

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

BALANCED

Monday
10
MAR 2025

LUNCH

Teriyaki Salmon

with Brown Rice, Kimchi, and Edamame

Large Plan

690kcal
Calories

50g
Protein

66g
Carbs

26g
Fat

HERB CHICKEN



with Kale Quinoa Salad and Baked Pumpkin

Large Plan

595kcal
Calories

61g
Protein

49g
Carbs

17g
Fat

DINNER

SNACK

Large Plan

120kcal
Calories

6g
Protein

6g
Carbs

8g
Fat

Chocolate Hazelnut Energy Bites



Turmeric Chicken Nasi Lemak



with Coconut Basmati Rice, Hard Boiled Egg, and Cucumber

LUNCH

Large Plan

665kcal
Calories

55g
Protein

59g
Carbs

23g
Fat

Tuesday

11

MAR 2025

Seafood Tom Yam



with Brown Rice Noodles, Beansprouts, and Cucumber

DINNER

Large Plan

555kcal
Calories

48g
Protein

54g
Carbs

17g
Fat

SNACK

Large Plan

175kcal
Calories

8g
Protein

18g
Carbs

8g
Fat

Carrot Cake with Cashew Frosting



Wednesday
12
MAR 2025

Large Plan
555kcal
Calories
48g
Protein
55g
Carbs
16g
Fat

LUNCH



Beef Patties

Green Curry Chicken



with Basmati Rice, Eggplants, and Long Beans

Large Plan
660kcal
Calories
52g
Protein
64g
Carbs
22g
Fat

DINNER

GLUTEN FREE BANANA BREAD



SNACK

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

CHICKEN THIGH CHUNKS



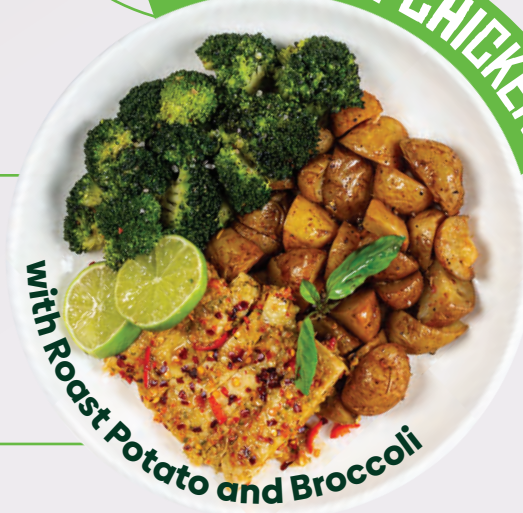
WITH BROWN RICE PAELLA, PRAWNS, SOUPS, AND SALAD

