

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, served in a dark bowl. 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
05
MAY 2025

LUNCH

Regular Plan

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

Large Plan

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

Baked peri Peri Barramundi



with Cauliflower Rice and French Beans

Regular Plan

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

Large Plan

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

DINNER

"HU XIANG" CHICKEN AND TOFU



SNACK

Regular Plan

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

Large Plan

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

Pumpkin Parmesan Biscuit



Images are for illustration only.

LUNCH

BAKED LEMON DILL SALMON



WITH QUINOA, EDAMAME, ROASTED CAULIFLOWER, AND MINT YOGHURT

Regular Plan

430kcal	46g	27g	16g
Calories	Protein	Carbs	Fat

Large Plan

650kcal	68g	41g	24g
Calories	Protein	Carbs	Fat

Tuesday
06
MAY 2025

BEEF BULGOGI



with Brown Rice, Kimchi, Shredded Carrot, and Spinach

DINNER

Regular Plan

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

Large Plan

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

ROASTED MIX NUTS



Regular Plan

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

Large Plan

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

SNACK

Images are for illustration only.

Wednesday
07
MAY 2025

Regular Plan

425kcal
Calories
29g
Carbs
47g
Protein
14g
Fat

Large Plan

635kcal
Calories
43g
Carbs
70g
Protein
20g
Fat

LUNCH

Clay Pot Style Chicken



Regular Plan

390kcal
Calories
38g
Protein
31g
Carbs
13g
Fat

Large Plan

585kcal
Calories
58g
Protein
46g
Carbs
19g
Fat

HARISSA BAKED TILAPIA



SNACK

Images are for
illustration only.

Regular Plan

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

Large Plan

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

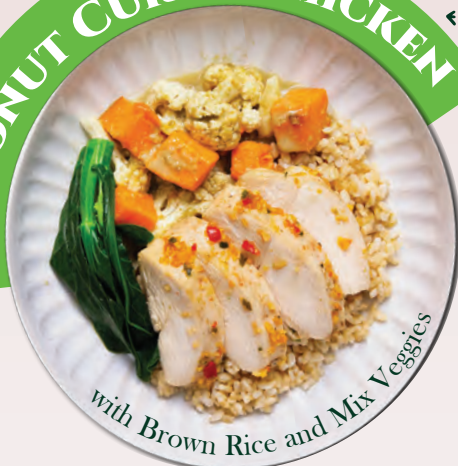
DINNER

GLUTEN FREE BANANA BREAD



LUNCH

COCONUT CURRY CHICKEN



Regular Plan

440kcal
Calories
39g
Protein
33g
Carbs
17g
Fat

Large Plan

625kcal
Calories
53g
Protein
48g
Carbs
24g
Fat

Thursday
08
MAY 2025

Regular Plan

430kcal
Calories
43g
Protein
31g
Carbs
15g
Fat

Large Plan

610kcal
Calories
63g
Protein
45g
Carbs
20g
Fat

BAKED GOCHUJANG CHICKEN



DINNER

Chocolate Hazelnut Energy Bites



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

Friday
09
MAY 2025

Regular Plan

4345kcal
Calories
36g
Carbs
42g
Protein
14g
Fat

Large Plan

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

LUNCH

Butter Chicken



Regular Plan

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

Large Plan

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

DINNER

YAKINIKU PRAWNS AND TORO



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

MANGO CHIA SEEDS PUDDING



Chicken Rissoles



LUNCH

Regular Plan

410kcal
Calories
40g
Protein
27g
Carbs
16g
Fat

Large Plan

590kcal
Calories
57g
Protein
39g
Carbs
23g
Fat

Monday
12
MAY 2025

Gong Bao Chicken



DINNER

Regular Plan

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

Large Plan

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

SNACK

Images are for
illustration only.

