



Balanced Menu



YoloPlans

A close-up photograph of a chef's hand using a metal garnishing tool to place a slice of red chili pepper on 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
22
SEP 2025

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illustration only.

LUNCH

HERB CHICKEN



with Aglio Olio Pasta, Tomato Sauce, and Sweet Snap Peas

Large Plan

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

DINNER

Cumin Carrot Soup



Large Plan

120kcal	6g	6g	8g
Calories	Protein	Carbs	Fat

SNACK



LUNCH

Green Curry Chicken



WITH BROWN RICE, LONG BEANS, AND EGGPLANTS

Large Plan

685kcal	47g	74g	23g
Calories	Protein	Carbs	Fat

Tuesday
23
SEP 2025

Chicken Balls



with Cauliflower Rice and Spinach Egg

DINNER

Large Plan

540kcal	54g	51g	14g
Calories	Protein	Carbs	Fat

SNACK

TOFU CHOCOLATE BROWNIE



Large Plan

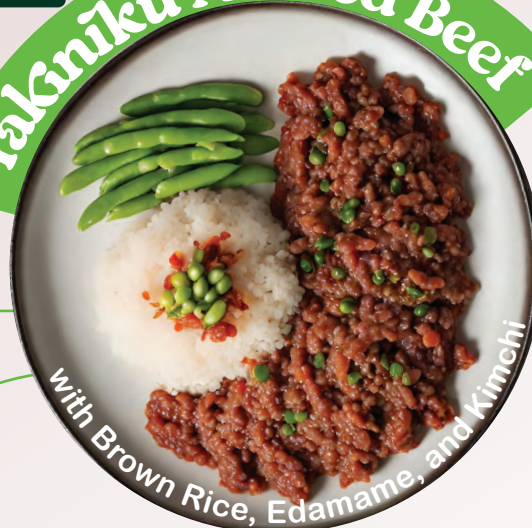
185kcal	8g	20g	8g
Calories	Protein	Carbs	Fat

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illustration only.

SEP 2025

LUNCH

Yakniku Minced Beef

A close-up photograph of a white plate containing a serving of Yakniku Minced Beef. The beef is a dark, rich brown color, finely minced, and garnished with small green peas. To the left of the beef is a portion of bright green, shelled peas. The plate is set against a dark background. A green curved banner at the top of the image contains the text 'LUNCH' in a white box and 'Yakniku Minced Beef' in white script.

A close-up, top-down view of a white plate. The plate contains a serving of white rice on the left, a portion of brown rice in the center, and a generous amount of kimchi on the right. The kimchi is made of red, fermented cabbage and carrots, garnished with green onions. A black text overlay is positioned at the bottom of the plate, reading "with Brown Rice, Edamame, and Kimchi".

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



with Roasted Potato and Herb Veggies

DINNER

SNACK

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



PEANUT BUTTER CHOCOLATE ENERGY BITES

Images are for illustration only.

LUNCH

Basil Minced Chicken



A close-up photograph of a plate of Basil Minced Chicken. The dish consists of a mound of white rice topped with a mixture of minced chicken, green onions, and fresh basil leaves. To the right of the rice are two green beans. The plate is white and set against a dark background. A green curved banner at the top of the image contains the text 'Basil Minced Chicken' in white.



with Brown Rice, Scrambled Eggs, and Kailan

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

SE

BAKED LEMONGRASS BARRAMUNDI

A close-up photograph of a white plate featuring a piece of baked barramundi fish. The fish is golden-brown and garnished with fresh green herbs. It is surrounded by steamed broccoli florets and a slice of orange. A green curved banner at the top of the image contains the text 'BAKED LEMONGRASS BARRAMUNDI' in white capital letters. The word 'SERVING' is partially visible on the right edge of the page.

DINNER

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

Low Fat Cheesecake

170kcal	8g	14g	9g
Calories	Protein	Carbs	Fat

SNACK

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Friday
26
SEP 2025

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illustration only.

LUNCH

Beef Patties



Large Plan

650kcal	41g
Calories	Protein
59g	28g
Carbs	Fat

Turmeric Chicken



Large Plan

575kcal	48g	59g	17g
Calories	Protein	Carbs	Fat

DINNER

SNACK

Large Plan

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

Peanut Butter Chocolate Cookie



LUNCH

Peranakan Curry Chicken

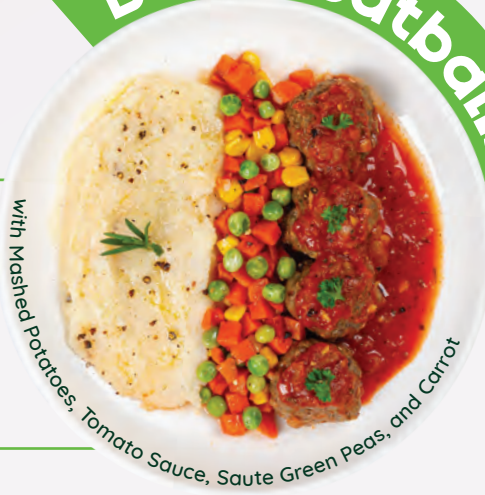


Large Plan

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

Monday
29
SEP 2025

Beef Meatballs



DINNER

Large Plan

610kcal	52g	55g	20g
Calories	Protein	Carbs	Fat

SNACK

Large Plan

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

Peanut Butter Chocolate Energy Bites



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illustration only.

