

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

BALANCED

Monday
09
FEB 2026

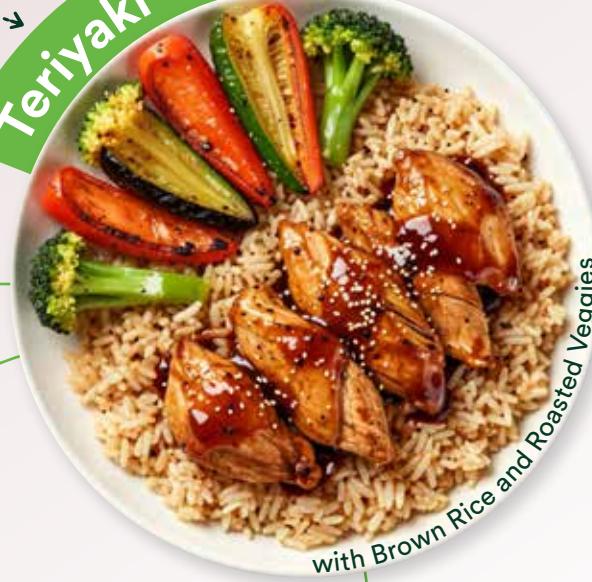


Large Plan

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

LUNCH

Teriyaki Chicken



Large Plan

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

DINNER

Large Plan

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

Roasted Mix Nuts



SNACK



Large Plan

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

Tomato Baked Tilapia



FEB 2026

Tuesday
10

Large Plan

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

Carrot Cake with Cashew Frosting

Large Plan

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

SNACK

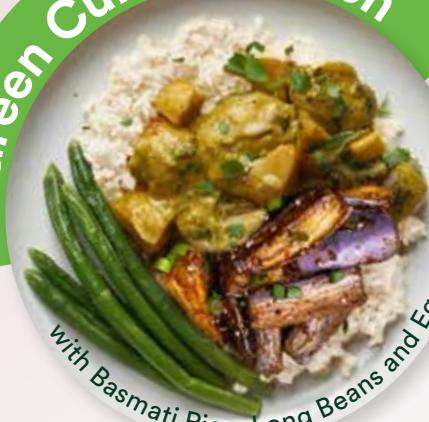
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Wednesday

11

FEB 2026

Green Curry Chicken



with Basmati Rice, Long Beans and Eggplants

LUNCH

Large Plan

555kcal
Calories
55g Carbs

48g Protein
16g Fat

Beef Patties



with Aglio Olio Pasta, Tomato Sauce and Mixed Veggies

Large Plan

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

DINNER

Large Plan

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

Gluten Free Banana Bread



Brown Rice Paella



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

LUNCH

Large Plan

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

Thursday

12

FEB 2026

Peri Peri Chicken



With Roast Potato and Broccoli

SNACK

Large Plan

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

Hazelnut and Chocolate Granola Bar



Large Plan

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

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Friday
13
FEB 2026

LUNCH

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

Chicken Mushroom Stem
with Soba Noodle and Garlic Kailan

Yakiniku Mixed Beef



with Brown Rice, Edamame and Kimchi

Large Plan

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

Pumpkin Parmesan Biscuit



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illustration only.

