

# 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 is served in a black rectangular pan and contains a bed of white rice with yellow corn, green beans, and other vegetables. The background is softly 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  
**13**

JAN 2025

## Regular Plan

460kcal  
Calories

39g  
Protein

36g  
Carbs

18g  
Fat

## Large Plan

720kcal  
Calories

56g  
Protein

54g  
Carbs

31g  
Fat

## LUNCH



Baked Peri Peri Barramundi  
with Cauliflower Rice and French Beans

## Regular Plan

360kcal  
Calories

40g  
Protein

29g  
Carbs

9g  
Fat

## Large Plan

510kcal  
Calories

56g  
Protein

41g  
Carbs

14g  
Fat

## SNACK



"Yu Xiang" Chicken and Tofu  
with Brown Rice, Scrambled Tomato Eggs, and Cucumber Salad

## Regular Plan

175kcal  
Calories

5g  
Protein

16g  
Carbs

10g  
Fat

## Large Plan

175kcal  
Calories

5g  
Protein

16g  
Carbs

10g  
Fat

## DINNER



Low Fat Cheesecake

## LUNCH



Baked Lemon Dill Salmon  
with Quinoa, Edamame, Roasted Cauliflower, and Mint Yoghurt

## Regular Plan

430kcal  
Calories

46g  
Protein

27g  
Carbs

16g  
Fat

## Large Plan

650kcal  
Calories

68g  
Protein

41g  
Carbs

24g  
Fat

Tuesday  
**14**

JAN 2025

## Regular Plan

395kcal  
Calories

35g  
Protein

29g  
Carbs

16g  
Fat

## Large Plan

575kcal  
Calories

50g  
Protein

41g  
Carbs

23g  
Fat



Beef Bulgagi  
with Brown Rice, Kimchi, Shredded Carrot, and Spinach

## DINNER

## ROASTED MIX NUTS



## Regular Plan

185kcal  
Calories

8g  
Protein

20g  
Carbs

8g  
Fat

## Large Plan

185kcal  
Calories

8g  
Protein

20g  
Carbs

8g  
Fat

## SNACK

# Wednesday 15

JAN 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, Garlic Nai Bai, Pickle Veggies, and Chili Sauce

## Regular Plan

395kcal  
Calories

38g  
Protein

25g  
Carbs

16g  
Fat

## Large Plan

590kcal  
Calories

58g  
Protein

37g  
Carbs

24g  
Fat

## TOM YAM SEAFOOD (SALMON CHICKEN BALLS, SOJID, AND PRAWNS)

with Brown Rice Noodle, Beansprouts, and Cucumber

SNACK

## Regular Plan

175kcal  
Calories

5g  
Protein

16g  
Carbs

10g  
Fat

## Large Plan

175kcal  
Calories

5g  
Protein

16g  
Carbs

10g  
Fat

## GLUTEN FREE BANANA BREAD



DINNER

LUNCH

## COCONUT CURRY CHICKEN

with Brown Rice and Mix Veggies

## Regular Plan

440kcal  
Calories

39g  
Protein

33g  
Carbs

17g  
Fat

## Large Plan

625kcal  
Calories

53g  
Protein

48g  
Carbs

24g  
Fat

# Thursday 16

JAN 2025

## Regular Plan

430kcal  
Calories

43g  
Protein

31g  
Carbs

15g  
Fat

## Large Plan

610kcal  
Calories

63g  
Protein

45g  
Carbs

20g  
Fat

## BAKED GOCHUJANG CHICKEN

with Roasted Potato, Roasted Capsicum, 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

Friday

17

JAN 2025

**Regular Plan**

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

**Large Plan**

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

LUNCH

**Butter Chicken**

with Coconut Basmati Rice, Cumin and Garlic Roasted Mix Veggies (Eggplant, Zucchini, Red Onion)



