

# High Protein Menu



**YoloPlans**

A close-up photograph of a chef's hand using a metal garnishing tool to place a slice of 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 blurred, showing more of the kitchen environment.

# Dear guests

As a chef, I've always been passionate about creating dishes that are not only delicious but also nourish the body. But lately, I've seen a growing need for a different kind of culinary experience: one that prioritizes protein while keeping carbohydrates in check. That's why I'm thrilled to introduce my High Protein Menu – a concept I call "healthy gourmet made easy."

This menu isn't just about deprivation. It's about fueling your body for peak performance, whether you're a dedicated athlete or simply seeking a healthier lifestyle. By focusing on high-quality protein sources and limiting carbohydrates, we can create a plan that helps you burn fat while retaining lean muscle mass.

This isn't your average "high protein" fare. We'll be using fresh, seasonal ingredients to craft gourmet dishes that are bursting with flavor. Forget bland chicken breasts and tasteless salads. We'll be exploring a world of textures and tastes, all while keeping your protein goals in mind.

So, are you ready to embark on a culinary adventure that will transform your body and tantalize your taste buds? Let's get started!

- Chef Ken

# HIGH PROTEIN

Monday  
**02**  
JUN 2025

LUNCH

## HERB CHICKEN



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

### Regular Plan

415kcal	41g	29g	15g
Calories	Protein	Carbs	Fat

### Large Plan

590kcal	58g	40g	22g
Calories	Protein	Carbs	Fat

## Teriyaki Salmon



with Quinoa and Sauté Mixed Veggies

DINNER

SNACK

### Regular Plan

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

### Large Plan

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

## Cumin Carrot Soup



Images are for illustration only.

LUNCH

## Green Curry Chicken



WITH BROWN RICE, LONG BEANS, AND EGGPLANTS

### Regular Plan

440kcal	37g	37g	16g
Calories	Protein	Carbs	Fat

### Large Plan

655kcal	56g	55g	24g
Calories	Protein	Carbs	Fat

Tuesday  
**03**  
JUN 2025

## Chicken Balls



with Cauliflower Rice and Spinach Egg

DINNER

### Regular Plan

380kcal	48g	26g	9g
Calories	Protein	Carbs	Fat

### Large Plan

545kcal	65g	38g	15g
Calories	Protein	Carbs	Fat

## TOFU CHOCOLATE BROWNIE



SNACK

### Regular Plan

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

### Large Plan

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

Images are for illustration only.

# Wednesday 04

JUN 2025

## Regular Plan

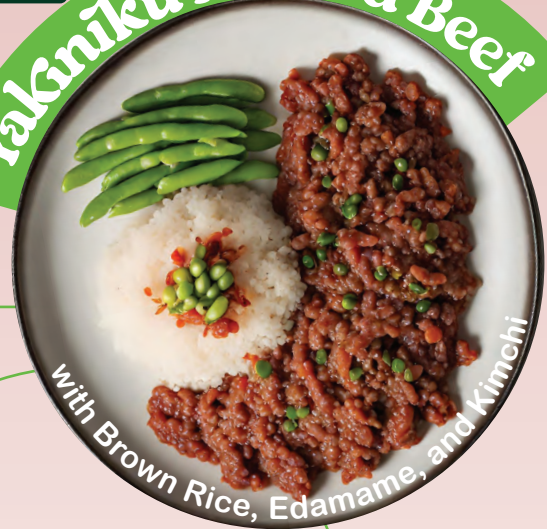
455kcal  
Calories  
35g  
Carbs  
43g  
Protein  
16g  
Fat

## Large Plan

665kcal  
Calories  
50g  
Carbs  
63g  
Protein  
24g  
Fat

## LUNCH

## Yakniku Minced Beef



## Regular Plan

415kcal  
Calories  
44g  
Protein  
31g  
Carbs  
13g  
Fat

## Large Plan

600kcal  
Calories  
64g  
Protein  
45g  
Carbs  
18g  
Fat

## PERI PERI CHICKEN



## SNACK

Images are for  
illustration only.

