

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
16
DEC 2024

LUNCH

Regular Plan

460kcal
Calories

39g
Protein

36g
Carbs

18g
Fat

Large Plan

720kcal
Calories

56g
Protein

54g
Carbs

31g
Fat

Nasi Lemak



with Coconut Basmati Rice, Cucumber, and Egg

Regular Plan

360kcal
Calories

40g
Protein

29g
Carbs

9g
Fat

Large Plan

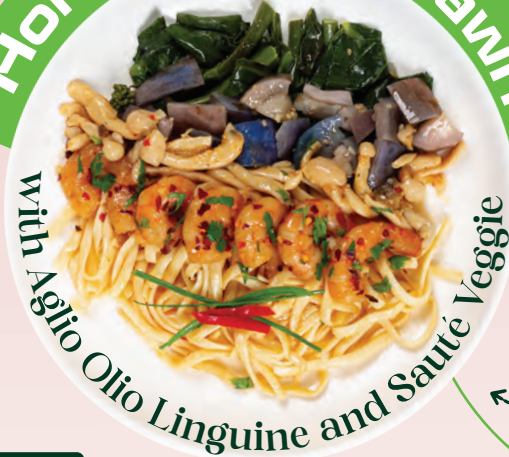
510kcal
Calories

56g
Protein

41g
Carbs

14g
Fat

Honey Miso Prawn



with Aglio Olio Linguine and Saute Veggie

DINNER

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



Lemongrass Chicken



with Health Kicked Chicken Rice, Brown Rice, Choy Sum, and Chilli Sauce

LUNCH

Regular Plan

410kcal
Calories

38g
Protein

31g
Carbs

15g
Fat

Large Plan

615kcal
Calories

58g
Protein

46g
Carbs

22g
Fat

Tuesday
17

DEC 2024

Regular Plan

405kcal
Calories

35g
Protein

30g
Carbs

16g
Fat

Large Plan

585kcal
Calories

50g
Protein

44g
Carbs

23g
Fat

Roasted Gochujang Chicken



with Basmati Rice and Broccoli

DINNER

Roasted Mix Nuts



Regular Plan

200kcal
Calories

6g
Protein

8g
Carbs

16g
Fat

Large Plan

200kcal
Calories

6g
Protein

8g
Carbs

16g
Fat

SNACK

Wednesday
18
 DEC 2024

Regular Plan

400kcal
 Calories
 31g
 Carbs
 38g
 Protein
 14g
 Fat

Large Plan

600kcal
 Calories
 46g
 Carbs
 58g
 Protein
 20g
 Fat

LUNCH



Baked Dukkha-Crusted Sea Bass
 with Couscous and Eggplant Caponata

Regular Plan

415kcal
 Calories
 37g
 Protein
 29g
 Carbs
 17g
 Fat

Large Plan

595kcal
 Calories
 54g
 Protein
 41g
 Carbs
 24g
 Fat

GONG BAO CHICKEN



GONG BAO CHICKEN
 with Brown Rice and Shanghai Greens

SNACK

Regular Plan

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

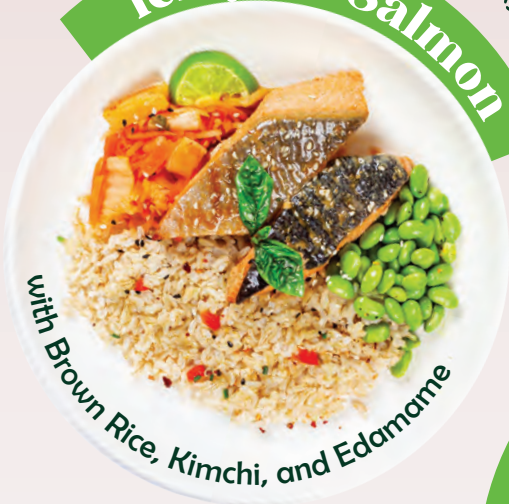
Large Plan

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

CHOCOLATE TOFU BROWNIE



Teriyaki Salmon



Teriyaki Salmon
 with Brown Rice, Kimchi, and Edamame

LUNCH

Regular Plan

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

Large Plan

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

Thursday
19
 DEC 2024

HERB CHICKEN



HERB CHICKEN
 with Quinoa, Avocado, Tomato, Pomegranate, Mix Nuts, and Seeds

Regular Plan

430kcal
 Calories
 46g
 Protein
 31g
 Carbs
 14g
 Fat

Large Plan

645kcal
 Calories
 68g
 Protein
 46g
 Carbs
 21g
 Fat

DINNER

