

High Protein Menu



YoloPlans

A close-up photograph of a chef's hand using a metal garnishing tool to place a slice of red chili pepper on a dish. The dish is served in a black rectangular pan and contains a bed of white rice with yellow corn, green beans, and other vegetables. The background is softly blurred, showing more of the kitchen environment.

Dear guests

As a chef, I've always been passionate about creating dishes that are not only delicious but also nourish the body. But lately, I've seen a growing need for a different kind of culinary experience: one that prioritizes protein while keeping carbohydrates in check. That's why I'm thrilled to introduce my High Protein Menu – a concept I call "healthy gourmet made easy."

This menu isn't just about deprivation. It's about fueling your body for peak performance, whether you're a dedicated athlete or simply seeking a healthier lifestyle. By focusing on high-quality protein sources and limiting carbohydrates, we can create a plan that helps you burn fat while retaining lean muscle mass.

This isn't your average "high protein" fare. We'll be using fresh, seasonal ingredients to craft gourmet dishes that are bursting with flavor. Forget bland chicken breasts and tasteless salads. We'll be exploring a world of textures and tastes, all while keeping your protein goals in mind.

So, are you ready to embark on a culinary adventure that will transform your body and tantalize your taste buds? Let's get started!

- Chef Ken

HIGH PROTEIN

Monday
21
OCT 2024

LUNCH

Regular Plan

470kcal
Calories

43g
Protein

36g
Carbs

17g
Fat

Large Plan

695kcal
Calories

65g
Protein

52g
Carbs

25g
Fat

HERB CHICKEN



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

Regular Plan

415kcal
Calories

41g
Protein

29g
Carbs

15g
Fat

Large Plan

590kcal
Calories

58g
Protein

40g
Carbs

22g
Fat

Teriyaki Salmon



with Quinoa and Sauté Mixed Veggies

SNACK

Regular Plan

120kcal
Calories

6g
Protein

6g
Carbs

8g
Fat

Large Plan

120kcal
Calories

6g
Protein

6g
Carbs

8g
Fat

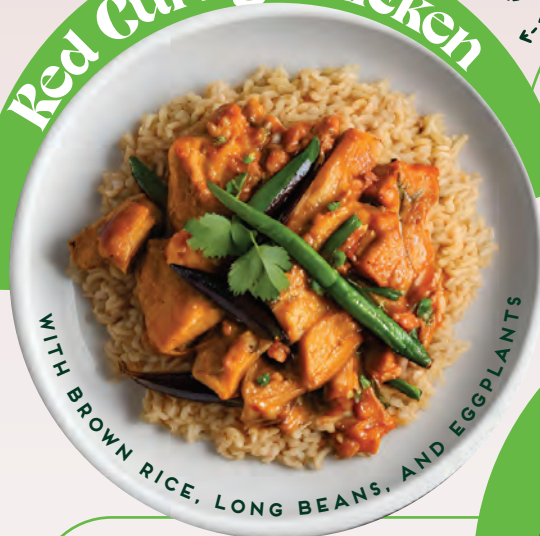
Cumin Carrot Soup



DINNER

LUNCH

Red Curry Chicken



WITH BROWN RICE, LONG BEANS, AND EGGPLANTS

Regular Plan

440kcal
Calories

37g
Protein

37g
Carbs

16g
Fat

Large Plan

655kcal
Calories

56g
Protein

55g
Carbs

24g
Fat

Tuesday
22
OCT 2024

Regular Plan

380kcal
Calories

48g
Protein

26g
Carbs

9g
Fat

Large Plan

545kcal
Calories

65g
Protein

38g
Carbs

15g
Fat

Salmon Chicken Balls



with Cauliflower Rice and Spinach Egg

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

Wednesday 23

OCT 2024

Regular Plan

455kcal
Calories 43g
Protein

35g
Carbs 16g
Fat

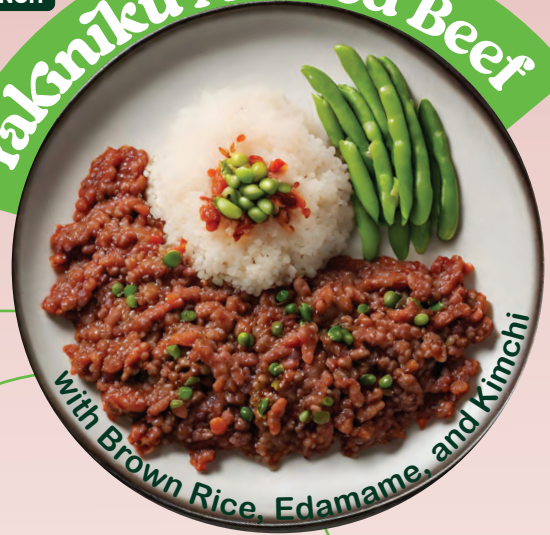
Large Plan

665kcal
Calories 63g
Protein

50g
Carbs 24g
Fat

LUNCH

Yakniku Minced Beef



With Brown Rice, Edamame, and Kimchi

PERI PERI CHICKEN



With Roasted Potato and Herb Veggies

