

Balanced Menu

A close-up photograph of a chef's hand using a knife to garnish a dish. The dish is served in a black rectangular pan and consists of white rice topped with yellow corn, green beans, and sliced red and green chili peppers. The chef is carefully placing a slice of red chili on top. The background is blurred, showing other kitchen items and ingredients.

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
MAR 2026

LUNCH

Large Plan

705kcal
Calories

47g
Protein

72g
Carbs

26g
Fat

Nasi Lemak (Turmeric Chicken)



With Coconut Basmati Rice, Cucumber and Egg

Honey Miso Prawn



With Aglio Olio Linguine and Sauté Veggie

Large Plan

525kcal
Calories

46g
Protein

55g
Carbs

13g
Fat

DINNER

Gluten Free Banana Bread



SNACK

Large Plan

175kcal
Calories

5g
Protein

46g
Carbs

10g
Fat

Images are for illustration only.

LUNCH

Health Kicked Chicken Rice



With Lemongrass Chicken, Brown Rice, Choy Sum and Chili Sauce

Large Plan

525kcal
Calories

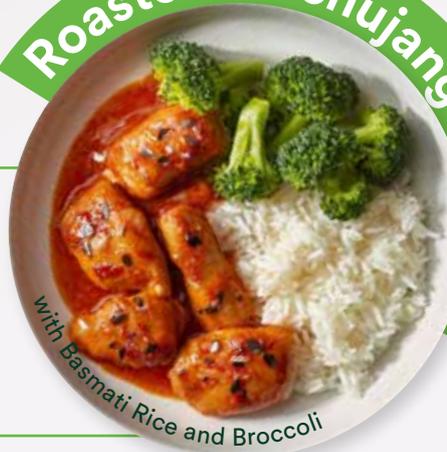
46g
Protein

55g
Carbs

13g
Fat

Tuesday
10
MAR 2026

Roasted Gochujang Chicken



With Basmati Rice and Broccoli

DINNER

Large Plan

570kcal
Calories

42g
Protein

58g
Carbs

19g
Fat

Roasted Mix Nuts



Large Plan

200kcal
Calories

6g
Protein

8g
Carbs

16g
Fat

SNACK

Images are for illustration only.

Wednesday
11
 MAR 2026

LUNCH

Baked Dukkah-Crusted Sea Bass



Large Plan

615kcal
 Calories
 48g
 Protein
 62g
 Carbs
 20g
 Fat

Gong Bao Chicken



with Brown Rice and Shanghai Greens

Large Plan

595kcal
 Calories
 45g
 Protein
 55g
 Carbs
 22g
 Fat

DINNER

Tofu Chocolate Brownie



SNACK

Large Plan

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

Images are for illustration only.

LUNCH

Teriyaki Salmon



with Brown Rice, Kimchi and Edamame

Large Plan

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

Thursday
12
 MAR 2026

Herb Chicken



with Kale Pesto Pasta, Cajun Mix Veggies

DINNER

Large Plan

650kcal
 Calories
 57g
 Protein
 62g
 Carbs
 20g
 Fat

SNACK

Peanut Butter Chocolate Energy Bites



Large Plan

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

Images are for illustration only.

Friday
13

MAR 2026

LUNCH

Peri Peri Chicken



with Roasted Potato and Broccoli

Large Plan

610kcal
Calories

51g
Protein

59g
Carbs

19g
Fat

Peranakan Beef Curry & Pumpkin



with Basmati Rice, curry cauliflower and Green Peas

Large Plan

605kcal
Calories

47g
Protein

54g
Carbs

23g
Fat

DINNER

Hazelnut and Chocolate Granola Bar



SNACK

Large Plan

190kcal
Calories

5g
Protein

24g
Carbs

8g
Fat

Images are for illustration only.

