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YoloPlans Menu




4 December - 15 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 December – 04/2023															
Peranakan Curry Chicken With Basmati Rice, Cauliflower and Lady Finger				Beef Meatballs With Mashed Potatoes, Tomato Sauce, Saute Green Peas and Carrot				Peanut Butter Chocolate Energy Bites (2 Pcs)							
Small Plan	455kcal Calories	34g Protein	46g Carbs	15g Fat	420kcal Calories	36g Protein	38g Carbs	14g Fat	125kcal Calories	4g Protein	3g Carbs	11g Fat			
Medium Plan	660kcal Calories	49g Protein	67g Carbs	22g Fat	610kcal Calories	52g Protein	55g Carbs	20g Fat	125kcal Calories	4g Protein	3g Carbs	11g Fat			

Lunch				Dinner				Snack							
Tuesday December – 05/2023															
Sambal Prawns & Squids With Brown Rice, Tofu and Shanghai Green				Tomato Soup With Cajun Chicken, Avocado and Mixed Beans, Feta Cheese				Tofu Chocolate Brownie							
Small Plan	445kcal Calories	33g Protein	44g Carbs	15g Fat	370kcal Calories	35g Protein	22g Carbs	16g Fat	185kcal Calories	8g Protein	20g Carbs	8g Fat			
Medium Plan	665kcal Calories	50g Protein	66g Carbs	23g Fat	560kcal Calories	53g Protein	33g Carbs	24g Fat	185kcal Calories	8g Protein	20g Carbs	8g Fat			

Lunch				Dinner				Snack							
Wednesday December – 06/2023															
Yakiniku Minced Beef With Rice Noodles, Kimchi and Edamame				Herb Chicken With Roasted Herb Veggies Quinoa Salad, Pomegranate, Honey Citrus Dressing				Carrot Cake with Cashew Frosting							
Small Plan	460kcal Calories	36g Protein	45g Carbs	15g Fat	370kcal Calories	37g Protein	28g Carbs	12g Fat	180kcal Calories	8g Protein	19g Carbs	8g Fat			
Medium Plan	665kcal Calories	52g Protein	65g Carbs	22g Fat	535kcal Calories	54g Protein	41g Carbs	17g Fat	180kcal Calories	8g Protein	19g Carbs	8g Fat			

Lunch				Dinner				Snack							
Thursday December – 07/2023															
Yuxiang Minced Chicken With Brown Rice, Saute Mushroom and Bok Choy				Fresh Herb and Lemon Barramundi Fish With Roasted Potatoes, French Beans				Pistachio and Dates Energy Bites (2 Pcs)							
Small Plan	445kcal Calories	32g Protein	45g Carbs	15g Fat	430kcal Calories	38g Protein	38g Carbs	14g Fat	120kcal Calories	4g Protein	4g Carbs	10g Fat			
Medium Plan	640kcal Calories	46g Protein	65g Carbs	22g Fat	645kcal Calories	57g Protein	57g Carbs	21g Fat	120kcal Calories	4g Protein	4g Carbs	10g Fat			
















Lunch				Dinner				Snack							
Friday December – 08/2023															
Green Curry Chicken With Basmati Rice, Eggplants and Long Beans				Salmon Chicken Balls with Sweet Potatoes, Baked Spinach Egg, Broccoli, House Made Chilli Sauce				Overnight Oats with Roasted Apple and Chia Seeds							
Small Plan	475kcal Calories	36g Protein	47g Carbs	16g Fat	385kcal Calories	31g Protein	34g Carbs	14g Fat	145kcal Calories	5g Protein	20g Carbs	5g Fat			
Medium Plan	690kcal Calories	52g Protein	68g Carbs	23g Fat	560kcal Calories	45g Protein	49g Carbs	20g Fat	145kcal Calories	5g Protein	20g Carbs	5g Fat			

