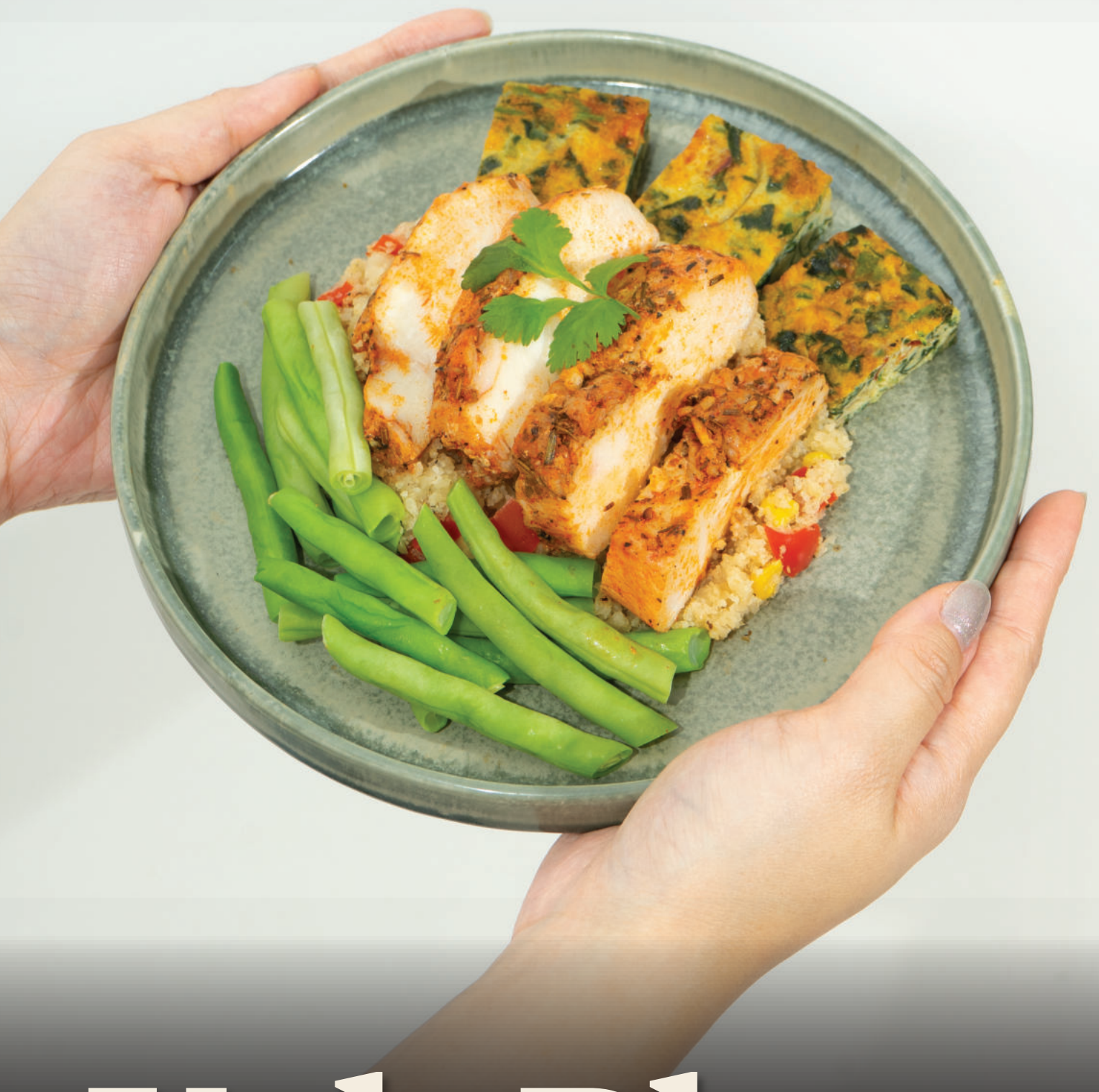


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YoloPlans Menu




29 January - 9 February 2024 | yolofoods.my

Weight Loss Menu




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

	Lunch	Dinner	Snack	Add On : RM3								
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	Peanut Butter Chocolate Cookie									
Small Plan	445kcal Calories	33g Protein	44g Carbs	15g Fat	405kcal Calories	31g Protein	41g Carbs	13g Fat	160kcal Calories	7g Protein	6g Carbs	12g Fat
Medium Plan	640kcal Calories	48g Protein	64g Carbs	22g Fat	585kcal Calories	45g Protein	59g Carbs	19g Fat	160kcal Calories	7g Protein	6g Carbs	12g Fat

