

BEST QUALITY

# Low Carb Meal Plan (Lunch)

BEST FOOD QUALITY  
CHEF RECOMMENDS

Delivery

ALL DAY

Available

ALL DAY

## DAY 01 \$13.90

### SOUS VIDE OREGANO CHICKEN BREAST

Roasted asparagus, carrot, and lemon cous, roasted sesame dressing

## DAY 02 \$14.90

### GRILLED SMOKED DUCK BREAST SUPERBOWL

Kale and spinach, japanese cucumber, shimeji mushroom, quinoa, honey mustard sauce

## DAY 03 \$13.90

### ONE-PAN HERB BLACKENED TALIPIA

Tomato pilaf rice, roasted sweet potato, broccoli, onion cucumber tzatziki

## DAY 04 \$13.90

### TWO MEAT RAGOUT

Pulled oregano chicken breast and free range chicken sausage, roasted brussel sprout butter and raisin pilaf rice

## DAY 05 \$13.90

### THAI BASIL CHICKEN

Mince chicken, long bean, thai basil leave, chili padi, brown rice and ajitsuke tamago

## DAY 06 \$15.90

### BAKED SALMON WITH LEMON AND DILL

Aglio-olio pasta, edamame, sautted bellpepper and shimeji mushroom

## DAY 07 \$13.90

### SIGNATURE BEEFBALL WITH SUNDRIED TOMATO SAUCE

Rosemary baby potato, cous cous, broccoli and tomato and olive concasese

## DAY 08 \$14.90

### BAKED SEABASS WITH FENNEL AND ORANGE SAUCE

Multi grain rice, tomato salsa, shave fennel salad and garlic broccoli

## DAY 09 \$13.90

### AYAM MASAK MERAH

Tender and juicy chicken leg, houseblend spice, tomato pilaf rice, housemade achar

## DAY 10 \$14.90

### TENDER BRAISED 5 SPICES DUCK LEG

Baby pak choy, yam brown rice, braised tofu and peanut

## DAY 11 \$14.90

### HEARTY KIMCHI STEW WITH SLICE BEEF

Enoki mushroom, wakame seaweed, japanese rice ball with furikake

## DAY 12 \$13.90

### CLASSIC FRENCH CHICKEN FORESTIERS

Mix Forest mushroom, baby spinach, tagliatelle pasta, confit cherry tomato

## DAY 13 \$14.90

### MALAYSIAN STYLE ASAM PEDAS

Seabass fillet, okra, tomato, and chard brinjal, japanese pearl rice

## DAY 14 \$14.90

### HEARTY GYUDON

Slice wagyu beef, onion, japanese pearl rice, wakame seaweed and onsen egg

## DAY 15 \$13.90

### SPICED CHICKEN MASALA

Aloo gobi, baby spinach, roasted potato salad, chicken breast

## DAY 16 \$11.90

### SOUTHERN MEDITERRANEAN VEGETARIAN PASTA

Red pesto, fusilli pasta, shimeji mushroom, cashew nut, feta cheese

## DAY 17 \$13.90

### GRILLED FARM FRESH CHICKEN BREAST

Sous vide chicken breast, marinated cherry tomato, basil pesto and spiced mlti grain rice

## DAY 18 \$15.90

### TORCHED SOUS VIDE SALMON

Harissa pesto, fussilli pasta, cherry tomato, feta cheesecrumble

BEST QUALITY

# Low Carb Meal Plan (Lunch)

BEST FOOD QUALITY  
CHEF RECOMMENDS

Delivery

ALL DAY

Available

ALL DAY

**DAY 19** **\$13.90**

**ARABIAN CHICKEN MANDI**

Spiced and saffron long grain rice, mandi chutney sauce, petti fresh salad

**DAY 20** **\$13.90**

**SESAME CHICKEN**

Boneless chicken tight meat, ginger, scallion, sesame oil, baby pakchoy, japanese pearl rice

