

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

《----- 30 JUL - 3 AUG -----》

MONDAY

BREAKFAST 早餐	Scramble Egg w/ Turkey, Sauteed Broccoli & Roasted Pumpkin 炒蛋配火雞, 炒西蘭花和烤南瓜
SNACK 小食	Goji Coconut Balls 杞子椰子能量球
LUNCH 午餐	Japanese Soba w/ Chicken, Crab Stick Meat, Suishi Egg 日式雞絲蟹肉蛋蕎麥麵
SNACK 小食	Walnut & Banana Muffin 合桃香蕉鬆餅
DINNER 晚餐	Braised Pork Balls w/ Sauteed Long Green Bean, Mix Grain Rice w/ Sweet Soya Sauce 紅燒獅子頭配薑絲甘筍炒豆角雜穀飯

TUESDAY

BREAKFAST 早餐	Mexican Breakfast Omelette w/ Homemade Bagel, Cheese & Parma Ham 墨西哥早餐奄列配自家製貝果, 芝士和巴馬火腿
SNACK 小食	Apple Crumble Cookies 蘋果金寶曲奇
LUNCH 午餐	Roasted Turkey Breast w/ Sauteed Mix Mushroom Green Bean, Couscous 燒火雞配蒜蓉雜菌炒四季豆北非小米飯
SNACK 小食	Low Fat Blueberry Cake 低脂藍莓蛋糕
DINNER 晚餐	Pan Fried Salmon Steak w/ Roasted Vegetable, Baby Potato, Lemon Dressing 檸檬醬香煎三文魚扒配焗雜菜及土豆

WEDNESDAY

BREAKFAST 早餐	Protein Pancake w/ Yoghurt, Mixed Fruit & Honey 蛋白質煎餅配乳酪, 雜果和蜂蜜
SNACK 小食	Green Matcha Muffin 抹茶鬆餅
LUNCH 午餐	Organic Pot Minced Beef Rice, Egg w/ Garlic & Green Beans, Taro Rice 有機鍋蛋牛肉芋頭飯配蒜蓉炒青豆
SNACK 小食	Homemade Low Fat Orange & Lemon Loaf 自家製低脂香橙檸檬麵包
DINNER 晚餐	Sautéed Sliced Pork w/ Pepper & Chili, Garlic Broccoli, Mix Grain Rice 回鍋肉配蒜蓉木耳炒西蘭花, 雜穀飯

THURSDAY

BREAKFAST 早餐	Egg White Omelette & Turkey w/ Tomato Pesto Salad 蛋白奄列配火雞及番茄香蒜沙拉
SNACK 小食	Apple Pie Cookies 蘋果批曲奇
LUNCH 午餐	Spicy Chicken Breast w/ Sauteed Garlic Mushroom, Long Green Bean, Pumpkin Rice 香辣雞胸扒配蒜蓉雜菌炒四季豆南瓜飯
SNACK 小食	Goji Granola Bar 杞子燕麥棒
DINNER 晚餐	Pan Fired N.Z Ling Fish in Lemon Yuzu Sauce, Okra, Corn Carrot w/ Black Sesame Rice 柚子檸檬魚扒清炒秋葵菜米配黑芝麻飯

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	Poached Eggs w/ Smoked Salmon & Sweet Potato Mash 水煮蛋配煙三文魚及蕃薯泥
SNACK 小食	Lemon Blueberry Muffin 鬆檸檬藍莓餅
LUNCH 午餐	Slow Cooked BBQ Pork w/ Marinated Egg, Sauteed Pak Choi, Ten Grain Rice 慢煮叉燒配滷水蛋白菜仔十穀米飯
SNACK 小食	Lemon Poppy Seed Cake 檸檬罌粟籽蛋糕
DINNER 晚餐	Sauteed Beef w/ Sweet Corn, Honey Bean, Long Grain Rice in Thai Style 泰式辣牛肉炒蜜糖豆配泰國香苗米

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

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。