

Helping you to Eat Mindfully!

Wholesome Weight Loss Meal

(Lunch/ Dinner)



Weight Loss Meals (400 kcal)



Weight Loss Meal Plan (Lunch or Dinner)	No. of Pax	5 Days	20 Days	30 Days
Staple + 2 Dishes + 1 Soup + 1 Snack (Yogurt / Fruits)	1	\$80	\$260	\$357
	2	\$150	\$420	\$600
	3	\$225	\$588	\$855
	4	\$300	\$760	\$1080

MAIN MEALS

MON	Mashed Potato, Ginger Garlic Baked Chicken, Peas with Lettuce and Carrots
TUE	Brown Rice, Honey Mustard Baked Salmon and Asian Roasted Asparagus
WED	Brown Rice, Onion Scallion Beef, Tofu with Spinach and Shiitake mushroom
THURS	Brown Rice, Grilled Sea Bass with Pumpkin Sauce, Bell Peppers with Black Fungus
FRI	Prawn Lemongrass Turmeric Pasta with Broccoli

SOUPS

MON	Lemongrass Chicken Soup
TUE	Northern Squash Soup
WED	Green Papaya Fish Soup
THURS	Wintermelon Soup
FRI	Celery 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