	East



Gluten Free Banana Bread

Small Plan Medium Plan

460kcal **Calories** 660kcal

Lunch

41g Protein

35g

18g Fat

Dinner

Dinner

175kcal **Calories** 175kcal

Snack

Protein Protein

Thursday February - 01/2024

Public Holiday

Lunch



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



Basil Minced Chicken with Brown Rice, Soy Egg, Kailan







Peanut Butter Chocolate Energy Bites

Small Plan Medium Plan

Friday

February - 02/2024

465kcal Calories 675kcal

43g Protein 63g Protein 35g 17g 51g 24g

125kcal 4g **Calories** 125kcal

Protein 3g Carbs Protein

11g Fat

11g

Add on drinks for RM3

- COWA Coconut Water (330m1)

Low Carb Menu

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

Dinner Lunch Snack Add On: RM3 Monday February - 05/2024 Teriyaki Salmon w/ Brown Rice, Herb Chicken w/ Kale Quinoa Salad Chocolate Hazelnut Energy Bites Kimchi, Edamame and Baked Pumpkin 450kcal 40g Protein 33g Carbs 415kcal 50g **Protein** 26g Carbs 13g 120kcal 18g 6g **Protein Small Plan** Calories Calories Calories 675kcal 59g **Protein** 50g Carbs 605kcal 73g Protein 37g Carbs 120kcal 6g **Protein** 27g 18g **Medium Plan** Lunch Dinner Snack Tuesday February - 06/2024 Nasi Lemak (Turmeric Chicken) w/ Seafood Tom Yam w/ Brown Rice Carrot Cake with Cashew Frosting Coconut Basmati Rice, Hard Boiled Noodles, Beansprouts and Cucumber Egg, Cucumber 455kcal 365kcal 175kcal 46g **Protein** 31g Carbs 17g 38g **Protein** 27g 12g 8g **Protein Small Plan Calories Calories Calories** 660kcal 45g 24g 550kcal 58g 41g Carbs 17g 175kcal 18g 66g **Medium Plan** 8g Protein Protein Protein Lunch Snack Dinner Wednesday February - 07/2024 Green Curry Chicken w/ Basmati Beef Meatball w/ Aglio Olio Pasta, **Cumin Carrot Soup** Mixed Veggies Rice, Eggplants, Long Beans 465kcal 49g 14g 445kcal 43g 85kcal **Small Plan** Protein Protein **Calories Calories** Fat **Calories** Fat 665kcal 20g 645kcal 63g 23g 85kcal **Medium Plan** Protein **Calories** Lunch Dinner Snack **Thursday** February - 08/2024 Brown Rice Paella w/ Chicken Thigh Honey Miso Salmon w/ Quinoa Tofu Chocolate Brownie Chunks, Prawns and Squids, Serve and Broccoli With a Side Salad 410kcal 39g **Protein** 31g Carbs 15g Fat 405kcal 45g **Protein** 31g Carbs 12g Fat 185kcal **Small Plan** 53g **Protein** 625kcal 185kcal 580kcal 45g Carbs 21g 65g **Protein** 46g Carbs 20g 20g Carbs **Medium Plan** Lunch Dinner Snack Friday February - 09/2024



