

Keto October

WEEK 1

27 Sept – 03 Oct

WEEK 2

04 – 10 Oct

WEEK 3

11 – 17 Oct

WEEK 4

18 – 24 Oct

<p>Pork & Napa Cabbage Oat-Fibre Rice (414Kcal) F: 27g, P: 27g, C: 10g</p>	<p>Sichuan Roast Spring Chicken Scallion Cauli Fried Rice (630Kcal) F: 41g, P: 59g, C: 4g</p>	<p>Chinese Braised Mustard Green w/ Roast Chicken & Pork Stew (Chai Boey) Cauli Rice (479Kcal) F: 38g, P: 26g, C: 7g</p>	<p>Okinawa Braised Porkbelly Chasu Dry Infused Shoyu-Truffle Oat Fibre Konjac Ramen (627Kcal) F: 52g, P: 21g, C: 6g</p>
<p>SG Chicken Chop w/ mushroom brown sauce Cauli Fried Rice (618Kcal) F: 48g, P: 39g, C: 5g</p>	<p>Italian Pork & Mushroom Cream Stew w/ Bro-Cauli Mash (507 Kcal) F: 46g, P: 37g, C: 5g</p>	<p>Asian Braised Beef Brisket & Shank Cauli Mash (463Kcal) F: 36g, P: 24g, C: 6g</p>	<p>Steamed Herbal Fish Soup Cauli Fried Rice (556Kcal) F: 40g, P: 38g, C: 4g</p>
<p>Peruvian Salmon w/ Green Goddess Sauce Cauli Mash (584Kcal) F: 42g, P: 36g, C: 7g</p>	<p>Ipoh Chicken Mushroom Konjac Hor Fun (460Kcal) F: 35g, P: 33g, C: 6g</p>	<p>Pulled Pork Mushroom Ragu Oat Fibre Pasta (447Kcal) F: 34g, P: 30g, C: 5g</p>	<p>Thai Pad Gra Prow Minced Pork & Chicken Basil Oat Fibre Fried Rice (474Kcal) F: 29g, P: 41g, C: 9g</p>
<p>Garlic Butter Shrimp & Broccoli Oat Fibre Pasta (386Kcal) F: 35g, P: 18g, C: 6g</p>	<p>Black Pepper Fish & Bell peppers Cauli Fried Rice (489Kcal) F: 33g, P: 34g, C: 10g</p>	<p>Steamed Garlic Chili Fish & Prawn Sambal Cauli Fried Rice (587Kcal) F: 47g, P: 36g, C: 8g</p>	<p>Baked Chicken Cacciatore & Feta Cauli Mash (460Kcal) F: 42g, P: 18g, C: 4g</p>
<p>Thai sweet and sour minced pork cauli fried rice (529Kcal) F: 41g, P: 27g, C: 8g</p>	<p>Mixed Seafood Beer Stewed Oat fibre rice</p>	<p>Roast Chicken Char Siew Stir Fried Oat Fibre Konjac Noodle (538Kcal) F: 46g, P: 27g, C: 4g</p>	<p>Nonya Braised Pork (Buah Keluak) Cauli Fried Rice</p>



Flexi-Low Carb October

Note: Macros will be provided on respective meal box when delivered. May use Macros Info from Keto Menu as reference esp for Fats & Protein as it share similar ingredients

Main protein is cooked using Keto-Friendly ingredients. Only staple ingredients uses organic & low carb ingredients ranging from 30-45g of Carbs per meal

WEEK 1

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WEEK 3

11 – 17 Oct

WEEK 4

18 – 24 Oct

<p>Pork & Napa Cabbage Wild Black Rice (716Kcal) F: 37g, P: 32g, C: 30g</p>	<p>Sichuan Roast Spring Chicken Scallion Fried Mixed Potato Medley (630Kcal) F: 41g, P: 59g, C: 4g</p>	<p>Chinese Braised Mustard Green w/ Roast Chicken & Pork Stew (Chai Boey) Wild Rice (634Kcal) F: 38g, P: 28g, C: 37g</p>	<p>Okinawa braised porkbelly chasu dry shoyu-truffle infused wholemeal ramen (818Kcal) F: 61g, P: 22g, C: 34g</p>
<p>SG Chicken Chop w/ mushroom brown sauce roast trio potato (725Kcal) F: 48g, P: 41g, C: 34g</p>	<p>Italian Pork & Mushroom Cream Stewed w/ Potato Mash (687Kcal) F: 32g, P: 47g, C: 30g</p>	<p>Asian Braised Beef Brisket & Shank Potato Mash (667Kcal) F: 45g, P: 36g, C: 19g</p>	<p>Steamed Herbal Fish Soup Wild Black Rice (711 Kcal) F: 40g, P: 40g, C: 38g</p>
<p>Peruvian Chicken Green Goddess Sauce Sweet Potato Mash (649Kcal) F: 41g, P: 35g, C: 32g</p>	<p>Ipoh Chicken Mushroom Turmeric Hor Fun (636Kcal) F: 36g, P: 37g, C: 46g</p>	<p>Pulled Pork Mushroom Cream Ragu wholemeal pasta (682Kcal) F: 40g, P: 27g, C: 37g</p>	<p>Thai Pad Gra Prow Minced Pork & Chicken Basil Wild Rice (724Kcal) F: 50g, P: 26g, C: 37g</p>
<p>Garlic Butter Shrimp & Broccoli Wholemeal Penne Pasta (556Kcal) F: 38g, P: 23g, C: 33g</p>	<p>Black Pepper Fish & Bell peppers Wild Black Fried Rice (644Kcal) F: 30g, P: 33g, C: 41g</p>	<p>Steamed Garlic Chili Fish & Prawn Sambal Fried Black Wild Rice (580Kcal) F: 32g, P: 33g, C: 40g</p>	<p>Baked Chicken Cacciatore & Feta Potato Mash (648Kcal) F: 44g, P: 26g, C: 41g</p>
<p>Thai sweet and sour minced pork wild black fried rice (613Kcal) F: 30g, P: 38g, C: 43g</p>	<p>Mixed Seafood Beer Stewed Wild Black Rice</p>	<p>Roast chicken char siew stir fried pumpkin noodle</p>	<p>Nonya Braised Pork (Buah Keluak) Wild Black Rice</p>