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

SNACK

Friday 20

DEC 2024

Regular Plan

420kcal
Calories 42g
Protein
32g 14g
Carbs Fat

Large Plan

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

LUNCH

PERI PERI CHICKEN



with Roasted Potato and Broccoli

Regular Plan

395kcal 37g 26g 16g
Calories Protein Carbs Fat

Large Plan

610kcal 56g 41g 25g
Calories Protein Carbs Fat

DINNER

PERanakan Beef Curry



with Pumpkin, Basmati Rice, Curry Cauliflower, and Okra

SNACK

Regular Plan

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

Large Plan

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

Carrot Cake with Cashew Frosting



Lemon & Dill Salmon



with Roasted Potato, Herb Veggies, and Tomato

LUNCH

Regular Plan

415kcal 40g 29g 16g
Calories Protein Carbs Fat

Large Plan

605kcal 57g 42g 23g
Calories Protein Carbs Fat

Monday 23

DEC 2024

BUTTER CHICKEN



with Basmati Rice and Sweet Snap Peas

DINNER

Regular Plan

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

Large Plan

605kcal 56g 46g 22g
Calories Protein Carbs Fat

Peanut Butter Cookies



SNACK

Regular Plan

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

Large Plan

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

Tuesday
24

DEC 2024

Regular Plan

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

Large Plan

640kcal
Calories
48g
Carbs
61g
Protein
23g
Fat

LUNCH

MEXICAN BURRITO BOWL



Regular Plan

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

Large Plan

630kcal
Calories
66g
Protein
39g
Carbs
23g
Fat

DINNER

Salmon Chicken Balls



with Quinoa, Spinach Egg, and Broccoli

SNACK

Regular Plan

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

Large Plan

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

HAZELNUT CHOCOLATE ENERGY BITES



LUNCH

Basil Minced Chicken



with Brown Rice, Soy Egg, and Hong Kong Kailan

Regular Plan

430kcal
Calories
37g
Protein
31g
Carbs
18g
Fat

Large Plan

640kcal
Calories
61g
Protein
45g
Carbs
24g
Fat

Wednesday
25

DEC 2024

Regular Plan

385kcal
Calories
42g
Protein
26g
Carbs
13g
Fat

Large Plan

580kcal
Calories
63g
Protein
42g
Carbs
18g
Fat

Cajun Orange Chicken



with Roasted Sweet Potato and Broccoli

DINNER

LOW FAT CHEESECAKE



Regular Plan

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

Large Plan