Yakiniku Beef w/ Brown Rice, Edamame and Kimchi

 Small Plan
 455kcal Calories
 43g Protein Protein
 23g Calories
 23g Fat Protein

 Medium Plan
 655kcal Calories
 63g SOg 23g Protein
 23g Fat Protein



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

 420kcal
 44g
 31g
 14g

 Calories
 Protein
 Carbs
 Fat

 610kcal
 64g
 45g
 20g

 Calories
 Protein
 Carbs
 Fat



Pistachio and Dates Energy Bites

 120kcal
 4g
 8g
 8g

 Calories
 Protein
 Carbs
 Fat

 120kcal
 4g
 8g
 8g

 Calories
 Protein
 Carbs
 Fat

Eat Clean Menu

Snack

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

Monday January - 29/2024



Beef Bulgogi with Sweet Potato Noodles, Spinach and Shredded Carrot



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



19g

23g



Peanut Butter Chocolate Cookie

Small Plan Medium Plan

640kcal 48g Protein 64g 820kcal 61g **Protein** 81g Carbs 585kcal 730kcal

45g Protein 56g **Protein** 74g Carbs

160kcal 7g **Protein** 240kcal 6g **Protein**

18g 16g

Add On: RM3

Lunch

Lunch

22g

28g

Dinner

Dinner



Mango Chia Seeds Pudding

Tuesday January - 30/2024



Herb Chicken with Roasted Potato, French Beans, Harissa Sauce

64g

84g

48g

Protein

63g **Protein**

Beef Bolognese with Pasta, Mixed Mushrooms and Green Peas

620kcal 19g **Fat** 52g **Protein** 61g **Calories** 815kcal 68g 80g 25g Protein

3g **Protein Calories** 21g Carbs 3g Protein

Calories

840kcal

Lunch Dinner

22g

29g

Snack

130kcal

130kcal



Small Plan

Medium Plan



Rendang Chicken with Coconut Basmati Rice, Roasted Cauliflower



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

5kcal	48g	53g	15g
alories	Protein	Carbs	Fat
00kcal	62g	68g	20g
alories	Protein	Carbs	Fat



Gluten Free Banana Bread

Small Plan Medium Plan 685kcal **Calories** 920kcal

49g Protein 66g

67g 25g Fat

53 Ca 70

Protein **Calories** 175kcal Protein **Calories**

Fat 10g

Lunch

Dinner

Snack

175kcal

Thursday

February - 01/2024

Public Holiday

Lunch

690kcal

Calories

835kcal

Dinner

Snack

Friday February - 02/2024



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

68g

82g

23g

28g



Basil Minced Chicken with Brown Rice, Soy Egg, Kailan

585kcal Calories	51g Protein	49g Carbs	20g Fat
705kcal	61g	60g	25g
Calories	Protein	Carbs	Fat



Peanut Butter Chocolate Energy Bites

4g	3g	11g
Protein	Carbs	Fat
8g	6g	22g
Protein	Carbs	Fat
	Protein 8g	Protein Carbs 8g 6g

Add on drinks for RM3

Small Plan

Medium Plan

- COWA Coconut Water (330m1)

52g

63g

Protein

Protein



Eat Clean Menu

Add On: RM3

12g Carbs

16g

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

Dinner Lunch Snack Monday February - 05/2024 Teriyaki Salmon w/ Brown Rice, Herb Chicken w/ Kale Quinoa Salad Chocolate Hazelnut Energy Bites Kimchi, Edamame and Baked Pumpkin (2 Pcs) 690kcal 50g 595kcal 49g 120kcal 66g Carbs 17g 6g **Protein** 26g 61g **Small Plan** Calories Protein Protein Calories 855kcal 61g **Protein** 81g Carbs 31g Fat 700kcal 71g **Protein** 58g Carbs 20g 240kcal 12g **Medium Plan** Lunch Dinner Snack Tuesday February - 06/2024 Nasi Lemak (Turmeric Chicken) w/ Seafood Tom Yam w/ Brown Rice Carrot Cake with Cashew Frosting Coconut Basmati Rice, Hard Boiled Noodles, Beansprouts and Cucumber Egg, Cucumber 665kcal 59g Carbs 555kcal 48g Protein 54g Carbs 175kcal 23g 17g 55g 8g **Protein Small Plan** Protein **Calories Calories Calories** 920kcal 76g **Protein** 82g 32g 705kcal 61g 21g 175kcal 68g 8g **Medium Plan** Protein Protein Lunch Snack Dinner Wednesday February - 07/2024 Beef Meatball w/ Aglio Olio Pasta, Green Curry Chicken w/ Basmati Mixed Veggies Rice, Eggplants, Long Beans 180g w/Super Seed 52g **Protein** 650kcal 67g 18g 660kcal 22g 85kcal **Small Plan** Protein **Protein Calories** Fat **Calories** Fat **Calories** 885kcal 25g 865kcal 29g 85kcal **Medium Plan** Ca S Dinner

Lunch

Thursday February - 08/2024



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

Small Plan	600kcal	45g	59g
	Calories	Protein	Carbs
Medium Plan	785kcal	59g	78g
	Calories	Protein	Carbs



Honey Miso Salmon w/ Quinoa and Broccoli

610kcal	54g	62g	17g
Calories	Protein	Carbs	Fat
815kcal	72g	82g	22g
Calories	Protein	Carbs	Fat



18g

Cumin Carrot Soup

lories	Protein	Carbs	
nac	k		

Carbs

Fat



Tofu Chocolate Brownie

Snack

85kcal	8g	20g	8g
Calories	Protein	Carbs	Fat
85kcal	8g	20g	8g
C <mark>alories</mark>	Protein	Carbs	Fat

Lunch **Dinner**

20g Fat

27g

Friday **February**— **09/2024**



Yakiniku Beef w/ Brown Rice, Edamame and Kimchi

670kcal 22g 52g 67g **Small Plan** Calories **Protein** Carbs 835kcal 65g 83g 27g **Medium Plan** Protein



