

Balanced Menu



YoloPlans

A close-up photograph of a chef's hand using a silver knife to garnish a dish. The dish is served in a dark, square pan and features a bed of white rice topped with yellow corn, green beans, and sliced red and green chili peppers. The chef is carefully placing a slice of red chili on top. The background is softly blurred, showing other kitchen items and ingredients.

Dear guests

In the bustling world of culinary artistry, where flavors dance and ingredients harmonize, lies the heart of our philosophy: the Balanced Menu. As a seasoned chef, I've embarked on a journey to redefine gourmet cuisine, making health-conscious choices not only accessible but utterly irresistible. Join me as we explore the intricate fusion of culinary excellence and nutritional wisdom.

In a landscape inundated with culinary indulgences, the quest for balance becomes paramount. The Balanced Menu emerges as a beacon of culinary innovation, marrying the realms of health and taste seamlessly.

Embracing the ethos of calorie consciousness, our menu transcends mere sustenance, offering a symphony of flavors meticulously calibrated to nourish both body and soul. Every dish is a testament to our unwavering commitment to crafting culinary masterpieces that tantalize the taste buds while respecting the boundaries of a calorie-conscious lifestyle.

Let's savor the delights of a Balanced Menu—a testament to the notion that healthy living and gastronomic pleasure need not be mutually exclusive.

- Chef Ken

BALANCED

Wednesday 03

JUNE 2026

LUNCH

Beef Patties



with Aglio Olio Pasta, Tomato Sauce and Mixed Veggies

Large Plan

555kcal	48g
Calories	Protein
55g	16g
Carbs	Fat

Green Curry Chicken



with Basmati Rice, Long Beans and Eggplants

Large Plan

660kcal	52g	64g	22g
Calories	Protein	Carbs	Fat

DINNER

Gluten Free Banana Bread



SNACK

Large Plan

175kcal	5g	16g	10g
Calories	Protein	Carbs	Fat

Images are for illustration only.

LUNCH

Brown Rice Paella



with Chicken Thigh Chunks, Prawns and Squids, Garlic Green Peas

Large Plan

600kcal	45g	59g	20g
Calories	Protein	Carbs	Fat

Thursday 04

JUNE 2026

Peri Peri Chicken



with Roast Potato and Broccoli

DINNER

Large Plan

610kcal	54g	62g	17g
Calories	Protein	Carbs	Fat

SNACK

Hazelnut and Chocolate Granola Bar



Large Plan

190kcal	5g	24g	8g
Calories	Protein	Carbs	Fat

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Friday 05

JUNE 2026

LUNCH

Yakiniku Mixed Beef



with Brown Rice, Edamame and Kimchi

Large Plan

670kcal	52g
Calories	Protein
67g	22g
Carbs	Fat

Chicken Mushroom Stew



with Soba Noodle and Garlic Kailan

Large Plan

600kcal	48g	59g	19g
Calories	Protein	Carbs	Fat

Pumpkin Parmesan Biscuit



SNACK

Large Plan

135kcal	3g	15g	7g
Calories	Protein	Carbs	Fat

Images are for illustration only.

LUNCH

Gong Bao Chicken



with Brown Rice, Spicy Eggplant, Cucumber Salad

Large Plan

675kcal	52g	68g	22g
Calories	Protein	Carbs	Fat

Monday 08

JUNE 2026

Harissa Roasted Tilapia



with Roasted Potato, French Beans

DINNER

Large Plan

590kcal	49g	59g	17g
Calories	Protein	Carbs	Fat

Peanut Butter Chocolate Energy Bites



Large Plan

125kcal	4g	2g	11g
Calories	Protein	Carbs	Fat

SNACK

Images are for illustration only.