**DAY 21** **\$14.90**

**SEABASS WITH THAI SPICY SAUCE**

Slice seabass fillet, thai spice and tamarind sauce, Coconut long grain rice, poach egg

**DAY 22** **\$13.90**

**TANDOORI CHICKEN**

Boneless chicken tight meat marinated with greek yogurt and spice, pulao rice and cheepta

**DAY 23** **\$14.90**

**INDONESIA BEEF RENDANG**

Chunk beef cube, housemade achar, bleupea long grain rice

**DAY 24** **\$14.90**

**ONE-PAN SHIRMP AND CHICKEN SAUSAGE**

Chipotle tomato sauce, kale leave, roasted button mushroom and butter rice

**DAY 25** **\$13.90**

**BEEF BRISKET**

Cous-cous, baby rosemary potato, housemade barbeque sauce, garlic asparagus

**DAY 26** **\$14.90**

**SAMBAL FISH FILLET**

Seabass fillet with housemade sambal, fusilli pasta with pomodoro sauce

**DAY 27** **\$13.90**

**JAMBALAYYA CHICKEN**

Stew chicken leg with chipotle sauce, prawn, chard broccoli and butter raisin rice

**DAY 28** **\$14.90**

**DUCK RAGOUT PASTA**

Shredded duck ragout, carrot, celery, onion toss with fusilli pasta, roasted root vegetable

**DAY 29** **\$13.90**

**AYAM PANGGANG**

Indonesia style grilled chicken leg, coconut long grain rice, poach bakchoy

**DAY 30** **\$13.90**

**CHICKEN YAKITORI**

Grill chicken yakitori skewwer, japanese pearl rice, pickle, sesame spinach

**DAY 31** **\$14.90**

**CHILI CON CARNE**

Mince beef ragout, kidney bean, button mushroom, long grain rice

BEST QUALITY

# Low Carb Meal Plan (Dinner)

BEST FOOD QUALITY  
CHEF RECOMMENDS

Delivery

ALL DAY

Available

ALL DAY

**DAY 01**

**\$13.90**

**THAI BASIL CHICKEN WITH PEARL BARLEY RICE**

with chili padi, long bean, and chopeped thai basil leave, confit cherry tomato

**DAY 02**

**\$14.90**

**GRILLED SMOKED DUCK BREAST SUPERBOWL**

with rosemary baby potatoes and couscous

**DAY 03**

**\$13.90**

**KOREAN SOY GLAZED CHICKEN BOWL**

with kimchi relish

**DAY 04**

**\$14.90**

**KETOLICISIOUS DUCK BURRITO IN EGG WRAP**

Shredded duck leg in house garlic soy glaze, side of grilled broccoli, snap peas carrot & bellpepper