## Regular Plan

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

## Large Plan

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

## PEANUT BUTTER CHOCOLATE ENERGY BITES



## LUNCH

## Basil Minced Chicken



## Regular Plan

430kcal  
Calories  
43g  
Protein  
32g  
Carbs  
15g  
Fat

## Large Plan

635kcal  
Calories  
63g  
Protein  
47g  
Carbs  
22g  
Fat

# Thursday 05

JUN 2025

## Regular Plan

390kcal  
Calories  
43g  
Protein  
26g  
Carbs  
13g  
Fat

## Large Plan

585kcal  
Calories  
65g  
Protein  
39g  
Carbs  
19g  
Fat

## Low Fat Cheesecake



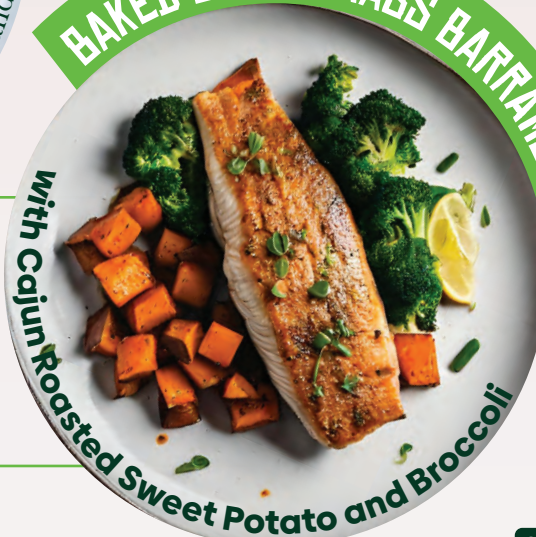
## Regular Plan

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

## Large Plan

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

## BAKED LEMONGRASS BARRAMUNDI



## DINNER

## SNACK

Images are for  
illustration only.

Friday  
06  
JUN 2025

Regular Plan

435kcal  
Calories  
34g  
Protein  
31g  
Carbs  
20g  
Fat

Large Plan

650kcal  
Calories  
59g  
Protein  
45g  
Carbs  
26g  
Fat

LUNCH

Beef Patties



Turmeric Chicken



Regular Plan

390kcal  
Calories  
41g  
Protein  
31g  
Carbs  
12g  
Fat

Large Plan

580kcal  
Calories  
61g  
Protein  
44g  
Carbs  
18g  
Fat

SNACK

Images are for  
illustration only.

Regular Plan

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

Large Plan

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

Peanut Butter Chocolate Cookie



LUNCH

Peranakan Curry Chicken



Regular Plan

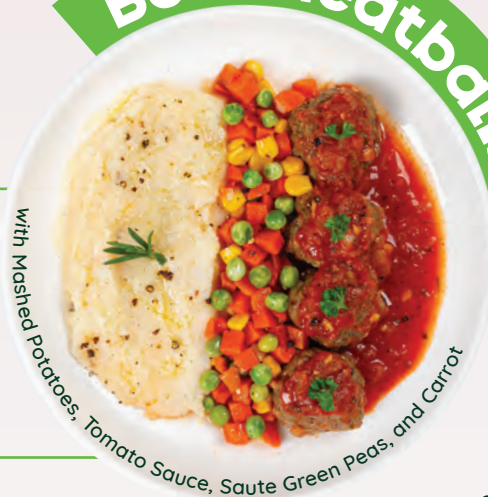
445kcal  
Calories  
41g  
Protein  
35g  
Carbs  
16g  
Fat

Large Plan

660kcal  
Calories  
64g  
Protein  
50g  
Carbs  
23g  
Fat

Monday  
09  
JUN 2025

Beef Meatballs



DINNER

Regular Plan

420kcal  
Calories  
43g  
Protein  
29g  
Carbs  
15g  
Fat

Large Plan

655kcal  
Calories  
66g  
Protein  
41g  
Carbs  
25g  
Fat

SNACK

Images are for  
illustration only.