Regular Plan

415kcal 44g 31g 13g
Calories Protein Carbs Fat

Large Plan

600kcal 64g 45g 18g
Calories Protein Carbs Fat

DINNER

PEANUT BUTTER CHOCOLATE ENERGY BITES



SNACK

Regular Plan

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

Large Plan

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

LUNCH

Basil Minced Chicken



With Brown Rice, Soy Egg, and Kaulan

Regular Plan

430kcal 43g 32g 15g
Calories Protein Carbs Fat

Large Plan

635kcal 63g 47g 22g
Calories Protein Carbs Fat

Thursday 24

OCT 2024

Regular Plan

390kcal 43g 26g 13g
Calories Protein Carbs Fat

Large Plan

585kcal 65g 39g 19g
Calories Protein Carbs Fat

BAKED LEMONGRASS BARRAMUNDI



With Cajun Roasted Sweet Potato and Broccoli

DINNER

Low Fat Cheesecake



Regular Plan

170kcal 8g 14g 9g
Calories Protein Carbs Fat

Large Plan

170kcal 8g 14g 9g
Calories Protein Carbs Fat

SNACK

Friday
25
OCT 2024

Regular Plan

425kcal
Calories 38g
Protein
33g
Carbs 16g
Fat

Large Plan

635kcal
Calories 59g
Protein
48g
Carbs 23g
Fat

LUNCH

Lamb Kofta



WITH COUSCOUS, MINT YOGHURT, CUCUMBER, AND TOMATO SALAD

Turmeric Chicken



WITH BROWN RICE AND LADY FINGER

Regular Plan

390kcal 41g 31g 12g
Calories Protein Carbs Fat

Large Plan

580kcal 61g 44g 18g
Calories Protein Carbs Fat

DINNER

SNACK

Regular Plan

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

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

Regular Plan

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

Large Plan

660kcal 64g 50g 25g
Calories Protein Carbs Fat

Monday
28
OCT 2024

Beef Meatballs



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

DINNER

Regular Plan

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

Large Plan

655kcal 66g 41g 25g
Calories Protein Carbs Fat

SNACK

Peanut Butter Chocolate Energy Bites



Regular Plan

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

Large Plan

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

Tuesday

29

OCT 2024

Regular Plan

430kcal
Calories

40g
Protein

33g
Carbs

16g
Fat

Large Plan

650kcal
Calories

59g
Protein

50g
Carbs

24g
Fat

LUNCH

Sambal Prawns and Squids



WITH BROWN RICE, TOFU, AND SHANGHAI GREEN

Cajun Chicken



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

Regular Plan

385kcal
Calories

42g
Protein

17g
Carbs

17g
Fat

Large Plan

580kcal
Calories

63g
Protein

25g
Carbs

25g
Fat

DINNER

TOFU CHOCOLATE BROWNIE



SNACK

Regular Plan

185kcal
Calories

8g
Protein

20g
Carbs

8g
Fat

Large Plan

185kcal
Calories

8g
Protein

20g
Carbs

8g
Fat

LUNCH

YAKINIKU MINCED BEEF



WITH RICE NOODLES, KIMCHI, AND EDAMAME

Regular Plan

450kcal
Calories

43g
Protein

34g
Carbs

16g
Fat

Large Plan

655kcal
Calories

63g
Protein

49g
Carbs

23g
Fat

Wednesday

30

OCT 2024

Herb Chicken



With Roasted Herb Quinoa Salad, Pomegranate, and Honey Citrus Dressing

