

# 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 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



Monday  
09

FEB 2026

LUNCH

Large Plan

690kcal	50g
Calories	Protein
66g	26g
Carbs	Fat

Teriyaki Chicken



Herb Chicken



Large Plan

595kcal	61g	49g	17g
Calories	Protein	Carbs	Fat

DINNER

SNACK

Large Plan

130kcal	4g	2g	12g
Calories	Protein	Carbs	Fat

Roasted Mix Nuts



Images are for illustration only.

LUNCH

Large Plan

655kcal	52g	59g	23g
Calories	Protein	Carbs	Fat

Nasi Lemak (Tumeric Chicken)



Tomato Baked Tilapia



DINNER

SNACK

Large Plan

555kcal	48g	54g	17g
Calories	Protein	Carbs	Fat

Carrot Cake with Cashew Frosting



Large Plan

180kcal	8g	18g	8g
Calories	Protein	Carbs	Fat

Images are for illustration only.



Wednesday  
**11**  
FEB 2026

LUNCH

Beef Patties



With Aglio Olio Pasta, Tomato Sauce and Mixed Veggies

Large Plan

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

Green Curry Chicken



With Basmati Rice, Long Beans and Eggplants

Large Plan

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

DINNER

SNACK

Large Plan

175kcal	5g	46g	10g
Calories	Protein	Carbs	Fat

Gluten Free Banana Bread



LUNCH

Brown Rice Paella



With Chicken Thigh Chunks, Prawns and Squids, Garlic Green Peas

Large Plan

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

Peri Peri Chicken



With Roast Potato and Broccoli

DINNER

Large Plan

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

Hazelnut and Chocolate Granola Bar



Large Plan

190kcal	5g	24g	8g
Calories	Protein	Carbs	Fat

SNACK

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Friday  
13  
FEB 2026

### Large Plan

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

LUNCH

## Yakiniku Mixed Beef



with Brown Rice, Edamame and Kimchi

## Chicken Mushroom Stew



With Soba Noodle and Garlic Kailan

### Large Plan

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

DINNER

SNACK

### Large Plan

135kcal	3g	15g	7g
Calories	Protein	Carbs	Fat

## Pumpkin Parmesan Biscuit



LUNCH

## Gong Bao Chicken



with Brown Rice, Spicy Eggplant, Cucumber Salad

### Large Plan

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

Monday  
16  
FEB 2026

## Harissa Roasted Tilapia



with Roasted Potato, French Beans

### Large Plan

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

DINNER

SNACK

### Large Plan

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

## Peanut Butter Chocolate Energy Bites



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illustration only.

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Tuesday  
17  
FEB 2026

LUNCH

Large Plan

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

Honey Miso Salmon



with Quinoa and Broccoli

Cauliflower Rice



with Herb Chicken and Spinach Egg

Large Plan

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

DINNER

SNACK

Large Plan

175kcal	5g	46g	10g
Calories	Protein	Carbs	Fat

Gluten Free Banana Bread



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Beef Bolognese



with Pasta, Mixed Mushrooms and Green Peas

LUNCH

Large Plan

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

Wednesday  
18  
FEB 2026

Lemongrass Chicken



with Rice Vermicelli and Mixed Veggies Salad

DINNER

Large Plan

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

Peanut Butter Chocolate Cookie



Large Plan

155kcal	5g	4g	13g
Calories	Protein	Carbs	Fat

SNACK

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Thursday  
**19**  
FEB 2026

**Large Plan**  
690kcal  
Calories  
56g  
Protein  
63g  
Carbs  
24g  
Fat

LUNCH

**Peranakan Curry Beef and Pumpkin**

with Coconut Basmati Rice, Garlic Okra

**Chicken Rissoles**

with Stroganoff Sauce, French Beans and Mashed Cauliflower

**Large Plan**  
510kcal  
Calories  
52g  
Protein  
39g  
Carbs  
16g  
Fat

DINNER

SNACK

**Large Plan**  
175kcal  
Calories  
6g  
Protein  
24g  
Carbs  
6g  
Fat

**Apple and Chia Seeds Oatmeal**



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illustration only.

**Chicken Rendang**

with Brown Rice, Roasted Cauliflower

LUNCH

**Large Plan**  
510kcal  
Calories  
48g  
Protein  
59g  
Carbs  
18g  
Fat

Friday  
**20**  
FEB 2026

**Cajun Orange Chicken**

with Cajun Sweet Potato and Broccoli

DINNER

**Large Plan**  
620kcal  
Calories  
50g  
Protein  
62g  
Carbs  
20g  
Fat

**Tofu Chocolate Brownie**

SNACK

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

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Monday  
23

FEB 2026

LUNCH

Herb Chicken



With Aglio Olio Pasta, Tomato Sauce, Sweet Snap Peas

Large Plan

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

Teriyaki Salmon



With Quinoa, Saute Mixed Veggies

Large Plan

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

DINNER

SNACK

Large Plan

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

Banana Oat Pancake With Apple Chutney



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illustration only.

