

Vegetarian Menu

YOUuni

Protein 30% | Fat 30% | Carb 40%

《----- 30 JUL - 3 AUG -----》

MONDAY

BREAKFAST 早餐	Scramble Egg w/ Mushroom, Sauteed Broccoli & Roasted Pumpkin 炒蛋配蘑菇, 炒西蘭花和烤南瓜
SNACK 小食	Goji Coconut Balls 杞子椰子能量球
LUNCH 午餐	Grilled Zucchini Hummus Wrap 烤翠玉瓜鷹嘴豆捲
SNACK 小食	Walnut & Banana Muffin 核桃香蕉鬆餅
DINNER 晚餐	Barbecued Tofu w/ Purple Sweet Potato & Broccoli 烤豆腐, 西蘭花配紫薯

TUESDAY

BREAKFAST 早餐	Mexican Breakfast Omelette w/ Homemade Bagel 墨西哥早餐奄列配自家製貝果
SNACK 小食	Apple Crumble Cookies 蘋果金寶曲奇
LUNCH 午餐	Mexican Quinoa Chili Pot 墨西哥藜麥辣椒鍋
SNACK 小食	Low Fat Blueberry Cake 低脂藍莓蛋糕
DINNER 晚餐	Roasted Vegetable, Brown Rice w/ Low Fat Curry Sauce 烤蔬菜伴糙米配低脂咖喱醬

WEDNESDAY

BREAKFAST 早餐	Protein Pancake w/ Red Bean Hash, Mixed Fruit & Honey 蛋白質煎餅配紅豆泥, 雜果和蜂蜜
SNACK 小食	Green Matcha Muffin 抹茶鬆餅
LUNCH 午餐	Quinoa & Black Bean Stuffed Bell Pepper 藜麥黑豆釀燈籠椒
SNACK 小食	Homemade Low Fat Orange & Lemon Loaf 自家製低脂香橙檸檬麵包
DINNER 晚餐	Vegetarian Mushroom Meatballs w/ Homemade Tomato Salsa 素食蘑菇肉丸配自製番茄醬

THURSDAY

BREAKFAST 早餐	Egg White Omelette & Mushroom w/ Tomato Pesto Salad 蛋白奄列配蘑菇及番茄香蒜沙拉
SNACK 小食	Apple Pie Cookies 蘋果批曲奇
LUNCH 午餐	Thai Salad w/ Avocado Rice Wrap 泰式沙律配牛油果米捲
SNACK 小食	Goji Granola Bar 杞子燕麥棒
DINNER 晚餐	Portobello Mushroom w/ Feta, Tomato & Mint 波特菇配菲達芝士, 蕃茄, 薄荷

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

FRIDAY

BREAKFAST 早餐	Poached Eggs w/ Baked Bean & Sweet Potato Mash 水煮蛋配焗豆及蕃薯泥
SNACK 小食	Lemon Blueberry Muffin 檸檬藍莓餅
LUNCH 午餐	Roasted Cauliflower w/ lentils 扁豆配烤椰菜花
SNACK 小食	Lemon Poppy Seed Cake 檸檬罌粟籽蛋糕
DINNER 晚餐	Layered Roasted Veggie, Sweet Potato & Black Bean Tortilla Pie 烤雜菜蕃薯黑豆千層玉米餅批

WE RECOMMEND TO REHEAT FOR 2 MINS IN MICROWAVE

If any changes are needed, please notify us at least two working days at 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與我們聯絡。