Tuesday
30
SEP 2025

LUNCH

Large Plan

665kcal	50g
Calories	Protein
66g	23g
Carbs	Fat

Sambal Seafood and Tofu



WITH BROWN RICE AND SHANGHAI GREEN

Cajun Chicken



WITH TOMATO SOUP, AVOCADO, MIXED BEANS, AND FETA CHEESE

Large Plan

560kcal	53g	33g	24g
Calories	Protein	Carbs	Fat

DINNER

TOFU CHOCOLATE BROWNIE



SNACK

Large Plan

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

Images are for illustration only.

MALA CHICKEN

LUNCH



WITH BROWN RICE AND HONEY SOY MIX VEGGIES

Large Plan

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

Wednesday
01
OCT 2025

Herb Chicken



WITH ROASTED HERB VEGGIES, QUINOA SALAD, POMEGRANATE, AND HONEY CITRUS DRESSING

DINNER

Large Plan

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

CARROT CAKE



WITH CASHW FROSTING

Large Plan

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

SNACK

Images are for illustration only.

Thursday

02

OCT 2025

LUNCH

Yuxiang Roasted Chicken



with Shiitake, Brown Rice, and Bok Choy

Large Plan

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

Fresh Herb and Lemon Barramundi Fish



with Roasted Potatoes and French Beans

Large Plan

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

DINNER

SNACK

Large Plan

120kcal	4g	4g	10g
Calories	Protein	Carbs	Fat

PISTACHIO AND DATES ENERGY BITES



Images are for illustration only.

GREEN CURRY CHICKEN



with Basmati Rice, Eggplants, and Long Beans

LUNCH

Large Plan

690kcal	52g	68g	23g
Calories	Protein	Carbs	Fat

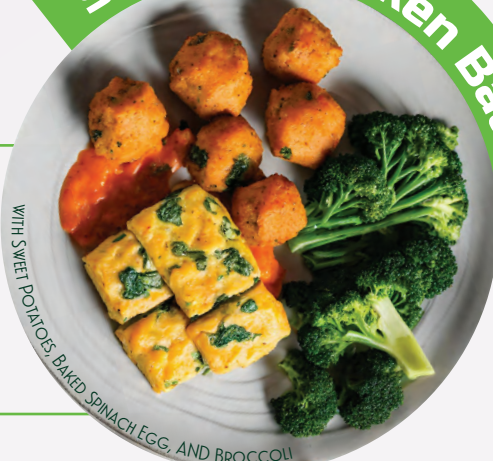
Friday

03

OCT 2025

OCT 2025

Salmon Chicken Balls



WITH SWEET POTATOS, BAKED SPINACH EGG, AND BROCCOLI

DINNER

Large Plan

560kcal	45g	49g	20g
Calories	Protein	Carbs	Fat

Overnight Oats



with Roasted Apple and Chia Seeds

Large Plan

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

SNACK

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OCT 2025

PERI PERI TILAPIA

with Roasted Potatoes, French Beans, and Carrot

26g
Fat



A top-down view of a white plate containing a meal. On the left is a mound of white rice. To its right is a portion of sautéed green peas mixed with kidney beans and small pieces of meat or vegetables, all in a reddish-brown sauce. Fresh green cilantro leaves are scattered on top of the peas. The plate is set against a light green background. A curved banner at the bottom of the plate contains the text "with Brown Rice and Saute Green Peas" in a dark green, sans-serif font.

13g
Fat

GLUTEN FREE BANANA BREAD

10g
Fat

A top-down view of a dark-colored bowl filled with food. The bowl contains a serving of white rice, a portion of chicken pieces coated in a dark, glossy sauce and topped with white sesame seeds, and a side of green vegetables (garlic choy sum) and dark, sautéed eggplant pieces. The bowl is set against a green circular background with white text. The text 'GONG PAO CHICKEN' is at the top, 'with Brown Rice, Spicy Eggplant, and Garlic Choy Sum' is at the bottom, and '9' is on the right side.

23g
Fat

19g
Fat

8g
Fat



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Wednesday
08
OCT 2025

Large Plan

700kcal
Calories

59g
Protein

72g
Carbs

20g
Fat

LUNCH

Turmeric Chicken Nasi Lemak

with Basmati Rice, Boiled Egg, and Cucumber

HONEY MISO BARRAMUNDI

with Cauliflower Rice and Saute Edamame

Large Plan

540kcal
Calories

52g
Protein

30g
Carbs

23g
Fat

DINNER

SNACK

Large Plan

170kcal
Calories

8g
Protein

14g
Carbs

9g
Fat

LOW FAT CHEESECAKE



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illustration only.