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

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Weight Loss Menu

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	Lunch	Dinner	Snack	Add On : RM3
Monday December – 11/2023	<div></div> <div>Chilli Con Carne (Beef and Red Kidney Beans) with Brown Rice, Saute Green Peas</div> <div><div>Small Plan</div><div>Medium Plan</div></div> <div><div>470kcal Calories</div><div>31g Protein</div><div>48g Carbs</div><div>17g Fat</div></div>	<div></div> <div>Peri Peri Tilapia with Roasted Potatoes, Green Beans and Carrot</div> <div><div>360kcal Calories</div><div>32g Protein</div><div>38g Carbs</div><div>9g Fat</div></div>	<div></div> <div>Gluten Free Banana Bread</div> <div><div>175kcal Calories</div><div>5g Protein</div><div>16g Carbs</div><div>10g Fat</div></div>	
Tuesday December – 12/2023	<div></div> <div>Gong Bao Chicken with Brown Rice, Spicy Eggplant, Garlic Choy Sum</div> <div><div>Small Plan</div><div>Medium Plan</div></div> <div><div>440kcal Calories</div><div>35g Protein</div><div>41g Carbs</div><div>15g Fat</div></div>	<div></div> <div>Basil Minced Chicken with Rice Noodles, Shredded Cucumber and Carrot</div> <div><div>385kcal Calories</div><div>29g Protein</div><div>38g Carbs</div><div>13g Fat</div></div>	<div></div> <div>Tofu Chocolate Browine</div> <div><div>185kcal Calories</div><div>8g Protein</div><div>20g Carbs</div><div>8g Fat</div></div>	
Wednesday December – 13/2023	<div></div> <div>Nasi Lemak (Turmeric Chicken) with Basmati Rice, Boiled Egg, Cucumber</div> <div><div>Small Plan</div><div>Medium Plan</div></div> <div><div>465kcal Calories</div><div>39g Protein</div><div>48g Carbs</div><div>13g Fat</div></div>	<div></div> <div>Baked Honey Miso Salmon with Cauliflower Rice, Saute Edamame</div> <div><div>370kcal Calories</div><div>36g Protein</div><div>21g Carbs</div><div>16g Fat</div></div>	<div></div> <div>Low Fat Cheesecake</div> <div><div>170kcal Calories</div><div>8g Protein</div><div>14g Carbs</div><div>9g Fat</div></div>	
Thursday December – 14/2023	<div></div> <div>Seafood Tom Yam with Brown Rice Noodles, Beansprouts and Long Beans</div> <div><div>Small Plan</div><div>Medium Plan</div></div> <div><div>435kcal Calories</div><div>31g Protein</div><div>44g Carbs</div><div>15g Fat</div></div>	<div></div> <div>Herb Chicken Breast with Spaghetti Aglio Olio, Roasted Veggies With Tomato</div> <div><div>405kcal Calories</div><div>36g Protein</div><div>41g Carbs</div><div>11g Fat</div></div>	<div></div> <div>Peanut Butter Chocolate Cookie (1 Pcs)</div> <div><div>160kcal Calories</div><div>7g Protein</div><div>6g Carbs</div><div>12g Fat</div></div>	
Friday December – 15/2023	<div></div> <div>Lemongrass Barramundi with Brown Rice, Stew Tofu with Bittergourd and Red Capsicum</div> <div><div>Small Plan</div><div>Medium Plan</div></div> <div><div>445kcal Calories</div><div>35g Protein</div><div>47g Carbs</div><div>13g Fat</div></div>	<div></div> <div>Coconut Chicken with Quinoa, Cauliflower and Sweet Potatoes</div> <div><div>440kcal Calories</div><div>33g Protein</div><div>36g Carbs</div><div>18g Fat</div></div>	<div></div> <div>Chocolate Hazelnut Energy Bites (2 Pcs)</div> <div><div>120kcal Calories</div><div>4g Protein</div><div>8g Carbs</div><div>8g Fat</div></div>	

