

Balanced Menu



YoloPlans

A close-up photograph of a hand using a metal garnishing tool to place a slice of red chili pepper on a dish. The dish is served in a black tray and contains white rice, yellow corn, green beans, and other vegetables. The background is softly blurred, showing more of the kitchen or dining area.

Dear guests

As a chef deeply passionate about both culinary excellence and personal well-being, I embarked on a mission to redefine the conventional approach to weight loss. Inspired by the desire to debunk the myth that healthy eating equals bland or uninspiring meals, I set out to create a menu that marries the elegance of gourmet cuisine with the principles of nutrition.

My journey toward developing this menu was fueled by a dedication to innovation and a commitment to accessibility. Drawing upon my culinary expertise and collaborating with nutritionists, I meticulously curated a selection of recipes that prioritize wholesome ingredients, balanced flavors, and portion control.

This Weight Loss Menu stands out amidst a sea of fad diets and quick-fix solutions by offering a sustainable approach to weight management. By focusing on the art of cooking and the science of nutrition, we empower individuals to cultivate a healthy relationship with food, one delicious meal at a time.

Together, let's savor the joy of gourmet dining while nurturing our bodies from within.

- Chef Ken

Monday
21
OCT 2024

LUNCH

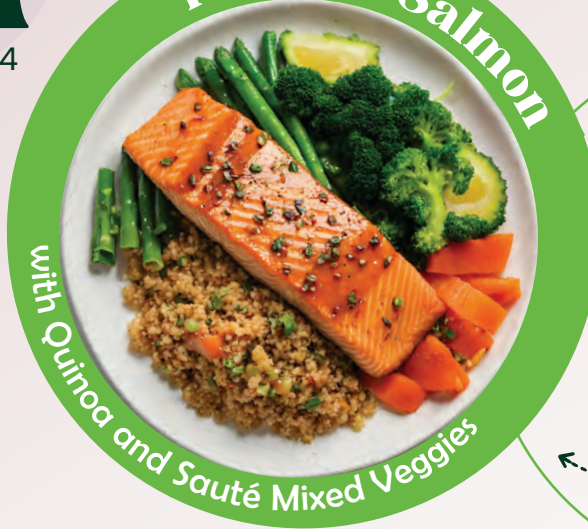
HERB CHICKEN



with Aglio Olio Pasta, Tomato Sauce, and Sweet Snap Peas

Large Plan
720kcal
Calories 54g
Protein
72g
Carbs 24g
Fat

Teriyaki Salmon



with Quinoa and Sauté Mixed Veggies

Large Plan
555kcal
Calories 45g
Protein 53g
Carbs 18g
Fat

DINNER

Cumin Carrot Soup



SNACK

Large Plan
120kcal
Calories 6g
Protein 6g
Carbs 8g
Fat

LUNCH

Red Curry Chicken



WITH BROWN RICE, LONG BEANS, AND EGGPLANTS

Large Plan
685kcal
Calories 47g
Protein 74g
Carbs 23g
Fat

Tuesday
22
OCT 2024

Salmon Chicken Balls



with Cauliflower Rice and Spinach Egg

DINNER

Large Plan
540kcal
Calories 54g
Protein 51g
Carbs 14g
Fat

TOFU CHOCOLATE BROWNIE



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

SNACK

Wednesday
23
OCT 2024

LUNCH

Large Plan

670kcal