**DAY 05**

**\$16.90**

**SLOW COOKER TRADITIONAL BEEF STEW**

with organic brown rice, baby potatoes and roasted carrots

**DAY 06**

**\$14.90**

**TENDER BRAISED 5 SPICE DUCK LEG**

with stew cabbage, mushroom, beancurd and baby bakchoy

**DAY 07**

**\$15.90**

**PAN SEARED SESAME CRUSTED TUNA STEAK**

with buckwheat noodle in housemade yuzu ponzu and nori

**DAY 08**

**\$14.90**

**HEARTY GYUDON WITH KETOLICISIOUS MADE-FROM-SCRATCH CURRY**

with japanese pearl rice and single sous vide egg

**DAY 09**

**\$16.90**

**CHIMICHURRI SIRLION CUBES AND CAULIFLOWER STEAK**

with grilled corn kernel and red bellpepper

**DAY 10**

**\$13.90**

**SOUS VIDE OREGANO CHICKEN BREAST**

with roasted asparagus, carrot, and aubergine in orange vinaigrette

**DAY 11**

**\$13.90**

**SOUS VIDE CHICKEN BREAST WITH GREEN NUT PESTO**

with organic lemon and herb brown rice, garbanzo bean

**DAY 12**

**\$14.90**

**SIGNATURE BEEFBALL IN HOUSEMADE CRANBERRY SAUCE**

with tumeric cauliflower rice, almond and spinach

**DAY 13**

**\$13.90**

**SOUS VIDE CHICKEN BREAST WITH GREEN NUT PESTO**

with organic lemon and herb brown rice, garbanzo bean

**DAY 14**

**\$14.90**

**GRILLED SMOKED DUCK BREAST SUPERBOWL WITH GARLIC KALE AND SPINACH**

with japanese cucumber and button mushroom

**DAY 15**

**\$14.90**

**POACHED SEABASS**

with sauteed kale, shitake mushroom, black fungus and fragrant ginger coriander dip

**DAY 16**

**\$15.90**

**TUNA AND QUNIOA SALAD BOWL**

organic qinuoia, edamame, cherry tomato, baby spinach, toasted almond flakes and goma dressing

**DAY 17**

**\$14.90**

**CHILLI CON CARNE**

with garlic roasted broccoli and button mushroom

**DAY 18**

**\$16.90**

**SIRLION CUBE KALE BOWL**

curry kale salad, lettuce, pickel shimeji mushroom, confit cherry tomato, wakame salad, truffle vinegrate

BEST QUALITY

# Low Carb Meal Plan (Dinner)

BEST FOOD QUALITY  
CHEF RECOMMENDS

Delivery

ALL DAY

Available

ALL DAY

**DAY 19** **\$13.90**

**FRENCH CHICKEN FORESTIERE**

with arugula, spinach, cherry tomato and roasted mushroom

**DAY 20** **\$16.90**

**WAYGU BEEF PATTIE**

baby spinach, lettuce, purple slaw, avocado, cherry tomato, toasted cashew nut, chili and lime dressing, melted mozzarella cheese

**DAY 21** **\$13.90**

**COBB SALAD**

sous vide chicken breast served with greens, french bean, avocado, tomato, hard boil egg, japanese cucumber, feta cheese & olive oil

**DAY 22** **\$15.90**

**CONFIT SALMON WITH ZUCCHINE MODDLE**

Yellow and green zucchini noddle, sundrie tomato,

**DAY 23** **\$15.90**

**MEDITERRANEAN POACH TIGER PRAWN BOWL**

baby spinach, kale salad, poach tiger prawn, black olives, feta cheese, bell pepper, oregano and ponzu dressing

**DAY 24** **\$15.90**

**MIX GRILL SKWEER WITH MELTED BRIE CHEESE**

Chicken breast, tiger prawn, salmon cube, bell pepper, mix green bed

**DAY 25** **\$12.90**

**PORTOBELLO MUSHROOM AND ARUGULA**

Confit portobello mushroom, arugula salad, confit cherry tomato, sundried tomato, pickled shimeji mushroom, toasted almond flakes

**DAY 26** **\$13.90**

**PORTOBELLO MUSHROOM AND CHICKEN BREAST**

Sous vide chicken breast, balsamic portobello mushroom, mix green bed

**DAY 27** **\$13.90**

**SALMON AND TUNA POKE BOWL**

Marinated salmon and tuna cube, lettuce, kale salad, edamame, avocado, cherry tomato, feta cheese, seaweed and toasted goma, wafu

**DAY 28** **\$14.90**

**CHICKEN BREAST IN ROASTED TOMATO GARLIC PUREE**

with fresh spinach, king mushroom, roasted carrot and sweet potatoes

**DAY 29** **\$15.90**

**BAKED SALMON IN LEMON AND DILL**

with fusilli pasta salad, chopped tomato, cucumber and spinach

**DAY 30** **\$15.90**

**PULLED BEEF BRISKET IN HOUSEMADE BARBEQUE GRAYV**

with pita bread, garlic cilantro dip, purple cabbage slaw, charred bell pepper and caramelised onion

**DAY 31** **\$15.90**

**LOW-SUGAR CHILLI CRAB SAUCE SALMON PASTA**

with garlic spaghetti and poached salmon chunks