Tuesday

09

JUNE 2026

LUNCH

Honey Miso Salmon



with Quinoa and Broccoli

Large Plan

635kcal	54g
Calories	Protein
70g	16g
Carbs	Fat

Cauliflower Rice



with Herb Chicken and Spinach Egg

Large Plan

580kcal	59g	42g	20g
Calories	Protein	Carbs	Fat

DINNER

Gluten Free Banana Bread



SNACK

Large Plan

175kcal	5g	16g	10g
Calories	Protein	Carbs	Fat

Images are for illustration only.

Beef Bolognese



with Pasta, Mixed Mushrooms and Green Peas

LUNCH

Large Plan

710kcal	51g	69g	26g
Calories	Protein	Carbs	Fat

Wednesday

10

JUNE 2026

Lemongrass Chicken



with Rice Vermicelli and Mixed Veggies Salad

DINNER

Large Plan

555kcal	46g	57g	16g
Calories	Protein	Carbs	Fat

SNACK

Peanut Butter Chocolate Cookie



Large Plan

155kcal	5g	4g	13g
Calories	Protein	Carbs	Fat

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Thursday

11

JUNE 2026

LUNCH

Large Plan
 690kcal
 Calories
 63g
 Carbs
 56g
 Protein
 24g
 Fat

Peranakan Curry Beef and Pumpkin

with Coconut Basmati Rice, Garlic Okra

Chicken Rissoles

with Stroganoff Sauce, French Beans and Mashed Cauliflower

Large Plan
 510kcal
 Calories
 52g
 Protein
 39g
 Carbs
 16g
 Fat

DINNER

Apple and Chia Seeds Oatmeal



SNACK

Large Plan
 175kcal
 Calories
 6g
 Protein
 24g
 Carbs
 6g
 Fat

Images are for illustration only.

LUNCH

Chicken Rendang

with Brown Rice, Roasted Cauliflower

Large Plan
 590kcal
 Calories
 48g
 Protein
 59g
 Carbs
 18g
 Fat

Friday

12

JUNE 2026

Cajun Orange Chicken

with Cajun Sweet Potato and Broccoli

DINNER

Large Plan
 620kcal
 Calories
 50g
 Protein
 62g
 Carbs
 20g
 Fat

Tofu Chocolate Brownie



Large Plan
 185kcal
 Calories
 8g
 Protein
 20g
 Carbs
 8g
 Fat

SNACK

Images are for illustration only.

Monday
15

JUNE 2026

LUNCH

Herb Chicken



With Aglio Olio Pasta, Tomato Sauce, Sweet Snap Peas

Large Plan

720kcal
Calories

54g
Protein

72g
Carbs

24g
Fat

Teriyaki Salmon



with Quinoa, Saute Mixed Veggies

Large Plan

555kcal
Calories

45g
Protein

53g
Carbs

18g
Fat

DINNER

SNACK

Large Plan

120kcal
Calories

4g
Protein

13g
Carbs

6g
Fat

Banana Oat Pancake With Apple Chutney



Images are for illustration only.

LUNCH

Red Curry Chicken



with Brown Rice, Long Beans and Eggplant

Large Plan

675kcal
Calories

56g
Protein

63g
Carbs

23g
Fat

Tuesday
16

JUNE 2026

Large Plan

550kcal
Calories

59g
Protein

39g
Carbs

18g
Fat

Tofu Chocolate Brownie



Large Plan

185kcal
Calories

8g
Protein

20g
Carbs

8g
Fat

SNACK

Salmon Chicken Balls



with Cauliflower Rice and Spinach Egg

DINNER

Images are for illustration only.