	Lunch				Dinner				Snack			
Tuesday January — 30/2024												
	Herb Chicken with Roasted Potato, French Beans, Harissa Sauce				Beef Bolognese with Pasta, Mixed Mushrooms and Green Peas				Mango Chia Seeds Pudding			
	Small Plan				Small Plan				Small Plan			
	Medium Plan				Medium Plan				Medium Plan			
	445kcal Calories	33g Protein	44g Carbs	15g Fat	430kcal Calories	36g Protein	42g Carbs	13g Fat	130kcal Calories	3g Protein	21g Carbs	4g Fat
	640kcal Calories	48g Protein	64g Carbs	22g Fat	620kcal Calories	52g Protein	61g Carbs	19g Fat	130kcal Calories	3g Protein	21g Carbs	4g Fat

	Lunch				Dinner				Snack			
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				Gluten Free Banana Bread			
	Small Plan				Medium Plan				Small Plan			
	Medium Plan				Medium Plan				Medium Plan			
	475kcal Calories	34g Protein	46g Carbs	17g Fat	360kcal Calories	32g Protein	35g Carbs	10g Fat	175kcal Calories	5g Protein	16g Carbs	10g Fat
	685kcal Calories	49g Protein	67g Carbs	25g Fat	535kcal Calories	48g Protein	53g Carbs	15g Fat	175kcal Calories	5g Protein	16g Carbs	10g Fat

	Lunch	Dinner	Snack	
Thursday February – 01/2024	Public Holiday			
















	Lunch				Dinner				Snack			
Friday February — 02/2024												
	Lamb Kofta with Couscous, Mint Yoghurt, Cucumber and Tomato Salad				Basil Minced Chicken with Brown Rice, Soy Egg, Kailan				Peanut Butter Chocolate Energy Bites (2 Pcs)			
	Small Plan				Medium Plan				Small Plan			
	Medium Plan				Medium Plan				Medium Plan			
	475kcal Calories	36g Protein	47g Carbs	16g Fat	400kcal Calories	35g Protein	34g Carbs	14g Fat	125kcal Calories	4g Protein	3g Carbs	11g Fat
	690kcal Calories	52g Protein	68g Carbs	23g Fat	585kcal Calories	51g Protein	49g Carbs	20g Fat	125kcal Calories	4g Protein	3g Carbs	11g 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 February – 05/2024																
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	33g	44g	17g	410kcal	42g	34g	12g	120kcal	6g	6g	8g
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat
Medium Plan					690kcal	50g	66g	26g	595kcal	61g	49g	17g	120kcal	6g	6g	8g
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat
Lunch					Dinner				Snack							
Tuesday February – 06/2024																
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	38g	41g	16g	370kcal	32g	36g	11g	175kcal	8g	18g	8g
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat
Medium Plan					665kcal	55g	59g	23g	555kcal	48g	54g	17g	175kcal	8g	18g	8g
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat
Lunch					Dinner				Snack							
Wednesday February – 07/2024																
Beef Meatball w/ Aglio Olio Pasta, Mixed Veggies					Green Curry Chicken w/ Basmati Rice, Eggplants, Long Beans				Cumin Carrot Soup 180g w/ Super Seeds							
Small Plan					465kcal	39g	48g	13g	455kcal	36g	44g	15g	85kcal	4g	4g	6g
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat
Medium Plan					650kcal	55g	67g	18g	660kcal	52g	64g	22g	85kcal	4g	4g	6g
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat
Lunch					Dinner				Snack							
Thursday February – 08/2024																
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	31g	41g	14g	405kcal	36g	41g	11g	185kcal	8g	20g	8g
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat
Medium Plan					600kcal	45g	59g	20g	610kcal	54g	62g	17g	185kcal	8g	20g	8g
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat
Lunch					Dinner				Snack							
Friday February – 09/2024																
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	36g	46g	15g	415kcal	33g	41g	13g	120kcal	4g	8g	8g
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat
Medium Plan					670kcal	52g	67g	22g	600kcal	48g	59g	19g	120kcal	4g	8g	8g
					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