SNACK

Large Plan

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

Gong Bao Chicken



with Brown Rice, Spicy Eggplant, Cucumber Salad

Monday
16
FEB 2026

LUNCH

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

Harissa Roasted Tilapia



with Roasted Potato, French Beans

DINNER

Large Plan

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

Peanut Butter Chocolate Energy Bites



Large Plan

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

SNACK

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BALANCED - BALANCED - BALANCED - BALANCED - BALANCED - BALANCED

Tuesday
17
FEB 2026



Large Plan

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

LUNCH

Honey Miso Salmon



Large Plan

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



SNACK

Large Plan

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

Beef Bolognese



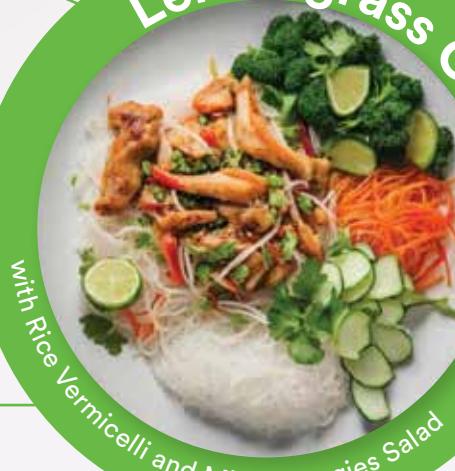
LUNCH

Large Plan

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

Wednesday
18
FEB 2026

Lemongrass Chicken



DINNER

Large Plan

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

Peanut Butter Chocolate Cookie



SNACK

Large Plan

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

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Thursday
19
FEB 2026



Large Plan

690kcal
Calories
63g
Carbs

56g
Protein
24g
Fat

LUNCH

Peranakan Curry Beef and Pumpkin



Large Plan

510kcal
Calories

52g
Protein

39g
Carbs

16g
Fat



Large Plan

175kcal
Calories

6g
Protein

24g
Carbs

6g
Fat

DINNER

Chicken Rendang



Large Plan

510kcal
Calories

48g
Protein

59g
Carbs

18g
Fat

Friday
20
FEB 2026

Cajun Orange Chicken



Large Plan

620kcal
Calories

50g
Protein

62g
Carbs

20g
Fat

DINNER

Tofu Chocolate Brownie



Large Plan

185kcal
Calories

8g
Protein

20g
Carbs

8g
Fat

SNACK

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Monday
23

FEB 2026



Large Plan

720kcal
Calories
72g
Carbs

LUNCH

Herb Chicken



54g
Protein
24g
Fat

Large Plan

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

DINNER

Large Plan

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



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Large Plan

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

Tuesday
24

JAN 2026



Large Plan

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



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

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BALANCE

BALANCED - BALANCED - BALANCED - BALANCED - BALANCED - BALANCED

Wednesday
25

FEB 2026



LARGE PLAN
670kcal
Calories
52g
Protein
61g
Carbs
22g
Fat

LUNCH

Yakiniku Mixed Beef



LARGE PLAN

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



SNACK

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



LUNCH

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

Thursday
26



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



DINNER

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

SNACK

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Friday
27

FEB 2026

Tumeric Chicken



with Brown Rice and Lady Finger

LUNCH

Large Plan

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

Beef Patties



With Mashed Sweet Potato, Green Peas and Coriander Lime Juice

LARGE PLAN

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

DINNER

Large Plan

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

Peanut Butter Chocolate Cookie



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Peranakan Curry Chicken



with Basmati Rice, Cauliflower and Lady Finger

LUNCH

Large Plan

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

Monday
02

MAR 2026

Chicken Patties



With Mashed Potatoes, Tomato Saucen Saute Green Peas and Carrot

DINNER

Large Plan

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

Peanut Butter Chocolate Energy Bites



Large Plan

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

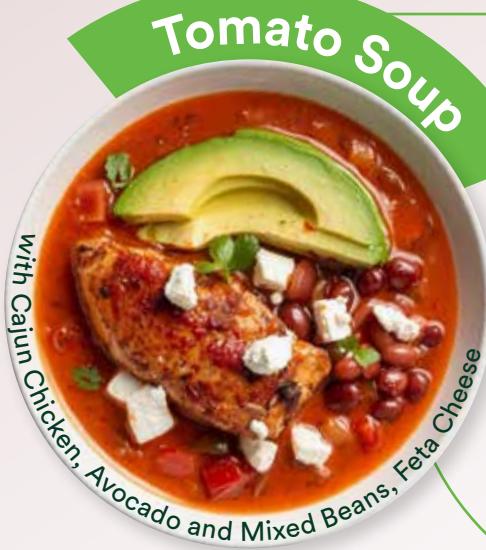
SNACK

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Tuesday
03

MAR 2026



Large Plan

650kcal
Calories
66g
Carbs

50g
Protein
21g
Fat

LUNCH



Large Plan

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



SNACK

Large Plan

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

DINNER



Large Plan

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

LUNCH

Wednesday
04

Herb Chicken



Large Plan

535kcal
Calories
54g
Protein
41g
Carbs
17g
Fat



DINNER

Large Plan

180kcal
Calories
8g
Protein
19g
Carbs
8g
Fat

SNACK

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Thursday
05

MAR 2026



Large Plan

640kcal
Calories
65g
Carbs

46g
Protein
22g
Fat

LUNCH



Large Plan

645kcal
Calories
57g
Protein

57g
Carbs
21g
Fat



SNACK

Large Plan

135kcal
Calories
3g
Protein

15g
Carbs
7g
Fat

LUNCH

Large Plan

655kcal
Calories
46g
Protein

68g
Carbs
22g
Fat

Friday
06

MAR 2026



Large Plan

590kcal
Calories
52g
Protein

49g
Carbs
20g
Fat



SNACK



Large Plan

145kcal
Calories
5g
Protein

20g
Carbs
5g
Fat

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