



Balanced Menu



YoloPlans

A close-up photograph of a chef's hand using a metal garnish 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
15
DEC 2025

LUNCH

Large Plan
480kcal
Calories
51g
Protein
29g
Carbs
18g
Fat

Baked peri Peri Barramundi



with Cauliflower Rice and French Beans

Large Plan
695kcal
Calories
48g
Protein
72g
Carbs
24g
Fat

DINNER

Carrot Cake



Large Plan
210kcal
Calories
5g
Protein
25g
Carbs
10g
Fat

SNACK

"HU XIANG" MINCED CHICKEN AND TOFU

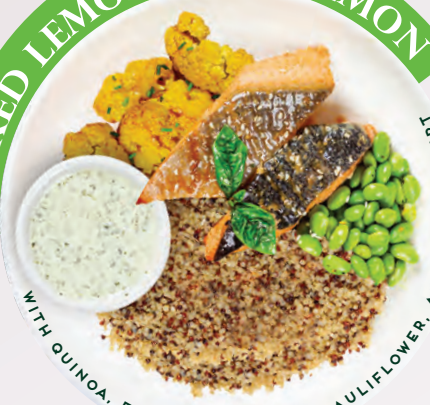


with Brown Rice, Scrambled Tomato Eggs, and Cucumber Salad

Images are for illustration only.

LUNCH

BAKED LEMON DILL SALMON



WITH QUINOA, EDAMAME, ROASTED CAULIFLOWER, AND MINT YOGURT

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

Tuesday
16
DEC 2025

BEEF BULGOGI



with Brown Rice, Kimchi, and Spinach

DINNER

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

ROASTED MIX NUTS



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

SNACK

Images are for illustration only.

Wednesday
17
DEC 2025

LUNCH

Clay Pot Style Chicken



with Shiitake Rice, Scramble Egg and Garlic Nai Bai

Large Plan

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

HARISSA BAKED TILAPIA



with Aglio Olio Fusilli, Eggplant Caponata, and Green Peas

Large Plan

600kcal	48g	62g	18g
Calories	Protein	Carbs	Fat

DINNER

SNACK

Large Plan

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

GLUTEN FREE BANANA BREAD



LUNCH

COCONUT CURRY CHICKEN



with Brown Rice and Mix Veggies

Large Plan

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

Thursday
18

DEC 2025

BAKED GOCHUJANG CHICKEN



WITH ROASTED POTATO AND BROCCOLI

DINNER

Large Plan

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

SNACK

Chocolate Hazelnut Energy Bites



Large Plan

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

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illustration only.

DEC 2025

CH Butter Chicken



19g
Eat

With Sweet Potato Noodles, Braised Cabbage, and Carrot

26g
Fat

MANGO CHIA SEEDS PUDDING



11g
Fat

Chicken Rissoles



22g
Fat



22g
Fat

Peanut Butter Chocolate Cookie



16g
Fat

Images are for illustration only.

Tuesday
23
DEC 2025

Large Plan

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

LUNCH

BEEF CHILLI CON CARNE



Basil Minced Chicken



Large Plan

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

DINNER

SNACK

Large Plan

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

PEANUT BUTTER CHOCOLATE ENERGY BITES



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illustration only.

Cajun Spiced Tilapia



LUNCH

Large Plan

650kcal	52g	61g	22g
Calories	Protein	Carbs	Fat

Herb Chicken



DINNER

Large Plan

590kcal	53g	65g	14g
Calories	Protein	Carbs	Fat

PUMPKIN PARMESAN BISQUIT



Large Plan

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

SNACK

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DEC 2025



with Brown Rice, Roast Capsicum and French Beans

650kcal **59g** **57g** **21g**
Calories Protein Carbs Fat

A bowl of Chicken Curry with Coconut Milk. The dish features chunks of chicken in a thick, orange-brown sauce, a side of yellow rice, and a garnish of sliced green chilies and white rice. The bowl is white and has text on the rim: "WITH COCONUT MILK" and "FLOWER AND".

