

High Protein 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 black rectangular pan and features white rice, 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

HIGH PROTEIN

Wednesday
03
JUNE 2026

LUNCH

Regular Plan

385kcal
Calories
29g
Carbs
42g
Protein
12g
Fat

Large Plan

590kcal
Calories
41g
Carbs
61g
Protein
20g
Fat

Beef Patties



with Aglio Olio Pasta, Tomato Sauce and Mixed Veggies

Regular Plan

445kcal
Calories
43g
Protein
33g
Carbs
16g
Fat

Large Plan

645kcal
Calories
63g
Protein
48g
Carbs
23g
Fat

Green Curry Chicken



with Basmati Rice, Long Beans and Eggplants

DINNER

Gluten Free Banana Bread



SNACK

Regular Plan

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

Large Plan

175kcal
Calories
5g
Protein
46g
Carbs
10g
Fat

Images are for illustration only.

LUNCH

Regular Plan

410kcal
Calories
39g
Protein
31g
Carbs
15g
Fat

Large Plan

580kcal
Calories
53g
Protein
45g
Carbs
21g
Fat

Brown Rice Paella



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

Thursday
04
JUNE 2026

Peri Peri Chicken



with Roast Potato and Broccoli

DINNER

Regular Plan

405kcal
Calories
45g
Protein
31g
Carbs
12g
Fat

Large Plan

625kcal
Calories
65g
Protein
46g
Carbs
20g
Fat

Hazelnut and Chocolate Granola Bar



SNACK

Regular Plan

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

Large Plan

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

Images are for illustration only.

Friday 05

JUNE 2026

Regular Plan

455kcal
Calories 43g
Protein
35g
Carbs 16g
Fat

Large Plan

655kcal
Calories 63g
Protein
50g
Carbs 23g
Fat

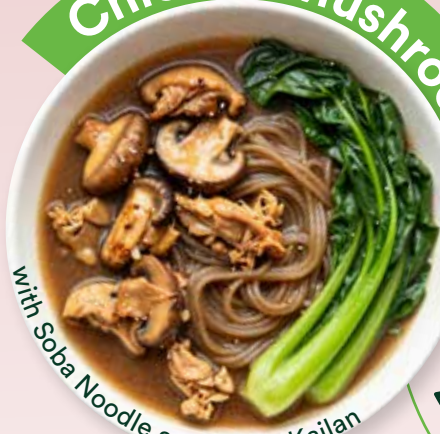
LUNCH

Yakiniku Mixed Beef



with Brown Rice, Edamame and Kimchi

Chicken Mushroom Stew



with Soba Noodle and Garlic Kailan

Regular Plan

420kcal 44g 31g 14g
Calories Protein Carbs Fat

Large Plan

610kcal 64g 45g 20g
Calories Protein Carbs Fat

DINNER

Pumpkin Parmesan Biscuit



SNACK

Regular Plan

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

Large Plan

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

Images are for illustration only.

Gong Bao Chicken



with Brown Rice, Spicy Eggplant, Cucumber Salad

LUNCH

Regular Plan

455kcal 43g 35g 16g
Calories Protein Carbs Fat

Large Plan

670kcal 63g 51g 24g
Calories Protein Carbs Fat

Monday 08

JUNE 2026

Harissa Roasted Tilapia



with Roasted Potato, French Beans

DINNER

Regular Plan

425kcal 47g 31g 13g
Calories Protein Carbs Fat

Large Plan

605kcal 65g 45g 18g
Calories Protein Carbs Fat

Peanut Butter Chocolate Energy Bites



Regular Plan

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

Large Plan

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

SNACK

Images are for illustration only.

Tuesday 09

JUNE 2026

Regular Plan

425kcal
Calories
36g
Carbs
44g
Protein
12g
Fat

Large Plan

630kcal
Calories
52g
Carbs
64g
Protein
18g
Fat

LUNCH

Honey Miso Salmon



with Quinoa and Broccoli

Cauliflower Rice



with Herb Chicken and Spinach Egg

Regular Plan

395kcal
Calories
47g
Protein
21g
Carbs
14g
Fat

Large Plan

590kcal
Calories
70g
Protein
32g
Carbs
20g
Fat

DINNER

Gluten Free Banana Bread



SNACK

Regular Plan

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

Large Plan

175kcal
Calories
5g
Protein
46g
Carbs
10g
Fat

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Beef Bolognese



with Pasta, Mixed Mushrooms and Green Peas

LUNCH

Regular Plan

460kcal
Calories
41g
Protein
35g
Carbs
18g
Fat

Large Plan

695kcal
Calories
61g
Protein
52g
Carbs
27g
Fat

Wednesday 10

JUNE 2026

Regular Plan

395kcal
Calories
44g
Protein
29g
Carbs
12g
Fat

Large Plan

560kcal
Calories
57g
Protein
42g
Carbs
18g
Fat

Lemongrass Chicken



with Rice Vermicelli and Mixed Veggies Salad

DINNER

Peanut Butter Chocolate Cookie



Regular Plan

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

Large Plan

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

SNACK

Images are for illustration only.

