



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

BALANCED

Monday
20
OCT 2025

Images are for illustration only.

LUNCH

LUNCH

Teriyaki Chicken

A close-up photograph of a white bowl filled with fluffy white rice. On top of the rice is a portion of Teriyaki Chicken, which consists of bite-sized pieces of chicken coated in a thick, dark brown, glossy sauce. A small portion of a red vegetable, likely a bell pepper, is visible on the left side of the bowl. The background is a solid light blue color.

with Brown Rice and Roast Veggies

HERB CHICKEN



A top-down view of a white plate featuring a single piece of baked chicken breast with distinct grill marks. The chicken is positioned diagonally. To its upper right is a vibrant salad composed of dark green kale, orange carrot cubes, and small, light-colored quinoa grains. The text "with Kale Quinoa Salad and Baked Pumpkin" is written in a green, sans-serif font along the left and bottom edges of the plate.

Large Plan

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

Roast Mix Nuts



DINNER

SNACK

Large Plan

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

LUNCH

Turmeric Chicken Nasi Lemak



A top-down view of a white plate containing a meal. In the center is a mound of white basmati rice. To the right of the rice is a pile of golden-brown fried chicken pieces. To the left is a pile of stir-fried vegetables, including green beans and carrots. In front of the rice is a hard-boiled egg cut in half, showing a yellow yolk, garnished with a small green herb. Below the egg are several slices of green cucumber. The text "with Coconut Basmati Rice, Hard Boiled Egg, and Cucumbers" is written in a white, curved font along the bottom edge of the plate.

Large Plan

665kcal **52g** **59g** **23g**
Calories Protein Carbs Fat

Tomato Baked Tilapia



A top-down view of a white plate containing a meal. A large, golden-brown seared salmon fillet is positioned at the top, garnished with a slice of lemon and a sprig of green herb. Below the salmon is a generous portion of thin, light-colored rice noodles. To the right of the noodles is a serving of braised vegetables, including green beans and mushrooms, in a dark, rich sauce. The entire plate is set against a dark background. A green circular banner with white text is overlaid on the image, reading "with Brown Rice Noodles and Braised Mix Veggies".

DINNER

Carrot Cake with Cashew Frosting



Large Plan

175kcal	8g	18g	8g
Calories	Protein	Carbs	Fat

SNACK

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BALANCED - BALANCED - BALANCED - BALANCED - BALANCED - BALANCED

Wednesday 22 OCT 2025

Green Curry Chicken

with Basmati Rice, Eggplants, and Long Beans

Images are for illustration only.

SNACK

Large Plan

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

LUNCH

Beef Patties

WITH AGLIO OLIO PASTA, TOMATO SAUCE, AND MIXED VEGGIES

Large Plan

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

DINNER

GLUTEN FREE BANANA BREAD



Large Plan

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

LUNCH

CHICKEN THIGH CHUNKS

WITH BROWN RICE PAELLA, PRAWNS, SQUIDS, AND GARLIC GREEN PEAS

Large Plan

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

Thursday 23 OCT 2025

PERI PERI CHICKEN

With Roasted Potato and Broccoli

DINNER

Large Plan

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

SNACK

TOFU CHOCOLATE BROWNIE

Large Plan

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

Images are for illustration only.

OCT 2025

yakiniku Minced Beef



670kcal
Calories

52g
Protein

67g
Carbs

22g
Fat

Chicken Mushroom Stew



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

Pumpkin Parmesan Biscuit

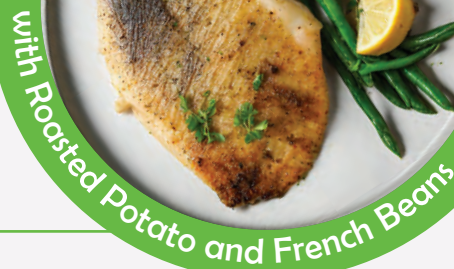


135kcal **3g** **15g** **7g**
Calories Protein Carbs Fat

GONG BAO CHICKEN



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



590kcal **49g** **59g** **17g**
Calories Protein Carbs Fat

Peanut Butter Chocolate Energy Bites



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

Images are for illustration only.