WITH COCONUT BASMATI RICE, CURRY CAULIFLOWER AND GARLIC OKRA

565kcal **47g** **54g** **18g**
Calories Protein Carbs Fat

185kcal
Calories

20g
Carbs

8g
Protein

8g
Fat

[illegible]

Monday
29

DEC 2025

Large Plan

660kcal
Calories

51g
Protein

63g
Carbs

23g
Fat

LUNCH

PERI PERI CHICKEN



SALMON CHICKEN BALL



Large Plan

575kcal
Calories

54g
Protein

42g
Carbs

21g
Fat

DINNER

SNACK

Large Plan

175kcal
Calories

5g
Protein

16g
Carbs

10g
Fat

GLUTEN FREE BANANA BREAD



LUNCH

CREAMY CHICKEN LASAGNA



Large Plan

660kcal
Calories

53g
Protein

62g
Carbs

23g
Fat

Tuesday
30

DEC 2025

Honey Miso Prawns



DINNER

Large Plan

545kcal
Calories

42g
Protein

55g
Carbs

17g
Fat

SNACK

Large Plan

185kcal
Calories

8g
Protein

20g
Carbs

8g
Fat

OVERNIGHT OATS WITH APPLE AND MIX NUTS



BALANCED

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illustration only.

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DEC 2025

With Dr



Wild Cucumber

640kcal
Calories

47g
Protei

63g
Carbs

23g
Fat

with Roaster.



French Beans, and Tomato Stew Mix Beans

585kcal
Calories

52g
Protein

55g
Carbs

17g
Fat

170kcal
Calories

8g
Protein

14g
Carbs

9g
Fat

TOFU BROWNIE

[illegible]

Friday
02
JAN 2026

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

LUNCH

Roasted Turmeric Chicken

with Brown Rice and Roasted Curry Cauliflower

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

BAKED GOCHUJANG CHICKEN

STEAM SWEET POTATO AND ROASTED BROCCOLI

DINNER

SNACK

Large Plan
160kcal
Calories
7g
Protein
6g
Carbs
11g
Fat

Roasted Mix Nuts

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Yakiniku Salmon

LUNCH

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

with Brown Rice, Kimchi Salad, and Edamame

Monday
05
JAN 2026

BASIL MINCED CHICKEN

with Cauliflower Rice and Soy Egg

DINNER

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

Peanut Butter Cookies

SNACK

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

Images are for illustration only.

JAN 2026

630kcal
Calories

55g
Protein



A top-down view of a white plate containing a meal. On the left side of the plate are four round, golden-brown fried items, likely chicken cutlets or potato cakes, topped with a light-colored sauce and finely chopped green herbs. To the right of these is a generous portion of bright green broccoli florets. Below the fried items and to the left of the broccoli is a pile of eggplant caponata, which appears to be a mixture of diced eggplant, tomatoes, and other vegetables in a dark sauce. The plate is set against a plain white background.

575kcal
Calories

52g
Protein

52g
Carbs

17g
Fat

SNACK

190kcal
Calories

5g
Protein

22g
Carbs

9g
Fat



with Kale Pesto Pasta and Braised Purple Cabbage

670kcal
Calories

52g
Protein

59g
Carbs

25
Fat

1

MA
S
with Brown Rice, Scramble Tomato Egg, and Cucumber

175kcal
Calories

5g
Protein

16g
Carbs

10g
Fat

SNACK

Images are for illustration only.

Thursday
08
JAN 2026

Large Plan

645kcal
Calories

53g
Protein

59g
Carbs

23g
Fat

LUNCH

Baked Teriyaki Chicken



Brown Rice Chicken Paella



Large Plan

605kcal
Calories

51g
Protein

53g
Carbs

21g
Fat

DINNER

SNACK

GLUTEN FREE BANANA BREAD



Large Plan

170kcal
Calories

8g
Protein

14g
Carbs

9g
Fat

LUNCH

PERANAKAN CURRY BEEF



Large Plan

655kcal
Calories

52g
Protein

59g
Carbs

23g
Fat

Friday
09
JAN 2026

Cajun Orange Chicken



DINNER

Large Plan

600kcal
Calories

51g
Protein

54g
Carbs

20g
Fat

Pumpkin Parmesan Biscuit



Large Plan

150kcal
Calories

4g
Protein

15g
Carbs

8g
Fat

SNACK

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