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

SNACK

Thursday 26

DEC 2024

Regular Plan

420kcal
Calories 42g
Protein
25g
Carbs 17g
Fat

Large Plan

615kcal
Calories 62g
Protein
35g
Carbs 25g
Fat

LUNCH

MOROCCO SPICED CHICKEN



WITH MEDITERRANEAN BEAN SALAD

Regular Plan

410kcal 47g 23g 15g
Calories Protein Carbs Fat

Large Plan

595kcal 68g 32g 22g
Calories Protein Carbs Fat

Beef Bulgogi



WITH WHATIF NOODLE, BEANSPROUTS, AND KIMCHI

DINNER

SNACK

Regular Plan

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

Large Plan

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

GLUTEN FREE BANANA BREAD



Lemongrass Barramundi

LUNCH



WITH BROWN RICE, YAKINIKU TOFU, MUSHROOM, AND SHANGHAI GREENS

Regular Plan

455kcal 43g 32g 17g
Calories Protein Carbs Fat

Large Plan

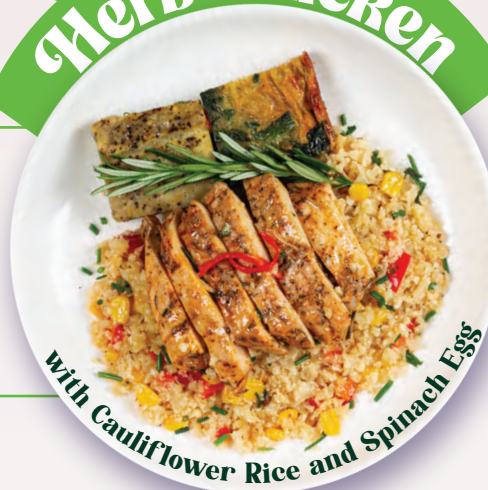
655kcal 63g 47g 24g
Calories Protein Carbs Fat

Friday

27

DEC 2024

Herb Chicken



With Cauliflower Rice and Spinach Egg

DINNER

Regular Plan

415kcal 46g 26g 15g
Calories Protein Carbs Fat

Large Plan

605kcal 66g 37g 21g
Calories Protein Carbs Fat

Pistachio and Dates Energy Bites



Regular Plan

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

Large Plan

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

SNACK

Monday
30
DEC 2024

LUNCH

Peri Peri Tilapia Fish



With Roasted Potato, French Beans, and Carrots

Regular Plan

435kcal
Calories
32g
Carbs
39g
Protein
17g
Fat

Large Plan

635kcal
Calories
47g
Carbs
56g
Protein
25g
Fat

YAKINIKU MINCED BEEF



With Brown Rice, Kimchi, and Edamame

Regular Plan

420kcal
Calories
40g
Protein
29g
Carbs
16g
Fat

Large Plan

600kcal
Calories
59g
Protein
41g
Carbs
22g
Fat

SNACK

Regular Plan

150kcal
Calories
4g
Protein
16g
Carbs
8g
Fat

Large Plan

150kcal
Calories
4g
Protein
16g
Carbs
8g
Fat

Pumpkin Parmesan Biscuit



Kendang Chicken

LUNCH



With Brown Rice and Curry Roasted Cauliflower

Regular Plan

420kcal
Calories
42g
Protein
32g
Carbs
14g
Fat

Large Plan

630kcal
Calories
63g
Protein
48g
Carbs
20g
Fat

Tuesday
31
DEC 2024

Cajun Spice Chicken

DINNER



With Kale, Pumpkin Quinoa Salad, and Balsamic Dressing

Regular Plan

430kcal
Calories
44g
Protein
25g
Carbs
17g
Fat

Large Plan

610kcal
Calories
64g
Protein
36g
Carbs
23g
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

