

BEST QUALITY

Low Carb Meal Plan (Lunch)

BEST FOOD QUALITY
CHEF RECOMMENDS

Delivery

ALL DAY

Available

ALL DAY

DAY 01 **\$13.90**

THAI BASIL CHICKEN

Stir-fried Thai-Style Chicken and Long Beans, with Chopped Basil Leaves and Chili Padi, with Kale and Cherry Tomato Confit

DAY 02 **\$14.90**

BAKED SEA BASS IN SUN-DRIED TOMATO SALSA

Mediterranean-Style Baked Sea Bass with Sun-dried Tomato Salsa, Rosemary Baby Potatoes and Couscous

DAY 03 **\$13.90**

KOREAN SOY-GLAZED CHICKEN BOWL

Korean Soy-glazed Chicken with Kimchi Relish Rice

DAY 04 **\$15.90**

CHILLI-CRAB-SAUCE SALMON PASTA

Poached Salmon with Garlic Spaghetti and Chili Crab Sauce

DAY 05 **\$16.90**

TRADITIONAL SLOW-COOKED BEEF STEW

Slow-cooked Beef with Organic Brown Rice, Roasted Baby Potatoes and Carrots

DAY 06 **\$13.90**

CHICKEN AND ONION PEPPERCORN SAUCE

Tender Chicken Breast, Mashed Potatoes, Grilled Haricot Beans with Onion Peppercorn Sauce

DAY 07 **\$15.90**

SESAME-CRUSTED TUNA STEAK

Pan Seared Sesame-crust Tuna Steak with Sliced Avocado, Almond Flakes and House-made Yuzu Ponzu

DAY 08 **\$13.90**

SOUTHWEST ALMOND BREADED CHICKEN WITH PURPLE HASH

Southwestern-style Almond Breaded Chicken Breast, Purple Sweet Potato Hash and A Grilled Summer Succotash (zucchini, seasoned quinoa, and corn)

DAY 09 **\$14.90**

HEARTY GYUDON WITH CURRY

Thinly Sliced Beef, Single Sous Vide Egg with Japanese Curry

DAY 10 **\$13.90**

INDONESIAN CHICKEN RENDANG

Slow-cooked Chicken Rendang with House-made Vegetable Achar

DAY 11 **\$13.90**

SOUS VIDE PESTO CHICKEN

Sous Vide Chicken Breast with Organic Lemon, Garbanzo Beans and Pesto Sauce.

DAY 12 **\$15.90**

PESTO CHICKEN AND KALE SALAD

Sous Vide Pesto Chicken Breast, Kale Salad with Organic Quinoa, Japanese Cucumber, Cherry Tomato, Pumpkin Seeds and Citrus Dressing

DAY 13 **\$13.90**

CHICKEN BULGOGI WITH KIMCHI SALAD

Korean Chicken Bulgogi with Kimchi Salad (purple cabbage slaw, lettuce, carrots, edamame, cherry tomatoes, spring onion, and toasted sesame seeds)

DAY 14 **\$15.90**

TUNA AND QUINOA BOWL

Organic Quinoa, Tuna, Edamame, Cherry Tomato, Baby Spinach, Toasted Almond Flakes with Goma (sesame) Dressing

DAY 15 **\$16.90**

SIRLOIN KALE BOWL

Cubed Sirloin Steak with Curry Kale Salad (kale, lettuce, pickled shimeji mushrooms, cherry tomato confit, japanese wakame) and Truffle Vinaigrette

DAY 16 **\$16.90**

WAGYU BEEF PATTY

Wagyu Beef Patty with Melted Mozzarella Cheese, Purple Slaw, Baby Spinach, Lettuce, Avocado, Cherry Tomatoes, Toasted Cashews and Chilli Lime Dressing

DAY 17 **\$13.90**

COBB SALAD

Chopped Salad Greens with Avocado, Sous Vide Chicken Breast, Hard Boiled Egg, Feta Cheese, Tomatoes, French Beans, Japanese Cucumber and Olive Oil

DAY 18 **\$15.90**

GRILLED SKEWERS WITH MELTED BRIE CHEESE

Grilled Chicken, Tiger Prawns, and Salmon Skewers with Bell Pepper and Mixed Greens

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DAY 19 **\$15.90**

SALMON CONFIT

Slow-cooked Salmon Fillet with Zucchini Pasta Aglio Olio, Baked Curry Cauliflower, Toasted Sunflower Seeds and Shaved Parmesan Cheese

DAY 20 **\$13.90**

PORTOBELLO MUSHROOM & ARUGULA SALAD

Portobello Mushroom Confit and Arugula Salad (arugula, cherry tomato confit, sun dried tomatoes, pickled shimeji mushrooms and toasted almond flakes)