Vegetarian October

Note: Macros Info will be provided on respective meal box when delivered. For advance information, pls send in request for Macros Info via whatsapp.

May use Macros Info from Keto Menu as reference esp for Fats & Carbs details if not stated here.

WEEK 1

27 Sept – 03 Oct

WEEK 2

04 – 10 Oct

WEEK 3

11 – 17 Oct

WEEK 4

18 – 24 Oct

<p>Quorn & Napa Cabbage Oat Fibre Rice (405Kcal) F: 32g, P: 13g, C: 10g</p>	<p>Sichuan Roast Eggplant & Tempeh Scallion Cauli Fried Rice (512Kcal) F: 38g, P: 26g, C: 8g</p>	<p>Buddha Mycoprotein Avocado Mushroom Konjac Bowl (491 Kcal) F: 43g, P: 15g, C: 8g</p>	<p>Quorn Ham Mushroom Kombu Dry Oat Fibre Konjac Ramen w truffle oil (436Kcal) F: 28g, P: 21g, C: 2g</p>
<p>Quorn Balls w/ mushroom brown sauce Cauli Fried Rice (433Kcal) F: 44g, P: 23g, C: 6g</p>	<p>Italian Mycoprotein Ham Portobello Stew Bro-Cauli Mash (460Kcal) F: 33g, P: 17g, C: 9g</p>	<p>Asian Braised Quorn & Mixed Mushroom Cauli Mash (463Kcal) F: 36g, P: 24g, C: 6g</p>	<p>Steamed Quorn & Tofu Herbal Soup Cauli Fried Rice (413 Kcal) F: 35g, P: 18g, C: 4g</p>
<p>Peruvian Tempeh Quorn Patty Green Herb Sauce Cauli Mash (430Kcal) F: 35g, P: 16g, C: 9g</p>	<p>Braised Quorn Mushroom Oat Fibre Hor Fun (460Kcal) F: 35g, P: 33g, C: 6g</p>	<p>Quorn, Banana Blossom Mushroom Ragu Oat Fibre Spaghetti (397Kcal) F: 30g, P: 15g, C: 3g</p>	<p>Thai Pad Gra Prow Mincd Quorn Konjac Fried Rice (290Kcal) F: 23g, P: 10g, C: 3g</p>
<p>Garlic Butter Tempeh & Mushroom Oat Fibre Pasta (437Kcal) F: 35g, P: 19g, C: 6g</p>	<p>Black Pepper Tempeh & Tofu Cauli Fried Rice (409Kcal) F: 28g, P: 22g, C: 11g</p>	<p>Garlic Chili Tofu & Quorn Sambal Cauli fried rice (443Kcal) F: 38g, P: 15g, C: 4g</p>	<p>Eggplant Quorn Cacciatore & Feta Cauli Mash (416Kcal) F: 34g, P: 15g, C: 7g</p>
<p>Thai sweet and sour minced quorn cauli fried rice (389Kcal) F: 27g, P: 19g, C: 2g</p>	<p>Mycoprotein Ham & Mushroom Beer Stewed Cauli Fried Rice</p>	<p>Roast Quorn Char Siew Stir Fried Oat Fibre Noodle (404Kcal) F: 32g, P: 24g, C: 2g</p>	<p>Nonya Braised Mycoprotein Ham (Buah Keluak) Cauli Fried Rice</p>

Keto May

Special Week 01 – 04 May

MON

Pulled Chicken
Mushroom
Cream Ragu
Oat Fibre Pasta
(447Kcal)
F: 34g, P: 30g,
C: 5g

TUE

Grilled
Moroccan
Chicken w/
Bro-Cauli
Tabouleh Salad
(441Kcal) F:
41g, P: 22g, C:
6g