Thursday

11

JUNE 2026

Regular Plan

455kcal
Calories

44g
Protein

32g
Carbs

17g
Fat

Large Plan

680kcal
Calories

67g
Protein

47g
Carbs

25g
Fat

LUNCH

Peranakan Curry Beef and Pumpkin

with Coconut Basmati Rice, Garlic Okra

Regular Plan

335kcal
Calories

38g
Protein

20g
Carbs

12g
Fat

Large Plan

530kcal
Calories

63g
Protein

29g
Carbs

18g
Fat

Chicken Rissoles

with Stroganoff Sauce, French Beans and Mashed Cauliflower

DINNER

SNACK

Regular Plan

175kcal
Calories

6g
Protein

24g
Carbs

6g
Fat

Large Plan

175kcal
Calories

6g
Protein

24g
Carbs

6g
Fat

Apple and Chia Seeds Oatmeal

Images are for illustration only.

Chicken Rendang

with Brown Rice, Roasted Cauliflower

LUNCH

Regular Plan

390kcal
Calories

40g
Protein

29g
Carbs

13g
Fat

Large Plan

595kcal
Calories

62g
Protein

39g
Carbs

21g
Fat

Friday

12

JUNE 2026

Regular Plan

435kcal
Calories

42g
Protein

31g
Carbs

16g
Fat

Large Plan

620kcal
Calories

63g
Protein

43g
Carbs

22g
Fat

Cajun Orange Chicken

with Cajun Sweet Potato and Broccoli

DINNER

Tofu Chocolate Brownie

Regular Plan

185kcal
Calories

8g
Protein

20g
Carbs

8g
Fat

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

Regular Plan

470kcal
Calories 43g
Protein
36g 17g
Carbs Fat

Large Plan

685kcal
Calories 65g
Protein
52g 24g
Carbs Fat

Teriyaki Salmon



With Quinoa, Saute Mixed Veggies

Regular Plan

415kcal 41g 29g 15g
Calories Protein Carbs Fat

Large Plan

590kcal 58g 40g 22g
Calories Protein Carbs Fat

DINNER

Banana Oat Pancake With Apple Chutney



SNACK

Regular Plan

120kcal 4g 13g 6g
Calories Protein Carbs Fat

Large Plan

120kcal 4g 13g 6g
Calories Protein Carbs Fat

Images are for illustration only.

LUNCH

Red Curry Chicken



With Brown Rice, Long Beans and Eggplant

Regular Plan

445kcal 44g 32g 16g
Calories Protein Carbs Fat

Large Plan

650kcal 63g 47g 23g
Calories Protein Carbs Fat

Tuesday 16

JUNE 2026

Salmon Chicken Balls



With Cauliflower Rice and Spinach Egg

DINNER

Regular Plan

385kcal 48g 20g 13g
Calories Protein Carbs Fat

Large Plan

560kcal 66g 29g 20g
Calories Protein Carbs Fat

Tofu Chocolate Brownie



Regular Plan

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

Large Plan

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

SNACK

Images are for illustration only.

Wednesday 17

JUNE 2026

Regular Plan

455kcal
Calories

43g
Protein

35g
Carbs

16g
Fat

Large Plan

665kcal
Calories

63g
Protein

50g
Carbs

24g
Fat

LUNCH

Yakiniku Mixed Beef



with Brown Rice, Edamame and Kimchi

Peri Peri Chicken



with Roast Potato and Broccoli

Regular Plan

420kcal
Calories

46g
Protein

31g
Carbs

13g
Fat

Large Plan

600kcal
Calories

64g
Protein

45g
Carbs

18g
Fat

DINNER

Peanut Butter Chocolate Energy Bites



SNACK

Regular Plan

125kcal
Calories

4g
Protein

2g
Carbs

11g
Fat

Large Plan

125kcal
Calories

4g
Protein

2g
Carbs

11g
Fat

Images are for illustration only.

Basil Minced Chicken



with Basmati Rice, Scrambled Egg and Kailan

LUNCH

Regular Plan

440kcal
Calories

46g
Protein

32g
Carbs

15g
Fat

Large Plan

635kcal
Calories

63g
Protein

47g
Carbs

22g
Fat

Thursday 18

JUNE 2026

Regular Plan

395kcal
Calories

41g
Protein

26g
Carbs

14g
Fat

Large Plan

585kcal
Calories

65g
Protein

39g
Carbs

19g
Fat

Baked Lemongrass Barramundi



with Cajun Roasted Sweet Potato, Broccoli

DINNER

Carrot Cake with Cashew Frosting



Regular Plan

180kcal
Calories

8g
Protein

19g
Carbs

8g
Fat

Large Plan

180kcal
Calories

8g
Protein

19g
Carbs

8g
Fat

SNACK

Images are for illustration only.