Calories

52g
Protein

67g
Carbs

22g
Fat

Yakniku Minced Beef



PERI PERI CHICKEN



with Roasted Potato and Herb Veggies

Large Plan

610kcal
Calories

54g
Protein

59g
Carbs

17g
Fat

DINNER

SNACK

Large Plan

125kcal
Calories

4g
Protein

2g
Carbs

11g
Fat

PEANUT BUTTER CHOCOLATE ENERGY BITES



Basil Minced Chicken



with Brown Rice, Soy Egg, and Kaulan

LUNCH

Large Plan

635kcal
Calories

52g
Protein

61g
Carbs

20g
Fat

Thursday
24
OCT 2024

OCT 2024

BAKED LEMONGRASS BARRAMUNDI



with Cajun Roasted Sweet Potato and Broccoli

DINNER

Large Plan

590kcal
Calories

54g
Protein

53g
Carbs

18g
Fat

Low Fat Cheesecake



Large Plan

170kcal
Calories

8g
Protein

14g
Carbs

9g
Fat

SNACK

Friday
25
OCT 2024

LUNCH

Lamb Kofta



WITH COUSCOUS, MINT YOGHURT, CUCUMBER, AND TOMATO SALAD

Large Plan

635kcal	46g
Calories	Protein
64g	22g
Carbs	Fat

Turmeric Chicken



WITH BROWN RICE AND LADY FINGER

Large Plan

575kcal	48g	59g	17g
Calories	Protein	Carbs	Fat

DINNER

SNACK

Large Plan

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

PEANUT BUTTER CHOCOLATE COOKIE



Peranakan Curry Chicken



With Basmati Rice, Cauliflower, and Lady Finger

LUNCH

Large Plan

660kcal	49g	67g	22g
Calories	Protein	Carbs	Fat

Monday
28
OCT 2024

Beef Meatballs



With Mashed Potatoes, Tomato Sauce, Saute Green Peas, and Carrot

DINNER

Large Plan

610kcal	52g	55g	20g
Calories	Protein	Carbs	Fat

SNACK

Peanut Butter Chocolate Energy Bites



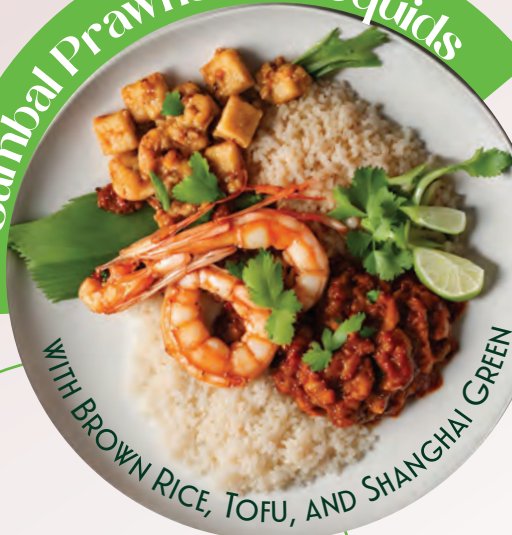
Large Plan

125kcal	4g	3g	11g
Calories	Protein	Carbs	Fat

Tuesday 29 OCT 2024

LUNCH

Sambal Prawns and Squids



WITH BROWN RICE, TOFU, AND SHANGHAI GREEN

Large Plan

665kcal
Calories

50g
Protein

66g
Carbs

23g
Fat

Cajun Chicken



with Tomato Soup, Avocado, Mixed Beans, and Feta Cheese

Large Plan

560kcal
Calories

53g
Protein

33g
Carbs

24g
Fat

DINNER

SNACK

TOFU CHOCOLATE BROWNIE



Large Plan

185kcal
Calories

8g
Protein

20g
Carbs

8g
Fat

LUNCH

YAKINIKU MINCED BEEF



WITH RICE NOODLES, KIMCHI, AND EDAMAME

Large Plan

665kcal
Calories

52g
Protein

65g
Carbs

22g
Fat

Wednesday 30 OCT 2024

Herb Chicken



with Roasted Herb Veggie Quinoa Salad, Pomegranate, and Honey Citrus Dressing

Large Plan

535kcal
Calories

54g
Protein

41g
Carbs

