

Balanced Menu



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

Tuesday 22

JUL 2025

Large Plan

650kcal
Calories

50g
Protein

66g
Carbs

21g
Fat

LUNCH



Sambal Seafood and Tofu



WITH BROWN RICE AND SHANGHAI GREEN

Cajun Chicken



with Tomato Soup, Avocado, Mixed Beans, and Feta Cheese

Large Plan

575kcal
Calories

57g
Protein

33g
Carbs

24g
Fat

DINNER

TOFU CHOCOLATE BROWNIE



SNACK



Large Plan

185kcal
Calories

8g
Protein

20g
Carbs

8g
Fat

Images are for illustration only.

Wednesday 23

JUL 2025

LUNCH



MALA CHICKEN



WITH BROWN RICE AND HONEY SOY MIX VEGGIES

Large Plan

665kcal
Calories

52g
Protein

65g
Carbs

22g
Fat

Herb Chicken



With Roasted Herb Veggies Quinoa Salad

DINNER

Large Plan

535kcal
Calories

54g
Protein

41g
Carbs

17g
Fat

Large Plan

180kcal
Calories

8g
Protein

19g
Carbs

8g
Fat

SNACK



CARROT CAKE WITH CASHEW FROSTING

Images are for illustration only.