Wednesday 17

JUNE 2026

LUNCH

Large Plan

670kcal
Calories

52g
Protein

67g
Carbs

22g
Fat

Yakiniku Mixed Beef



with Brown Rice, Edamame and Kimchi

Peri Peri Chicken



with Roast Potato and Broccoli

Large Plan

610kcal
Calories

54g
Protein

59g
Carbs

17g
Fat

DINNER

Peanut Butter Chocolate Energy Bites



SNACK

Large Plan

125kcal
Calories

4g
Protein

2g
Carbs

11g
Fat

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Basil Minced Chicken



with Basmati Rice, Scrambled Egg and Kailan

LUNCH

Large Plan

635kcal
Calories

52
Protein

61g
Carbs

20g
Fat

Thursday 18

JUNE 2026

Baked Lemongrass Barramundi!



with Cajun Roasted Sweet Potato, Broccoli

DINNER

Large Plan

590kcal
Calories

54g
Protein

53g
Carbs

18g
Fat

SNACK

Carrot Cake with Cashew Frosting



Large Plan

180kcal
Calories

8g
Protein

18g
Carbs

8g
Fat

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Friday
19
JUNE 2026

LUNCH

Beef Patties



Large Plan

690kcal
Calories

48g
Protein

62g
Carbs

28g
Fat

Tumeric Chicken



Large Plan

535kcal
Calories

50g
Protein

53g
Carbs

14g
Fat

Peanut Butter Chocolate Cookie



DINNER

SNACK

Large Plan

180kcal
Calories

4g
Protein

5g
Carbs

16g
Fat

Images are for illustration only.

LUNCH

Peranakan Curry Chicken



Large Plan

660kcal
Calories

49g
Protein

67g
Carbs

22g
Fat

Monday
22
JUNE 2026

Chicken Patties



DINNER

Large Plan

610kcal
Calories

52g
Protein

55g
Carbs

20g
Fat

Peanut Butter Chocolate Energy Bites



Large Plan

125kcal
Calories

4g
Protein

3g
Carbs

11g
Fat

SNACK

Images are for illustration only.

Tuesday 23

JUNE 2026

LUNCH

Large Plan

650kcal	50g
Calories	Protein
66g	21g
Carbs	Fat

Sambal Seafood and Tofu



with Brown Rice and Shanghai Green

Tomato Soup



with Cajun Chicken, Avocado and Mixed Beans, Feta Cheese

Large Plan

575kcal	57g	33g	24g
Calories	Protein	Carbs	Fat

DINNER

Hazelnut and Chocolate Granola Bar



SNACK

Large Plan

190kcal	5g	24g	8g
Calories	Protein	Carbs	Fat

Images are for illustration only.

Mala Chicken



with Brown Rice and Honey Soy Mixed Veggies

LUNCH

Large Plan

665kcal	52g	65g	22g
Calories	Protein	Carbs	Fat

Wednesday 24

JUNE 2026

Herb Chicken



with Roasted Herb Veggies Quinoa Salad

DINNER

Large Plan

535kcal	54g	41g	17g
Calories	Protein	Carbs	Fat

Carrot Cake with Cashew Frosting



Large Plan

180kcal	8g	19g	8g
Calories	Protein	Carbs	Fat

SNACK

Images are for illustration only.

Thursday 25

JUNE 2026

LUNCH

Yuxiang Minced Chicken

With Sweet Potato Noodles and Saute Mushroom with Bok Choy



Large Plan

640kcal	46g
Calories	Protein
65g	22g
Carbs	Fat

Fresh Herb and Lemon Barramundi Fish

With Roasted Potatoes, French Beans



Large Plan

645kcal	57g	57g	21g
Calories	Protein	Carbs	Fat

DINNER

Pumpkin Parmesan Biscuit



SNACK

Large Plan

135kcal	3g	15g	7g
Calories	Protein	Carbs	Fat

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LUNCH

Friday 26

JUNE 2026

Green Curry Chicken

With Basmati Rice, Long Beans and Eggplants



Large Plan

655kcal	46g	68g	22g
Calories	Protein	Carbs	Fat

Chicken Balls

With Cauliflower Rice, Spinach Egg and Broccoli, Homemade Chilli



DINNER

Large Plan

590kcal	52g	49g	20g
Calories	Protein	Carbs	Fat

Apple and Chia Seeds Oatmeal



Large Plan

145kcal	5g	20g	5g
Calories	Protein	Carbs	Fat

SNACK

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