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

19g Fat 600kcal 59g Calories **Protein** 725kcal 58g 72g 23g Protein



Pistachio and Dates Energy Bites (2 Pcs)

120kcal 4g Calories **Protein** Carbs 240kcal 16g 16g Protein

Vegetarian Menu

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

Snack

Snack

Monday January – 29/2024



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

14g

20g

430kcal 28g 48g
Calories Protein Carbs
625kcal 41g 70g
Calories Protein Carbs

Dinner

Dinner

Dinner

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



Add On: RM3

Peanut Butter Chocolate Cookie

 160kcal
 7g
 6g
 12g

 Calories
 Protein
 Carbs
 Fat

 160kcal
 7g
 6g
 12g

 Calories
 Protein
 Carbs
 Fat

Lunch

Lunch

Tuesday **January**— **30/2024**

Small Plan

Medium Plan



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

Protein

44g Carbs

64g Carbs 12g Fat

17g

15g

Fat

415kcal 33g **Calories Protein** 605kcal 48g



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
 2lg
 4g

 Calories
 Protein
 Carbs
 Fa

 130kcal
 3g
 2lg
 4g

 Calories
 Protein
 Carbs
 Fa

Lunch

Wednesday **January** — **31/2024**

Small Plan

Small Plan

Medium Plan

Medium Plan



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

Protein

46g

46g

Carbs



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

375kcal	27g	35g	14g
C <mark>alories</mark>	Protein	Carbs	Fat
560kcal	41g	53g	21g
Calories	Protein	Carbs	Fat





Gluten Free Banana Bread

Protein

10g

Snack

175kcal

175kcal

Calories

Lunch

Lunch

445kcal

Calories

650kcal

Dinner

Thursday

February - 01/2024

Public Holiday

Friday February — 02/2024



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

 430kcal
 3tg
 47g
 13g

 Calories
 Protein
 Carbs
 Fat

 645kcal
 47g
 7tg
 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

Snack



Peanut Butter Chocolate Energy Bites

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

Small Plan

Medium Plan

Vegetarian Menu

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

Snack

Monday February - 05/2024

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

48g Carbs

72g Carbs

41g Carbs

59g Carbs

16g Fat

23g

Fat

22g

16g

24g

28g Protein

42g Protein



Dinner

Dinner

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



Add On: RM3

Chocolate Hazelnut Energy Bites

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

Lunch

450kcal

Calories

670kcal

Lunch

Tuesday February - 06/2024

Small Plan

Medium Plan



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

38g **Protein**

55g **Protein**

460kcal **Small Plan Calories** 665kcal **Medium Plan**



Cucumber

370kcal **Calories** 555kcal

Dinner

Dinner

Dinner

Thai Style Tofu Tom Yam w/ Brown Rice Noodles Beansprouts and 11g

32g **Protein** 36g Carbs 48g 54g Carbs 17g Protein



Carrot Cake with Cashew Frosting

175kcal 8g Protein **Calories** 175kcal 18g 8g Protein

Lunch

Wednesday February - 07/2024



and Mixed Veggies

Small Plan Medium Plan Vegan Meatball with Aglio Olio Pasta

15g

450kcal 31g **Protein** 48g **Carbs Calories** 655kcal Protein



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

465kcal 49g 14g Protein **Calories** Fat 650kcal 20g



Cumin Carrot Soup

Snack

85kcal **Calories** 85kcal **Calories**

Lunch

Thursday February - 08/2024



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

425kcal 27g Protein 46g Carbs 15g Fat 640kcal 41g **Protein** 69g Carbs 23g



Honey Miso Tempeh with Quinoa and Broccoli

380kcal 31g Protein 42g Carbs 10g **Fat** 575kcal 47g **Protein** 63g Carbs 15g Fat



Tofu Chocolate Brownie

Snack

185kcal 185kcal 20g Carbs

Lunch

435kcal

Calories

630kcal

Friday February - 09/2024

Small Plan

Small Plan

Medium Plan

Medium Plan



with Brown Rice, Edamame and Kimchi

Yakiniku Stir Fry Tofu and Mushroom

46g

67g

15g Fat

22g



Veggie Patties with Mashed Sweet Potatoes and Toasted Green Peas

385kcal 12g 28g 41g Calories **Protein** Carbs 575kcal 42g 18g 62g Protein



Pistachio and Dates Energy Bites

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

Add on drinks for RM3

- COWA Coconut Water (330m1)

29g

42g

Protein

Protein