

Balanced Menu



YoloPlans



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

Monday 23

SEP 2024

LUNCH

Large Plan

705kcal	47g
Calories	Protein
72g	26g
Carbs	Fat



Large Plan

525kcal	46g	55g	13g
Calories	Protein	Carbs	Fat

DINNER



SNACK

Large Plan

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

LUNCH



Large Plan

645kcal	57g	54g	23g
Calories	Protein	Carbs	Fat

Tuesday 24

SEP 2024

DINNER



Large Plan

560kcal	42g	55g	19g
Calories	Protein	Carbs	Fat

SNACK

Large Plan

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



Wednesday 25

SEP 2024

LUNCH

Large Plan

640kcal	59g
Calories	Protein
57g	20g
Carbs	Fat

CLAY POT STYLE CHICKEN

WITH SHITAKE RICE, SCRAMBLE EGG, GARLIC NAI BAI, PICKLE VEGGIES, AND CHILI SAUCE



Tom Yam Seafood (Salmon Chicken Balls, Squid, and Prawns) with Brown Rice Noodle, Beansprouts, and Cucumber

Large Plan

595kcal	48g	50g	23g
Calories	Protein	Carbs	Fat

DINNER

GLUTEN FREE BANANA BREAD



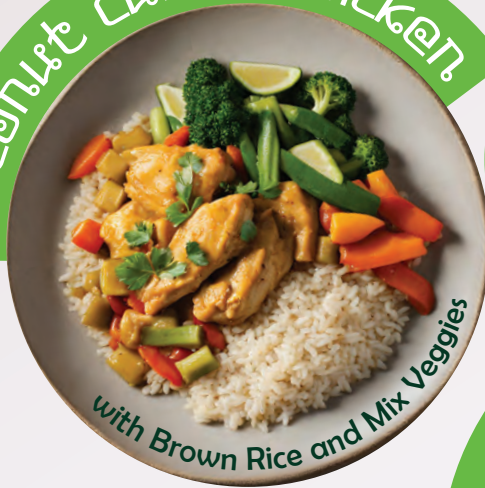
SNACK

Large Plan

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



COCONUT CURRY CHICKEN



with Brown Rice and Mix Veggies

LUNCH

Large Plan

645kcal	45g
Calories	Protein
64g	23g
Carbs	Fat

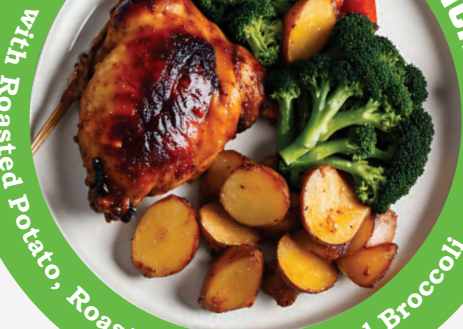
Thursday 26

SEP 2024

Large Plan

630kcal	52g	59g	20g
Calories	Protein	Carbs	Fat

Baked Gochujang Chicken



with Roasted Potato, Roasted Capsicum, and Broccoli

DINNER

CHOCOLATE HAZELNUT ENERGY BITES



Large Plan

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

SNACK

Friday
27
AUG 2024

LUNCH

Butter Chicken



With Coconut Basmati Rice, Cumin, and Garlic Roasted Mix Veggies (Eggplant, Zucchini, and Red Onion)

