

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

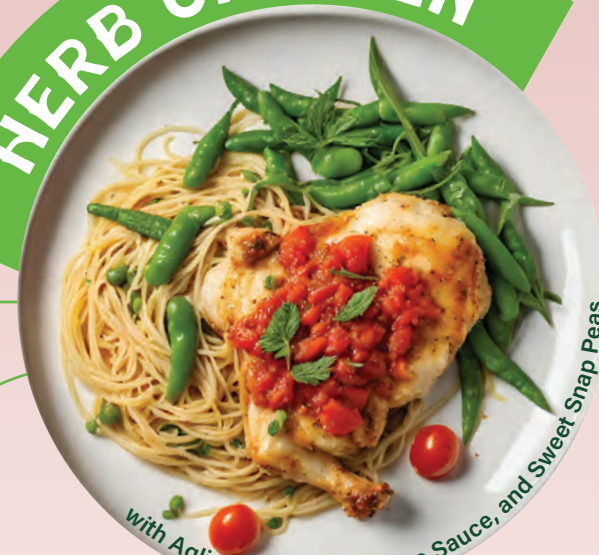
HIGH PROTEIN

Monday
22

SEP 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

SNACK

Images are for illustration only.

Regular Plan

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

Large Plan

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

Cumin Carrot Soup



LUNCH

Green Curry Chicken



WITH BROWN RICE, LONG BEANS, AND EGGPLANTS

Regular Plan

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

Large Plan

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

Regular Plan

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

Large Plan

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

Chicken Balls



with Cauliflower Rice and Spinach Egg

DINNER

SNACK

TOFU CHOCOLATE BROWNIE



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
24

SEP 2025

Regular Plan

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

Large Plan

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

LUNCH

Yakniku Minced Beef



Regular Plan

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

Large Plan

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

PERI PERI CHICKEN

with Roasted Potato and Herb Veggies



SNACK

Images are for illustration only.

Regular Plan

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

Large Plan

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

PEANUT BUTTER CHOCOLATE ENERGY BITES



LUNCH

Basil Minced Chicken

with Brown Rice, Scrambled Egg, and Kailan



Regular Plan

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

Large Plan

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

Regular Plan

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

Large Plan

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

Thursday
25

SEP 2025

BAKED LEMONGRASS BARRAMUNDI

with Cajun Roasted Sweet Potato and Broccoli



DINNER

Low Fat Cheesecake



SNACK

Images are for illustration only.

Regular Plan

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

Large Plan

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

Friday
26
SEP 2025

Regular Plan

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

Large Plan

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

LUNCH

Beef Patties



WITH MASHED SWEET POTATO, GREEN PEAS, AND CORIANDER LIME SAUCE

Turmeric Chicken



WITH BROWN RICE AND LADY FINGER

Regular Plan

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

Large Plan

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

DINNER

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



Peranakan Curry Chicken



With Basmati Rice, Cauliflower, and Lady Finger

LUNCH

Regular Plan

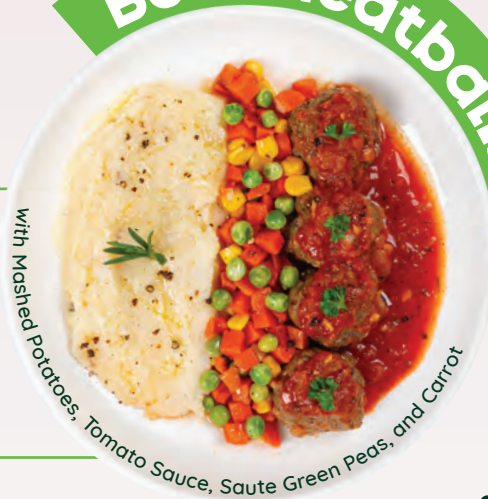
445kcal
Calories
41g
Protein
35g
Carbs
16g
Fat