Regular Plan

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

Large Plan

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

Peanut Butter Chocolate Energy Bites



Tuesday  
10  
JUN 2025

### Regular Plan

430kcal  
Calories  
33g  
Carbs  
40g  
Protein  
16g  
Fat

### Large Plan

650kcal  
Calories  
50g  
Carbs  
59g  
Protein  
24g  
Fat

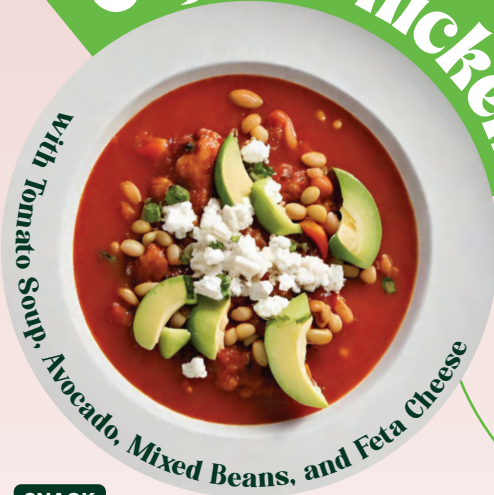
LUNCH

## Sambal Seafood and Tofu



WITH BROWN RICE AND SHANGHAI GREEN

## Cajun Chicken



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

### Regular Plan

385kcal  
Calories  
42g  
Protein  
17g  
Carbs  
17g  
Fat

### Large Plan

580kcal  
Calories  
63g  
Protein  
25g  
Carbs  
25g  
Fat

DINNER

## TOFU CHOCOLATE BROWNIE



SNACK

### Regular Plan

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

### Large Plan

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

Images are for illustration only.

## MALA CHICKEN



WITH BROWN RICE AND HONEY SOY MIX VEGGIES

LUNCH

### Regular Plan

450kcal  
Calories  
43g  
Protein  
34g  
Carbs  
16g  
Fat

### Large Plan

655kcal  
Calories  
63g  
Protein  
49g  
Carbs  
23g  
Fat

Wednesday  
11  
JUN 2025

## Herb Chicken



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

DINNER

### Regular Plan

375kcal  
Calories  
44g  
Protein  
21g  
Carbs  
13g  
Fat

### Large Plan

535kcal  
Calories  
52g  
Protein  
41g  
Carbs  
18g  
Fat

## CARROT CAKE



WITH CASHUEW FROSTING

SNACK

### Regular Plan

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

### Large Plan

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

Images are for illustration only.

- HIGH PROTEIN - HIGH PROTEIN

# Thursday

# 12

JUN 2025

## Regular Plan

440kcal  
Calories  
35g  
Carbs  
39g  
Protein  
16g  
Fat

## Large Plan

635kcal  
Calories  
49g  
Carbs  
56g  
Protein  
24g  
Fat

## LUNCH

## Yuxiang Roasted Chicken



with Shiitake, Brown Rice, and Bok Choy

## Regular Plan

435kcal  
Calories  
47g  
Protein  
29g  
Carbs  
15g  
Fat

## Large Plan

605kcal  
Calories  
68g  
Protein  
43g  
Carbs  
18g  
Fat

## Fresh Herb and Lemon Barramundi Fish



with Roasted Potatoes and French Beans

## SNACK

Images are for illustration only.

## Regular Plan

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

## Large Plan

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

## PISTACHIO AND DATES ENERGY BITES



## GREEN CURRY CHICKEN



with Basmati Rice, Eggplants, and Long Beans

## LUNCH

## Regular Plan

465kcal  
Calories  
43g  
Protein  
35g  
Carbs  
17g  
Fat

## Large Plan

675kcal  
Calories  
63g  
Protein  
51g  
Carbs  
24g  
Fat

# Friday

# 13

JUN 2025

## Salmon Chicken Balls



WITH SWEET POTATOS, BAKED SPINACH EGG, AND BROCCOLI

## DINNER

## Regular Plan

385kcal  
Calories  
37g  
Protein  
26g  
Carbs  
15g  
Fat

## Large Plan

555kcal  
Calories  
54g  
Protein  
37g  
Carbs  
21g  
Fat

## Overnight Oats



with Roasted Apple and Chia Seeds

## Regular Plan

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

## Large Plan

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

## SNACK

Images are for illustration only.

Monday  
16

JUN 2025

### Regular Plan

460kcal	39g
Calories	Protein
36g	18g
Carbs	Fat

### Large Plan

720kcal	56g
Calories	Protein
54g	31g
Carbs	Fat

LUNCH

BEEF CHILLI CON CARNE

with Brown Rice and Saute Green Peas

### Regular Plan

360kcal	40g	29g	9g
Calories	Protein	Carbs	Fat

### Large Plan

510kcal	56g	41g	14g
Calories	Protein	Carbs	Fat

DINNER

PERI PERI TILAPIA

with Roasted Potatoes, French Beans, and Carrot

SNACK

Images are for  
illustration only.