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

Lunch				Dinner				Snack				Add On : RM3			
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				Peanut Butter Chocolate Cookie							
Small Plan	430kcal Calories	40g Protein	33g Carbs	16g Fat	405kcal Calories	37g Protein	31g Carbs	15g Fat	160kcal Calories	7g Protein	6g Carbs	12g Fat			
Medium Plan	625kcal Calories	57g Protein	48g Carbs	23g Fat	620kcal Calories	54g Protein	45g Carbs	25g Fat	160kcal Calories	7g Protein	6g Carbs	12g Fat			

Lunch					Dinner					Snack									
Tuesday January — 30/2024																			
					Herb Chicken with Roasted Potato, French Beans, Harissa Sauce					Beef Bolognese with Pasta, Mixed Mushrooms and Green Peas					Mango Chia Seeds Pudding				
Small Plan					440kcal Calories	42g Protein	33g Carbs	16g Fat	420kcal Calories	43g Protein	32g Carbs	14g Fat	130kcal Calories	3g Protein	21g Carbs	4g Fat			
Medium Plan					625kcal Calories	57g Protein	48g Carbs	23g Fat	630kcal Calories	63g Protein	46g Carbs	22g Fat	130kcal Calories	3g Protein	21g Carbs	4g Fat			

Lunch					Dinner				Snack							
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				Gluten Free Banana Bread			
Small Plan					460kcal Calories	41g Protein	35g Carbs	18g Fat	355kcal Calories	38g Protein	26g Carbs	11g Fat	175kcal Calories	5g Protein	16g Carbs	10g Fat
Medium Plan					660kcal Calories	61g Protein	50g Carbs	24g Fat	560kcal Calories	58g Protein	42g Carbs	18g Fat	175kcal Calories	5g Protein	16g Carbs	10g Fat

Lunch				Dinner				Snack			
Thursday February – 01/2024				<div>Public Holiday</div>							
















Lunch					Dinner					Snack									
Friday February — 02/2024																			
					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					465kcal Calories	43g Protein	35g Carbs	17g Fat	400kcal Calories	42g Protein	26g Carbs	15g Fat	125kcal Calories	4g Protein	3g Carbs	11g Fat			
Medium Plan					675kcal Calories	63g Protein	51g Carbs	24g Fat	585kcal Calories	61g Protein	37g Carbs	21g Fat	125kcal Calories	4g Protein	3g Carbs	11g 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 February – 05/2024																
Teriyaki Salmon w/ Brown Rice, Kimchi, Edamame					Herb Chicken w/ Kale Quinoa Salad and Baked Pumpkin				Chocolate Hazelnut Energy Bites							
Small Plan					450kcal	40g	33g	18g	415kcal	50g	26g	13g	120kcal	6g	6g	8g
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat
Medium Plan					675kcal	59g	50g	27g	605kcal	73g	37g	18g	120kcal	6g	6g	8g
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat
Lunch					Dinner				Snack							
Tuesday February – 06/2024																
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	46g	31g	17g	365kcal	38g	27g	12g	175kcal	8g	18g	8g
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat
Medium Plan					660kcal	66g	45g	24g	550kcal	58g	41g	17g	175kcal	8g	18g	8g
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat
Lunch					Dinner				Snack							
Wednesday February – 07/2024																
Beef Meatball w/ Aglio Olio Pasta, Mixed Veggies					Green Curry Chicken w/ Basmati Rice, Eggplants, Long Beans				Cumin Carrot Soup							
Small Plan					465kcal	49g	36g	14g	445kcal	43g	33g	16g	85kcal	4g	4g	6g
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat
Medium Plan					665kcal	71g	50g	20g	645kcal	63g	48g	23g	85kcal	4g	4g	6g
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat
Lunch					Dinner				Snack							
Thursday February – 08/2024																
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	39g	31g	15g	405kcal	45g	31g	12g	185kcal	8g	20g	8g
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat
Medium Plan					580kcal	53g	45g	21g	625kcal	65g	46g	20g	185kcal	8g	20g	8g
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat
Lunch					Dinner				Snack							
Friday February – 09/2024																
Yakiniku Beef w/ Brown Rice, Edamame and Kimchi					Lemongrass Barramundi w/ Rice Noodles, Beansprouts, Spinach, Clear Chicken Soup				Pistachio and Dates Energy Bites							
Small Plan					455kcal	43g	35g	16g	420kcal	44g	31g	14g	120kcal	4g	8g	8g
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat
Medium Plan					655kcal	63g	50g	23g	610kcal	64g	45g	20g	120kcal	4g	8g	8g
					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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Eat Clean Menu