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 December – 04/2023																			
Peranakan Curry Chicken With Basmati Rice, Cauliflower and Lady Finger					Beef Meatballs With Mashed Potatoes, Tomato Sauce, Saute Green Peas and Carrot					Peanut Butter Chocolate Energy Bites (2 Pcs)									
Small Plan	455kcal Calories	41g Protein	35g Carbs	16g Fat	420kcal Calories	43g Protein	29g Carbs	15g Fat	125kcal Calories	4g Protein	3g Carbs	11g Fat							
Medium Plan	660kcal Calories	64g Protein	50g Carbs	23g Fat	655kcal Calories	66g Protein	41g Carbs	25g Fat	125kcal Calories	4g Protein	3g Carbs	11g Fat							
Tuesday December – 05/2023																			
Sambal Prawns & Squids With Brown Rice, Tofu and Shanghai Green					Tomato Soup With Cajun Chicken, Avocado and Mixed Beans, Feta Cheese					Tofu Chocolate Brownie									
Small Plan	430kcal Calories	40g Protein	33g Carbs	16g Fat	385kcal Calories	42g Protein	17g Carbs	17g Fat	185kcal Calories	8g Protein	20g Carbs	8g Fat							
Medium Plan	650kcal Calories	59g Protein	50g Carbs	24g Fat	580kcal Calories	63g Protein	25g Carbs	25g Fat	185kcal Calories	8g Protein	20g Carbs	8g Fat							
Wednesday December – 06/2023																			
Yakiniku Minced Beef With Rice Noodles, Kimchi and Edamame					Herb Chicken With Roasted Herb Veggies Quinoa Salad, Pomegranate, Honey Citrus Dressing					Carrot Cake with Cashew Frosting									
Small Plan	450kcal Calories	43g Protein	34g Carbs	16g Fat	375kcal Calories	44g Protein	21g Carbs	13g Fat	180kcal Calories	8g Protein	19g Carbs	8g Fat							
Medium Plan	650kcal Calories	63g Protein	49g Carbs	23g Fat	535kcal Calories	52g Protein	41g Carbs	18g Fat	180kcal Calories	8g Protein	19g Carbs	8g Fat							
Thursday December – 07/2023																			
Yuxiang Minced Chicken With Brown Rice, Saute Mushroom and Bok Choy					Fresh Herb and Lemon Barramundi Fish With Roasted Potatoes, French Beans					Pistachio and Dates Energy Bites (2 Pcs)									
Small Plan	440kcal Calories	39g Protein	35g Carbs	16g Fat	435kcal Calories	47g Protein	29g Carbs	15g Fat	120kcal Calories	4g Protein	4g Carbs	10g Fat							
Medium Plan	635kcal Calories	56g Protein	49g Carbs	24g Fat	605kcal Calories	68g Protein	43g Carbs	18g Fat	120kcal Calories	4g Protein	4g Carbs	10g Fat							
Friday December – 08/2023																			
Green Curry Chicken With Basmati Rice, Eggplants and Long Beans					Salmon Chicken Balls with Sweet Potatoes, Baked Spinach Egg, Broccoli, House Made Chilli Sauce					Overnight Oats with Roasted Apple and Chia Seeds									
Small Plan	465kcal Calories	43g Protein	35g Carbs	17g Fat	385kcal Calories	37g Protein	26g Carbs	15g Fat	145kcal Calories	5g Protein	20g Carbs	5g Fat							
Medium Plan	675kcal Calories	63g Protein	51g Carbs	24g Fat	555kcal Calories	54g Protein	37g Carbs	21g Fat	145kcal Calories	5g Protein	20g Carbs	5g 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 December – 11/2023																			
Chilli Con Carne (Beef and Red Kidney Beans) with Brown Rice, Saute Green Peas					Peri Peri Tilapia with Roasted Potatoes, Green Beans and Carrot					Gluten Free Banana Bread									
Small Plan					460kcal	39g	36g	18g		360kcal	40g	29g	9g		175kcal	5g	16g	10g	
Medium Plan					715kcal	56g	54g	31g		510kcal	56g	41g	14g		175kcal	5g	16g	10g	
Calories					Protein	Carbs	Fat			Calories	Protein	Carbs	Fat		Calories	Protein	Carbs	Fat	
Tuesday December – 12/2023																			
Gong Bao Chicken with Brown Rice, Spicy Eggplant, Garlic Choy Sum					Basil Minced Chicken with Rice Noodles, Shredded Cucumber and Carrot					Tofu Chocolate Browine									
Small Plan					435kcal	42g	31g	16g		395kcal	35g	29g	16g		185kcal	8g	20g	8g	
Medium Plan					650kcal	63g	46g	24g		575kcal	50g	41g	23g		185kcal	8g	20g	8g	
Calories					Protein	Carbs	Fat			Calories	Protein	Carbs	Fat		Calories	Protein	Carbs	Fat	
Wednesday December – 13/2023																			
Nasi Lemak (Turmeric Chicken) with Basmati Rice, Boiled Egg, Cucumber					Baked Honey Miso Salmon with Cauliflower Rice, Saute Edamame					Low Fat Cheesecake									
Small Plan					455kcal	47g	36g	14g		385kcal	43g	16g	17g		170kcal	8g	14g	9g	
Medium Plan					670kcal	70g	54g	20g		560kcal	63g	23g	24g		170kcal	8g	14g	9g	
Calories					Protein	Carbs	Fat			Calories	Protein	Carbs	Fat		Calories	Protein	Carbs	Fat	
Thursday December – 14/2023																			
Seafood Tom Yam with Brown Rice Noodles, Beansprouts and Long Beans					Herb Chicken Breast with Spaghetti Aglio Olio, Roasted Veggies With Tomato					Peanut Butter Chocolate Cookie (1 Pcs)									
Small Plan					430kcal	39g	33g	16g		400kcal	43g	31g	12g		160kcal	7g	6g	12g	
Medium Plan					610kcal	53g	48g	23g		620kcal	63g	46g	20g		160kcal	7g	6g	12g	
Calories					Protein	Carbs	Fat			Calories	Protein	Carbs	Fat		Calories	Protein	Carbs	Fat	
Friday December – 15/2023																			
Lemongrass Barramundi with Brown Rice, Stew Tofu with Bittergourd and Red Capsicum					Coconut Chicken with Quinoa, Cauliflower and Sweet Potatoes					Chocolate Hazelnut Energy Bites (2 Pcs)									
Small Plan					435kcal	42g	36g	14g		445kcal	40g	29g	19g		120kcal	4g	8g	8g	
Medium Plan					650kcal	61g	51g	23g		635kcal	57g	39g	27g		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