LUNCH

Lemon & Dill Salmon



with Roasted Potato, Herb Veggies and tomato

Large Plan

615kcal
Calories

48g
Protein

57g
Carbs

22g
Fat

Monday
16

MAR 2026

Butter Chicken



with Basmati Rice and Sweet Snap Peas

DINNER

Large Plan

610kcal
Calories

47g
Protein

62g
Carbs

20g
Fat

SNACK

Peanut Butter Cookie



Large Plan

180kcal
Calories

4g
Protein

5g
Carbs

16g
Fat

Images are for illustration only.

Tuesday 17

MAR 2026

LUNCH

Large Plan

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

Roast Yuxiang Chicken and Mushroom

with Brown rice, Spicy Eggplants and Kailan

Salmon Chicken Balls

with Cauliflower Rice and Edamame

Large Plan

635kcal Calories	59g Protein	41g Carbs	26g Fat
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DINNER

Banana Oat Pancake With Apple Chutney

SNACK

Large Plan

120kcal Calories	4g Protein	13g Carbs	6g Fat
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Images are for illustration only.

Basil Minced Chicken

with Brown Rice, Scrambled egg and garlic long beans

LUNCH

Large Plan

640kcal Calories	45g Protein	59g Carbs	25g Fat
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Wednesday 18

MAR 2026

Large Plan

580kcal Calories	53g Protein	53g Carbs	18g Fat
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Cajun Orange Chicken

with Roasted Sweet Potato, Broccoli

DINNER

Pumpkin Parmesan Biscuit

SNACK

Large Plan

150kcal Calories	7g Protein	13g Carbs	8g Fat
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Thursday 19

MAR 2026

LUNCH

Large Plan

635kcal	59g
Calories	Protein
47g	24g
Carbs	Fat

Morocco Spiced Chicken



with Pumpkin Carrot Quinoa Salad and French Beans

Yakiniku Minced Beef



with Sweet Potato Noodle, Bean Sprouts and Kimchi

Large Plan

575kcal	57g	42g	20g
Calories	Protein	Carbs	Fat

DINNER

Gluten Free Banana Bread



SNACK

Large Plan

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

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LUNCH

Lemongrass Barramundi



with Brown Rice, Honey soy Tofu and Shanghai Greens

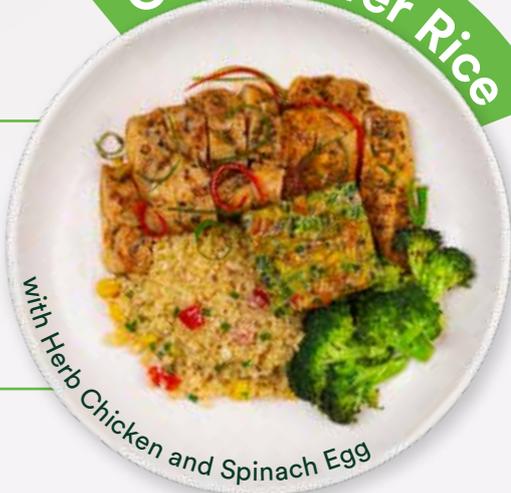
Large Plan

665kcal	52g	62g	23g
Calories	Protein	Carbs	Fat

Friday 20

MAR 2026

Cauliflower Rice



with Herb Chicken and Spinach Egg

Large Plan

600kcal	55g	49g	20g
Calories	Protein	Carbs	Fat

DINNER

Peanut Butter Chocolate Energy Bites



Large Plan

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

SNACK

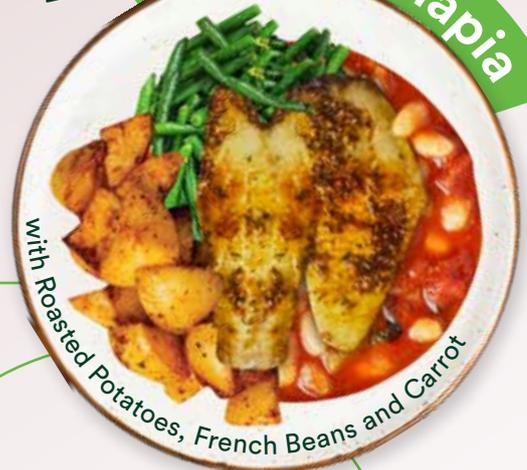
Images are for illustration only.