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

	Lunch	Dinner	Snack	Add On : RM3								
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	Peanut Butter Chocolate Cookie									
Small Plan	640kcal Calories	48g Protein	64g Carbs	22g Fat	585kcal Calories	45g Protein	59g Carbs	19g Fat	160kcal Calories	7g Protein	6g Carbs	12g Fat
Medium Plan	820kcal Calories	61g Protein	81g Carbs	28g Fat	730kcal Calories	56g Protein	74g Carbs	23g Fat	240kcal Calories	6g Protein	18g Carbs	16g Fat

	Lunch				Dinner				Snack			
Tuesday January — 30/2024												
	Herb Chicken with Roasted Potato, French Beans, Harissa Sauce				Beef Bolognese with Pasta, Mixed Mushrooms and Green Peas				Mango Chia Seeds Pudding			
	Small Plan				Medium Plan				Small Plan			
	Medium Plan				Medium Plan				Medium Plan			
	640kcal Calories	48g Protein	64g Carbs	22g Fat	620kcal Calories	52g Protein	61g Carbs	19g Fat	130kcal Calories	3g Protein	21g Carbs	4g Fat
	840kcal Calories	63g Protein	84g Carbs	29g Fat	815kcal Calories	68g Protein	80g Carbs	25g Fat	130kcal Calories	3g Protein	21g Carbs	4g Fat

	Lunch				Dinner				Snack			
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				Gluten Free Banana Bread			
	Small Plan				Small Plan				Small Plan			
	Medium Plan				Medium Plan				Medium Plan			
	685kcal Calories	49g Protein	67g Carbs	25g Fat	535kcal Calories	48g Protein	53g Carbs	15g Fat	175kcal Calories	5g Protein	16g Carbs	10g Fat
	920kcal Calories	66g Protein	90g Carbs	33g Fat	700kcal Calories	62g Protein	68g Carbs	20g Fat	175kcal Calories	5g Protein	16g Carbs	10g Fat