**YAKINIKU PRAWNS AND TOFU**

With Sweet Potato Noodles, Braised Cabbage, and Carrot



**Regular Plan**

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

**Large Plan**

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

DINNER

SNACK

**Regular Plan**

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

**Large Plan**

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

**MANGO CHIA SEEDS PUDDING**



**Chicken Rissoles**

With Mashed Cauliflower, Stroganoff Sauce, and French Beans



LUNCH

**Regular Plan**

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

**Large Plan**

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

Monday  
20

JAN 2025

**GONG BAD CHICKEN**

With Mix Veggie, Egg Fried Rice, Toasted Cashew Nuts, and Cucumber Salad



DINNER

**Regular Plan**

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

**Large Plan**

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

**Peanut Butter Chocolate Cookie**



**Regular Plan**

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

**Large Plan**

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

SNACK

Tuesday  
21

JAN 2025

**Regular Plan**

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

**Large Plan**

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

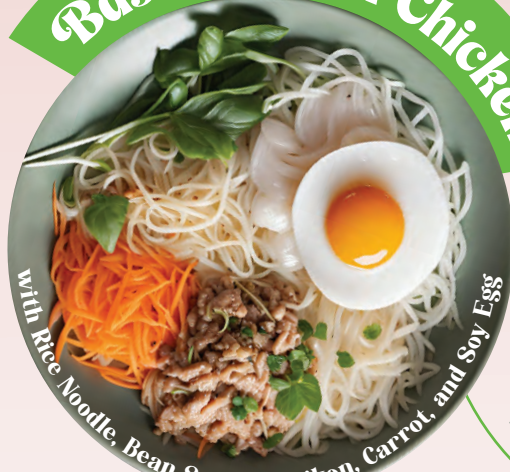
LUNCH

**BEEF CHILLI CON CARNE**



WITH BASMATI RICE AND MIX VEGGIES

**Basil Minced Chicken**



With Rice Noodle, Bean 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

**PEANUT BUTTER CHOCOLATE ENERGY BITES**



**Regular Plan**

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

**Large Plan**

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

**CAJUN SPICED TILAPIA**



with Tomato Pasta and Sauté Mix Vegies (Carrot, Brussel Sprouts, and Green Peas)

LUNCH

**Regular Plan**

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

**Large Plan**

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

Wednesday  
22

JAN 2025

**Herb Chicken**



With Steamed Purple Sweet Potato, Mix Leafy Salad, Avocado Tomato, and Honey Soy Vinaigrette

DINNER

**Regular Plan**

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

**Large Plan**

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

**PUMPKIN PARMESAN BISCUIT**



**Regular Plan**

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

**Large Plan**

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

SNACK

# Thursday 23

JAN 2025

## Regular Plan

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

## Large Plan

615kcal  
Calories  
61g  
Protein  
41g  
Carbs  
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

DINNER

SNACK

## Regular Plan

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

## Large Plan

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

## Overnight Oats with Roasted Apple and Chia Seeds



LUNCH

## Lemongrass Soy Chicken

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

## Regular Plan

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

## Large Plan

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

# Friday 24

JAN 2025

## Regular Plan

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

## Large Plan

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

## Peranakan Curry Chicken and Chickpeas

With Coconut Basmati Rice, Baked Pumpkin, and Okra

DINNER

## Tofu Chocolate Brownie



## Regular Plan

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

## Large Plan

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

SNACK

Monday  
27

JAN 2025

**Regular Plan**

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

**Large Plan**

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

LUNCH

PERI PERI CHICKEN



With Mushroom Barley Risotto and Braised Purple Cabbage

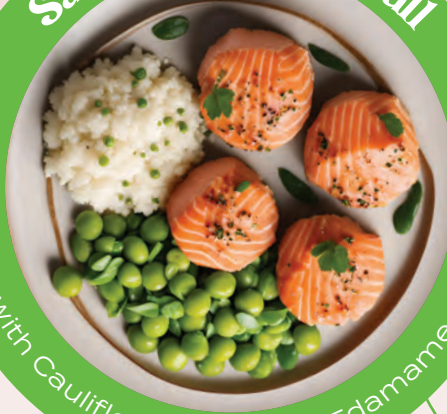
**Regular Plan**

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

**Large Plan**

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

Salmon Chicken Ball



With Cauliflower Rice and Edamame

DINNER

LOW FAT CHEESECAKE



SNACK

**Regular Plan**

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

**Large Plan**

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

LUNCH

Creamy Chicken Lasagna



with Greek Salad

**Regular Plan**

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

**Large Plan**

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

Tuesday  
28

JAN 2025

**Regular Plan**

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

**Large Plan**

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

Honey Miso Prawns



WITH PUMPKIN MILLET, SPICY EGGPLANTS, AND GARLIC OKRA

DINNER

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



# Wednesday 29

JAN 2025

## Regular Plan

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

## Large Plan

625kcal  
Calories  
56g  
Protein  
47g  
Carbs  
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