Large Plan

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

Monday
29
SEP 2025

Beef Meatballs



With Mashed Potatoes, Tomato Sauce, Saute Green Peas, and Carrot

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
30
SEP 2025

Regular Plan

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

Large Plan

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

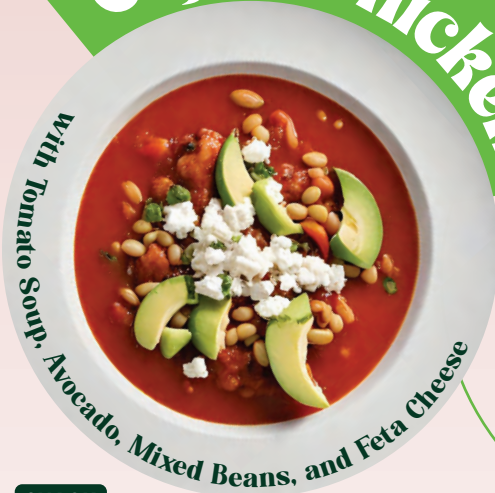
LUNCH

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

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

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

Herb Chicken



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

DINNER

Wednesday
01
OCT 2025

Regular Plan

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

Large Plan

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

CARROT CAKE



WITH CASHW 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

02

OCT 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

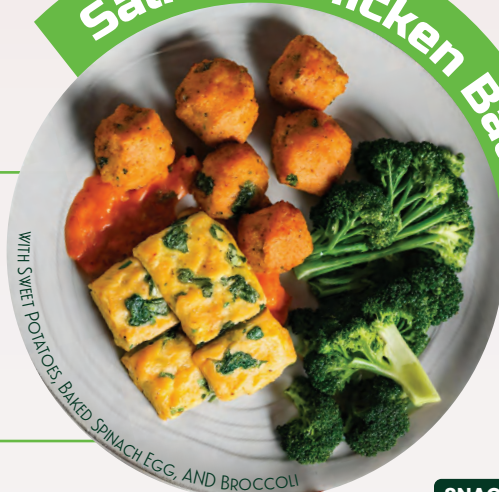
675kcal
Calories
63g
Protein
51g
Carbs
24g
Fat

Friday

03

OCT 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
06
OCT 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
07
OCT 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

SNACK

TOFU CHOCOLATE BROWNIE

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 08 OCT 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



LUNCH

Seafood Tom Yam



with Brown Rice Noodles, Beansprouts, and Long Beans

Regular Plan

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

Large Plan

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

Thursday 09 OCT 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



Regular Plan

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

Large Plan

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

SNACK

Images are for illustration only.

Friday
10
OCT 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
13
OCT 2025

Regular Plan

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

Large Plan

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

GONG BAD CHICKEN



with Brown Rice, Spicy Eggplant, and Garlic Boy Choy

DINNER

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
14
OCT 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

Regular Plan

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

Large Plan

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

DINNER

Beef Bolognese

WITH PASTA, MIXED MUSHROOMS, AND GREEN PEAS

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
15
OCT 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
16
OCT 2025

Regular Plan

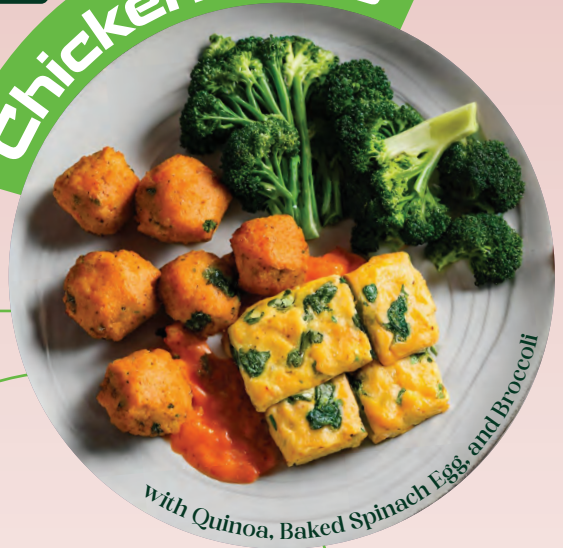
440kcal
Calories
35g
Carbs
39g
Protein
16g
Fat

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
17
OCT 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