17g
Fat

DINNER

CARROT CAKE



with Cashew Frosting

Large Plan

180kcal
Calories

8g
Protein

19g
Carbs

8g
Fat

SNACK

Wednesday 06

NOV 2024

LUNCH

Turmeric Chicken Nasi Lemak



with Basmati Rice, Boiled Egg, and Cucumber

Large Plan

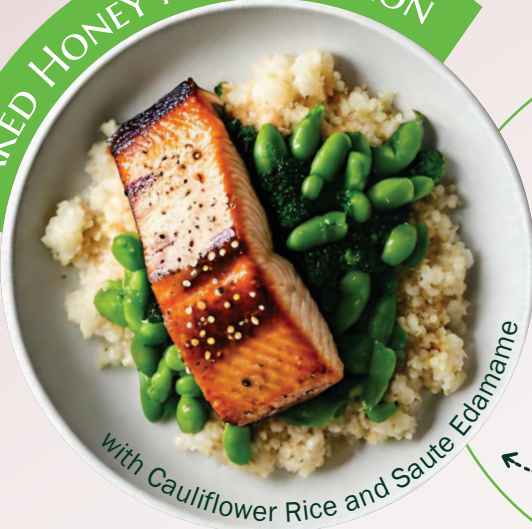
700kcal
Calories

59g
Protein

72g
Carbs

20g
Fat

BAKED HONEY MISO SALMON



with Cauliflower Rice and Saute Edamame

Large Plan

540kcal
Calories

52g
Protein

30g
Carbs

23g
Fat

DINNER

LOW FAT CHEESECAKE



SNACK

Large Plan

170kcal
Calories

8g
Protein

14g
Carbs

9g
Fat

LUNCH

Seafood Tom Yam



with Brown Rice Noodles, Beansprouts, and Long Beans

Large Plan

630kcal
Calories

45g
Protein

64g
Carbs

22g
Fat

Thursday 07

NOV 2024

HERB CHICKEN BREAST



with Spaghetti Aglio Olio, Roasted Veggies, and Tomato

Large Plan

610kcal
Calories

54g
Protein

62g
Carbs

17g
Fat

DINNER

Peanut Butter Chocolate Cookie



Large Plan

160kcal
Calories

7g
Protein

6g
Carbs

12g
Fat

SNACK

Friday

08

NOV 2024



Large Plan

645kcal
Calories

51g
Protein

68g
Carbs

19g
Fat

LUNCH



Large Plan

635kcal
Calories

48g
Protein

52g
Carbs

26g
Fat

DINNER

SNACK



Large Plan

120kcal
Calories

4g
Protein

8g
Carbs

8g
Fat



LUNCH

Large Plan

640kcal
Calories

48g
Protein

64g
Carbs

22g
Fat

Monday



NOV 2024



DINNER

Large Plan

585kcal
Calories

45g
Protein

59g
Carbs

19g
Fat



Large Plan

160kcal
Calories

7g
Protein

6g
Carbs

12g
Fat

SNACK

Tuesday

12

NOV 2024

Large Plan

640kcal	48g
Calories	Protein
64g	22g
Carbs	Fat

LUNCH

HERB CHICKEN



With Roasted Potato, French Beans, and Harissa Sauce

Beef Bolognese



WITH PASTA, MIXED MUSHROOMS, AND GREEN PEAS

Large Plan

620kcal	52g	61g	19g
Calories	Protein	Carbs	Fat

DINNER

MANGO CHIA SEEDS PUDDING



SNACK

Large Plan

130kcal	3g	21g	4g
Calories	Protein	Carbs	Fat

CHICKEN RENDANG



with Coconut Basmati Rice and Roasted Cauliflower

LUNCH

Large Plan

685kcal	49g	67g	25g
Calories	Protein	Carbs	Fat

Wednesday

13

NOV 2024

Large Plan

535kcal	48g	53g	15g
Calories	Protein	Carbs	Fat

Fresh Herb and Lemon Barramundi Fish



With Cajun Roasted Sweet Potato and Herb Veggies

DINNER

GLUTEN FREE BANANA BREAD



Large Plan

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

SNACK

