

YoloFoods.™

YoloPlans Menu

Sept 26th - Oct 7th 2022 | yolofoods.my

Weight Loss Menu

Monday Sept — 26/2022

Add On : RM3

Lunch

Gong Bao Chicken with Brown Rice, Spicy Eggplant, Cucumber Salad

Small Plan

435kcal 35g 45g 13g
Calories Protein Carbs Fat

Medium Plan

635kcal 51g 65g 19g
Calories Protein Carbs Fat

Dinner

Harrisa Roasted Tilapia with Roasted Potato, French Beans

Small Plan

390kcal 33g 40g 11g
Calories Protein Carbs Fat

Medium Plan

585kcal 50g 60g 17g
Calories Protein Carbs Fat

Snack

Peanut Butter Chocolate Cookie

Small Plan

180kcal 4g 5g 16g
Calories Protein Carbs Fat

Medium Plan

180kcal 4g 5g 16g
Calories Protein Carbs Fat

Tuesday Sept — 27/2022

Lunch

Cauliflower Rice with Herb Chicken

Small Plan

385kcal 39g 28g 13g
Calories Protein Carbs Fat

Medium Plan

580kcal 59g 42g 20g
Calories Protein Carbs Fat

Dinner

Honey Miso Salmon with Quinoa and Broccoli

Small Plan

440kcal 37g 48g 11g
Calories Protein Carbs Fat

Medium Plan

660kcal 56g 72g 17g
Calories Protein Carbs Fat

Snack

Tomato Soup

Small Plan

158kcal 3g 20g 8g
Calories Protein Carbs Fat

Medium Plan

158kcal 3g 20g 8g
Calories Protein Carbs Fat

Wednesday Sept — 28/2022

Lunch

Beef Bolognese with Pasta, Mixed Mushrooms and Green Peas

Small Plan

475kcal 34g 46g 17g
Calories Protein Carbs Fat

Medium Plan

710kcal 51g 69g 26g
Calories Protein Carbs Fat

Dinner

Lemongrass Chicken with Rice Vermicelli and Mixed Veggies Salad

Small Plan

385kcal 32g 39g 11g
Calories Protein Carbs Fat

Medium Plan

555kcal 46g 57g 16g
Calories Protein Carbs Fat

Snack

Oatmeal Cookie

Small Plan

145kcal 5g 9g 10g
Calories Protein Carbs Fat

Medium Plan

145kcal 5g 9g 10g
Calories Protein Carbs Fat

Thursday Sept — 29/2022

Lunch

Ma Po Tofu with Rice Noodles, Beansprouts

Small Plan

355kcal 32g 32g 11g
Calories Protein Carbs Fat

Medium Plan

535kcal 48g 48g 17g
Calories Protein Carbs Fat

Dinner

Baked Curry Barramundi with Coconut Basmati Rice, Long Beans

Small Plan

460kcal 37g 42g 16g
Calories Protein Carbs Fat

Medium Plan

665kcal 54g 61g 23g
Calories Protein Carbs Fat

Snack

Almond Oats Energy Bar

Small Plan

190kcal 6g 12g 13g
Calories Protein Carbs Fat

Medium Plan

190kcal 6g 12g 13g
Calories Protein Carbs Fat

Friday Sept — 30/2022

Lunch

Chicken Rendang with Brown Rice, Roasted Cauliflower

Small Plan

430kcal 34g 44g 13g
Calories Protein Carbs Fat

Medium Plan

620kcal 49g 64g 19g
Calories Protein Carbs Fat

Dinner

Beef Bulgogi with Sweet Potato Noodles, Spinach and Shredded Carrot

Small Plan

405kcal 29g 41g 14g
Calories Protein Carbs Fat

Medium Plan

610kcal 44g 62g 21g
Calories Protein Carbs Fat

Snack

Low Fat Cheesecake

Small Plan

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

Medium Plan

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

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

