

## SELECT YOUR DAILY MEAL COMBO

- Select from the Combos below.
- Each Combo includes only your Lunch, Afternoon Snack and Dinner.
- You can enjoy our Daily Combos 1, 2 or 3 times a week, with ultimate flexibility!
- We have a Weekly Overview on Page 2, complete with Breakfast and Morning Snack recommendations you can follow.

# 1250

DAILY COMBO #1 \$21.80	DAILY COMBO #2 \$19.80	DAILY COMBO #3 \$19.80	DAILY COMBO #4 \$19.80	DAILY COMBO #5 \$21.80	DAILY COMBO #6 \$25.30	DAILY COMBO #7 \$23.70	VEGETARIAN COMBO \$23.80
<p><b>LUNCH</b> Coconut Chicken</p> <p><b>AFTERNOON SNACK</b> 1 Small Apple or 1 Orange or 10 Almonds</p> <p><b>DINNER</b> Cauliflower Fried Rice</p>	<p><b>LUNCH</b> <b>MINI BYO:</b> Spiced chicken breast, tomato pasta, cauliflower fried rice, super seeds &amp; coriander lime</p> <p><b>AFTERNOON SNACK</b> 1 Small Apple or 1 Orange or 10 Almonds</p> <p><b>DINNER</b> Tomato Soup</p>	<p><b>LUNCH</b> <b>MINI BYO:</b> Basil minced chicken, asian greens, brown rice, garlic &amp; chili &amp; miso</p> <p><b>AFTERNOON SNACK</b> 1 Small Apple or 1 Orange or 10 Almonds</p> <p><b>DINNER</b> <b>MINI BYO:</b> Teriyaki chicken + avocado tomato salad + kimchi salad, alfalfa coriander lime</p>	<p><b>LUNCH</b> Peranakan Curry Wrap</p> <p><b>AFTERNOON SNACK</b> 1 Small Apple or 1 Orange or 10 Almonds</p> <p><b>DINNER</b> <b>MINI BYO:</b> Tom yum tilapia, cauliflower fried rice, sweet potato mash, super seeds &amp; chili</p>	<p><b>LUNCH</b> Coconut Chicken</p> <p><b>AFTERNOON SNACK</b> 1 Small Apple or 1 Orange or 10 Almonds</p> <p><b>DINNER</b> <b>MINI BYO:</b> Chicken breast, thai wing bean salad, kimchi salad, pineapple salsa, coriander lime</p>	<p><b>LUNCH</b> <b>MINI BYO:</b> Beef steak, tomato pasta cauliflower fried rice, garlic &amp; chili, chili sauce</p> <p><b>AFTERNOON SNACK</b> 1 Small Apple or 1 Orange or 10 Almonds</p> <p><b>DINNER</b> <b>MINI BYO:</b> Lamb shoulder, veggie delight, asian greens, mixed nuts &amp; coriander and lime</p>	<p><b>LUNCH</b> Peranakan Veggie Curry - Vegetarian Option</p> <p><b>AFTERNOON SNACK</b> 1 Small Apple or 1 Orange or 10 Almonds</p> <p><b>DINNER</b> <b>MINI BYO:</b> Salmon steak, 2 x asian greens, super seeds, miso</p>	<p><b>LUNCH</b> Peranakan Veggie Curry</p> <p><b>AFTERNOON SNACK</b> 1 Small Apple or 1 Orange or 10 Almonds</p> <p><b>DINNER</b> <b>MINI BYO:</b> Veggie patties, cauliflower fried rice + asian greens + tomato salsa + coriander and lime</p>