	Lunch	Dinner	Snack	
Thursday February – 01/2024	Public Holiday			
















	Lunch				Dinner				Snack			
Friday February – 02/2024												
	Lamb Kofta with Couscous, Mint Yoghurt, Cucumber and Tomato Salad				Basil Minced Chicken with Brown Rice, Soy Egg, Kailan				Peanut Butter Chocolate Energy Bites (2 Pcs)			
Small Plan	690kcal Calories	52g Protein	68g Carbs	23g Fat	585kcal Calories	51g Protein	49g Carbs	20g Fat	125kcal Calories	4g Protein	3g Carbs	11g Fat
Medium Plan	835kcal Calories	63g Protein	82g Carbs	28g Fat	705kcal Calories	61g Protein	60g Carbs	25g Fat	250kcal Calories	8g Protein	6g Carbs	22g 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 February – 05/2024																
Teriyaki Salmon w/ Brown Rice, Kimchi, Edamame					Herb Chicken w/ Kale Quinoa Salad and Baked Pumpkin				Chocolate Hazelnut Energy Bites (2 Pcs)							
Small Plan					690kcal	50g	66g	26g	595kcal	61g	49g	17g	120kcal	6g	6g	8g
Medium Plan					855kcal	61g	81g	31g	700kcal	71g	58g	20g	240kcal	12g	12g	16g
Calories					Protein	Carbs	Fat		Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat
Tuesday February – 06/2024																
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					665kcal	55g	59g	23g	555kcal	48g	54g	17g	175kcal	8g	18g	8g
Medium Plan					920kcal	76g	82g	32g	705kcal	61g	68g	21g	175kcal	8g	18g	8g
Calories					Protein	Carbs	Fat		Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat
Wednesday February – 07/2024																
Beef Meatball w/ Aglio Olio Pasta, Mixed Veggies					Green Curry Chicken w/ Basmati Rice, Eggplants, Long Beans				Cumin Carrot Soup 180g w/Super Seed							
Small Plan					650kcal	55g	67g	18g	660kcal	52g	64g	22g	85kcal	4g	4g	6g
Medium Plan					885kcal	74g	91g	25g	865kcal	68g	84g	29g	85kcal	4g	4g	6g
Calories					Protein	Carbs	Fat		Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat
Thursday February – 08/2024																
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					600kcal	45g	59g	20g	610kcal	54g	62g	17g	185kcal	8g	20g	8g
Medium Plan					785kcal	59g	78g	27g	815kcal	72g	82g	22g	185kcal	8g	20g	8g
Calories					Protein	Carbs	Fat		Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat
Friday February – 09/2024																
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					670kcal	52g	67g	22g	600kcal	48g	59g	19g	120kcal	4g	8g	8g
Medium Plan					835kcal	65g	83g	27g	725kcal	58g	72g	23g	240kcal	8g	16g	16g
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