YoloFoods.™

Weight Loss Menu

Monday Oct — 3/2022

Add On: RM3

Lunch

Herb Chicken with Aglio Olio Pasta, Tomato Sauce, Sweet Snap Peas

Small Plan

480kcal 36g 48g 16g
Calories Protein Carbs Fat

Medium Plan

720kcal 54g 72g 24g
Calories Protein Carbs Fat

Dinner

Teriyaki Salmon with Quinoa, Sauté Mixed Veggies

Small Plan

395kcal 32g 38g 13g
Calories Protein Carbs Fat

Medium Plan

555kcal 45g 53g 18g
Calories Protein Carbs Fat

Snack

Cumin Carrot Soup

Small Plan

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

Medium Plan

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

Tuesday Oct — 4/2022

Lunch

Red Curry Chicken with Brown Rice, Long Beans and Eggplants

Small Plan

455kcal 31g 49g 15g
Calories Protein Carbs Fat

Medium Plan

685kcal 47g 74g 23g
Calories Protein Carbs Fat

Dinner

Salmon Chicken Balls with Cauliflower Rice, Spinach Egg

Small Plan

360kcal 36g 34g 9g
Calories Protein Carbs Fat

Medium Plan

540kcal 54g 51g 14g
Calories Protein Carbs Fat

Snack

Tofu Chocolate Brownie

Small Plan

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

Medium Plan

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

Wednesday Oct — 5/2022

Lunch

Yakiniku Minced Beef with Brown Rice, Edamame and Kimchi

Small Plan

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

Medium Plan

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

Dinner

Peri Peri Chicken with Roasted Potato, Herb Veggies

Small Plan

420kcal 37g 41g 12g
Calories Protein Carbs Fat

Medium Plan

610kcal 54g 59g 17g
Calories Protein Carbs Fat

Snack

Peanut Butter Chocolate Energy Bites

Small Plan

125kcal 4g 2g 11g
Calories Protein Carbs Fat

Medium Plan

125kcal 4g 2g 11g
Calories Protein Carbs Fat

Thursday Oct — 6/2022

Lunch

Basil Minced Chicken with Brown Rice, Soy Egg, Kailan

Small Plan

440kcal 36g 42g 14g
Calories Protein Carbs Fat

Medium Plan

635kcal 52g 61g 20g
Calories Protein Carbs Fat

Dinner

Baked Lemongrass Barramundi with Cajun Roasted Sweet Potato, Broccoli

Small Plan

390kcal 36g 35g 12g
Calories Protein Carbs Fat

Medium Plan

590kcal 54g 53g 18g
Calories Protein Carbs Fat

Snack

Low Fat Cheesecake

Small Plan

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

Medium Plan

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

Friday Oct — 7/2022

Lunch

Turmeric Chicken with Brown Rice, Lady Finger

Small Plan

265kcal 32g 39g 11g
Calories Protein Carbs Fat

Medium Plan

575kcal 48g 59g 17g
Calories Protein Carbs Fat

Dinner

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

Small Plan

225kcal 32g 44g 15g
Calories Protein Carbs Fat

Medium Plan

635kcal 46g 64g 22g
Calories Protein Carbs Fat

Snack

Peanut Butter Chocolate Cookie

Small Plan

180kcal 4g 5g 16g
Calories Protein Carbs Fat

Medium Plan

180kcal 4g 5g 16g
Calories Protein Carbs Fat