LUNCH

Large Plan
600kcal
Calories
45g
Protein
59g
Carbs
20g
Fat

Thursday
13
MAR 2025

PERI PERI CHICKEN



With Roast Potato and Broccoli

DINNER

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

TOFU CHOCOLATE BROWNIE



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

SNACK

Friday

14

MAR 2025

LUNCH

Yakiniku Minced Beef



WITH BROWN RICE, EDAMAME, AND KIMCHI

Large Plan

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

Lemongrass Barramundi



WITH RICE NOODLES, BEANSPROUTS, SPINACH, AND CLEAR CHICKEN SOUP

Large Plan

600kcal	48g	59g	19g
Calories	Protein	Carbs	Fat

DINNER

Pistachio and Dates Energy Bites



SNACK

Large Plan

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

LUNCH

Gong Bao Chicken



with Brown Rice, Spicy Eggplant, and Cucumber Salad

Large Plan

675kcal	52g	68g	22g
Calories	Protein	Carbs	Fat

Monday

MAR 2025

HARISSA ROASTED TILAPIA



with Roasted Potato and French Beans

DINNER

Large Plan

590kcal	49g	59g	17g
Calories	Protein	Carbs	Fat

SNACK

Peanut Butter Chocolate Energy Bites



Large Plan

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

Tuesday
18
MAR 2025

LUNCH

Large Plan
635kcal
Calories
54g
Protein
70g
Carbs
16g
Fat

Honey Miso Salmon



With Quinoa and Broccoli

Herb Chicken



With Cauliflower Rice and Spinach Egg

Large Plan
580kcal
Calories
59g
Protein
42g
Carbs
20g
Fat

DINNER

SNACK

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

GLUTEN FREE BANANA BREAD



Beef Bolognese



With Pasta, Mixed Mushrooms, and Green Peas

LUNCH

Large Plan
710kcal
Calories
51g
Protein
69g
Carbs
26g
Fat

Wednesday
19
MAR 2025

Lemongrass Chicken



With Rice Vermicelli and Mixed Veggies Salad

Large Plan
555kcal
Calories
46g
Protein
57g
Carbs
16g
Fat

DINNER

OATMEAL COOKIE



Large Plan
145kcal
Calories
5g
Protein
9g
Carbs
10g
Fat

SNACK

Thursday 20 MAR 2025

LUNCH

Large Plan

690kcal
Calories

56g
Protein

63g
Carbs

24g
Fat

Peranakan Curry Beef and Pumpkin



with Coconut Basmati Rice and Garlic Okra

Ma Po Tofu



with Rice Noodles and Beansprouts

Large Plan

515kcal
Calories

46g
Protein

46g
Carbs

16g
Fat

DINNER

SNACK

Large Plan

190kcal
Calories

6g
Protein

12g
Carbs

13g
Fat

ALMOND OATS ENERGY BAR



LUNCH

CHICKEN RENDANG



with Brown Rice and Roasted Cauliflower

Large Plan

590kcal
Calories

48g
Protein

59g
Carbs

18g
Fat

Friday 21 MAR 2025

Peri Peri Barramundi



with Cajun Sweet Potato and Broccoli

DINNER

Large Plan

620kcal
Calories

50g
Protein

62g
Carbs

20g
Fat

Tofu Chocolate Brownie



Large Plan

185kcal
Calories

8g
Protein

20g
Carbs

8g
Fat

SNACK

Wednesday 26

MAR 2025

PERI PERI CHICKEN

With Roasted Potato and Herb Veggies

Large Plan

670kcal
Calories

52g
Protein

67g
Carbs

22g
Fat

LUNCH

Yakniku Minced Beef

With Brown Rice, Edamame, and Kimchi

Large Plan

610kcal
Calories

54g
Protein

59g
Carbs

17g
Fat

DINNER

SNACK

PEANUT BUTTER CHOCOLATE ENERGY BITES

Large Plan

125kcal
Calories

4g
Protein

2g
Carbs

11g
Fat

Basil Minced Chicken

with Brown Rice, Soy Egg, and Kailan

LUNCH

Large Plan

635kcal
Calories

52g
Protein

61g
Carbs

20g
Fat

Thursday 27

MAR 2025

BAKED LEMONGRASS BARRAMUNDI

With Cajun Roasted Sweet Potato and Broccoli

DINNER

Large Plan

590kcal
Calories

54g
Protein

53g
Carbs

18g
Fat

SNACK

Carrot Cake with Cashew Frosting

Large Plan

180kcal
Calories

8g
Protein

19g
Carbs

8g
Fat

Friday 28

MAR 2025

Regular Plan

440kcal
Calories 32g
Protein

44g
Carbs 15g
Fat

Large Plan

635kcal
Calories 46g
Protein

64g
Carbs 22g
Fat

LUNCH

Beef Patties



WITH MASHED SWEET POTATO, GREEN PEAS, AND CURRIANT LIME SAUCE

Regular Plan

385kcal 32g 39g 11g
Calories Protein Carbs Fat

Large Plan

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

DINNER

Turmeric Chicken



WITH BROWN RICE AND LADY FINGER

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



LUNCH

Peranakan Curry Chicken



with Basmati Rice, Cauliflower, and Lady Finger

Regular Plan

455kcal 34g 46g 15g
Calories Protein Carbs Fat

Large Plan

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

Monday 31

MAR 2025

Chicken Balls



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

DINNER

Regular Plan

420kcal 36g 38g 14g
Calories Protein Carbs Fat

Large Plan

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

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

SNACK

Tuesday

01

APR 2025

Large Plan

650kcal
Calories

50g
Protein

66g
Carbs

21g
Fat

LUNCH



Sambal Prawns and Squids

WITH BROWN RICE, TOFU, AND SHANGHAI GREEN

Large Plan

575kcal
Calories

57g
Protein

33g
Carbs

24g
Fat

DINNER

Cajun Chicken

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

SNACK



Large Plan

185kcal
Calories

8g
Protein

20g
Carbs

8g
Fat

TOFU CHOCOLATE BROWNIE



LUNCH

YAKINIKU MINCED BEEF

WITH RICE NOODLES, KIMCHI, AND EDAMAME

Large Plan

665kcal
Calories

52g
Protein

65g
Carbs

22g
Fat

Wednesday

02

APR 2025

Herb Chicken

With Roasted Herb Veggies Quinoa Salad

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

Thursday 03

APR 2025

LUNCH

Large Plan

640kcal	46g
Calories	Protein
65g	22g
Carbs	Fat

Yuxiang Minced Chicken

With Brown Rice, Saute Mushroom, and Bok Choy

Lemon Barramundi Fish

With Fresh Herb, Roasted Potatoes, and French Beans

Large Plan

645kcal	57g	57g	21g
Calories	Protein	Carbs	Fat

PISTACHIO AND DATES ENERGY BITER



DINNER

SNACK

Large Plan

120kcal	4g	4g	18g
Calories	Protein	Carbs	Fat

LUNCH

GREEN CURRY CHICKEN

With Basmati Rice, Eggplants, and Long Beans

Large Plan

655kcal	46g	68g	22g
Calories	Protein	Carbs	Fat

Friday 04

APR 2025

Salmon Chicken Balls

With Sweet Potatoes, Baked Spinach Egg, Broccoli and House Made Chilli Sauce

DINNER

Large Plan

590kcal	52g	49g	20g
Calories	Protein	Carbs	Fat

Overnight Oats

With Roasted Apple and Chia Seeds

Large Plan

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

SNACK