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Lunch				Dinner				Snack				Add On : RM3			
Monday December – 04/2023															
Peranakan Curry Chicken With Basmati Rice, Cauliflower and Lady Finger				Beef Meatballs With Mashed Potatoes, Tomato Sauce, Saute Green Peas and Carrot				Peanut Butter Chocolate Energy Bites (2 Pcs)							
Small Plan	660kcal Calories	49g Protein	67g Carbs	22g Fat	610kcal Calories	52g Protein	55g Carbs	20g Fat	125kcal Calories	4g Protein	3g Carbs	11g Fat			
Medium Plan	795kcal Calories	60g Protein	81g Carbs	26g Fat	760kcal Calories	65g Protein	68g Carbs	25g Fat	240kcal Calories	6g Protein	8g Carbs	16g Fat			

Lunch					Dinner				Snack							
Tuesday December – 05/2023																
					Sambal Prawns & Squids With Brown Rice, Tofu and Shanghai Green				Tomato Soup With Cajun Chicken, Avocado and Mixed Beans, Feta Cheese				Tofu Chocolate Brownie			
Small Plan					665kcal Calories	50g Protein	66g Carbs	23g Fat	560kcal Calories	53g Protein	33g Carbs	24g Fat	185kcal Calories	8g Protein	20g Carbs	8g Fat
Medium Plan					885kcal Calories	66g Protein	88g Carbs	30g Fat	725kcal Calories	68g Protein	43g Carbs	31g Fat	185kcal Calories	8g Protein	20g Carbs	8g Fat