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

YoloFoods.™

Eat Clean Menu

Monday Sept — 26/2022

Add On : RM3

Lunch

Gong Bao Chicken with Brown Rice, Spicy Eggplant, Cucumber Salad

Medium Plan

635kcal 51g 65g 19g
Calories Protein Carbs Fat

Regular Plan

785kcal 63g 81g 23g
Calories Protein Carbs Fat

Dinner

Harrisa Roasted Tilapia with Roasted Potato, French Beans

Medium Plan

585kcal 50g 60g 17g
Calories Protein Carbs Fat

Regular Plan

685kcal 58g 70g 19g
Calories Protein Carbs Fat

Snack

Peanut Butter Chocolate Cookie

Medium Plan

180kcal 4g 5g 16g
Calories Protein Carbs Fat

Regular Plan

333kcal 7g 9g 30g
Calories Protein Carbs Fat

Tuesday Sept — 27/2022

Lunch

Cauliflower Rice with Herb Chicken

Medium Plan

580kcal 59g 42g 20g
Calories Protein Carbs Fat

Regular Plan

750kcal 76g 55g 25g
Calories Protein Carbs Fat

Dinner

Honey Miso Salmon with Quinoa and Broccoli

Medium Plan

660kcal 56g 72g 17g
Calories Protein Carbs Fat

Regular Plan

880kcal 74g 96g 22g
Calories Protein Carbs Fat

Snack

Tomato Soup

Medium Plan

158kcal 3g 20g 8g
Calories Protein Carbs Fat

Regular Plan

158kcal 3g 20g 8g
Calories Protein Carbs Fat

Wednesday Sept — 28/2022

Lunch

Beef Bolognese with Pasta, Mixed Mushrooms and Green Peas

Medium Plan

710kcal 51g 69g 26g
Calories Protein Carbs Fat

Regular Plan

900kcal 65g 87g 32g
Calories Protein Carbs Fat

Dinner

Lemongrass Chicken with Rice Vermicelli and Mixed Veggies Salad

Medium Plan

555kcal 46g 57g 16g
Calories Protein Carbs Fat

Regular Plan

765kcal 64g 78g 22g
Calories Protein Carbs Fat

Snack

Oatmeal Cookie

Medium Plan

145kcal 5g 9g 10g
Calories Protein Carbs Fat

Regular Plan

145kcal 5g 9g 10g
Calories Protein Carbs Fat

Thursday Sept — 29/2022

Lunch

Ma Po Tofu with Rice Noodles, Beansprouts

Medium Plan

535kcal 48g 48g 17g
Calories Protein Carbs Fat

Regular Plan

710kcal 64g 64g 22g
Calories Protein Carbs Fat

Dinner

Baked Curry Barramundi with Coconut Basmati Rice, Long Beans

Medium Plan

665kcal 54g 61g 23g
Calories Protein Carbs Fat

Regular Plan

895kcal 72g 82g 31g
Calories Protein Carbs Fat

Snack

Almond Oats Energy Bar

Medium Plan

190kcal 6g 12g 13g
Calories Protein Carbs Fat

Regular Plan

190kcal 6g 12g 13g
Calories Protein Carbs Fat

Friday Sept — 30/2022

Lunch

Chicken Rendang with Brown Rice, Roasted Cauliflower

Medium Plan

620kcal 49g 64g 19g
Calories Protein Carbs Fat

Regular Plan

815kcal 65g 84g 25g
Calories Protein Carbs Fat

Dinner

Beef Bulgogi with Sweet Potato Noodles, Spinach and Shredded Carrot

Medium Plan

610kcal 44g 62g 21g
Calories Protein Carbs Fat

Regular Plan

790kcal 57g 80g 27g
Calories Protein Carbs Fat

Snack

Low Fat Cheesecake

Medium Plan

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

Regular Plan

196kcal 9g 16g 10g
Calories Protein Carbs Fat

Add on
drinks for RM3

- COWA Coconut Water
(330ml)