Monday
27

OCT 2025

BALANCE

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Tuesday
28
OCT 2025

LUNCH

Large Plan

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

Honey Miso Salmon



With Quinoa and Broccoli

Large Plan

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

Herb Chicken



With Cauliflower Rice and Spinach Egg

DINNER

SNACK

Large Plan

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

GLUTEN FREE BANANA BREAD



Images are for
illustration only.

LUNCH

Beef Bolognese



WITH PASTA, MIXED MUSHROOMS, AND GREEN PEAS

Large Plan

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

Wednesday
29
OCT 2025

Lemongrass Chicken



With Rice Vermicelli and Mixed Veggies Salad

DINNER

Large Plan

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

PEANUT BUTTER CHOCOLATE COOKIE

SNACK

Large Plan

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

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illustration only.

Thursday
30
OCT 2025

LUNCH

Peranakan Curry Beef and Pumpkin

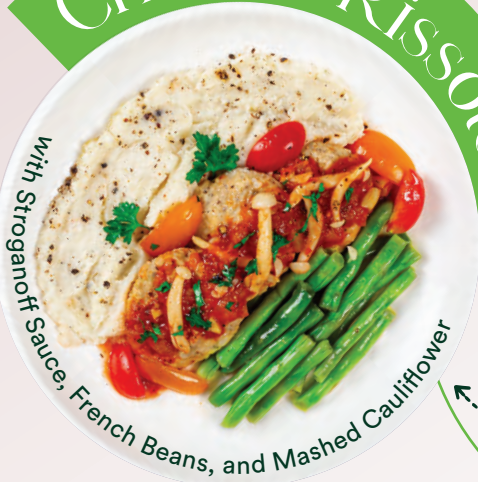


with Coconut Basmati Rice and Garlic Okra

Large Plan

690kcal	56g
Calories	Protein
63g	24g
Carbs	Fat

Chicken Rissoles



with Stroganoff Sauce, French Beans, and Mashed Cauliflower

Large Plan

510kcal	52g	39g	16g
Calories	Protein	Carbs	Fat

DINNER

SNACK

Large Plan

175kcal	6g	24g	6g
Calories	Protein	Carbs	Fat

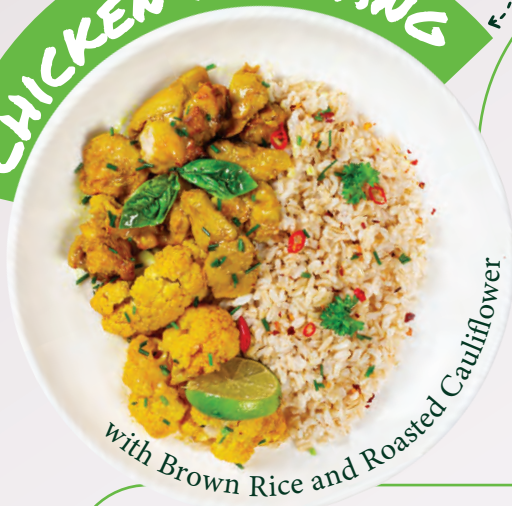
OVERNIGHT OATS WITH ROASTED APPLE



Images are for illustration only.

LUNCH

CHICKEN RENDANG



with Brown Rice and Roasted Cauliflower

Large Plan

590kcal	48g	59g	18g
Calories	Protein	Carbs	Fat

Large Plan

620kcal	50g	62g	20g
Calories	Protein	Carbs	Fat

Cajun Orange Chicken



with Cajun Sweet Potato and Broccoli

DINNER

TOFU CHOCOLATE BROWNIE



Large Plan

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

SNACK

Images are for illustration only.

Friday
31
OCT 2025

Monday
03

NOV 2025

Teriyaki Salmon



with Quinoa and Sauté Mixed Veggies

SNACK

Images are for
illustration only.

Large Plan

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

LUNCH

HERB CHICKEN



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

Large Plan

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

DINNER

Banana Oat Pancake with Apple Chutney



Large Plan

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

Red Curry Chicken



WITH BROWN RICE, LONG BEANS, AND EGGPLANTS

LUNCH

Large Plan

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

Tuesday
04

NOV 2025

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

SNACK

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illustration only.