### Regular Plan

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

### Large Plan

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

GLUTEN FREE BANANA BREAD

GONG BAD CHICKEN

with Brown Rice, Spicy Eggplant, and Garlic Choy Sum

LUNCH

### Regular Plan

435kcal	42g	31g	16g
Calories	Protein	Carbs	Fat

### Large Plan

650kcal	63g	46g	24g
Calories	Protein	Carbs	Fat

Tuesday

17

JUN 2025

Basil Minced Chicken

WITH RICE NOODLES AND HONEY SOY MIX VEGIES

DINNER

### Regular Plan

395kcal	35g	29g	16g
Calories	Protein	Carbs	Fat

### Large Plan

575kcal	50g	41g	23g
Calories	Protein	Carbs	Fat

TOFU CHOCOLATE BROWNIE

SNACK

Images are for  
illustration only.

### Regular Plan

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

### Large Plan

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

# Wednesday 18 JUN 2025

## Regular Plan

455kcal  
Calories  
36g  
Carbs  
47g  
Protein  
14g  
Fat

## Large Plan

680kcal  
Calories  
54g  
Carbs  
70g  
Protein  
20g  
Fat

## LUNCH

## Turmeric Chicken Nasi Lemak

with Basmati Rice, Boiled Egg, and Cucumber

## Regular Plan

385kcal  
Calories  
43g  
Protein  
16g  
Carbs  
17g  
Fat

## Large Plan

560kcal  
Calories  
63g  
Protein  
23g  
Carbs  
24g  
Fat

## HONEY MISO BARRAMUNDI

with Cauliflower Rice and Saute Edamame

## SNACK

Images are for  
illustration only.

## Regular Plan

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

## Large Plan

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

## LOW FAT CHEESECAKE



## Seafood Tom Yam

with Brown Rice Noodles, Beansprouts, and Long Beans

## LUNCH

## Regular Plan

430kcal  
Calories  
39g  
Protein  
33g  
Carbs  
16g  
Fat

## Large Plan

610kcal  
Calories  
53g  
Protein  
48g  
Carbs  
23g  
Fat

# Thursday 19 JUN 2025

## HERB CHICKEN BREAST

with Spaghetti Aglio Olio, Roasted Veggies, and Tomato

## DINNER

## Regular Plan

400kcal  
Calories  
43g  
Protein  
31g  
Carbs  
12g  
Fat

## Large Plan

625kcal  
Calories  
65g  
Protein  
46g  
Carbs  
20g  
Fat

## Peanut Butter Chocolate Cookie

## SNACK

Images are for  
illustration only.

## Regular Plan

160kcal  
Calories  
7g  
Protein  
6g  
Carbs  
12g  
Fat

## Large Plan

160kcal  
Calories  
7g  
Protein  
6g  
Carbs  
12g  
Fat

# Friday 20

JUN 2025

## Regular Plan

435kcal  
Calories  
36g  
Carbs  
42g  
Protein  
14g  
Fat

## Large Plan

625kcal  
Calories  
51g  
Carbs  
61g  
Protein  
20g  
Fat

LUNCH

## Roast Teriyaki Chicken

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

## Regular Plan

445kcal  
Calories  
40g  
Protein  
29g  
Carbs  
19g  
Fat

## Large Plan

640kcal  
Calories  
57g  
Protein  
39g  
Carbs  
28g  
Fat

DINNER

## Zesty Moroccan Chicken Breast

with QUINOA, ROASTED PUMPKIN, CARROTS SALAD, AND BROCCOLI

SNACK

Images are for illustration only.

## Regular Plan

120kcal  
Calories  
4g  
Protein  
8g  
Carbs  
8g  
Fat

## Large Plan

120kcal  
Calories  
4g  
Protein  
8g  
Carbs  
8g  
Fat

## Chocolate Hazelnut Energy Bites



LUNCH

## Yakiniku Minced Beef

with Sweet Potato Noodles, Kimchi Salad, and Edamame

## Regular Plan

430kcal  
Calories  
40g  
Protein  
33g  
Carbs  
16g  
Fat

## Large Plan

625kcal  
Calories  
57g  
Protein  
48g  
Carbs  
23g  
Fat

# Monday 23

JUN 2025

## GONG BAD CHICKEN

with Brown Rice, Spicy Eggplant, and Garlic Boy Choy

DINNER

## Regular Plan

405kcal  
Calories  
37g  
Protein  
31g  
Carbs  
15g  
Fat

## Large Plan

620kcal  
Calories  
54g  
Protein  
45g  
Carbs  
25g  
Fat

SNACK

## Peanut Butter Chocolate Cookie



## Regular Plan

160kcal  
Calories  
7g  
Protein  
6g  
Carbs  
12g  
Fat

## Large Plan

160kcal  
Calories  
7g  
Protein  
6g  
Carbs  
12g  
Fat

Images are for illustration only.