YoloFoods.™

Eat Clean Menu

Monday Oct — 3/2022

Add On : RM3

Lunch

Herb Chicken with Aglio Olio Pasta, Tomato Sauce, Sweet Snap Peas

Medium Plan

720kcal 54g 72g 24g
Calories Protein Carbs Fat

Regular Plan

890kcal 67g 89g 30g
Calories Protein Carbs Fat

Dinner

Teriyaki Salmon with Quinoa, Sauté Mixed Veggies

Medium Plan

555kcal 45g 53g 18g
Calories Protein Carbs Fat

Regular Plan

795kcal 64g 76g 26g
Calories Protein Carbs Fat

Snack

Cumin Carrot Soup

Medium Plan

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

Regular Plan

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

Tuesday Oct — 4/2022

Lunch

Red Curry Chicken with Brown Rice, Long Beans and Eggplants

Medium Plan

685kcal 47g 74g 23g
Calories Protein Carbs Fat

Regular Plan

910kcal 62g 98g 30g
Calories Protein Carbs Fat

Dinner

Salmon Chicken Balls with Cauliflower Rice, Spinach Egg

Medium Plan

540kcal 54g 51g 14g
Calories Protein Carbs Fat

Regular Plan

705kcal 70g 66g 18g
Calories Protein Carbs Fat

Snack

Tofu Chocolate Brownie

Medium Plan

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

Regular Plan

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

Wednesday Oct — 5/2022

Lunch

Yakiniku Minced Beef with Brown Rice, Edamame and Kimchi

Medium Plan

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

Regular Plan

880kcal 68g 87g 29g
Calories Protein Carbs Fat

Dinner

Peri Peri Chicken with Roasted Potato, Herb Veggies

Medium Plan

610kcal 54g 59g 17g
Calories Protein Carbs Fat

Regular Plan

800kcal 70g 78g 23g
Calories Protein Carbs Fat

Snack

Peanut Butter Chocolate Energy Bites

Medium Plan

125kcal 4g 2g 11g
Calories Protein Carbs Fat

Regular Plan

125kcal 4g 2g 11g
Calories Protein Carbs Fat

Thursday Oct — 6/2022

Lunch

Basil Minced Chicken with Brown Rice, Soy Egg, Kailan

Medium Plan

635kcal 52g 61g 20g
Calories Protein Carbs Fat

Regular Plan

830kcal 68g 80g 27g
Calories Protein Carbs Fat

Dinner

Baked Lemongrass Barramundi with Cajun Roasted Sweet Potato, Broccoli

Medium Plan

590kcal 54g 53g 18g
Calories Protein Carbs Fat

Regular Plan

785kcal 72g 70g 24g
Calories Protein Carbs Fat

Snack

Low Fat Cheesecake

Medium Plan

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

Regular Plan

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

Friday Oct — 7/2022

Lunch

Turmeric Chicken with Brown Rice, Lady Finger

Medium Plan

575kcal 48g 59g 17g
Calories Protein Carbs Fat

Regular Plan

765kcal 64g 78g 22g
Calories Protein Carbs Fat

Dinner

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

Medium Plan

635kcal 46g 64g 22g
Calories Protein Carbs Fat

Regular Plan

855kcal 62g 86g 29g
Calories Protein Carbs Fat

Snack

Peanut Butter Chocolate Cookie

Medium Plan

180kcal 4g 5g 16g
Calories Protein Carbs Fat

Regular Plan

180kcal 4g 5g 16g
Calories Protein Carbs Fat

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

YoloFoods.™

Low Carb Menu

Monday Sept — 26/2022

Add On : RM3

Lunch

Gong Bao Chicken with Brown Rice, Spicy Eggplant, Cucumber Salad

Small Plan

420kcal 40g 34g 14g
Calories Protein Carbs Fat

Medium Plan

635kcal 59g 49g 23g
Calories Protein Carbs Fat

Dinner

Harrisa Roasted Tilapia with Roasted Potato, French Beans

Small Plan

400kcal 43g 30g 12g
Calories Protein Carbs Fat

Medium Plan

585kcal 57g 45g 20g
Calories Protein Carbs Fat

Snack

Peanut Butter Chocolate Cookie

Small Plan

180kcal 4g 5g 16g
Calories Protein Carbs Fat

Medium Plan

180kcal 4g 5g 16g
Calories Protein Carbs Fat

Tuesday Sept — 27/2022

Lunch

Cauliflower Rice with Herb Chicken

Small Plan

385kcal 48g 21g 15g
Calories Protein Carbs Fat

Medium Plan

580kcal 71g 32g 19g
Calories Protein Carbs Fat

Dinner

Honey Miso Salmon with Quinoa and Broccoli

Small Plan