WED

Garlic Butter
Shrimp &
Broccoli Oat
Fibre Pasta
(386Kcal)
F: 35g, P: 18g,
C: 6g

THU

Taiwanese Rou
Zhao(Braised
Porkbelly Cauli
Fried Rice
(428Kcal) F:
31g, P: 27g, C:
6g

FRI

Sweet & Sour
Beef Oat Fibre
Fried Rice
(503Kcal)
F: 42g, P: 23g,
C: 7g

SAT

Baked Roast
Red Miso
Butter Salmon
w/ Cauli Mash
(603Kcal) F:
43g, P: 45g, C:
8g

SUN

Thai Fried Beef
Basil Oat Fibre
Kway Teow
(603Kcal)
F: 46g, P: 39g,
C: 6g



Flexi-Low Carb May

Special Week 01 – 04 May

MON

TUE

WED

THU

<p>Pulled Pork Mushroom Cream Ragu quinoa pasta (682Kcal) F: 40g, P: 27g, C: 37g</p>	<p>Grilled Moroccan Chicken w/ Adlai Tabouleh Salad (593Kcal) F: 43g, P: 27g, C: 33g</p>	<p>Garlic Butter Shrimp & Broccoli Chickpea Penne Pasta (556Kcal) F: 38g, P: 23g, C: 33g</p>	<p>Taiwanese Rou Zhao(Braised Porkbelly) Wild Black Rice (583Kcal) F: 31g, P: 29g, C: 40g</p>
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FRI

SAT

SUN

<p>Sweet & Sour Beef Wild black rice (658Kcal) F: 42g, P: 25g, C: 41g</p>	<p>Baked Roast Red Miso Butter Salmon w/ Pumpkin Mash (618Kcal) F: 44g, P: 44g, C: 21g</p>	<p>Thai Stir Fried Beef Basil Quinoa Noodle (724Kcal) F: 50g, P: 26g, C: 37g</p>
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Vegetarian

May

Special Week

01 – 04 May

MON

Quorn, Banana
Blossom
Mushroom
Cream Ragu
Oat Fibre
Spaghetti
(397Kcal) F:
30g, P: 15g, C:
3g

TUE

Grilled
Moroccan
Quorn Ham &
Eggplant w/
Bro-Cauli
Tabouleh Salad
(404Kcal)
F: 38g, P: 13g,
C: 6g

WED

Garlic Butter
Paneer &
Mushroom Oat
Fibre Pasta
(437Kcal)
F: 35g, P: 19g,
C: 6g

THU

Taiwanese Rou
Zhao(Braised
Quorn) Cauli
Fried Rice
(408Kcal)
F: 28g, P: 22g,
C: 5g

FRI

Sweet & Sour
Mycoprotein
Ham Cauli
Fried Rice
(389Kcal) F:
27g, P: 19g, C:
4g

SAT

Roast Red Miso
Butter Quorn
Portobello w/
Cauli Mash
(475Kcal) F:
38g, P: 18g, C:
8g

SUN

Thai Stir Fried
Quorn Basil
Oat Fibre Fried
Rice (328Kcal)
F: 26g, P: 13g,
C: 4g

Snack March

DESSERT / SNACKS SELECTION

Black Sesame Seed Bread(kcal)

Almond flour, coconut flour, psyllium husk, egg, ACV, Black Sesame Seeds, Black Sesame Powder, Monkfruit Sweetener

F: 14g P: 5g, C: 2g

\$3.50 ea/\$3 for 10pc & above

Double Chocolate Walnut Cupcake (kcal) –

Almond flour, unsweetened cocoa powder, unsweetened chocolate chips, butter, walnut, egg

F: 13g, P: 7.5g, C: 6g

\$3.50 ea/\$3 for 10pc



Add-Ons

Dessert / Pastry SELECTION
(minimum 10pc/order)

Sesame Burger Bun (208Kcal) (F: 15g, P: 10g, C: 4g)	\$4
Sea Salt Butter Pandesal (163Kcal) F: 14g, P:5g, C:2g	\$3
Ube Pandesal (147Kcal) (F: 12g, P: 5g, C: 2g)	\$3
Italian Bun Roll (182Kcal) (F: 16g, P: 4g, C: 2g)	\$3
Ube Pandesal w/ Cream Cheese (163Kcal) (F: 16g, P: 3g, C: 2g)	\$3.50
Black Mustard Seed Indian Bun Roll (163Kcal) (F: 14g, P: 5g, C: 2g) <i>*NEW*</i>	\$3.50
Chocolate Walnut Cupcake (254Kcal) (F: 24g, P: 6, C: 5g)	\$4
Fudgy Double Chocolate Brazil Nuts Cupcake (254Kcal) (F: 24g, P: 6, C: 5g)	\$4.50
Japanese Souffle Cheesecake cup (Available for 1pc order)	\$5

**kindly check with our friendly staff for more snacks option if there's something you had tried before and would love to have it!*