Peanut Butter Chocolate Cookie



Regular Plan

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

Large Plan

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

- HIGH PROTEIN - HIGH PROTEIN

Tuesday
13
MAY 2025

Regular Plan

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

Large Plan

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

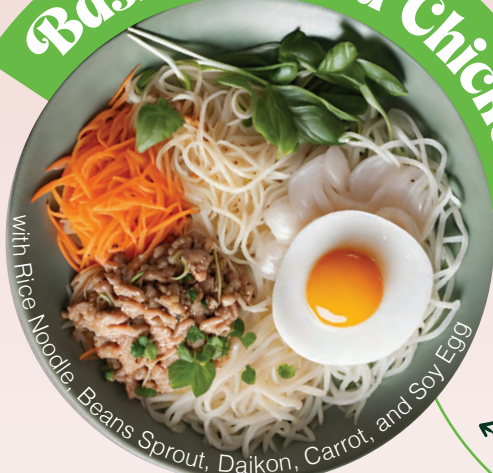
LUNCH

BEEF CHILLI CON CARNE



WITH BASMATI RICE AND MIX VEGGIES

Basil Minced Chicken



WITH RICE NOODLE, BEANS SPROUT, DAIKON, CARROT, AND SOY EGG

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

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

Large Plan

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

PEANUT BUTTER CHOCOLATE ENERGY BITES



LUNCH

Cajun Spiced Tilapia



WITH TOMATO PASTA AND SAUTÉ MIX VEGGIES

Regular Plan

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

Large Plan

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

Wednesday
14
MAY 2025

Regular Plan

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

Large Plan

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

Herb Chicken



WITH STEAM SWEET POTATO, MIX LEAFY SALAD, AND AVOCADO TOMATO

DINNER

SNACK

PUMPKIN PARMESAN BISQUIT



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.

GH PROTEIN -

- HIGH PROTEIN - HIGH PROTEIN

Thursday 15 MAY 2025

Regular Plan

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

Large Plan

615kcal
Calories
41g
Carbs
61g
Protein
23g
Fat

LUNCH

Thai Style Tofu and Prawns



With Sweet Potato Noodles, Scrambled Egg, Long Beans, and Toasted Cashew Nuts

Regular Plan

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

Large Plan

630kcal
Calories
68g
Protein
41g
Carbs
21g
Fat

Roasted Teriyaki Chicken Thigh Cubes



With Brown Rice, Roast Capsicum, and French Beans

SNACK

Regular Plan

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

Large Plan

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

Images are for illustration only.

Overnight Oats with Roasted Apple and Chia Seeds



Lemongrass Soy Chicken



With Brown Rice Noodle, Cabbage, Carrot, and Toasted Peanuts

LUNCH

Regular Plan

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

Large Plan

645kcal
Calories
65g
Protein
47g
Carbs
22g
Fat

Friday 16 MAY 2025

Peranakan Curry Chicken and Chickpeas



With Coconut Basmati Rice, Curry Cauliflower, and Garlic Okra

DINNER

Regular Plan

370kcal
Calories
37g
Protein
27g
Carbs
13g
Fat

Large Plan

555kcal
Calories
56g
Protein
41g
Carbs
19g
Fat

Tofu Chocolate Brownie



Regular Plan

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

Large Plan

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

SNACK

Images are for illustration only.

- HIGH PROTEIN - HIGH PROTEIN

Monday 19 MAY 2025

Regular Plan

430kcal
Calories
32g
Carbs
41g
Protein
16g
Fat

Large Plan

645kcal
Calories
47g
Carbs
61g
Protein
24g
Fat

LUNCH

PERI PERI CHICKEN

with Mushroom Barley Risotto and Braised Purple Cabbage

Regular Plan

390kcal
Calories
43g
Protein
21g
Carbs
15g
Fat

Large Plan

585kcal
Calories
65g
Protein
32g
Carbs
22g
Fat

SALMON CHICKEN BALL

with Cauliflower Rice and Edamame

SNACK

Images are for
illustration only.

Regular Plan

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

Large Plan

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

GLUTEN FREE BANANA BREAD



LUNCH

CREAMY CHICKEN LASAGNA

with Greek Salad

Regular Plan

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

Large Plan

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

Tuesday 20 MAY 2025

Regular Plan

380kcal
Calories
35g
Protein
29g
Carbs
14g
Fat

Large Plan

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

OVERNIGHT OATS WITH APPLE AND MIX NUTS



Honey Miso Prawns

WITH PUMPKIN MILLET, SPICY EGGPLANTS, AND GARLIC OKRA

DINNER

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.

Wednesday 21 MAY 2025

Regular Plan

415kcal
Calories
32g
Carbs
37g
Protein
16g
Fat

Large Plan

625kcal
Calories
47g
Carbs
56g
Protein
24g
Fat

LUNCH

Gong Bao Chicken



with Brown Rice, Scramble Tomato Eggs, and Cucumber

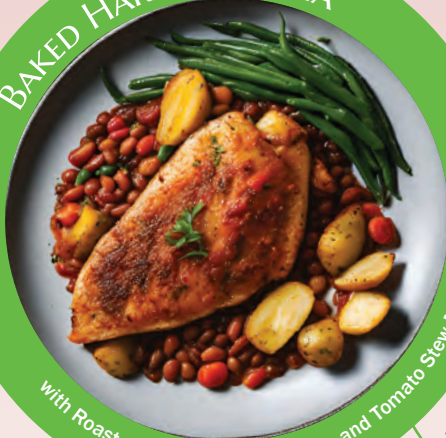
Regular Plan

400kcal
Calories
43g
Protein
29g
Carbs
13g
Fat

Large Plan

600kcal
Calories
68g
Protein
41g
Carbs
18g
Fat

BAKED HARISSA TILAPIA



with Roasted Potato, French Beans, and Tomato Stew Mix Beans

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

TOFU BROWNIE



LUNCH

Roasted Turmeric Chicken



with Brown Rice and Roasted Curry Cauliflower

Regular Plan

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

Large Plan

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

Thursday 22 MAY 2025

Regular Plan

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

Large Plan

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

BAKED GOCHUJANG CHICKEN



with Steam Sweet Potato and Roasted Broccoli

DINNER

SNACK

Roasted Mix Nuts



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.