440kcal 45g 36g 12g
Calories Protein Carbs Fat

Medium Plan

660kcal 68g 54g 18g
Calories Protein Carbs Fat

Snack

Tomato Soup

Small Plan

158kcal 3g 20g 8g
Calories Protein Carbs Fat

Medium Plan

158kcal 3g 20g 8g
Calories Protein Carbs Fat

Wednesday Sept — 28/2022

Lunch

Beef Bolognese with Pasta, Mixed Mushrooms and Green Peas

Small Plan

475kcal 41g 35g 18g
Calories Protein Carbs Fat

Medium Plan

710kcal 61g 52g 27g
Calories Protein Carbs Fat

Dinner

Lemongrass Chicken with Rice Vermicelli and Mixed Veggies Salad

Small Plan

385kcal 44g 29g 12g
Calories Protein Carbs Fat

Medium Plan

555kcal 57g 42g 18g
Calories Protein Carbs Fat

Snack

Oatmeal Cookie

Small Plan

145kcal 5g 9g 10g
Calories Protein Carbs Fat

Medium Plan

145kcal 5g 9g 10g
Calories Protein Carbs Fat

Thursday Sept — 29/2022

Lunch

Ma Po Tofu with Rice Noodles, Beansprouts

Small Plan

355kcal 38g 24g 12g
Calories Protein Carbs Fat

Medium Plan

535kcal 61g 36g 20g
Calories Protein Carbs Fat

Dinner

Baked Curry Barramundi with Coconut Basmati Rice, Long Beans

Small Plan

460kcal 37g 42g 16g
Calories Protein Carbs Fat

Medium Plan

665kcal 67g 46g 21g
Calories Protein Carbs Fat

Snack

Almond Oats Energy Bar

Small Plan

190kcal 6g 12g 13g
Calories Protein Carbs Fat

Medium Plan

190kcal 6g 12g 13g
Calories Protein Carbs Fat

Friday Sept — 30/2022

Lunch

Chicken Rendang with Brown Rice, Roasted Cauliflower

Small Plan

430kcal 43g 33g 14g
Calories Protein Carbs Fat

Medium Plan

620kcal 60g 48g 20g
Calories Protein Carbs Fat

Dinner

Beef Bulgogi with Sweet Potato Noodles, Spinach and Shredded Carrot

Small Plan

405kcal 39g 31g 15g
Calories Protein Carbs Fat

Medium Plan

610kcal 61g 46g 22g
Calories Protein Carbs Fat

Snack

Low Fat Cheesecake

Small Plan

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

Medium Plan

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

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

YoloFoods.™

Low Carb Menu

Monday Oct — 3/2022

Add On : RM3

Lunch

Herb Chicken with Aglio Olio Pasta, Tomato Sauce, Sweet Snap Peas

Small Plan

470kcal 43g 36g 17g
Calories Protein Carbs Fat

Medium Plan

695kcal 65g 52g 25g
Calories Protein Carbs Fat

Dinner

Teriyaki Salmon with Quinoa, Sauté Mixed Veggies

Small Plan

415kcal 41g 29g 15g
Calories Protein Carbs Fat

Medium Plan

590kcal 58g 40g 22g
Calories Protein Carbs Fat

Snack

Cumin Carrot Soup

Small Plan

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

Medium Plan

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

Tuesday Oct — 4/2022

Lunch

Red Curry Chicken with Brown Rice, Long Beans and Eggplants

Small Plan

440kcal 37g 37g 16g
Calories Protein Carbs Fat

Medium Plan

655kcal 56g 55g 24g
Calories Protein Carbs Fat

Dinner

Salmon Chicken Balls with Cauliflower Rice, Spinach Egg

Small Plan

380kcal 48g 26g 9g
Calories Protein Carbs Fat

Medium Plan

545kcal 65g 38g 15g
Calories Protein Carbs Fat

Snack

Tofu Chocolate Brownie

Small Plan

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

Medium Plan

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

Wednesday Oct — 5/2022

Lunch

Yakiniku Minced Beef with Brown Rice, Edamame and Kimchi

Small Plan

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

Medium Plan

665kcal 63g 50g 24g
Calories Protein Carbs Fat

Dinner

Peri Peri Chicken with Roasted Potato, Herb Veggies

Small Plan

415kcal 44g 31g 13g
Calories Protein Carbs Fat

Medium Plan

600kcal 64g 45g 18g
Calories Protein Carbs Fat

Snack

Peanut Butter Chocolate Energy Bites

Small Plan

125kcal 4g 2g 11g
Calories Protein Carbs Fat

Medium Plan

125kcal 4g 2g 11g
Calories Protein Carbs Fat

Thursday Oct — 6/2022

Lunch

Basil Minced Chicken with Brown Rice, Soy Egg, Kailan

Small Plan

430kcal 43g 32g 15g