Wednesday 05 NOV 2025

Large Plan

670kcal
Calories

52g
Protein

67g
Carbs

22g
Fat

LUNCH

Yakniku Minced Beef



Large Plan

610kcal
Calories

54g
Protein

59g
Carbs

17g
Fat

DINNER

PERI PERI CHICKEN



With Roasted Potato and Herb Veggies

SNACK

Large Plan

125kcal
Calories

4g
Protein

2g
Carbs

11g
Fat

PEANUT BUTTER CHOCOLATE ENERGY BITES



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illustration only.

LUNCH

Basil Minced Chicken



with Basmati Rice, Scramble Egg, and Long Beans

Large Plan

635kcal
Calories

52g
Protein

61g
Carbs

20g
Fat

Thursday 06 NOV 2025

BAKED LEMONGRASS BARRAMUNDI



DINNER

Large Plan

590kcal
Calories

54g
Protein

53g
Carbs

18g
Fat

SNACK

Large Plan

180kcal
Calories

8g
Protein

19g
Carbs

8g
Fat

Carrot Cake with Cashew Frosting



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Friday
07
NOV 2025

Turmeric Chicken



WITH BROWN RICE AND LADY FINGER

Large Plan

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

LUNCH

WITH MASHED SWEET POTATO, GREEN PEAS, AND CORIANDER LIME SAUCE

Beef Patties



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



Peranakan Curry Chicken



with Basmati Rice, Cauliflower, and Lady Finger

Large Plan

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

LUNCH

Large Plan

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

Chicken Patties



with Mashed potatoes, Tomato Sauce, Sauté Green Peas, and Carrot

DINNER

SNACK

Large Plan

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

Peanut Butter Chocolate Energy Bites



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Tuesday

11

NOV 2025

Cajun Chicken



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

Large Plan

650kcal
Calories

50g
Protein

66g
Carbs

21g
Fat

LUNCH



Sambal Seafood and Tofu



WITH BROWN RICE AND SHANGHAI GREEN

Large Plan

575kcal
Calories

57g
Protein

33g
Carbs

24g
Fat

DINNER

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SNACK



Large Plan

185kcal
Calories

8g
Protein

20g
Carbs

8g
Fat

TOFU CHOCOLATE BROWNIE



MALA CHICKEN



WITH BROWN RICE AND HONEY SOY MIX VEGGIES

LUNCH



Large Plan

665kcal
Calories

52g
Protein

65g
Carbs

22g
Fat

Herb Chicken



WITH ROASTED HERB VEGGIES QUINOA SALAD

DINNER

Wednesday

12

NOV 2025

Large Plan

535kcal
Calories

54g
Protein

41g
Carbs

17g
Fat

Large Plan

180kcal
Calories

8g
Protein

19g
Carbs

8g
Fat

SNACK



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Thursday

13

NOV 2025

Large Plan

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

LUNCH

Yuziang Minced Chicken



with Sweet Potato Noodles, Sauté Mushroom, and Bok Choy

Large Plan

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

Lemon Barramundi Fish



with Fresh Herb, Roasted Potatoes, and French Beans

DINNER

SNACK

Large Plan

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

PUMPKIN PARMESAN BISCUIT



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GREEN CURRY CHICKEN



with Basmati Rice, Eggplants, and Long Beans

LUNCH

Large Plan

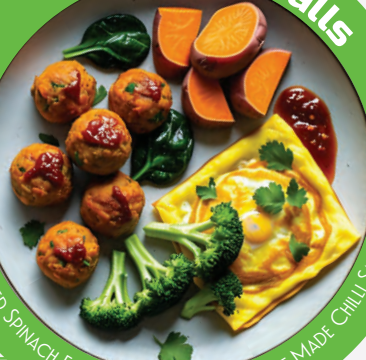
655kcal	46g	68g	22g
Calories	Protein	Carbs	Fat

Friday

14

NOV 2025

Chicken Balls



with Sweet Potatoes, Baked Spinach Egg, Broccoli, and House Made Chili Sauce

DINNER

Large Plan

590kcal	52g	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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