Friday
23
MAY 2025

Regular Plan

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

Large Plan

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

LUNCH

Rendang Chicken

With Basmati Rice, Braised Cabbage, and Mushroom

Regular Plan

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

Large Plan

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

DINNER

Salmon Spinach Pie



WITH ARUGULA AND PUMPKIN SALAD

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

Pistachio Energy Bites



Yakiniku Salmon

LUNCH



With Brown Rice, 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
26
MAY 2025

BASIL MINCED CHICKEN



With Cauliflower Rice and Soy Egg

DINNER

Regular Plan

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

Large Plan

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

Peanut Butter Cookies



SNACK

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.

Tuesday
27
MAY 2025

Regular Plan

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

Large Plan

630kcal 61g
Calories Protein
45g 23g
Carbs Fat

LUNCH

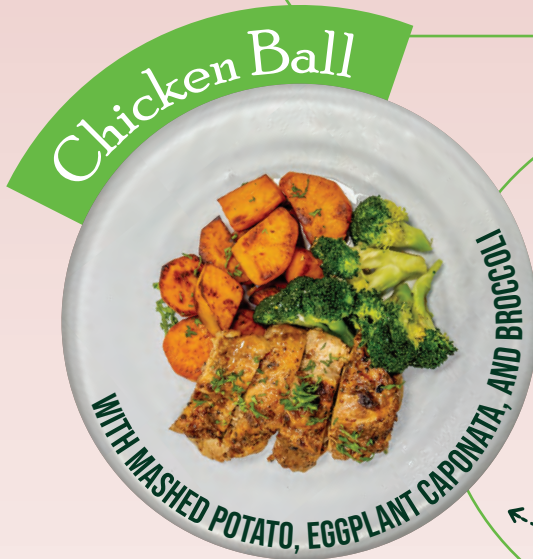


Regular Plan

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

Large Plan

630kcal 64g 46g 21g
Calories Protein Carbs Fat



SNACK

Regular Plan

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

Large Plan

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



LUNCH



Regular Plan

455kcal 43g 31g 18g
Calories Protein Carbs Fat

Large Plan

655kcal 61g 45g 26g
Calories Protein Carbs Fat

Wednesday
28
MAY 2025



DINNER

Regular Plan

365kcal 38g 26g 12g
Calories Protein Carbs Fat

Large Plan

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



SNACK

Regular Plan

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

Large Plan

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

Images are for illustration only.

Thursday

29

MAY 2025

Regular Plan

440kcal
Calories

39g
Protein

35g
Carbs

16g
Fat

Large Plan

630kcal
Calories

61g
Protein

44g
Carbs

24g
Fat

LUNCH



Baked Teriyaki Chicken

with Roasted Potato, Roasted Capsicum, and French Beans

Brown Rice Chicken Paella



WITH PRAWNS, SQUID, AND GREEN PEAS

Regular Plan

400kcal
Calories

41g
Protein

26g
Carbs

15g
Fat

Large Plan

600kcal
Calories

61g
Protein

39g
Carbs

22g
Fat

DINNER

SNACK



Regular Plan

170kcal
Calories

8g
Protein

14g
Carbs

9g
Fat

Large Plan

170kcal
Calories

8g
Protein

14g
Carbs

9g
Fat

GLUTEN FREE BANANA BREAD



Images are for
illustration only.

LUNCH



PERANAKAN CURRY BEEF



with Coconut Basmati Rice, Curry Cauliflower, and Okra

Regular Plan

445kcal
Calories

43g
Protein

31g
Carbs

17g
Fat

Large Plan

650kcal
Calories

63g
Protein

45g
Carbs

24g
Fat

Friday

30

MAY 2025

Regular Plan

415kcal
Calories

42g
Protein

29g
Carbs

15g
Fat

Large Plan

605kcal
Calories

61g
Protein

42g
Carbs

21g
Fat

Cajun Orange Chicken



with Sweet Potato and Broccoli

DINNER

SNACK



MANGO CHIA SEEDS PUDDING



Regular Plan

130kcal
Calories

3g
Protein

21g
Carbs

4g
Fat

Large Plan

130kcal
Calories

3g
Protein

21g
Carbs

4g
Fat

Images are for
illustration only.