

# MEAL PLAN MACRO



## HOW DO WE APPROACH YOUR MEALS?

- LEAN**  
Low Fat, Low Carb,  
Balanced Protein
- BUILD**  
High Protein  
& Balanced Carb

### STEP 1

Our chef designs a menu that has various cuisines and a wide range of protein, carbs, vegetables and healthy fats.

### STEP 2

We then proportion your protein, carbs and fat according to your macros for each meal.

### STEP 3

We determine how much of each ingredient we can provide per meal based on USDA guidelines (e.g., 100g of cooked chicken thigh has 28g protein).

## USDA\* REFERENCE TABLE

Item	Protein per 100g of cooked weight
Chicken	28g
Beef	27g
Pork	27g
Ling Fish	25g
Egg	14g

Item	Carbs per 100g of cooked weight
Bread	50g
Rice	28g
Soba noodle	22g
Potato	17g
Pumpkin	7g

Item	Fat per 100g
Olive oil	93g
Walnuts	60g
Feta cheese	22g
Olives	15g
Avocado	15g

## Meal Plan Average Macros\*

### LEAN PROTEIN - HEALTHY FATS - LOW GI CARBS

Meal Plan Type	Target Protein (g)	Target Carbs (g)	Target Fat (g)	Approx. calories (kcal)
Lean 1200	90	60	65	1185
Lean 1500	100	75	85	1465
Lean 1800	120	90	105	1785
Build 2000	140	150	100	2060
Build 2500	160	185	125	2505
Build 3000	180	220	150	2950

Breakfast	Target Protein (g)	Target Carbs (g)	Target Fat (g)	Approx. calories (kcal)
Lean 1200	25	10	15	275
Lean 1500	25	15	20	340
Lean 1800	35	20	25	445
Build 2000	40	40	30	590
Build 2500	45	50	40	740
Build 3000	55	65	50	930

Lunch	Target Protein (g)	Target Carbs (g)	Target Fat (g)	Approx. calories (kcal)
Lean 1200	30	20	20	380
Lean 1500	35	25	30	510
Lean 1800	40	30	40	640
Build 2000	50	50	30	670
Build 2500	55	65	40	840
Build 3000	60	75	50	990

Dinner	Target Protein (g)	Target Carbs (g)	Target Fat (g)	Approx. calories (kcal)
Lean 1200	30	20	20	380
Lean 1500	35	25	25	465
Lean 1800	40	30	30	550
Build 2000	45	50	30	650
Build 2500	55	60	35	775
Build 3000	60	70	40	880

Snack	Target Protein (g)	Target Carbs (g)	Target Fat (g)	Approx. calories (kcal)
Daily snack 1	2.5	5	5	75
Daily snack 2	2.5	5	5	75

\*We do our best to achieve the above target macros by weighing key ingredients according to USDA nutrition guidelines, however actual portions may have a slight deviation of +/- 10%.





# EAT GOOD, LOOK GOOD, FEEL GOOD

《----- 23 - 27 JUL -----》

## MONDAY

BREAKFAST 早餐	Egg w/ Sausage & Mixed Mushrooms 雞蛋配香腸, 雜菌
SNACK 小食	Granola Cookie 燕麥曲奇
LUNCH 午餐	Taiwanese Minced Pork w/ Marinated Egg & Purple Rice 台式肉燥拼滷蛋配紫米飯
SNACK 小食	Peach & Almond Muffin 桃子杏仁鬆餅
DINNER 晚餐	Braised Beef Finger Ribs in Red Wine Sauce served w/ Brown Rice & Roasted Vegetables 紅酒煮牛肋條配烤時蔬伴糙米

## TUESDAY

BREAKFAST 早餐	Egg White & Cheese Omelette w/ Ham Steak 蛋白芝士奄列配火腿扒
SNACK 小食	Orange & Carrot Cake 香橙甘荀麵包
LUNCH 午餐	Sauteed Chicken Fillet w/ Celery, Walnut & Roasted Potato 家常腰果西芹雞柳紅燒薯仔
SNACK 小食	Apple Pie Crumble Cookie 蘋果批曲奇
DINNER 晚餐	Seared Duck l'orange w/ Roasted Vegetables & Quinoa 烤鴨胸配時蔬伴雜穀米

## WEDNESDAY

BREAKFAST 早餐	Protein Pancake w/ Blueberry Sauce & Walnuts 香蔥薄餅配藍莓醬, 核桃
SNACK 小食	Lemon & Quinoa Loaf 檸檬藜麥蛋糕
LUNCH 午餐	Peking Pork Chop w/ Mixed Grain Rice 京都豬柳配雜穀米
SNACK 小食	Banana Bread 香蕉麵包
DINNER 晚餐	Slow Cooked French Spring Chicken w/ Brown Rice & Vegetables w/ Cranberry Sauce 慢煮法國春雞配糙米伴紅莓醬

## THURSDAY

BREAKFAST 早餐	Mushroom Omelette w/ Turkey Slices 磨菇奄列配切片火雞
SNACK 小食	Goji Coconut Energy Ball 杞子椰子能量球
LUNCH 午餐	Thai Style Roasted Turkey Breast w/ Cucumber Carrot, & Pumpkin Rice 泰式燒火雞配青瓜雜菜絲南瓜飯
SNACK 小食	Apple & Walnut Muffin 蘋果核桃鬆餅
DINNER 晚餐	Malaysian Beef Satay w/ Pineapple, Black Sesame Mix Grain Rice 馬來亞沙爹菠蘿牛肉配黑芝麻飯

**Deadline is today.**  
**Sign up for next week!**  
今日最後限期,  
訂購下星期營養餐!

## FRIDAY

BREAKFAST 早餐	Breakfast Wrap w/ Egg & Chicken served w/ Side Salad 早餐捲餅配雞蛋, 雞及沙律
SNACK 小食	Granola Bar 燕麥棒
LUNCH 午餐	Pan-Fried Chicken w/ Lemon Juice w/ Mustard Roasted Potato 香煎西檸雞件配芥末籽薯仔
SNACK 小食	Rainbow Coleslaw w/ Low Calorie Ranch Dressing 彩虹卷心菜配低卡田園醬
DINNER 晚餐	Pan-Fried N.Z. Ling Fish w/ Sweet Corn & Honey Bean, Barley Rice 香煎魚扒配粟米蜜豆拼薏仁飯

WE RECOMMEND TO REHEAT FOR 2 MINS IN MICROWAVE

If any changes are needed, please notify us at least two office working days at [hello@youni.com.hk](mailto:hello@youni.com.hk)

如對營養餐有任何更改, 請於兩個工作天或之前電郵到[hello@youni.com.hk](mailto:hello@youni.com.hk)與我們聯絡。