Lunch					Dinner					Snack									
Wednesday December — 06/2023																			
					Yakiniku Minced Beef With Rice Noodles, Kimchi and Edamame					Herb Chicken With Roasted Herb Veggies Quinoa Salad, Pomegranate, Honey Citrus Dressing					Carrot Cake with Cashew Frosting				
Small Plan					665kcal Calories	52g Protein	65g Carbs	22g Fat	535kcal Calories	54g Protein	41g Carbs	17g Fat	180kcal Calories	8g Protein	19g Carbs	8g Fat			
Medium Plan					895kcal Calories	70g Protein	88g Carbs	29g Fat	720kcal Calories	72g Protein	55g Carbs	23g Fat	180kcal Calories	8g Protein	19g Carbs	8g Fat			

Lunch					Dinner					Snack									
Thursday December — 07/2023																			
					Yuxiang Minced Chicken With Brown Rice, Saute Mushroom and Bok Choy					Fresh Herb and Lemon Barramundi Fish With Roasted Potatoes, French Beans					Pistachio and Dates Energy Bites (2 Pcs)				
Small Plan					640kcal Calories	46g Protein	65g Carbs	22g Fat	645kcal Calories	57g Protein	57g Carbs	21g Fat	120kcal Calories	4g Protein	4g Carbs	10g Fat			
Medium Plan					775kcal Calories	56g Protein	79g Carbs	26g Fat	775kcal Calories	68g Protein	68g Carbs	25g Fat	240kcal Calories	8g Protein	8g Carbs	20g Fat			




Lunch					Dinner				Snack										
Friday December — 08/2023																			
					Green Curry Chicken With Basmati Rice, Eggplants and Long Beans					Salmon Chicken Balls with Sweet Potatoes, Baked Spinach Egg, Broccoli, House Made Chilli Sauce					Overnight Oats with Roasted Apple and Chia Seeds				
Small Plan					690kcal Calories	52g Protein	68g Carbs	23g Fat	560kcal Calories	45g Protein	49g Carbs	20g Fat	145kcal Calories	5g Protein	20g Carbs	5g Fat			
Medium Plan					930kcal Calories	70g Protein	92g Carbs	31g Fat	735kcal Calories	59g Protein	65g Carbs	27g Fat	145kcal Calories	5g Protein	20g Carbs	5g 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 December – 11/2023													
Small Plan		705kcal	47g	72g	26g	525kcal	46g	55g	13g	175kcal	5g	16g	10g
Medium Plan		915kcal	60g	94g	33g	705kcal	62g	74g	18g	175kcal	5g	16g	10g
		Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat

Lunch					Dinner				Snack							
Tuesday December — 12/2023																
Gong Bao Chicken with Brown Rice, Spicy Eggplant, Garlic Choy Sum					Basil Minced Chicken with Rice Noodles, Shredded Cucumber and Carrot					Tofu Chocolate Browine						
Small Plan					660kcal	53g	62g	23g	560kcal	42g	55g	19g	185kcal	8g	20g	8g
Medium Plan					880kcal	70g	82g	30g	730kcal	55g	72g	25g	185kcal	8g	20g	8g
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat

Lunch					Dinner				Snack										
Wednesday December — 13/2023																			
Nasi Lemak (Turmeric Chicken) with Basmati Rice, Boiled Egg, Cucumber					Baked Honey Miso Salmon with Cauliflower Rice, Saute Edamame					Low Fat Cheesecake									
Small Plan					700kcal	59g	72g	20g	540kcal	52g	30g	23g	170kcal	8g	14g	9g			
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat			
Medium Plan					885kcal	74g	91g	25g	705kcal	68g	40g	30g	170kcal	8g	14g	9g			
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat			

Lunch					Dinner				Snack										
Thursday December – 14/2023																			
Seafood Tom Yam with Brown Rice Noodles, Beansprouts and Long Beans					Herb Chicken Breast with Spaghetti Aglio Olio, Roasted Veggies With Tomato					Peanut Butter Chocolate Cookie (1 Pcs)									
Small Plan					630kcal	45g	64g	22g	610kcal	54g	62g	17g	160kcal	7g	6g	12g			
Medium Plan					825kcal	59g	84g	29g	815kcal	72g	82g	22g	160kcal	7g	6g	12g			
					Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat			




