

Balanced Menu



YoloPlans

A close-up photograph of a chef's hand using a metal garnishing tool to place a sliced red chili pepper onto a dish. The dish appears to be a bowl of rice or quinoa topped with green beans and other vegetables. The background is softly blurred, showing more of the kitchen environment.

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

Monday
12
JAN 2026

LUNCH

Herb Chicken



with Aglio Olio Pasta, Tomato Sauce and Sweet Snap Peas

Large Plan

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

Teriyaki Salmon



with Quinoa, Sauté Mixed Veggies

Large Plan

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

DINNER

Cumin Carrot Soup



SNACK

Large Plan

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

Images are for illustration only.

LUNCH

Green Curry Chicken



with Brown Rice, Long Beans and Eggplants

Large Plan

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

Tuesday
13
JAN 2026

Chicken Balls



with Cauliflower Rice, Spinach Egg

DINNER

Large Plan

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

SNACK

Tofu Chocolate Brownie



Large Plan

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

Images are for illustration only.

Wednesday
14
JAN 2026

LUNCH

Large Plan

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

Yakiniku Minced Chicken



With Brown Rice, Edamame and Kimchi

Peri Peri Chicken



With Roasted Potato, Herb Veggies

Large Plan

610kcal	54g	59g	17g
Calories	Protein	Carbs	Fat

DINNER

SNACK

Large Plan

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

Peanut Butter Chocolate Energy Bites



LUNCH

Basil Minced Chicken



With Brown Rice, Scrambled Egg and Kailan

Large Plan

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

Thursday
15
JAN 2026

DINNER

Baked Dukkah Spiced Sea Bass



With Couscous, Eggplant Caponata and Broccoli

Large Plan

590kcal	54g	53g	18g
Calories	Protein	Carbs	Fat

SNACK

Large Plan

180kcal	6g	7g	14g
Calories	Protein	Carbs	Fat

Roasted Mix Nuts



Images are for
illustration only.

Friday
16
JAN 2026

LUNCH

Beef Patties



Large Plan

650kcal	41g
Calories	Protein
59g	28g
Carbs	Fat

Tumeric Chicken



Large Plan

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

DINNER

SNACK

Peanut Butter Chocolate Cookie



Large Plan

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

LUNCH

Peranakan Curry Chicken



Large Plan

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

Monday
19
JAN 2026

Beef Meatballs



DINNER

Large Plan

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

Peanut Butter Chocolate Energy Bites



Large Plan

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

SNACK

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illustration only.

Tuesday
20
JAN 2026

Large Plan

665kcal	50g
Calories	Protein
66g	23g
Carbs	Fat

LUNCH

Sambal Seafood and Tofu

With Brown Rice and Shanghai Green

Large Plan

560kcal	53g	33g	24g
Calories	Protein	Carbs	Fat

Tofu Chocolate Brownie

Tomato Soup

With Cajun Chicken, Avocado and Mixed Beans, Feta Cheese

DINNER

SNACK

Large Plan

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

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illustration only.

Mala Chicken

With Brown Rice and Honey Soy Mixed Veggies

LUNCH

Large Plan

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

Wednesday
21
JAN 2026

Herb Chicken

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

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

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Thursday
22
JAN 2026

Large Plan

625kcal	46g
Calories	Protein
61g	22g
Carbs	Fat

LUNCH

“Yuxiang” Roasted Chicken and Shiitake

with Brown Rice and Bok Choy

Fresh Herb and Lemon Barramundi Fish

with Roasted Potatoes, French Beans

Large Plan

625kcal	55g	55g	20g
Calories	Protein	Carbs	Fat

DINNER

Pumpkin Parmesan Biscuit

SNACK

Large Plan

150kcal	3g	16g	8g
Calories	Protein	Carbs	Fat

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Green Curry Chicken

with Brown Rice, Long Beans and Eggplants

LUNCH

Large Plan

690kcal	52g	68g	23g
Calories	Protein	Carbs	Fat

Friday
23
JAN 2026

Salmon Chicken Balls

with Sweet Potatoes, Baked Spinach Egg and Broccoli

DINNER

Large Plan

560kcal	45g	49g	20g
Calories	Protein	Carbs	Fat

Overnight Oats with Apple and Mix Nuts

Large Plan

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

SNACK

Images are for illustration only.

Monday
26

JAN 2026

LUNCH

Beef Chilli Con Carne



with Brown Rice, Sauté Green Peas

Large Plan

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

Peri Peri Tilapia



with Roasted Potatoes, French Beans and Carrot

Large Plan

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

DINNER

SNACK

Large Plan

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

Gluten Free Banana Bread



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illustration only.

