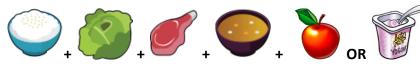
Helping you to Eat Mindfully! Wholesome Weight Loss Meal (Lunch/ Dinner)



Wholesomeness to your Doorstep



Weight Loss Meals (400 kcal)





Weight Loss Meal Plan (Lunch or Dinner) Staple + 2 Dishes + 1 Soup + 1 Snack (Yogurt / Fruits)

۱	No. of Pax	20 Days	5 Days
p + s)	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	

200P2		
MON	LOW FAT CREAM OF CHICKEN	
TUE	PUMPKIN SOUP	
WED	SPINACH CHICKEN SOUP	
THURS	MINESTRONE 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