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

Lunch					Dinner					Snack					Add On : RM3									
Monday January — 29/2024																								
Soy Knot and King Oyster Mushroom "Bulgogi" with Sweet Potato Noodles, Spinach and Shredded Carrot					Gong Bao Earthmeat with Brown Rice, Spicy Eggplant, Garlic Bok Choy					Peanut Butter Chocolate Cookie														
Small Plan					430kcal	28g	48g	14g	410kcal					29g	44g	13g	160kcal		7g	6g	12g			
					Calories	Protein	Carbs	Fat	Calories					Protein	Carbs	Fat	Calories					Protein	Carbs	Fat
Medium Plan					625kcal	41g	70g	20g	615kcal					44g	66g	20g	160kcal		7g	6g	12g			
					Calories	Protein	Carbs	Fat	Calories					Protein	Carbs	Fat	Calories					Protein	Carbs	Fat
Lunch					Dinner					Snack														
Tuesday January — 30/2024																								
Baked Herb Portobello with Roasted Potato, French Beans, Spinach Egg, Harissa Sauce					Tomato Stew Beans with Pasta, Mixed Mushrooms and Green Peas					Mango Chia Seeds Pudding														
Small Plan					415kcal	33g	44g	12g	445kcal					31g	46g	15g	130kcal		3g	21g	4g			
					Calories	Protein	Carbs	Fat	Calories					Protein	Carbs	Fat	Calories		Protein	Carbs	Fat			
Medium Plan					605kcal	48g	64g	17g	665kcal					47g	69g	23g	130kcal		3g	21g	4g			
					Calories	Protein	Carbs	Fat	Calories					Protein	Carbs	Fat	Calories		Protein	Carbs	Fat			
Lunch					Dinner					Snack														
Wednesday January — 31/2024																								
Rendang Tofu and Chick Peas with Coconut Basmati Rice, Roasted cauliflower					Fresh Herb and Lemon Baked Ricotta and Butter Beans with Cajun Roasted Sweet Potatoes, Herb Veggies					Gluten Free Banana Bread														
Small Plan					445kcal	32g	46g	15g	375kcal					27g	35g	14g	175kcal		5g	16g	10g			
					Calories	Protein	Carbs	Fat	Calories					Protein	Carbs	Fat	Calories		Protein	Carbs	Fat			
Medium Plan					650kcal	46g	67g	22g	560kcal					41g	53g	21g	175kcal		5g	16g	10g			
					Calories	Protein	Carbs	Fat	Calories					Protein	Carbs	Fat	Calories		Protein	Carbs	Fat			
Lunch					Dinner					Snack														
Thursday February — 01/2024																								
					Public Holiday																			
Lunch					Dinner					Snack														
Friday February — 02/2024																								
Cauliflower Protein Bites with Couscous & Black Bean, Mint Yoghurt, Cucumber and Tomato Salad					Basil Minced Crushed Tofu and Lentils w/ Brown Rice, Soy Egg, Kailan					Peanut Butter Chocolate Energy Bites														
Small Plan					430kcal	31g	47g	13g	385kcal					30g	39g	12g	185kcal		6g	4g	16g			
					Calories	Protein	Carbs	Fat	Calories					Protein	Carbs	Fat	Calories		Protein	Carbs	Fat			
Medium Plan					645kcal	47g	71g	20g	575kcal					45g	59g	18g	185kcal		6g	4g	16g			
					Calories	Protein	Carbs	Fat	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 February – 05/2024																
Teriyaki Stew Spinach Egg Tofu with Brown Rice, Kimchi and Edamame					Herb Roasted Butter Beans with Kale Quinoa Salad and Baked Pumpkin and Snap Peas				Chocolate Hazelnut Energy Bites							
Small Plan					450kcal	28g	48g	16g	365kcal	26g	38g	12g	180kcal	9g	9g	12g
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat
Medium Plan					670kcal	42g	72g	24g	530kcal	38g	55g	17g	180kcal	9g	9g	12g
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat
Tuesday February – 06/2024																
Turmeric Earthmeat with Coconut Basmati Rice, Hard Boiled Egg and Cucumber					Thai Style Tofu Tom Yam w/ Brown Rice Noodles Beansprouts and Cucumber				Carrot Cake with Cashew Frosting							
Small Plan					460kcal	38g	41g	16g	370kcal	32g	36g	11g	175kcal	8g	18g	8g
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat
Medium Plan					665kcal	55g	59g	23g	555kcal	48g	54g	17g	175kcal	8g	18g	8g
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat
Wednesday February – 07/2024																
Vegan Meatball with Aglio Olio Pasta and Mixed Veggies					Green Curry Earthmeat and White Beans with Basmati Rice, Eggplants and Long Beans				Cumin Carrot Soup							
Small Plan					450kcal	31g	48g	15g	465kcal	36g	49g	14g	85kcal	4g	4g	6g
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat
Medium Plan					655kcal	45g	70g	22g	650kcal	50g	69g	20g	85kcal	4g	4g	6g
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat
Thursday February – 08/2024																
Mala Mixed Veggies and Semi-Dry Tofu with Fried Brown Rice With Eggs					Honey Miso Tempeh with Quinoa and Broccoli				Tofu Chocolate Brownie							
Small Plan					425kcal	27g	46g	15g	380kcal	31g	42g	10g	185kcal	8g	20g	8g
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat
Medium Plan					640kcal	41g	69g	23g	575kcal	47g	63g	15g	185kcal	8g	20g	8g
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat
Friday February – 09/2024																
Yakiniku Stir Fry Tofu and Mushroom with Brown Rice, Edamame and Kimchi					Veggie Patties with Mashed Sweet Potatoes and Toasted Green Peas				Pistachio and Dates Energy Bites							
Small Plan					435kcal	29g	46g	15g	385kcal	28g	41g	12g	180kcal	6g	12g	12g
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat
Medium Plan					630kcal	42g	67g	22g	575kcal	42g	62g	18g	180kcal	6g	12g	12g
					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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