## Regular Plan

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

## Large Plan

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

## TOFU BROWNIE



DINNER

## ROASTED TURMERIC CHICKEN



with Brown Rice and Roasted Curry Cauliflower

LUNCH

## Regular Plan

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

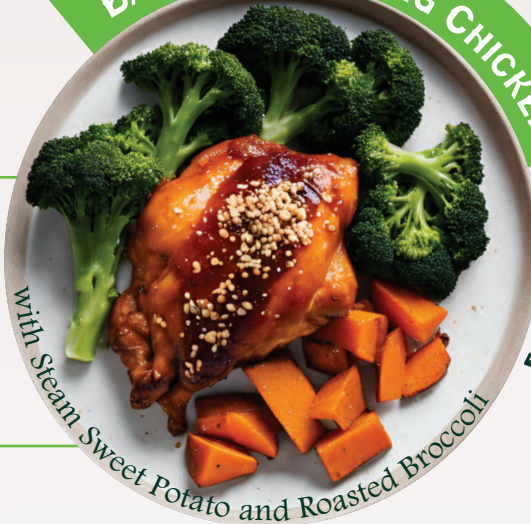
## Large Plan

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

# Thursday 30

JAN 2025

## BAKED GOCHUJANG CHICKEN



with Steam Sweet Potato and Roasted Broccoli

DINNER

## Regular Plan

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

## Large Plan

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

## Roasted Mix Nuts



## Regular Plan

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

## Large Plan

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

SNACK

Friday  
31

JAN 2025

**Regular Plan**

435kcal  
Calories      42g  
Protein

36g  
Carbs          14g  
Fat

**Large Plan**

625kcal  
Calories      61g  
Protein

51g  
Carbs          20g  
Fat

LUNCH

**Rendang Chicken**



With Basmati Rice, Braised Cabbage, and Mushroom

**Regular Plan**

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

**Large Plan**

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

**Salmon Spinach Pie**



WITH ARUGULA AND PUMPKIN SALAD

SNACK

**Regular Plan**

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

**Large Plan**

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

**Pistachio Energy Bites**



**Yakiniku Salmon**



with Brown Rice, Kimchi Salad, and Edamame

LUNCH

**Regular Plan**

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

**Large Plan**

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

Monday  
03

FEB 2025

**BASIL MINGED CHICKEN**



with Cauliflower Rice and Soy Egg

DINNER

**Regular Plan**

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

**Large Plan**

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

**Peanut Butter Cookies**



SNACK

**Regular Plan**

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

**Large Plan**

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

# Tuesday 04

FEB 2025

### Regular Plan

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

### Large Plan

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

LUNCH

## LEMONGRASS BARRAMUNDI



With Brown Rice Noodle, Clear Chicken Soup, Bean Sprouts, and Chinese Spinach

## Chicken Balls



WITH MASHED POTATO, EGGPLANT CAPONATA, AND BROCCOLI

SNACK

### Regular Plan

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

### Large Plan

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

DINNER

## CHOCOLATE HAZELNUT ENERGY BITES



### Regular Plan

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

### Large Plan

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

## HERB CHICKEN



with Kale Pesto Pasta and Braised Purple Cabbage

LUNCH

### Regular Plan

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

### Large Plan

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

# Wednesday 05

FEB 2025

### Regular Plan

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

### Large Plan

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

## MA PO TOFU



With Minced Chicken, Brown Rice, Scramble Tomato Egg, and Cucumber

DINNER

## CARROT CAKE



### Regular Plan

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

### Large Plan

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

SNACK

# Thursday 06

FEB 2025

## Regular Plan

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

## Large Plan

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

LUNCH

## Baked Teriyaki Chicken

With Roasted Potato, Roasted Capsicum, and French Beans

## Regular Plan

400kcal    41g    26g    15g  
Calories    Protein    Carbs    Fat

## Large Plan

600kcal    61g    39g    22g  
Calories    Protein    Carbs    Fat

## Brown Rice Chicken Paella

With Prawns, Squid, and Green Peas

DINNER

SNACK

## Regular Plan

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

## Large Plan

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

## GLUTEN FREE BANANA BREAD



## Peranakan Curry Beef

With Coconut Basmati Rice, Curry Cauliflower, and Okra

LUNCH

## Regular Plan

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

## Large Plan

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

# Friday 07

FEB 2025

## Regular Plan

415kcal    42g    29g    15g  
Calories    Protein    Carbs    Fat

## Large Plan

605kcal    61g    42g    21g  
Calories    Protein    Carbs    Fat

## Cajun Orange Chicken

With Sweet Potato and Broccoli

DINNER

## Mango Chia Seeds Pudding



## Regular Plan

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

## Large Plan

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

SNACK