



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 quinoa or rice mixed with corn 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

Monday
17
NOV 2025

NASI LEMAK



Honey Miso Prawn



525kcal **46g** **55g** **13g**
Calories Protein Carbs Fat

525kcal **46g** **55g** **13g**
Calories Protein Carbs Fat

A close-up of a slice of golden-brown banana bread on a white plate. The bread is topped with three small orange slices. The image is framed by a green arch with the text "Gluten Free Banana Bread" in white.

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

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

Health Kicked Chicken Rice

LUNCH



A top-down view of a white plate containing a meal. At the top is a mound of brown rice. Below it, on the left, are five slices of white, poached chicken. To the right of the chicken is a pile of green vegetables, including choy sum and snap peas, garnished with sliced red and green chili peppers. At the bottom center of the plate is a single slice of a red tomato. The plate has a black border with white text that reads "WITH LEMONGRASS CHICKEN, BROWN RICE, CHOY SUM".

625kcal **48g** **62g** **21g**
Calories Protein Carbs Fat

625kcal **48g** **62g** **21g**
Calories Protein Carbs Fat

A top-down view of a white plate with a brown rim. The plate contains three items: a portion of roasted chicken pieces coated in a thick, dark red gochujang sauce and garnished with white sesame seeds and green herbs; a mound of fluffy white rice; and a floret of bright green broccoli. A green circular banner with white text is overlaid on the top and right sides of the image, reading "ROASTED GOCHUJANG CHICKEN".



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

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

Images are for illustration only.

BALANCED - BALANCED - BALANCED - BALANCED - BALANCED - BALANCED

Wednesday 19 NOV 2025

Large Plan

615kcal
Calories

48g
Protein

62g
Carbs

20g
Fat

LUNCH

Baked Dukkah-Crusted Sea Bass



Large Plan

595kcal
Calories

45g
Protein

55g
Carbs

22g
Fat

GONG BAD CHICKEN



DINNER

SNACK

Large Plan

185kcal
Calories

8g
Protein

20g
Carbs

8g
Fat

CHOCOLATE TOFU BROWNIE



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illustration only.

TERIYAKI SALMON



LUNCH

Large Plan

630kcal
Calories

45g
Protein

64g
Carbs

22g
Fat

HERB CHICKEN



DINNER

Large Plan

650kcal
Calories

57g
Protein

62g
Carbs

20g
Fat

Peanut Butter Chocolate Energy Bites



SNACK

Large Plan

125kcal
Calories

4g
Protein

3g
Carbs

11g
Fat

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illustration only.

Friday
21
NOV 2025

LUNCH

Peñ Peñ Chicken



WITH ROASTED POTATO AND BROCCOLI

Large Plan

610kcal	51g
Calories	Protein
59g	19g
Carbs	Fat

Peranakan Beef Curry and Pumpkin



with Basmati Rice, Curry Cauliflower, and Okra

Large Plan

605kcal	47g	54g	23g
Calories	Protein	Carbs	Fat

DINNER

SNACK

Large Plan

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

CARROT CAKE WITH CASHEW FROSTING CAKE



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illustration only.

LUNCH

Lemon and Dill Salmon



with Roasted Potato, Herb Veggies, and Tomato

Large Plan

615kcal	48g	57g	22g
Calories	Protein	Carbs	Fat

Monday
24
NOV 2025

Butter Chicken



with Basmati Rice and Sweet Snap Peas

DINNER

Large Plan

610kcal	47g	62g	20g
Calories	Protein	Carbs	Fat

SNACK

Large Plan

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

Peanut Butter Cookies



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illustration only.

Monday
01
DEC 2025

Large Plan

640kcal
Calories

47g
Protein

63g
Carbs

23g
Fat

LUNCH

PERI PERI TILAPIA FISH

with Roasted Potato, French Beans, and Carrots

YAKINIKU MINCED BEEF

with Brown Rice, Kimchi, and Edamame

Large Plan

600kcal
Calories

49g
Protein

55g
Carbs

20g
Fat

DINNER

SNACK

Large Plan

150kcal
Calories

4g
Protein

16g
Carbs

8g
Fat

PUMPKIN PARMESAN BISCUIT

Images are for
illustration only.

RENDANG CHICKEN

with Brown Rice and Curry Roasted Cauliflower

LUNCH

Large Plan

645kcal
Calories

53g
Protein

65g
Carbs

20g
Fat

Tuesday
02
DEC 2025

Cajun Spice Chicken

WITH PUMPKIN CARROT QUINOA SALAD AND SWEET SNAP PEAS

DINNER

Large Plan

615kcal
Calories

54g
Protein

48g
Carbs

23g
Fat

SNACK

Large Plan

145kcal
Calories

8g
Protein

20g
Carbs

8g
Fat

OVERNIGHT OATS WITH ROASTED APPLE AND CHIA SEEDS

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illustration only.