LUNCH

Red Curry Chicken



With Brown Rice, Long Beans and Eggplant

Large Plan

675kcal	56g	63g	23g
Calories	Protein	Carbs	Fat

Salmon Chicken Balls



With Cauliflower Rice and Spinach Egg

DINNER

Large Plan

550kcal	59g	39g	18g
Calories	Protein	Carbs	Fat

Tofu Chocolate Brownie



Large Plan

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

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Tuesday  
24

JAN 2026



Wednesday  
25  
FEB 2026

LUNCH

**Large Plan**  
670kcal  
Calories  
52g  
Protein  
61g  
Carbs  
22g  
Fat

Yakiniku Mixed Beef



with Brown Rice, Edamame and Kimchi

Peri Peri Chicken



with Roast Potato and Broccoli

**Large Plan**  
610kcal  
Calories  
54g  
Protein  
59g  
Carbs  
17g  
Fat

DINNER

SNACK

**Large Plan**  
125kcal  
Calories  
4g  
Protein  
2g  
Carbs  
11g  
Fat

Peanut Butter Chocolate Energy Bites



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Basil Minced Chicken



with Basmati Rice, Scrambled Egg and Kailan

LUNCH

**Large Plan**  
635kcal  
Calories  
52  
Protein  
61g  
Carbs  
20g  
Fat

Thursday  
26  
FEB 2026

Baked Lemongrass Barramundi



with Cajun Roasted Sweet Potato, Broccoli

DINNER

**Large Plan**  
590kcal  
Calories  
54g  
Protein  
53g  
Carbs  
18g  
Fat

Carrot Cake with Cashew Frosting



**Large Plan**  
180kcal  
Calories  
8g  
Protein  
18g  
Carbs  
8g  
Fat

SNACK

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Friday  
27  
FEB 2026

LUNCH

### Large Plan

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

## Beef Patties

With Mashed Sweet Potato, Green Peas and Coriander Lime Juice

## Tumeric Chicken



With Brown Rice and Lady Finger

### Large Plan

535kcal	50g	53g	14g
Calories	Protein	Carbs	Fat

DINNER

SNACK

### Large Plan

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

## Peanut Butter Chocolate Cookie



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LUNCH

## Peranakan Curry Chicken



With Basmati Rice, Cauliflower and Lady Finger

### Large Plan

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

Monday  
02  
MAR 2026

## Chicken Patties



With Mashed Potatoes, Tomato Saucen Saute Green Peas and Carrot

DINNER

### Large Plan

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

SNACK

## Peanut Butter Chocolate Energy Bites



### Large Plan

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

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Tuesday  
03  
MAR 2026

LUNCH

### Large Plan

650kcal	50g
Calories	Protein
66g	21g
Carbs	Fat

## Sambal Seafood and Tofu

with Brown Rice and Shanghai Green

## Tomato Soup

with Cajun Chicken, Avocado and Mixed Beans, Feta Cheese

### Large Plan

575kcal	57g	33g	24g
Calories	Protein	Carbs	Fat

DINNER

SNACK

### Large Plan

190kcal	5g	24g	8g
Calories	Protein	Carbs	Fat

## Hazelnut and Chocolate Granola Bar

Images are for illustration only.

## Mala Chicken

with Brown Rice and Honey Soy Mixed Veggies

LUNCH

### Large Plan

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

Wednesday  
04  
MAR 2026

## Herb Chicken

with Roasted Herb Veggies Quinoa Salad

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  
05  
MAR 2026

LUNCH

Large Plan

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

Yuxiang Minced Chicken

With Sweet Potato Noodles and Saute Mushroom with Bok Choy



Fresh Herb and Lemon Barramundi Fish



With Roasted Potatoes, French Beans

Large Plan

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

DINNER

SNACK

Large Plan

135kcal	3g	15g	7g
Calories	Protein	Carbs	Fat

Pumpkin Parmesan Biscuit



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Friday  
06  
MAR 2026

Green Curry Chicken



With Basmati Rice, Long Beans and Eggplants

LUNCH

Large Plan

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

Chicken Balls



With Cauliflower Rice, Spinach Egg and Broccoli, Homemade Chilli

DINNER

Large Plan

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

Apple and Chia Seeds Oatmeal



Large Plan

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

SNACK

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