

# Helping you to Eat Mindfully!

## Wholesome Weight Loss Meal

(Lunch/ Dinner)



## Weight Loss Meals (400 kcal)



| Weight Loss Meal Plan<br>(Lunch or Dinner)                        | No. of Pax | 20 Days | 5 Days |
|---|------------|---------|--------|
| <b>Staple + 2 Dishes + 1 Soup +<br/>1 Snack (Yogurt / Fruits)</b> | 1          | \$240   | \$80   |
|   | 2          | \$420   | \$150  |
|   | 3          | \$588   | \$225  |
|   | 4          | \$760   | \$300  |
|   | 5          | \$900   | \$375  |

### MAIN MEALS

|       |   |
|-------|---|
| MON   | PASTA W/BLACK PEPPER BEEF & CELERY          |
| TUE   | BROWN RICE WITH SALMON & ASPARAGUS          |
| WED   | BROWN RICE WITH LAMB CASSEROLE & BROCCOLI   |
| THURS | BROWN RICE WITH SABA FISH & SIO BAI CHYE    |
| FRI   | SWEET POTATO WITH CHICKEN CHOP & VEGETABLES |

### SOUPS

|       |                          |
|-------|--------------------------|
| MON   | LOW FAT CREAM OF CHICKEN |
| TUE   | PUMPKIN SOUP             |
| WED   | SPINACH CHICKEN SOUP     |
| THURS | MINISTRONE SOUP          |
| FRI   | CREAM OF BROCCOLI SOUP   |

### REMARKS

- Meals are delivered chilled (Mon & Wed) twice a week for freshness
  - Know your daily calorie intake
- Enjoy a HOT nutritious meal simply by following the reheating instructions

Call us at 6243 1468 or [enquiry@yeyeahdelights.com](mailto:enquiry@yeyeahdelights.com)