Large Plan

645kcal
Calories 51g
Protein
68g
Carbs 19g
Fat

Yakiniku Prawns and Tofu



With Sweet Potato Noodles, Braised Cabbage, and Carrot

Large Plan

635kcal 48g 52g 26g
Calories Protein Carbs Fat

DINNER

Fresh Cut Seasonal Fruits



SNACK

Large Plan

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

LUNCH

Chicken Rissoles



With Mashed Cauliflower, Stroganoff Sauce, and French Beans

Large Plan

595kcal 48g 52g 22g
Calories Protein Carbs Fat

Monday
30
SEP 2024

Gong Bao Chicken



With Mix Veggie, Fry Egg Rice, Toasted Cashew Nuts, and Cucumber Salad

Large Plan

615kcal 45g 59g 22g
Calories Protein Carbs Fat

DINNER

Peanut Butter Chocolate Cookie



Large Plan

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

SNACK

Thursday 03

OCT 2024

LUNCH

THAI STYLE TOFU AND PRawns



WITH SWEET POTATO NOODLES, SCRAMBLED EGG, LONG BEANS, AND TOASTED CASHEW NUTS

Large Plan

620kcal
Calories

51g
Protein

55g
Carbs

22g
Fat

Roasted Teriyaki Chicken Thigh Cubes



WITH BROWN RICE, ROAST CAPSICUM, AND FRENCH BEANS

Large Plan

630kcal
Calories

57g
Protein

55g
Carbs

20g
Fat

DINNER

SNACK

Large Plan

145kcal
Calories

5g
Protein

20g
Carbs

5g
Fat



OVERNIGHT OATS WITH ROASTED APPLE AND CHIA SEEDS

Lemongrass Soy Chicken



WITH BROWN RICE NOODLE, CABBAGE, CARROT, AND TOASTED PEANUTS

LUNCH

Large Plan

655kcal
Calories

54g
Protein

63g
Carbs

21g
Fat

Friday 04

OCT 2024

Large Plan

565kcal
Calories

47g
Protein

54g
Carbs

18g
Fat

Peranakan Curry Chicken and Chickpeas



WITH COCONUT BASMATI RICE, BAKED PUMPKIN, AND OKRA

DINNER

SNACK

Tofu Chocolate Brownie



Large Plan

185kcal
Calories

8g
Protein

20g
Carbs

8g
Fat

Monday
07
OCT 2024

LUNCH

Peri Peri Chicken



With Mushroom Barley Risotto and Braised Purple Cabbage

Large Plan

660kcal
Calories

51g
Protein

63g
Carbs

23g
Fat

SALMON CHICKEN BALL



With Cauliflower Rice and Edamame

Large Plan

575kcal
Calories

54g
Protein

42g
Carbs

21g
Fat

SNACK

Large Plan

170kcal
Calories

8g
Protein

14g
Carbs

9g
Fat

Low Fat Cheesecake



LUNCH

Creamy Chicken Lasagna



WITH GREEK SALAD

Large Plan

660kcal
Calories

53g
Protein

62g
Carbs

23g
Fat

Tuesday
08
OCT 2024

Large Plan

545kcal
Calories

42g
Protein

55g
Carbs

17g
Fat

Honey Miso Prawns



With Pumpkin Millet, Spicy Eggplants, and Garlic Okra

DINNER

SNACK

OVERNIGHT OATS WITH APPLE AND MIX NUTS



Large Plan

185kcal
Calories

8g
Protein

20g
Carbs

8g
Fat

Friday

11

OCT 2024

Large Plan

645kcal 51g
Calories Protein
68g 19g
Carbs Fat

LUNCH



Rendang Chicken

With Basmati Rice, Braised Cabbage, and Mushroom

Salmon Spinach Pie



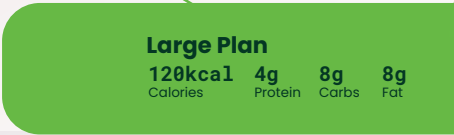
with Arugula and Pumpkin Salad

Large Plan

635kcal 48g 52g 26g
Calories Protein Carbs Fat

DINNER

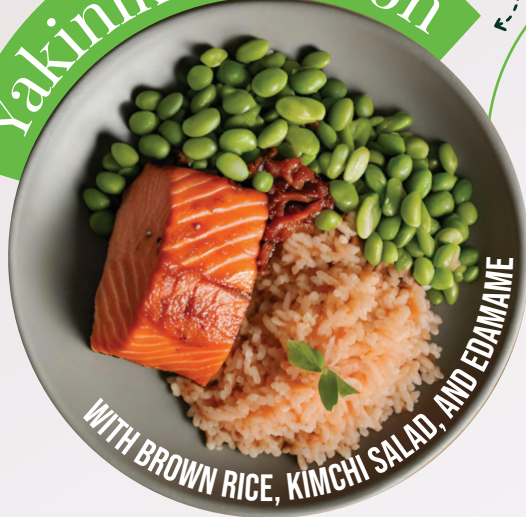
SNACK



PISTACHIO ENERGY BITES

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

Yakiniku Salmon



WITH BROWN RICE, KIMCHI SALAD, AND EDAMAME

LUNCH

Large Plan

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

Monday

14

OCT 2024

Basil Minced Chicken



WITH CAULIFLOWER RICE AND SOY EGG

DINNER

Large Plan

585kcal 45g 59g 19g
Calories Protein Carbs Fat

SNACK

Peanut Butter Cookies



Large Plan

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

Tuesday

15

OCT 2024

Large Plan

625kcal	48g
Calories	Protein
59g	22g
Carbs	Fat

LUNCH



Chicken Ball



Large Plan

635kcal	52g	61g	20g
Calories	Protein	Carbs	Fat

DINNER

SNACK

Large Plan

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

FRESH CUT SEASONAL FRUITS



Herb Chicken



LUNCH

Large Plan

670kcal	52g	59g	25g
Calories	Protein	Carbs	Fat

Wednesday

16

OCT 2024

Large Plan

550kcal	48g	53g	17g
Calories	Protein	Carbs	Fat

DINNER

Ma Po Tofu



CARROT CAKE



Large Plan

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

SNACK

Thursday

17

OCT 2024

LUNCH

Large Plan

645kcal
Calories

53g
Protein

59g
Carbs

23g
Fat

BAKED TERIYAKI CHICKEN

WITH ROASTED POTATO, ROASTED CAPSICUM, AND FRENCH BEANS



Brown Rice Chicken Paella



WITH PRAWNS, SQUID, AND GREEN PEAS

Large Plan

605kcal
Calories

51g
Protein

53g
Carbs

21g
Fat

DINNER

SNACK

Large Plan

170kcal
Calories

8g
Protein

14g
Carbs

9g
Fat

GLUTEN FREE BANANA BREAD



LUNCH

PERANAKAN CURRY BEEF

with Coconut Basmati Rice, Curry Cauliflower, and Okra



Large Plan

655kcal
Calories

52g
Protein

59g
Carbs

23g
Fat

Friday

18

OCT 2024

Cajun Orange Chicken

With Sweet Potato and Broccoli



DINNER

Mango Chia Seeds Pudding



Large Plan

610kcal
Calories

51g
Protein

57g
Carbs

20g
Fat

SNACK

Large Plan

130kcal
Calories

3g
Protein

21g
Carbs

4g
Fat