Calories Protein Carbs Fat

Medium Plan

635kcal 63g 47g 22g
Calories Protein Carbs Fat

Dinner

Baked Lemongrass Barramundi with Cajun Roasted Sweet Potato, Broccoli

Small Plan

390kcal 43g 26g 13g
Calories Protein Carbs Fat

Medium Plan

585kcal 65g 39g 19g
Calories Protein Carbs Fat

Snack

Low Fat Cheesecake

Small Plan

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

Medium Plan

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

Friday Oct — 7/2022

Lunch

Turmeric Chicken with Brown Rice, Lady Finger

Small Plan

390kcal 41g 31g 12g
Calories Protein Carbs Fat

Medium Plan

580kcal 61g 44g 18g
Calories Protein Carbs Fat

Dinner

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

Small Plan

425kcal 38g 33g 16g
Calories Protein Carbs Fat

Medium Plan

635kcal 59g 48g 23g
Calories Protein Carbs Fat

Snack

Peanut Butter Chocolate Cookie

Small Plan

180kcal 4g 5g 16g
Calories Protein Carbs Fat

Medium Plan

180kcal 4g 5g 16g
Calories Protein Carbs Fat

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

YoloFoods.™

Vegetarian Menu

Monday Sept — 26/2022		Add On : RM3
Lunch Gong Bao Earthmeat with Brown Rice, Spicy Eggplant, Cucumber Salad Small Plan 440kcal 31g 48g 14g Calories Protein Carbs Fat Medium Plan 640kcal 45g 70g 20g Calories Protein Carbs Fat	Dinner Harrisa Roasted Tofu Steaks with Roasted Potato, French Beans Small Plan 380kcal 29g 34g 14g Calories Protein Carbs Fat Medium Plan 565kcal 44g 51g 21g Calories Protein Carbs Fat	Snack Peanut Butter Chocolate Cookie Small Plan 180kcal 4g 5g 16g Calories Protein Carbs Fat Medium Plan 180kcal 4g 5g 16g Calories Protein Carbs Fat
Tuesday Sept — 27/2022		
Lunch Cauliflower Rice with Baked Herb Tempheh and Spinach Egg Small Plan 340kcal 33g 23g 13g Calories Protein Carbs Fat Medium Plan 495kcal 48g 33g 19g Calories Protein Carbs Fat	Dinner Baked Fresh Herb Mushrooms with White Beans, Quinoa and Broccoli Small Plan 495kcal 31g 46g 21g Calories Protein Carbs Fat Medium Plan 745kcal 47g 69g 32g Calories Protein Carbs Fat	Snack Tomato Soup Small Plan 158kcal 3g 20g 8g Calories Protein Carbs Fat Medium Plan 158kcal 3g 20g 8g Calories Protein Carbs Fat
Wednesday Sept — 28/2022		
Lunch Tomato Earthmeat with Pasta, Mixed Mushrooms and Green Peas Small Plan 480kcal 31g 49g 18g Calories Protein Carbs Fat Medium Plan 725kcal 47g 74g 27g Calories Protein Carbs Fat	Dinner Lemongrass Tofu and King Oyster Mushroom with Rice Vermicelli and Mixed Veggies Salad Small Plan 380kcal 24g 39g 14g Calories Protein Carbs Fat Medium Plan 530kcal 34g 55g 20g Calories Protein Carbs Fat	Snack Oatmeal Cookie Small Plan 145kcal 5g 9g 10g Calories Protein Carbs Fat Medium Plan 145kcal 5g 9g 10g Calories Protein Carbs Fat
Thursday Sept — 29/2022		
Lunch Ma Po Tofu with Rice Noodles, Beansprouts Small Plan 355kcal 28g 32g 13g Calories Protein Carbs Fat Medium Plan 530kcal 41g 46g 20g Calories Protein Carbs Fat	Dinner Red Curry Earthmeat with Coconut Basmati Rice, Long Beans Small Plan 450kcal 29g 48g 16g Calories Protein Carbs Fat Medium Plan 680kcal 44g 72g 24g Calories Protein Carbs Fat	Snack Almond Oats Energy Bar Small Plan 190kcal 6g 12g 13g Calories Protein Carbs Fat Medium Plan 190kcal 6g 12g 13g Calories Protein Carbs Fat
Friday Sept — 30/2022		
Lunch Rendang Earthmeat with Brown Rice, Roasted Cauliflower Small Plan 430kcal 31g 43g 15g Calories Protein Carbs Fat Medium Plan 610kcal 43g 60g 22g Calories Protein Carbs Fat	Dinner Kimchi Stew Tofu with Sweet Potato Noodles, Spinach and Shredded Carrot Small Plan 405kcal 25g 33g 19g Calories Protein Carbs Fat Medium Plan 545kcal 33g 44g 27g Calories Protein Carbs Fat	Snack Low Fat Cheesecake Small Plan 170kcal 8g 14g 9g Calories Protein Carbs Fat Medium Plan 170kcal 12g 20g 13g Calories Protein Carbs Fat