DAY 21 **\$13.90**

SHRIMP CAULIFLOWER MAC & CHEESE

Shrimp and Cauliflower Florets with Mozzarella & Sharp Cheddar

DAY 22 **\$13.90**

GINGER, TURMERIC CHICKEN WITH CAULIFLOWER "NASI" LEMAK

Baked Ginger, Turmeric Chicken, Pandan Coconut Cauliflower Rice, Egg Frittata and Salted Ikan bilis (anchovies)

DAY 23 **\$15.90**

PULLED BEEF BRISKET WITH HOUSE-MADE BARBEQUE SAUCE

Slow-Cooked, Pulled Beef Brisket Coated in House-made Barbeque Sauce with Purple Cabbage Slaw, Charred Bell Peppers, and Caramelized Onions

DAY 24 **\$14.90**

CHILLI CON CARNE

Slow-cooked Chilli with Seasoned Minced Beef, Roasted Garlic Broccoli and Button Mushrooms

DAY 25 **\$15.90**

OVEN-BAKED SALMON WITH LEMON AND DILL

Baked Salmon fillet with Lemon and Dill, and a Tomato, Cucumber and Spinach Salad

DAY 26 **\$13.90**

SOUS VIDE OREGANO CHICKEN

Sous Vide Oregano Chicken Breast with Roasted Asparagus, Carrots, and Aubergine in Orange Vinaigrette

DAY 27 **\$14.90**

PEKING DUCK BURRITO

Shredded Duck Leg wrapped in Egg Wrap with House-made Garlic-Soy Sauce, and Grilled Broccoli, Asparagus and Bell Peppers

DAY 28 **\$14.90**

SIGNATURE BEEF BALLS IN CRANBERRY SAUCE

Beef Balls with Turmeric Cauliflower Rice, Chopped Almonds and Spinach

DAY 29 **\$14.90**

5 SPICE BRAISED DUCK LEG

Chinese 5 Spice Braised Duck Leg with Stewed Cabbage, Mushroom, Beancurd and Baby Bok Choy

DAY 30 **\$14.90**

POACHED SEA BASS WITH SAUTEED KALE AND MUSHROOMS

Poached Sea Bass Fillet with Sauteed Kale, Sliced Avocado, Black Fungus, Toasted Almond Flakes and Fragrant Ginger Coriander Dip

DAY 31 **\$13.90**

CHICKEN RAGOUT

Pulled Oregano Chicken Breast and Hormone-free Chicken Sausages with Roasted Sweet Potatoes, Carrots and Brussel Sprouts

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DAY 01 \$13.90

CHICKEN BREAST IN ROASTED GARLIC-TOMATO SAUCE

Tender Chicken Breast in Roasted Garlic Tomato Sauce with Fresh Spinach and King Oyster Mushrooms

DAY 02 \$15.90

OVEN-BAKED SALMON WITH LEMON AND DILL

Baked Salmon fillet with Lemon and Dill, and Tomato, Cucumber and Spinach Salad

DAY 03 \$15.90

PULLED BEEF BRISKET WITH HOUSE-MADE BARBEQUE SAUCE

Slow-Cooked, Pulled Beef Brisket Coated in House-made Barbeque Sauce with Purple Cabbage Slaw, Charred Bell Peppers, and Caramelized Onions

DAY 04 \$14.90

PEKING DUCK BURRITO

Shredded Duck Leg wrapped in Egg Wrap with House-made Garlic-Soy Sauce, and Grilled Broccoli, Snap Peas, Carrots and Bell Peppers

DAY 05 \$13.90

CHICKEN RAGOUT

Pulled Oregano Chicken Breast and Hormone-free Chicken Sausages with Roasted Sweet Potatoes, Carrots and Brussel Sprouts

DAY 06 \$14.90

5 SPICE BRAISED DUCK LEG

Chinese 5 Spice Braised Duck Leg with Stewed Cabbage, Mushroom, Beancurd and Baby Bok Choy

DAY 07 \$13.90

SHRIMP CAULIFLOWER MAC & CHEESE

Shrimp and Cauliflower Florets with Mozzarella & Sharp Cheddar

DAY 08 \$13.90

GINGER, TURMERIC CHICKEN WITH CAULIFLOWER "NASI" LEMAK

Baked Ginger, Turmeric Chicken, Pandan Coconut Cauliflower Rice, Egg Frittata and Salted Ikan bills (anchovies)

DAY 09 \$16.90

CHIMICHURRI SIRLOIN CUBES AND CAULIFLOWER STEAK

Sirloin Cubes and Roasted Cauliflower Steak with Zesty Chimichurri Sauce

DAY 10 \$13.90

SOUS VIDE OREGANO CHICKEN

Sous Vide Oregano Chicken Breast with Roasted Asparagus, Carrots, and Aubergine in Orange Vinaigrette