- HIGH PROTEIN - HIGH PROTEIN

Tuesday  
24

JUN 2025

### Regular Plan

440kcal  
Calories  
33g  
Carbs  
42g  
Protein  
16g  
Fat

### Large Plan

625kcal  
Calories  
48g  
Carbs  
57g  
Protein  
23g  
Fat

LUNCH

HERB CHICKEN

With Roasted Potato, French Beans, and Harissa Sauce

Beef Bolognese

WITH PASTA, MIXED MUSHROOMS, AND GREEN PEAS

### Regular Plan

420kcal  
Calories  
43g  
Protein  
32g  
Carbs  
14g  
Fat

### Large Plan

630kcal  
Calories  
63g  
Protein  
46g  
Carbs  
22g  
Fat

DINNER

SNACK

Images are for  
illustration only.

### Regular Plan

130kcal  
Calories  
3g  
Protein  
21g  
Carbs  
4g  
Fat

### Large Plan

130kcal  
Calories  
3g  
Protein  
21g  
Carbs  
4g  
Fat

MANGO CHIA SEEDS PUDDING

CHICKEN RENDANG

with Coconut, Basmati Rice and Roasted Cauliflower

LUNCH

### Regular Plan

460kcal  
Calories  
41g  
Protein  
35g  
Carbs  
18g  
Fat

### Large Plan

660kcal  
Calories  
61g  
Protein  
50g  
Carbs  
24g  
Fat

Wednesday  
25

JUN 2025

### Regular Plan

355kcal  
Calories  
38g  
Protein  
26g  
Carbs  
11g  
Fat

### Large Plan

560kcal  
Calories  
58g  
Protein  
42g  
Carbs  
18g  
Fat

Fresh Herb and Lemon Tilapia

with Cajun Roasted Sweet Potato and Herb Veggies

DINNER

GLUTEN FREE BANANA BREAD

SNACK

### Regular Plan

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

### Large Plan

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

Images are for  
illustration only.

# Thursday

# 26

JUN 2025

## Regular Plan

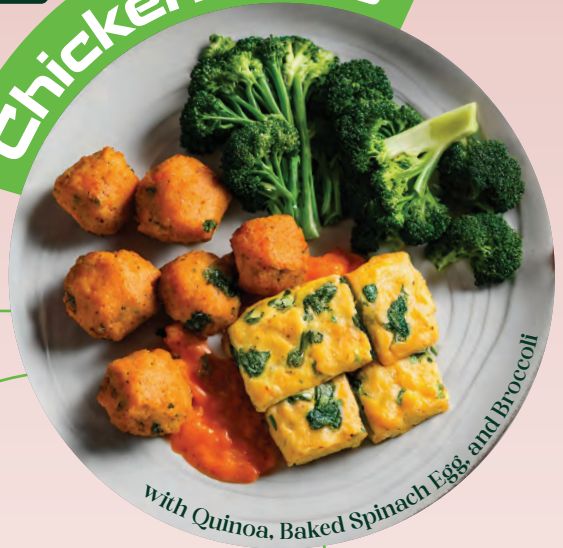
440kcal  
Calories  
35g  
Carbs  
39g  
Protein  
16g  
Fat

## Large Plan

630kcal  
Calories  
44g  
Carbs  
61g  
Protein  
24g  
Fat

LUNCH

## Chicken Balls



## Small Plan

485kcal  
Calories  
47g  
Protein  
21g  
Carbs  
15g  
Fat

## Large Plan

605kcal  
Calories  
70g  
Protein  
32g  
Carbs  
22g  
Fat

## PERI PERI CHICKEN



SNACK

Images are for illustration only.

## Regular Plan

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

## Large Plan

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

## OVERNIGHT OATS WITH APPLE AND MIX NUTS



## Beef Patties



LUNCH

## Regular Plan

465kcal  
Calories  
40g  
Protein  
32g  
Carbs  
20g  
Fat

## Large Plan

675kcal  
Calories  
57g  
Protein  
47g  
Carbs  
29g  
Fat

# Friday

# 27

JUN 2025

## Basil Minced Chicken



DINNER

## Regular Plan

400kcal  
Calories  
42g  
Protein  
26g  
Carbs  
15g  
Fat

## Large Plan

585kcal  
Calories  
61g  
Protein  
37g  
Carbs  
21g  
Fat

## Peanut Butter Chocolate Energy Bites



SNACK

Images are for illustration only.

## Regular Plan

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

## Large Plan

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