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

Monday 04

NOV 2024

Regular Plan

460kcal
Calories 39g
Protein

36g
Carbs 18g
Fat

Large Plan

720kcal
Calories 56g
Protein

54g
Carbs 31g
Fat

LUNCH

BEEF CHILLI CON CARNE



with Brown Rice and Saute Green Peas

Regular Plan

360kcal 40g 29g 9g
Calories Protein Carbs Fat

Large Plan

510kcal 56g 41g 14g
Calories Protein Carbs Fat

PERI PERI TILAPIA



with Roasted Potatoes, French Beans, and Carrot

DINNER

GLUTEN FREE BANANA BREAD



SNACK

Regular Plan

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

Large Plan

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

LUNCH

GONG BAD CHICKEN



with Brown Rice, Spicy Eggplant, and Garlic Choy Sum

Regular Plan

435kcal 42g 31g 16g
Calories Protein Carbs Fat

Large Plan

650kcal 63g 46g 24g
Calories Protein Carbs Fat

Tuesday 05

NOV 2024

Regular Plan

395kcal 35g 29g 16g
Calories Protein Carbs Fat

Large Plan

575kcal 50g 41g 23g
Calories Protein Carbs Fat

Basil Minced Chicken



WITH RICE NOODLES, SHREDDED CUCUMBER, AND CARROT

DINNER

TOFU CHOCOLATE BROWNIE



Regular Plan

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

Large Plan

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

SNACK

Wednesday 06

NOV 2024

Regular Plan

455kcal
Calories
36g
Carbs
47g
Protein
14g
Fat

Large Plan

680kcal
Calories
54g
Carbs
70g
Protein
20g
Fat

LUNCH

Turmeric Chicken Nasi Lemak

with Basmati Rice, Boiled Egg, and Cucumber

Regular Plan

385kcal
Calories
43g
Protein
16g
Carbs
17g
Fat

Large Plan

560kcal
Calories
63g
Protein
23g
Carbs
24g
Fat

BAKED HONEY MISO SALMON

with Cauliflower Rice and Saute Edamame

SNACK

Regular Plan

170kcal
Calories
8g
Protein
14g
Carbs
9g
Fat

Large Plan

170kcal
Calories
8g
Protein
14g
Carbs
9g
Fat

LOW FAT CHEESECAKE



Seafood Tom Yam

with Brown Rice Noodles, Beansprouts, and Long Beans

LUNCH

Regular Plan

430kcal
Calories
39g
Protein
33g
Carbs
16g
Fat

Large Plan

610kcal
Calories
53g
Protein
48g
Carbs
23g
Fat

Thursday 07

NOV 2024

HERB CHICKEN BREAST

with Spaghetti Aglio Olio, Roasted Veggies, and Tomato

Regular Plan

400kcal
Calories
43g
Protein
31g
Carbs
12g
Fat

Large Plan

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

DINNER

Peanut Butter Chocolate Cookie

Regular Plan

160kcal
Calories
7g
Protein
6g
Carbs
12g
Fat

Large Plan

160kcal
Calories
7g
Protein
6g
Carbs
12g
Fat

SNACK

Friday 08

NOV 2024

Regular Plan

435kcal
Calories 42g
Protein
36g
Carbs 14g
Fat

Large Plan

625kcal
Calories 61g
Protein
51g
Carbs 20g
Fat

LUNCH

Lemongrass Barramundi



With Brown Rice, Stew Tofu, Bittergourd, and Red Capsicum

Regular Plan

445kcal 40g 29g 19g
Calories Protein Carbs Fat

Large Plan

640kcal 57g 39g 28g
Calories Protein Carbs Fat

Coconut Chicken



WITH QUINOA, CAULIFLOWER, AND SWEET POTATOES

SNACK

Regular Plan

120kcal 4g 8g 8g
Calories Protein Carbs Fat

Large Plan