DAY 11 \$14.90

SIGNATURE BEEF BALLS IN CRANBERRY SAUCE

Beef Balls with Turmeric Cauliflower Rice, Chopped Almonds and Spinach

DAY 12 \$14.90

SMOKED DUCK SUPERBOWL

Smoked Duck Breast with Quinoa, Garlic Kale and Spinach Salad with Japanese Cucumber and Button Mushrooms

DAY 13 \$14.90

POACHED SEA BASS WITH SAUTEED KALE AND MUSHROOMS

Poached Sea Bass Fillet with Sauteed Kale, Shiitake Mushrooms, Black Fungus and Fragrant Ginger Coriander Dip

DAY 14 \$13.90

FRENCH CHICKEN FORESTIERE

French Roasted Chicken in Cream Sauce with Arugula, Spinach, Cherry Tomatoes and Roasted Mushrooms

DAY 15 \$14.90

CHILLI CON CARNE

Slow-cooked Chilli with Seasoned Minced Beef, Roasted Garlic Broccoli and Button Mushrooms

DAY 16 \$15.90

SOUS-VIDE DUCK CONFIT

36hr Sous Vide Duck Confit with Creamed Cauliflower Mash and Brussel Sprouts

DAY 17 \$15.90

SALMON CONFIT WITH ZUCCHINI NOODLES

Salmon Confit with Yellow and Green Zucchini Noodles and Sun-Dried Tomatoes

DAY 18 \$15.90

MEDITERRANEAN TIGER PRAWN BOWL

Poached Tiger Prawns with a Spinach and Kale Salad (baby spinach, kale, black olives, feta cheese, bell peppers, oregano) with Ponzu Dressing

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DAY 19 **\$13.90**

PORTOBELLO MUSHROOM AND ARUGULA SALAD

Portobello Mushroom Confit and Arugula Salad (arugula, boiled egg, nuts, cubed chicken, pickled shimeji mushrooms and toasted almond flakes)

DAY 20 **\$16.90**

SALMON AND TUNA POKE BOWL

Marinated Salmon and Tuna Cubes, Kale Salad (Kale, Lettuce, Edamame, Avocado, Cherry Tomato, Feta Cheese, Seaweed) with Toasted Goma and Wafu Dressing

DAY 21 **\$15.90**

SESAME-CRUSTED TUNA STEAK

Pan Seared Sesame-crust Tuna Steak and Buckwheat Noodles with House-made Yuzu Ponzu and Nori

DAY 22 **\$13.90**

SOUTHWEST ALMOND BREADED CHICKEN WITH PURPLE HASH

Southwestern-style Almond Breaded Chicken Breast, Purple Sweet Potato Hash and A Grilled Summer Succotash (zucchini, seasoned quinoa, and corn)

DAY 23 **\$13.90**

KOREAN SOY-GLAZED CHICKEN BOWL

Korean Soy-glazed Chicken with Kimchi Relish Rice and Tteokbokki

DAY 24 **\$16.90**

SIRLOIN KALE BOWL

Cubed Sirloin Steak with Curry Kale Salad (kale, lettuce, pickled shimeji mushrooms, cherry tomato confit, japanese wakame) and Truffle Vinaigrette

DAY 25 **\$14.90**

BAKED SEA BASS IN SUN-DRIED TOMATO SALSA

Mediterranean-Style Baked Sea Bass with Sun-dried Tomato Salsa, Rosemary Baby Potatoes and Couscous

DAY 26 **\$13.90**

INDONESIAN CHICKEN RENDANG

Slow-cooked Chicken Rendang with Blue Pea Flower Rice and House-made Vegetable Achar

DAY 27 **\$15.90**

CHILLI-CRAB-SAUCE SALMON PASTA

Poached Salmon with Garlic Spaghetti and Chili Crab Sauce

DAY 28 **\$13.90**

SOUS VIDE PESTO CHICKEN

Sous Vide Chicken Breast with Organic Lemon and Herb Brown Rice, Garbanzo Beans and Pesto Sauce.

DAY 29 **\$13.90**

CHICKEN AND ONION PEPPERCORN SAUCE

Tender Chicken Breast, Sliced Avocado, Grilled Haricot Beans with Onion Peppercorn Sauce

DAY 30 **\$13.90**

CHICKEN BULGOGI WITH KIMCHI SALAD

Korean Chicken Bulgogi with Kimchi Salad (purple cabbage slaw, lettuce, carrots, edamame, cherry tomatoes, spring onion, and toasted sesame seeds)

DAY 31 **\$16.90**

TRADITIONAL SLOW-COOKED BEEF STEW

Slow-cooked Beef with Roasted Baby Potatoes and Carrots