Wednesday 03 DEC 2025

Large Plan

615kcal
Calories

47g
Protein

63g
Carbs

20g
Fat

LUNCH

Green Curry Chicken



MEDITERRANEAN CHICKEN STEW



Large Plan

585kcal
Calories

50g
Protein

47g
Carbs

23g
Fat

DINNER

SNACK

Large Plan

200kcal
Calories

6g
Protein

8g
Carbs

16g
Fat

ROASTED MIX NUTS



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illustration only.

LUNCH

Roasted Teriyaki Chicken Thigh Cubes



Large Plan

610kcal
Calories

48g
Protein

59g
Carbs

20g
Fat

Thursday 04 DEC 2025

BEEF MEAT PATTIES



Large Plan

605kcal
Calories

48g
Protein

56g
Carbs

21g
Fat

DINNER

SNACK

Tofu Brownie



Large Plan

185kcal
Calories

8g
Protein

20g
Carbs

8g
Fat

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Friday
05
DEC 2025

Large Plan

590kcal
Calories

49g
Protein

57g
Carbs

18g
Fat

LUNCH

Kung Pao Chicken



with Brown Rice, Spicy Eggplant, and Cucumber Salad

Herb Baked Barramundi



WITH ROAST POTATO, BROCCOLI, AND HARISSA SAUCE

Large Plan

675kcal
Calories

54g
Protein

54g
Carbs

27g
Fat

DINNER

SNACK

Large Plan

120kcal
Calories

4g
Protein

13g
Carbs

6g
Fat

Banana Oat Pancake With Apple



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illustration only.

Beef Bolognese



with Aglio Olio Pasta, Mix Mushroom, and Green Peas

LUNCH

Large Plan

635kcal
Calories

50g
Protein

59g
Carbs

23g
Fat

Monday
08
DEC 2025

CHICKEN MADRAS CURRY



with Brown Rice, Roasted Cauliflower, and Garlic Okra

DINNER

Large Plan

585kcal
Calories

45g
Protein

59g
Carbs

19g
Fat

SNACK

Large Plan

175kcal
Calories

8g
Protein

18g
Carbs

8g
Fat

Carrot Cake with Cashew Frosting Cake



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Tuesday
09
DEC 2025

Large Plan

640kcal
Calories

48g
Protein

64g
Carbs

22g
Fat

LUNCH



Cajun Orange Chicken



Large Plan

610kcal
Calories

51g
Protein

57g
Carbs

20g
Fat

DINNER

SNACK

Images are for
illustration only.

Large Plan

130kcal
Calories

3g
Protein

21g
Carbs

4g
Fat

Mango Chia Seeds Pudding



HERB CHICKEN



LUNCH

Large Plan

660kcal
Calories

52g
Protein

67g
Carbs

20g
Fat

Wednesday
10
DEC 2025

Large Plan

630kcal
Calories

46g
Protein

59g
Carbs

23g
Fat

Lemongrass Soy Barramundi



DINNER

PEANUT BUTTER CHOCOLATE ENERGY BITES



SNACK

Large Plan

125kcal
Calories

4g
Protein

3g
Carbs

11g
Fat

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Thursday

11

DEC 2025

LUNCH

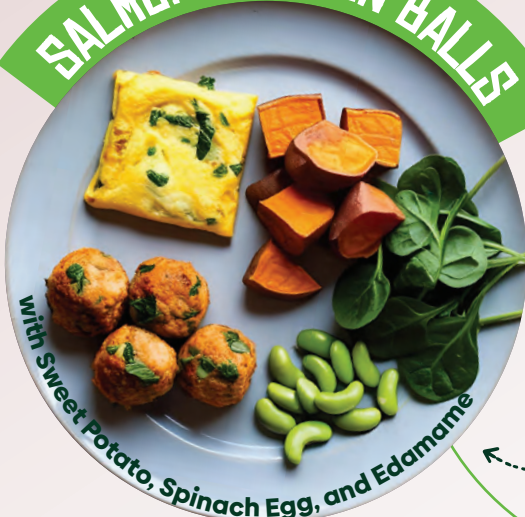
Yakiniku Minced Chicken



with Sweet Potato Noodles, Beansprouts, and Kimchi

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

SALMON CHICKEN BALLS



with Sweet Potato, Spinach Egg, and Edamame

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

DINNER

SNACK

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

PEANUT BUTTER COOKIES



Images are for illustration only.

LUNCH

Lemon Dill Baked Salmon



WITH QUINOA AND TOMATO HERB VEGGIES

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

Friday

12

DEC 2025

Ma La Chicken



with Brown Rice and Honey Soy Mix Veggies

DINNER

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

Banana Bread



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

SNACK

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