Friday 03

JAN 2025

Fresh Herb Barramundi



SNACK

Regular Plan

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

Large Plan

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

Regular Plan

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

Large Plan

595kcal 59g
Calories Protein
43g 21g
Carbs Fat

LUNCH

Kung Pao Chicken



Regular Plan

460kcal 43g 29g 19g
Calories Protein Carbs Fat

Large Plan

675kcal 65g 41g 28g
Calories Protein Carbs Fat

DINNER

PISTACHIO ENERGY BITES



Beef Bolognese



LUNCH

Regular Plan

415kcal 40g 29g 16g
Calories Protein Carbs Fat

Large Plan

625kcal 59g 44g 24g
Calories Protein Carbs Fat

Monday 06

JAN 2025

Regular Plan

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

Large Plan

590kcal 54g 45g 22g
Calories Protein Carbs Fat

Red Curry Chicken



DINNER

Carrot Cake with Cashew Frosting Cake



Regular Plan

175kcal 8g 18g 8g
Calories Protein Carbs Fat

Large Plan

175kcal 8g 18g 8g
Calories Protein Carbs Fat

SNACK

Tuesday
07

JAN 2025

Regular Plan

440kcal
Calories 42g
Protein

33g 16g
Carbs Fat

Large Plan

625kcal
Calories 57g
Protein

48g 23g
Carbs Fat

LUNCH

Spicy & Sour Tilapia and Squid Stew

WITH SOBA NOODLES, BEAN SPROUTS, AND SPINACH



Lemon and Fresh Herb Chicken Breast

with Quinoa, Baked Pumpkin, Tomato, and Avocado



Regular Plan

430kcal 43g 29g 16g
Calories Protein Carbs Fat

Large Plan

630kcal 63g 41g 24g
Calories Protein Carbs Fat

DINNER

SNACK

Regular Plan

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

Large Plan

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

MANGO CHIA SEEDS PUDDING



Herb Chicken

with Roasted Potatoes, French Beans, and Harissa Sauce



LUNCH

Regular Plan

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

Large Plan

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

Wednesday
08

JAN 2025

Regular Plan

440kcal 38g 31g 18g
Calories Protein Carbs Fat

Large Plan

635kcal 56g 42g 27g
Calories Protein Carbs Fat

Lemongrass Soy Barramundi

with Coconut Basmati Rice, Long Bean, and Eggplants



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

SNACK

Thursday 09

JAN 2025

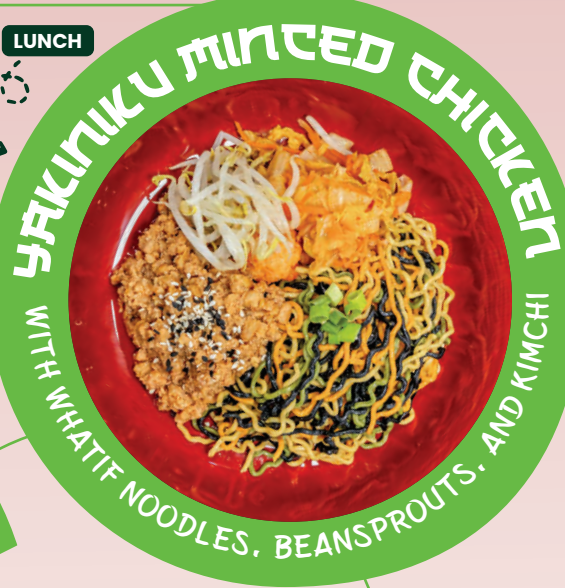
Regular Plan

420kcal
Calories 39g
Protein
35g
Carbs 14g
Fat

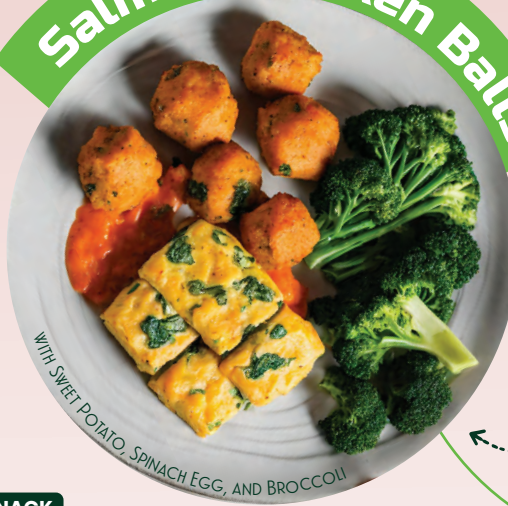
Large Plan

605kcal
Calories 61g
Protein
44g
Carbs 20g
Fat

LUNCH



Salmon Chicken Balls



Regular Plan

405kcal 47g 21g 15g
Calories Protein Carbs Fat

Large Plan

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

SNACK



Regular Plan

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

Large Plan

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

Peanut Butter Cookies



DINNER

HARISSA PRAWNS



LUNCH

Regular Plan

390kcal 41g 28g 13g
Calories Protein Carbs Fat

Large Plan

580kcal 61g 42g 19g
Calories Protein Carbs Fat

Friday 10

JAN 2025

Regular Plan

435kcal 42g 29g 17g
Calories Protein Carbs Fat

Large Plan

630kcal 61g 41g 24g
Calories Protein Carbs Fat

Ma La Chicken



DINNER

Banana Bread



SNACK

Regular Plan

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

Large Plan

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