LUNCH

Gong Bao Chicken



with Brown Rice, Spicy Eggplant, Garlic Choy Sum

Large Plan

660kcal	53g	62g	23g
Calories	Protein	Carbs	Fat

Tuesday
27

JAN 2026

Basil Minced Chicken



with Rice Noodles and Honey Soy Mixed Veggies

DINNER

Large Plan

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

Tofu Chocolate Brownie



Large Plan

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

SNACK

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illustration only.

Wednesday
28
JAN 2026

Large Plan
700kcal
Calories
59g
Protein
72g
Carbs
20g
Fat

LUNCH

Nasi Lemak (Tumeric Chicken)



with Basmati Rice, Boiled Egg and Cucumber

Honey Miso Barramundi



with Cauliflower Rice, Saute Edamame

Large Plan
540kcal
Calories
52g
Protein
30g
Carbs
23g
Fat

DINNER

SNACK

Large Plan
170kcal
Calories
4g
Protein
27g
Carbs
5g
Fat

Coconut and Cranberry Bar



Images are for illustration only.

Thursday
29
JAN 2026

Seafood Tom Yam



with Brown Rice Noodles, Bean Sprouts and Long Beans

LUNCH

Large Plan
630kcal
Calories
45g
Protein
64g
Carbs
22g
Fat

Herb Chicken Breast



with Aglio Olio Pasta and Roasted Veggies with Tomato

DINNER

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

Peanut Butter Chocolate Cookie



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

SNACK

Images are for illustration only.

Friday
30
JAN 2026

Large Plan

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

LUNCH

Roasted Teriyaki Chicken

With Brown Rice, Stew Tofu with Bitter Gourd and Red Capsicum

Large Plan

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

DINNER

Zesty Moroccan Chicken Breast

With Quinoa with Roasted Pumpkin and Carrots Salad, Broccoli, and Jicama

SNACK

Large Plan

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

Banana Oat Pancake With Apple Chutney

Images are for illustration only.

Yakiniku Minced Beef

With Sweet Potato Noodles, Kimchi Salad and Edamame

LUNCH

Large Plan

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

Monday
02
JAN 2026

Gong Bao Chicken

With Brown Rice, Spicy Eggplant, Garlic Bok Choy

DINNER

Large Plan

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

Peanut Butter Chocolate Cookie



Large Plan

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

SNACK

Images are for illustration only.

Tuesday
03

FEB 2026

Large Plan

605kcal	52g
Calories	Protein
59g	17g
Carbs	Fat

LUNCH

Herb Chicken



With Roasted Potato, French Beans, Harissa Sauce

Beef Bolognese



With Pasta, Mixed Mushrooms and Green Peas

Large Plan

645kcal	54g	63g	20g
Calories	Protein	Carbs	Fat

DINNER

SNACK

Large Plan

150kcal	4g	15g	8g
Calories	Protein	Carbs	Fat

Pumpkin Parmesan Biscuit



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Wednesday
04

FEB 2026

Rendang Chicken



With Coconut Basmati Rice, Roasted Cauliflower

Large Plan

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

LUNCH

Fresh Herb and Lemon Tilapia



With Cajun Roasted Sweet Potato, Herb Veggies

Large Plan

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

DINNER

Gluten Free Banana Bread



Large Plan

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

SNACK

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Thursday
05
FEB 2026

LUNCH

Large Plan

645kcal	53g
Calories	Protein
59g	23g
Carbs	Fat

Peri Peri Chicken

with Mushroom Barley Risotto and Braised Purple Cabbage

Chicken Balls

with Cauliflower Rice, Spinach Egg and Broccoli

Large Plan

590kcal	59g	42g	21g
Calories	Protein	Carbs	Fat

DINNER

SNACK

Large Plan

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

Overnight Oats with Apple and Mix Nuts

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Beef Patties

with Mashed Sweet Potato, Green Peas and Coriander Lime Juice

LUNCH

Large Plan

690kcal	48g	62g	28g
Calories	Protein	Carbs	Fat

Friday
06
FEB 2026

Basil Minced Chicken

with Brown Rice, Scrambled Egg and Kailan

DINNER

Large Plan

585kcal	51g	49g	20g
Calories	Protein	Carbs	Fat

Peanut Butter Chocolate Energy Bites



Large Plan

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

SNACK

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