	Lunch				Dinner				Snack			
Friday December – 15/2023												
	Lemongrass Barramundi with Brown Rice, Stew Tofu with Bittergourd and Red Capsicum				Coconut Chicken with Quinoa, Cauliflower and Sweet Potatoes				Chocolate Hazelnut Energy Bites (2 Pcs)			
	645kcal	51g	68g	19g	635kcal	48g	52g	26g	120kcal	4g	8g	8g
	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat
	800kcal	63g	85g	23g	765kcal	58g	63g	32g	240kcal	8g	16g	16g
	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat
Small Plan												
Medium Plan												




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




YoloFoods.™




Vegetarian Menu




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Lunch				Dinner				Snack				Add On : RM3			
Monday December – 04/2023															
Peranakan Curry (Tofu and Lentils) with Basmati Rice, Cauliflower and Lady Finger				Vegan Meatballs with Mashed Potatoes, Tomato Sauce, Sauté Green Peas and Carrot				Peanut Butter Chocolate Energy Bites (3 Pcs)							
Small Plan				470kcal	31g	46g	18g	345kcal	27g	32g	12g	185kcal	6g	4g	16g
Medium Plan				705kcal	47g	69g	27g	515kcal	41g	48g	18g	185kcal	6g	4g	16g
				Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat

Lunch				Dinner				Snack							
Tuesday December — 05/2023															
				Sambal Earthmeat with Brown Rice, Tofu and Shanghai Green	Tomato Soup with Spinach Egg, Avocado and Mixed Beans, Feta Cheese	Tofu Chocolate Brownie									
Small Plan				445kcal Calories	36g Protein	46g Carbs	13g Fat	365kcal Calories	32g Protein	21g Carbs	17g Fat	185kcal Calories	8g Protein	20g Carbs	8g Fat
Medium Plan				670kcal Calories	54g Protein	69g Carbs	20g Fat	550kcal Calories	48g Protein	32g Carbs	26g Fat	185kcal Calories	8g Protein	20g Carbs	8g Fat

Lunch				Dinner				Snack							
Wednesday December — 06/2023															
Yakiniku Stir Fry Soy Knots & Lentils with Rice Noodles, Kimchi and Edamame				Baked Honey Miso Tempeh with Roasted Herb Veggies Quinoa Salad, Pomegranate, Honey Citrus Dressing				Carrot Cake with Cashew Frosting							
Small Plan	440kcal	31g	45g	15g	385kcal	29g	29g	17g	180kcal	8g	19g	8g			
	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat			
Medium Plan	660kcal	47g	68g	23g	560kcal	42g	42g	25g	180kcal	8g	19g	8g			
	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat			

Lunch					Dinner					Snack									
<div>Thursday December — 07/2023</div>																			
					Yuxiang Tofu and Chick Peas with Brown Rice, Sauté Mushrooms and Bok Choy					Fresh Herb and Lemon Baked Ricotta with Roasted Potatoes, French Beans, Black Beans and Tomato Salsa					Pistachio and Dates Energy Bites (3 Pcs)				
Small Plan					460kcal Calories	36g Protein	45g Carbs	15g Fat	365kcal Calories	23g Protein	34g Carbs	15g Fat	185kcal Calories	6g Protein	6g Carbs	15g Fat			
Medium Plan					665kcal Calories	52g Protein	65g Carbs	22g Fat	545kcal Calories	35g Protein	51g Carbs	23g Fat	185kcal Calories	6g Protein	6g Carbs	15g Fat			




Lunch				Dinner				Snack							
Friday December — 08/2023															
Green Curry Earthmeat and White Beans with Basmati Rice, Eggplants and Long Beans				Cauliflower Protein Bites with Sweet Potatoes, Baked Spinach Egg, Broccoli, House Made Chilli Sauce				Overnight Oats with Roasted Apple and Chia Seeds							
Small Plan				475kcal	36g	47g	16g	375kcal	39g	26g	13g	145kcal	5g	20g	5g
				Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat
Medium Plan				690kcal	52g	68g	23g	565kcal	59g	39g	20g	145kcal	5g	20g	5g
				Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat