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

Vegetarian Menu

Monday Oct — 3/2022

Add On : RM3

Lunch

Herb Roasted Portobello, Tempeh with Aglio Olio Pasta, Tomato Sauce and Sweet Snap Peas

Small Plan

475kcal 33g 48g 17g
Calories Protein Carbs Fat

Medium Plan

700kcal 49g 70g 25g
Calories Protein Carbs Fat

Dinner

Teriyaki Home Made Spinach Egg Tofu with Quinoa, Sauté Mixed Veggies

Small Plan

415kcal 34g 36g 15g
Calories Protein Carbs Fat

Medium Plan

580kcal 48g 50g 21g
Calories Protein Carbs Fat

Snack

Cumin Carrot Soup

Small Plan

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

Medium Plan

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

Tuesday Oct — 4/2022

Lunch

Red Curry Chick Peas with Brown Rice, Long Beans and Eggplants

Small Plan

480kcal 31g 49g 18g
Calories Protein Carbs Fat

Medium Plan

725kcal 47g 74g 27g
Calories Protein Carbs Fat

Dinner

Braised Earthmeat with Cauliflower Rice, Spinach Egg

Small Plan

330kcal 32g 24g 12g
Calories Protein Carbs Fat

Medium Plan

500kcal 48g 36g 18g
Calories Protein Carbs Fat

Snack

Tofu Chocolate Brownie

Small Plan

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

Medium Plan

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

Wednesday Oct — 5/2022

Lunch

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

Small Plan

440kcal 34g 47g 13g
Calories Protein Carbs Fat

Medium Plan

640kcal 49g 68g 19g
Calories Protein Carbs Fat

Dinner

Peri Peri Earthmeat with Roasted Potato, Herb Veggies

Small Plan

380kcal 33g 35g 12g
Calories Protein Carbs Fat

Medium Plan

570kcal 50g 53g 18g
Calories Protein Carbs Fat

Snack

Peanut Butter Chocolate Energy Bites

Small Plan

180kcal 6g 3g 16g
Calories Protein Carbs Fat

Medium Plan

180kcal 6g 3g 16g
Calories Protein Carbs Fat

Thursday Oct — 6/2022

Lunch

Basil Crushed Tofu and Mushroom with Brown Rice, Soy Egg, Kailan

Small Plan

440kcal 34g 44g 14g
Calories Protein Carbs Fat

Medium Plan

635kcal 49g 64g 20g
Calories Protein Carbs Fat

Dinner

Fresh Herb Stew Beans with Cajun Roasted Sweet Potato, Broccoli, Ricotta Cheese

Small Plan

395kcal 32g 37g 13g
Calories Protein Carbs Fat

Medium Plan

590kcal 48g 56g 20g
Calories Protein Carbs Fat

Snack

Low Fat Cheesecake

Small Plan

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

Medium Plan

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

Friday Oct — 7/2022

Lunch

Turmeric Earthmeat with Brown Rice, Lady Finger

Small Plan

390kcal 32g 39g 12g
Calories Protein Carbs Fat

Medium Plan

570kcal 46g 57g 17g
Calories Protein Carbs Fat

Dinner

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

Small Plan

435kcal 32g 48g 13g
Calories Protein Carbs Fat

Medium Plan

655kcal 48g 72g 20g
Calories Protein Carbs Fat

Snack

Peanut Butter Chocolate Cookie

Small Plan

180kcal 4g 5g 16g
Calories Protein Carbs Fat

Medium Plan

180kcal 4g 5g 16g
Calories Protein Carbs Fat

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