LUNCH

Seafood Tom Yam

with Brown Rice Noodles, Beansprouts, and Long Beans

Large Plan

630kcal
Calories

45g
Protein

64g
Carbs

22g
Fat

Thursday
09
OCT 2025

HERB CHICKEN BREAST

with Spaghetti Aglio Olio, Roasted Veggies, and Tomato

Large Plan

610kcal
Calories

54g
Protein

62g
Carbs

17g
Fat

DINNER

Peanut Butter Chocolate Cookie



Large Plan

160kcal
Calories

7g
Protein

6g
Carbs

12g
Fat

SNACK

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OCT 2025

LUNCH

645kcal
Calories

51g
Protein

68g
Carbs

19g
Fat

WITH QUINOA, ROASTED CHICKEN, CARROTS SALAD

Large Plan

635kcal
Calories

48g
Protein

52g
Carbs

A top-down view of a white plate containing seven round, dark brown energy bites. The bites are arranged in a loose circle. A green banner with white text "Chocolate Hazelnut Energy Bites" is curved over the top of the plate.

DINNER

SNACK

Large Plan

120kcal
Calories

4g
Prot8g
Cqr

8g
Fat

LUNCH

Large Plan

640kcal
Calories

48g
Protein

64g
Carbs

22g
Fat

A close-up photograph of a dark-colored bowl filled with a meal. On the left side of the bowl is a mound of white, fluffy brown rice. To the right of the rice is a portion of Spicy Eggplant and Garlic Boy Choy. The eggplant pieces are dark, elongated, and coated in a thick, glossy, reddish-brown sauce, topped with white sesame seeds. The boy choy consists of green, leafy vegetable pieces, also coated in the same sauce. The bowl is set against a dark background. A green banner with white text is overlaid at the bottom of the image, reading "With Brown Rice, Spicy Eggplant, and Garlic Boy Choy".

DINNER

Large Plan

585kcal
Calories

45g
Protein

59g
Carbs

19g
Eat

Large Plan

160kcal
Calories

7g
Prote

6g
Carbs

12g
Fat

SNACK

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Tuesday
14
OCT 2025

Large Plan

640kcal
Calories

48g
Protein

64g
Carbs

22g
Fat

LUNCH

HERB CHICKEN

With Roasted Potato, French Beans, and Harissa Sauce

Large Plan

620kcal
Calories

52g
Protein

61g
Carbs

19g
Fat

DINNER

Beef Bolognese

WITH PASTA, MIXED MUSHROOMS, AND GREEN PEAS

SNACK

Large Plan

130kcal
Calories

3g
Protein

21g
Carbs

4g
Fat

MANGO CHIA SEEDS PUDDING

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CHICKEN RENDANG

with Coconut, Basmati Rice and Roasted Cauliflower

LUNCH

Large Plan

685kcal
Calories

49g
Protein

67g
Carbs

25g
Fat

Wednesday
15
OCT 2025

Large Plan

535kcal
Calories

48g
Protein

53g
Carbs

15g
Fat

Fresh Herb and Lemon Tilapia

with Cajun Roasted Sweet Potato and Herb Veggies

DINNER

GLUTEN FREE BANANA BREAD

Large Plan

175kcal
Calories

5g
Protein

16g
Carbs

10g
Fat

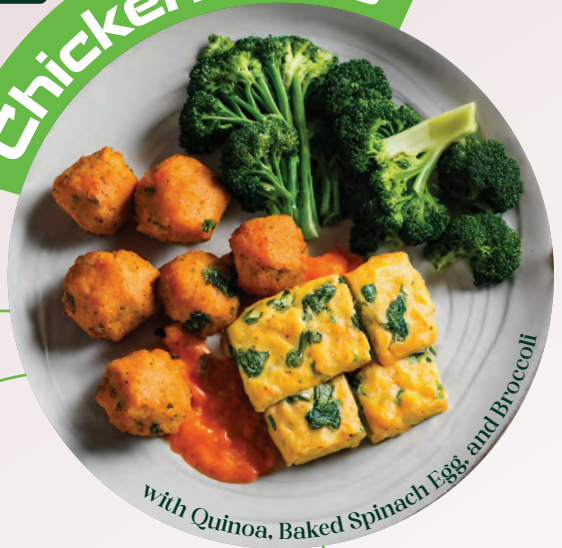
SNACK

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Thursday 16 OCT 2025

LUNCH

Chicken Balls



Large Plan
645kcal
Calories
53g
Protein
59g
Carbs
23g
Fat

PERI PERI CHICKEN



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

DINNER

SNACK

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

OVERNIGHT OATS WITH APPLE AND MIX NUTS



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Beef Patties



LUNCH

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

Friday 17 OCT 2025

Basil Minced Chicken



DINNER

Large Plan
585kcal
Calories
51g
Protein
49g
Carbs
20g
Fat

Peanut Butter Chocolate Energy Bites



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

SNACK

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