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




YoloFoods.™




Vegetarian Menu




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Lunch		Dinner				Snack				Add On : RM3			
Monday December – 11/2023													
Tomato Mixed Beans Stew with Wholemeal Pasta, Sauté Green Peas		Peri Peri Tofu Steaks with Roasted Potatoes, Green Beans and Carrot				Gluten Free Banana Bread							
Small Plan	485kcal Calories	34g Protein	45g Carbs	19g Fat	350kcal Calories	29g Protein	29g Carbs	13g Fat	175kcal Calories	5g Protein	16g Carbs	10g Fat	
Medium Plan	730kcal Calories	51g Protein	68g Carbs	29g Fat	505kcal Calories	42g Protein	42g Carbs	19g Fat	175kcal Calories	5g Protein	16g Carbs	10g Fat	

Lunch		Dinner				Snack							
Tuesday December – 12/2023													
Gong Bao Earthmeat and Shitake Mushrooms with Brown Rice, Spicy Eggplant and Garlic Choy Sum		Basil Crushed Tofu, Lentils and King Oyster Mushroom with Rice Noodles, Shredded Cucumber and Carrot				Tofu Chocolate Browine							
Small Plan	430kcal Calories	31g Protein	41g Carbs	16g Fat	385kcal Calories	29g Protein	38g Carbs	13g Fat	185kcal Calories	8g Protein	20g Carbs	8g Fat	
Medium Plan	650kcal Calories	47g Protein	62g Carbs	24g Fat	560kcal Calories	42g Protein	55g Carbs	19g Fat	185kcal Calories	8g Protein	20g Carbs	8g Fat	

Lunch		Dinner				Snack							
Wednesday December – 13/2023													
Baked Turmeric Temppeh with Basmati Rice, Boiled Egg, Cucumber		Veggie Pattie, Avocado Cube with Mixed Salad, Tomato, Baked Pumpkin, Honey Citrus, Pomegranate, Mixed Nuts				Low Fat Cheesecake							
Small Plan	470kcal Calories	34g Protein	48g Carbs	16g Fat	360kcal Calories	26g Protein	26g Carbs	17g Fat	170kcal Calories	8g Protein	14g Carbs	9g Fat	
Medium Plan	685kcal Calories	49g Protein	70g Carbs	23g Fat	540kcal Calories	39g Protein	39g Carbs	26g Fat	170kcal Calories	8g Protein	14g Carbs	9g Fat	

Lunch		Dinner				Snack							
Thursday December – 14/2023													
Tom Yam Stew Tofu and Oyster Mushroom with Brown Rice Noodles, Beansprouts and Long Beans, Spinach Egg		Herb Baked Butter Beans with Spaghetti Aglio Olio, Roasted Herb Veggies with Tomato, Fresh Herb Ricotta Cheese				Peanut Butter Chocolate Cookie (1 Pcs)							
Small Plan	450kcal Calories	31g Protein	46g Carbs	16g Fat	390kcal Calories	28g Protein	42g Carbs	12g Fat	160kcal Calories	7g Protein	6g Carbs	12g Fat	
Medium Plan	655kcal Calories	45g Protein	67g Carbs	23g Fat	580kcal Calories	42g Protein	63g Carbs	18g Fat	160kcal Calories	7g Protein	6g Carbs	12g Fat	

Lunch		Dinner				Snack							
Friday December – 15/2023													
Honey Miso Stew Earthmeat and Baiye with Brown Rice, Stew Tofu With Bittergourd and Red Capsicum		Coconut Curry Home Made Spinach Egg Tofu with Quinoa, Sweet Potatoes and Cauliflower				Chocolate Hazelnut Energy Bites (3 Pcs)							
Small Plan	435kcal Calories	32g Protein	47g Carbs	13g Fat	395kcal Calories	28g Protein	39g Carbs	14g Fat	180kcal Calories	6g Protein	12g Carbs	12g Fat	
Medium Plan	630kcal Calories	46g Protein	68g Carbs	19g Fat	590kcal Calories	42g Protein	59g Carbs	21g Fat	180kcal Calories	6g Protein	8g Carbs	12g Fat	

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

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