

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 on a dish. The dish appears to be a bowl of rice or quinoa topped with green beans 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
15
DEC 2025

Images are for
illustration only.

Regular Plan

325kcal
Calories
14g
Carbs
39g
Protein
13g
Fat

Large Plan

500kcal
Calories
21g
Carbs
61g
Protein
19g
Fat

LUNCH

Baked Peri Peri Barramundi



with Cauliflower Rice and French Beans

Regular Plan

455kcal
Calories
40g
Protein
36g
Carbs
17g
Fat

Large Plan

675kcal
Calories
58g
Protein
54g
Carbs
25g
Fat

DINNER

Carrot Cake



SNACK

Regular Plan

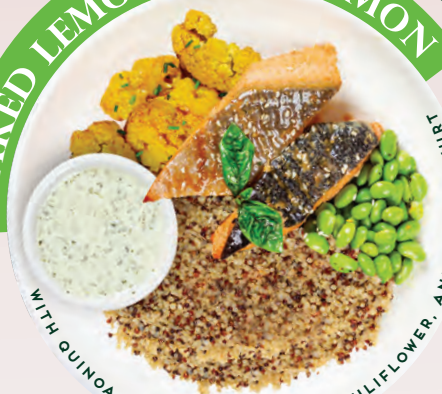
210kcal
Calories
5g
Protein
25g
Carbs
10g
Fat

Large Plan

210kcal
Calories
5g
Protein
25g
Carbs
10g
Fat

LUNCH

BAKED LEMON DILL SALMON



WITH QUINOA, EDAMAME, ROASTED CAULIFLOWER, AND MINT YOGURT

Regular Plan

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

Large Plan

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

Tuesday
16
DEC 2025

BEEF BULGOGI



With Brown Rice, Kimchi, and Spinach

DINNER

Regular Plan

375kcal
Calories
35g
Protein
29g
Carbs
14g
Fat

Large Plan

545kcal
Calories
50g
Protein
41g
Carbs
20g
Fat

ROASTED MIX NUTS



SNACK

Regular Plan

180kcal
Calories
6g
Protein
7g
Carbs
14g
Fat

Large Plan

180kcal
Calories
8g
Protein
20g
Carbs
8g
Fat

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illustration only.

Wednesday
17
DEC 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



with Shiitake Rice, Scramble Egg and Garlic Nai Bai

Regular Plan

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

Large Plan

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

HARISSA BAKED TILAPIA



with Aglio Olio Fusilli, Eggplant Caponata, and Green Peas

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

COCONUT CURRY CHICKEN



with Brown Rice and Mix Veggies

Regular Plan

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

Large Plan

645kcal
Calories
64g
Protein
42g
Carbs
24g
Fat

Thursday
18

DEC 2025

Regular Plan

450kcal
Calories
43g
Protein
36g
Carbs
15g
Fat

Large Plan

620kcal
Calories
63g
Protein
41g
Carbs
23g
Fat

BAKED GOCHUJANG CHICKEN



WITH ROASTED POTATO AND BROCCOLI

DINNER

Chocolate Hazelnut Energy Bites



SNACK

Regular Plan

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

Large Plan

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

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illustration only.

Friday
19
DEC 2025

Regular Plan

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

Large Plan

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

LUNCH

Butter Chicken



WITH COCONUT BASMATI RICE AND GARLIC SWEET SNAP PEAS

YAKINIKU PRAWNS AND TORO



with Sweet Potato Noodles, Braised Cabbage, and Carrot

Regular Plan

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

Large Plan

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

DINNER

MANGO CHIA SEEDS PUDDING



SNACK

Regular Plan

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

Large Plan

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

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Chicken Rissoles



with Mashed Cauliflower, Stroganoff Sauce, and French Beans

LUNCH

Regular Plan

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

Large Plan

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

Monday
22
DEC 2025

Gong Bao Chicken



with Mix Veggie, Egg Fried Rice, and Cucumber Salad

DINNER

Regular Plan

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

Large Plan

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

Peanut Butter Chocolate Cookie



SNACK

Regular Plan

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

Large Plan

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

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- HIGH PROTEIN - HIGH PROTEIN