120kcal 4g 8g 8g
Calories Protein Carbs Fat

Chocolate Hazelnut Energy Bites



LUNCH

Beef Bulgogi



With Sweet Potato Noodles, Spinach and Shredded Carrot

Regular Plan

430kcal 40g 33g 16g
Calories Protein Carbs Fat

Large Plan

625kcal 57g 48g 23g
Calories Protein Carbs Fat

Monday



NOV 2024

GONG BAD CHICKEN



With Brown Rice, Spicy Eggplant, and Garlic Boy Choy

DINNER

Regular Plan

405kcal 37g 31g 15g
Calories Protein Carbs Fat

Large Plan

620kcal 54g 45g 25g
Calories Protein Carbs Fat

Peanut Butter Chocolate Cookie



Regular Plan

160kcal 7g 6g 12g
Calories Protein Carbs Fat

Large Plan

160kcal 7g 6g 12g
Calories Protein Carbs Fat

SNACK

Tuesday

12

NOV 2024

Regular Plan

440kcal
Calories 42g
Protein 33g
Carbs 16g
Fat

Large Plan

625kcal
Calories 57g
Protein 48g
Carbs 23g
Fat

LUNCH

HERB CHICKEN



With Roasted Potato, French Beans, and Harissa Sauce

Regular Plan

420kcal 43g 32g 14g
Calories Protein Carbs Fat

Large Plan

630kcal 63g 46g 22g
Calories Protein Carbs Fat

DINNER

Beef Bolognese



WITH PASTA, MIXED MUSHROOMS, AND GREEN PEAS

SNACK

Regular Plan

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

Large Plan

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

MANGO CHIA SEEDS PUDDING



CHICKEN RENDANG



with Coconut, Basmati Rice and Roasted Cauliflower

LUNCH

Regular Plan

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

Large Plan

660kcal 61g 50g 24g
Calories Protein Carbs Fat

Wednesday

13

NOV 2024

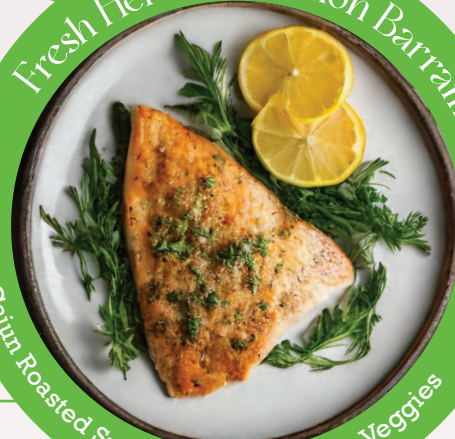
Regular Plan

355kcal 38g 26g 11g
Calories Protein Carbs Fat

Large Plan

560kcal 58g 42g 18g
Calories Protein Carbs Fat

Fresh Herb and Lemon Barramundi Fish



With Cajun Roasted Sweet Potato and Herb Veggies

DINNER

GLUTEN FREE BANANA BREAD



Regular Plan

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

Large Plan

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

SNACK

Thursday

14

NOV 2024

Regular Plan

440kcal
Calories

39g
Protein

35g
Carbs

16g
Fat

Large Plan

630kcal
Calories

61g
Protein

44g
Carbs

24g
Fat

LUNCH



Regular Plan

405kcal
Calories

47g
Protein

21g
Carbs

15g
Fat

Large Plan

605kcal
Calories

70g
Protein

32g
Carbs

22g
Fat

PERI PERI CHICKEN



DINNER

SNACK

Regular Plan

170kcal
Calories

8g
Protein

14g
Carbs

9g
Fat

Large Plan

170kcal
Calories

8g
Protein

14g
Carbs

9g
Fat

LOW FAT CHEESECAKE



Lamb Kofta



LUNCH

Regular Plan

465kcal
Calories

43g
Protein

35g
Carbs

17g
Fat

Large Plan

675kcal
Calories

63g
Protein

51g
Carbs

24g
Fat

Friday

15

NOV 2024

Basil Minced Chicken



DINNER

Regular Plan

400kcal
Calories

42g
Protein

26g
Carbs

15g
Fat

Large Plan

585kcal
Calories

61g
Protein

37g
Carbs

21g
Fat

Peanut Butter Chocolate Energy Bites



Regular Plan

125kcal
Calories

4g
Protein

3g
Carbs

11g
Fat

Large Plan

125kcal
Calories

4g
Protein

3g
Carbs

11g
Fat

SNACK