Monday
23

MAR 2026

LUNCH

Peri Peri Tilapia



With Roasted Potatoes, French Beans and Carrot

Large Plan

640kcal	47g
Calories	Protein
63g	23g
Carbs	Fat

Yakiniku Mixed Beef



With Brown Rice, Edamame and Kimchi

Large Plan

600kcal	49g	55g	20g
Calories	Protein	Carbs	Fat

DINNER

Pumpkin Parmesan Biscuit



SNACK

Large Plan

150kcal	4g	16g	8g
Calories	Protein	Carbs	Fat

Images are for illustration only.

LUNCH

Rendang Chicken



With Brown Rice, Curry Roasted Cauliflower

Large Plan

645kcal	53g	65g	20g
Calories	Protein	Carbs	Fat

Tuesday
24

MAR 2026

Cajun Orange Chicken



With Roasted Sweet Potato, Broccoli

Large Plan

615kcal	54g	48g	23g
Calories	Protein	Carbs	Fat

DINNER

SNACK

Large Plan

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

Images are for illustration only.

Overnight Oats with Roasted Apple and Chia Seed



Wednesday 25

MAR 2026

LUNCH

Green Curry Chicken



With Coconut Basmati Rice, Long Beans and Eggplants

Large Plan

615kcal	47g
Calories	Protein
63g	20g
Carbs	Fat

Mediterranean Chicken Stew



with Whole Meal Pasta, Broccoli

Large Plan

585kcal	50g	47g	23g
Calories	Protein	Carbs	Fat

DINNER

Roasted Mix Nuts



SNACK

Large Plan

200kcal	6g	8g	16g
Calories	Protein	Carbs	Fat

Images are for illustration only.