Friday

19

JUNE 2026

LUNCH

Regular Plan

445kcal 35g
Calories Protein
32g 20g
Carbs Fat

Large Plan

685kcal 59g
Calories Protein
47g 29g
Carbs Fat

Beef Patties



With Mashed Sweet Potato, Green Peas and Coriander Lime Juice

Tumeric Chicken



With Brown Rice and Lady Finger

Regular Plan

380kcal 46g 28g 9g
Calories Protein Carbs Fat

Large Plan

535kcal 61g 40g 15g
Calories Protein Carbs Fat

DINNER

Peanut Butter Chocolate Cookie



SNACK

Regular Plan

180kcal 4g 5g 16g
Calories Protein Carbs Fat

Large Plan

180kcal 4g 5g 16g
Calories Protein Carbs Fat

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LUNCH

Peranakan Curry Chicken



With Basmati Rice, Cauliflower and Lady Finger

Regular Plan

445kcal 41g 35g 16g
Calories Protein Carbs Fat

Large Plan

650kcal 61g 50g 23g
Calories Protein Carbs Fat

Monday
22

JUNE 2026

Chicken Patties



With Mashed Potatoes, Tomato Sauce Saute Green Peas and Carrot

Regular Plan

420kcal 43g 29g 15g
Calories Protein Carbs Fat

Large Plan

625kcal 66g 41g 22g
Calories Protein Carbs Fat

DINNER

Peanut Butter Chocolate Energy Bites



Regular Plan

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

Large Plan

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

SNACK

Images are for illustration only.

Tuesday

23

JUNE 2026

LUNCH

Regular Plan

425kcal
Calories

40g
Protein

33g
Carbs

15g
Fat

Large Plan

635kcal
Calories

59g
Protein

50g
Carbs

22g
Fat

Sambal Seafood and Tofu



with Brown Rice and Shanghai Green

Regular Plan

400kcal
Calories

46g
Protein

17g
Carbs

17g
Fat

Large Plan

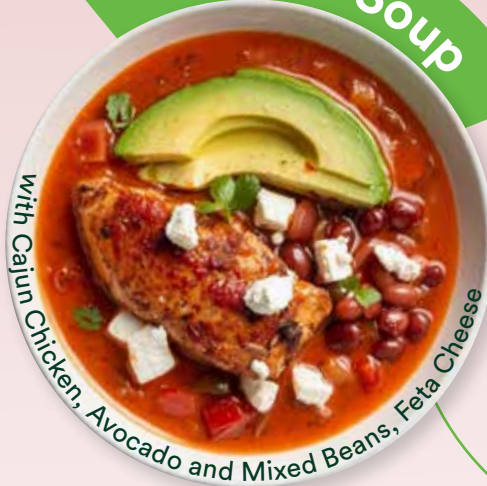
580kcal
Calories

64g
Protein

25g
Carbs

25g
Fat

Tomato Soup



With Cajun Chicken, Avocado and Mixed Beans, Feta Cheese

DINNER

Hazelnut and Chocolate Granola Bar



SNACK

Regular Plan

190kcal
Calories

5g
Protein

24g
Carbs

8g
Fat

Large Plan

190kcal
Calories

5g
Protein

24g
Carbs

8g
Fat

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Mala Chicken



with Brown Rice and Honey Soy Mixed Veggies

LUNCH

Regular Plan

450kcal
Calories

43g
Protein

34g
Carbs

16g
Fat

Large Plan

655kcal
Calories

63g
Protein

49g
Carbs

23g
Fat

Wednesday

24

JUNE 2026

Herb Chicken



with Roasted Herb Veggies Quinoa Salad

DINNER

Regular Plan

375kcal
Calories

44g
Protein

21g
Carbs

13g
Fat

Large Plan

565kcal
Calories

58g
Protein

41g
Carbs

19g
Fat

Carrot Cake with Cashew Frosting



SNACK

Regular Plan

180kcal
Calories

8g
Protein

19g
Carbs

8g
Fat

Large Plan

180kcal
Calories

8g
Protein

19g
Carbs

8g
Fat

Images are for illustration only.

Thursday 25

JUNE 2026

LUNCH

Regular Plan

440kcal
Calories 39g
Protein
35g 16g
Carbs Fat

Large Plan

635kcal
Calories 59g
Protein
49g 24g
Carbs Fat

Yuxiang Minced Chicken



With Sweet Potato Noodles and Saute Mushroom with Bok Choy

Regular Plan

435kcal 47g 29g 15g
Calories Protein Carbs Fat

Large Plan

645kcal 68g 43g 22g
Calories Protein Carbs Fat

Fresh Herb and Lemon Barramundi Fish



With Roasted Potatoes, French Beans

DINNER

Pumpkin Parmesan Biscuit



SNACK

Regular Plan

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

Large Plan

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

Images are for illustration only.

LUNCH

Friday 26

JUNE 2026

Green Curry Chicken



With Basmati Rice, Long Beans and Eggplants

Regular Plan

435kcal 38g 35g 16g
Calories Protein Carbs Fat

Large Plan

635kcal 56g 51g 23g
Calories Protein Carbs Fat

Chicken Balls



With Cauliflower Rice, Spinach Egg and Broccoli, Homemade Chilli

DINNER

Regular Plan

420kcal 43g 26g 16g
Calories Protein Carbs Fat

Large Plan

615kcal 63g 37g 24g
Calories Protein Carbs Fat

Apple and Chia Seeds Oatmeal



SNACK

Regular Plan

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

Large Plan

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

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