Tuesday
23

DEC 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



Basil Minced Chicken



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



Cajun Spiced Tilapia



LUNCH

Regular Plan

440kcal
Calories
43g
Protein
32g
Carbs
16g
Fat

Large Plan

645kcal
Calories
61g
Protein
46g
Carbs
24g
Fat

Wednesday
24

DEC 2025

Herb Chicken



DINNER

Regular Plan

380kcal
Calories
42g
Protein
32g
Carbs
9g
Fat

Large Plan

595kcal
Calories
66g
Protein
42g
Carbs
18g
Fat

PUMPKIN PARMESAN BISQUIT



Regular Plan

150kcal
Calories
4g
Protein
15g
Carbs
8g
Fat

Large Plan

150kcal
Calories
4g
Protein
15g
Carbs
8g
Fat

SNACK

Images are for
illustration only.

DEC 2025



A close-up photograph of a white plate containing a meal. The main component is a serving of brown rice, which is topped with a generous amount of a thick, reddish-brown sauce. The sauce appears to be a chili-based marinade or gravy. Mixed into the rice are several pieces of roasted capsicum (bell peppers) and French beans. The dish is garnished with finely sliced red and green chili peppers and a sprinkling of white sesame seeds. The text 'With Brown Rice, Roast Capsicum and French Beans' is written in a green, serif font along the bottom edge of the plate.

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

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

650kcal **70g** **43g** **22g**
Calories Protein Carbs Fat

650kcal **70g** **43g** **22g**
Calories Protein Carbs Fat

WITH COCONUT BASMATI RICE, CURRY CAULIFLOWER AND GARLIC OKRA

Choco

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

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

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

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

A square piece of brown, textured Tofu Chocolate Brownie is centered on a white plate. The brownie has a slightly irregular, porous appearance. The plate is set against a green background with a white border. The text "Tofu Chocolate Brownie" is written in white, curved along the top edge of the green background.

185kcal **8g**
Calories Protein

185kcal **8g**
Calories Protein

20g
Carbs

185kcal
Calories

8g
Protein

185kcal
Calories

8g
Protein

20g
Carbs

[illegible]

Monday
29

DEC 2025

Regular Plan

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

Large Plan

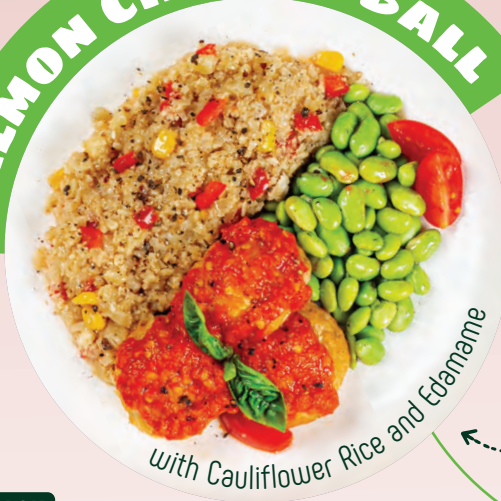
645kcal	61g
Calories	Protein
47g	24g
Carbs	Fat

LUNCH

PERI PERI CHICKEN



SALMON CHICKEN BALL



Regular Plan

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

Large Plan

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

DINNER

GLUTEN FREE BANANA BREAD



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.