Roasted Teriyaki Chicken



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

LUNCH

Large Plan

610kcal	48g	59g	20g
Calories	Protein	Carbs	Fat

Thursday 26

MAR 2026

Beef Patties



with Mashed Sweet Potato, Green Peas and Coriander Lime Juice

DINNER

Large Plan

605kcal	48g	56g	21g
Calories	Protein	Carbs	Fat

SNACK

Tofu Chocolate Brownie



Large Plan

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

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Friday
27

MAR 2026

LUNCH

Kung Pao Chicken



With Brown Rice, Spicy Eggplant and Cucumber Salad

Large Plan

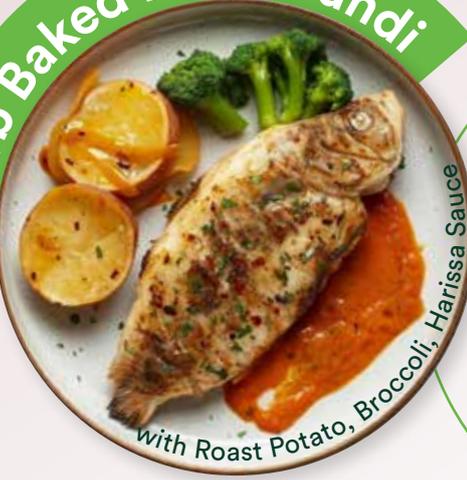
590kcal
Calories

49g
Protein

57g
Carbs

18g
Fat

Herb Baked Barramundi



With Roast Potato, Broccoli, Harissa Sauce

Large Plan

675kcal
Calories

54g
Protein

54g
Carbs

27g
Fat

DINNER

Banana Oat Pancake With Apple Chutney



SNACK

Large Plan

120kcal
Calories

4g
Protein

13g
Carbs

6g
Fat

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Beef Bolognese



With Pasta, Mixed Mushrooms and Green Peas

LUNCH

Large Plan

635kcal
Calories

50g
Protein

59g
Carbs

23g
Fat

Monday
30

MAR 2026

Chicken Madras Curry



With Brown Rice, Roasted Cauliflower, Garlic Okra

DINNER

Large Plan

585kcal
Calories

45g
Protein

59g
Carbs

19g
Fat

Coconut and Cranberry Granola Bar



Large Plan

170kcal
Calories

3g
Protein

28g
Carbs

5g
Fat

SNACK

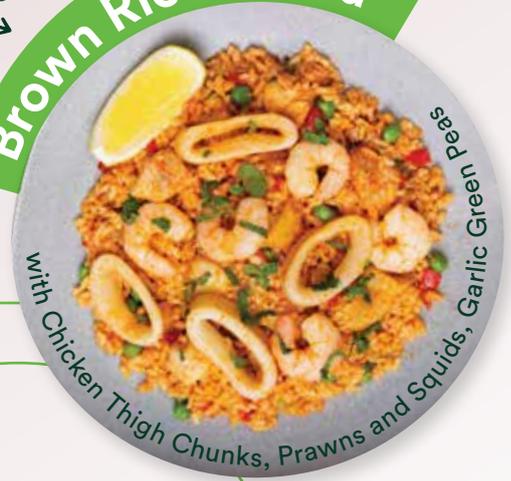
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Tuesday
31

MAR 2026

LUNCH

Brown Rice Paella



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

Large Plan

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

Cajun Orange Chicken



With Roasted Sweet Potato, Broccoli

Large Plan

600kcal	48g	59g	20g
Calories	Protein	Carbs	Fat

DINNER

Pumpkin Parmesan Biscuit



SNACK

Large Plan

150kcal	4g	16g	8g
Calories	Protein	Carbs	Fat

Images are for illustration only.

Herb Chicken



With Roasted Potato, French Beans, Harissa Sauce

LUNCH

Large Plan

660kcal	52g	67g	20g
Calories	Protein	Carbs	Fat

Wednesday
01

APR 2026

Lemongrass Soy Barranmundi



With Coconut Basmati Rice, Long Bean and Eggplant

DINNER

Large Plan

630kcal	46g	59g	23g
Calories	Protein	Carbs	Fat

SNACK

Large Plan

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

Peanut Butter Chocolate Energy Bites



Images are for illustration only.

Thursday 02

APR 2026

LUNCH

Yakiniku Minced Beef



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

With Sweet Potato Noodle, Bean Sprouts and Kimchi

Salmon Chicken Balls



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

With Cauliflower Rice and Spinach Egg and Edamame

DINNER

Peanut Butter Chocolate Cookie



SNACK

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

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Lemon Dill Salmon



LUNCH

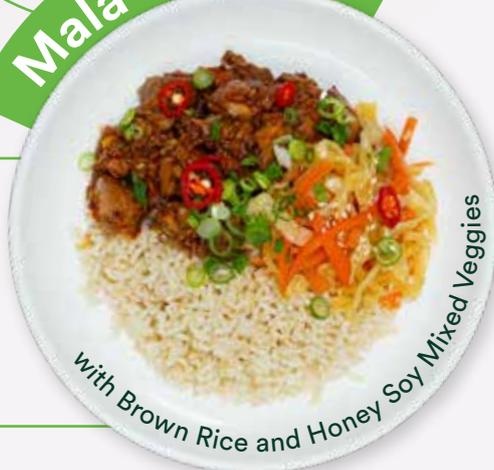
Large Plan
590kcal
Calories
51g
Protein
56g
Carbs
18g
Fat

With Quinoa, Tomato Herb Veggies

Friday 03

APR 2026

Mala Chicken



Large Plan
630kcal
Calories
51g
Protein
55g
Carbs
23g
Fat

With Brown Rice and Honey Soy Mixed Veggies

DINNER

Gluten Free Banana Bread



SNACK

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

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