LUNCH

CREAMY CHICKEN LASAGNA



Regular Plan

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

Large Plan

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

Tuesday
30

DEC 2025

Honey Miso Prawns



DINNER

Regular Plan

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

Large Plan

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

OVERNIGHT OATS WITH APPLE AND MIX NUTS



Regular Plan

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

Large Plan

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

SNACK

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DEC 2025

with Bro



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

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

With Roasted Potato, Fr



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

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

170kcal
Calories

8g
Protein

14g
Carbs



170kcal **8g**
Calories Protein

14g
Carbs

[illegible]

Friday
02
JAN 2026

Regular Plan

435kcal
Calories
37g
Protein
36g
Carbs
16g
Fat

Large Plan

615kcal
Calories
54g
Protein
48g
Carbs
23g
Fat

LUNCH

Roasted Turmeric Chicken

with Brown Rice and Roasted Curry Cauliflower

Regular Plan

395kcal
Calories
43g
Protein
29g
Carbs
12g
Fat

Large Plan

695kcal
Calories
65g
Protein
46g
Carbs
28g
Fat

DINNER

BAKED GOCHUJANG CHICKEN



STEAM SWEET POTATO AND ROASTED BROCCOLI

SNACK

Regular Plan

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

Large Plan

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

Roasted Mix Nuts



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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
05
JAN 2026

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

06

JAN 2026

Regular Plan

415kcal
Calories
31g
Carbs
42g
Protein
14g
Fat

Large Plan

600kcal
Calories
45g
Carbs
61g
Protein
20g
Fat

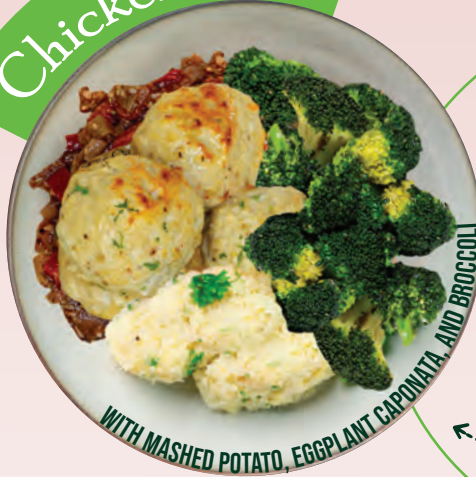
LUNCH



LEMONGRASS BARRAMUNDI

With Brown Rice Noodle, Clear Chicken Soup, Beansprouts, and Spinach

Chicken Ball



WITH MASHED POTATO, EGGPLANT CAPONATA AND BROCCOLI

Regular Plan

395kcal
Calories
43g
Protein
27g
Carbs
13g
Fat

Large Plan

575kcal
Calories
64g
Protein
39g
Carbs
18g
Fat

DINNER



SNACK



Regular Plan

190kcal
Calories
5g
Protein
22g
Carbs
9g
Fat

Large Plan

190kcal
Calories
5g
Protein
22g
Carbs
9g
Fat

HAZELNUT AND CHOCOLATE GRANOLA BAR



Images are for illustration only.

LUNCH



HERB CHICKEN



With Kale Pesto Pasta and Braised Purple Cabbage

Regular Plan

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

Large Plan

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

Wednesday

07

JAN 2026

MA PO TOFU AND MINCED CHICKEN



With Brown Rice, Scramble Tomato Egg, and Cucumber

Regular Plan

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

Large Plan

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

DINNER



CARROT CAKE



Regular Plan

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

Large Plan

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

SNACK



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Thursday 08 JAN 2026

Regular Plan

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

Large Plan

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

LUNCH

Baked Teriyaki Chicken



Brown Rice Chicken Paella



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



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illustration only.

LUNCH

PERANAKAN CURRY BEEF



Regular Plan

445kcal
Calories
43g
Protein
31g
Carbs
17g
Fat

Large Plan

650kcal
Calories
63g
Protein
45g
Carbs
24g
Fat

Friday 09 JAN 2026

Cajun Orange Chicken



DINNER

Regular Plan

410kcal
Calories
42g
Protein
28g
Carbs
15g
Fat

Large Plan

595kcal
Calories
61g
Protein
40g
Carbs
21g
Fat

Pumpkin Parmesan Biscuit



SNACK

Regular Plan

150kcal
Calories
4g
Protein
15g
Carbs
8g
Fat

Large Plan

150kcal
Calories
4g
Protein
15g
Carbs
8g
Fat

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- HIGH PROTEIN - HIGH PROTEIN