

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
20
OCT 2025

Regular Plan

450kcal
Calories
33g
Carbs
40g
Protein
18g
Fat

Large Plan

675kcal
Calories
50g
Carbs
59g
Protein
27g
Fat

LUNCH

Teriyaki Chicken



with Brown Rice and Roast Veggies

Regular Plan

415kcal
Calories
50g
Protein
26g
Carbs
13g
Fat

Large Plan

605kcal
Calories
73g
Protein
37g
Carbs
18g
Fat

Roast Mix Nuts



DINNER

HERB CHICKEN



with Kale Quinoa Salad and Baked Pumpkin

SNACK

Images are for
illustration only.

Regular Plan

130kcal
Calories
4g
Protein
2g
Carbs
2g
Fat

Large Plan

130kcal
Calories
4g
Protein
2g
Carbs
2g
Fat

Regular Plan

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

Large Plan

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

LUNCH

Turmeric Chicken Nasi Lemak



with Coconut Basmati Rice, Hard Boiled Egg, and Cucumber

Regular Plan

365kcal
Calories
38g
Protein
27g
Carbs
12g
Fat

Large Plan

550kcal
Calories
58g
Protein
41g
Carbs
17g
Fat

Tuesday
21
OCT 2025

Tomato Baked Tilapia



with Brown Rice Noodles and Braised Mix Veggies

DINNER

SNACK

Carrot Cake with Cashew Frosting



Regular Plan

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

Large Plan

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

Images are for
illustration only.

Wednesday 22 OCT 2025

Regular Plan

385kcal	42g
Calories	Protein
29g	12g
Carbs	Fat

Large Plan

590kcal	61g
Calories	Protein
41g	20g
Carbs	Fat

LUNCH

Beef Patties



Regular Plan

445kcal	43g	33g	16g
Calories	Protein	Carbs	Fat

Large Plan

645kcal	63g	48g	23g
Calories	Protein	Carbs	Fat

Green Curry Chicken



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



LUNCH

CHICKEN THIGH CHUNKS



Regular Plan

410kcal	39g
Calories	Protein
31g	15g
Carbs	Fat

Large Plan

580kcal	53g
Calories	Protein
45g	21g
Carbs	Fat

Thursday 23 OCT 2025

Regular Plan

405kcal	45g	31g	12g
Calories	Protein	Carbs	Fat

Large Plan

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

PERI PERI CHICKEN



DINNER

TOFU CHOCOLATE BROWNIE



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.

Friday
24

OCT 2025

Regular Plan

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

Large Plan

655kcal
Calories
50g
Carbs
63g
Protein
23g
Fat

LUNCH

yakiniku Minced Beef

With Brown Rice, Edamame, and Kimchi

Regular Plan

420kcal
Calories
44g
Protein
31g
Carbs
14g
Fat

Large Plan

610kcal
Calories
64g
Protein
45g
Carbs
20g
Fat

DINNER

Chicken Mushroom Stew

WITH SOBA NOODLES AND GARLIC KAILAN

SNACK

Images are for
illustration only.

Regular Plan

135kcal
Calories
3g
Protein
15g
Carbs
7g
Fat

Large Plan

135kcal
Calories
3g
Protein
15g
Carbs
7g
Fat

Pumpkin Parmesan Biscuit

GONG BAO CHICKEN

LUNCH

Regular Plan

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

Large Plan

670kcal
Calories
63g
Protein
51g
Carbs
24g
Fat

With Brown Rice, Spicy Eggplant, and Cucumber Salad

Regular Plan

425kcal
Calories
47g
Protein
31g
Carbs
13g
Fat

Large Plan

605kcal
Calories
65g
Protein
45g
Carbs
18g
Fat

HARISSA ROASTED TILAPIA

With Roasted Potato and French Beans

DINNER

Monday
27

OCT 2025

Peanut Butter Chocolate Energy Bites

Regular Plan

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

Large Plan

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

SNACK

Images are for
illustration only.

- HIGH PROTEIN - HIGH PROTEIN

Tuesday
28
OCT 2025

Regular Plan

425kcal
Calories
36g
Carbs
44g
Protein
12g
Fat

Large Plan

630kcal
Calories
52g
Carbs
64g
Protein
18g
Fat

LUNCH

Honey Miso Salmon



With Quinoa and Broccoli

Regular Plan

395kcal
Calories
47g
Protein
21g
Carbs
14g
Fat

Large Plan

590kcal
Calories
70g
Protein
32g
Carbs
20g
Fat

DINNER

Herb Chicken



With Cauliflower Rice and Spinach Egg

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

Beef Bolognese



With Pasta, Mixed Mushrooms, and Green Peas

Regular Plan

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

Large Plan

695kcal
Calories
61g
Protein
52g
Carbs
27g
Fat

Wednesday
29
OCT 2025

Lemongrass Chicken



With Rice Vermicelli and Mixed Veggies Salad

DINNER

Regular Plan

395kcal
Calories
44g
Protein
29g
Carbs
12g
Fat

Large Plan

560kcal
Calories
57g
Protein
42g
Carbs
18g
Fat

SNACK

PEANUT BUTTER CHOCOLATE COOKIE



Regular Plan

155kcal
Calories
5g
Protein
4g
Carbs
13g
Fat

Large Plan

155kcal
Calories
5g
Protein
4g
Carbs
13g
Fat

Images are for illustration only.

Thursday
30

OCT 2025

Regular Plan

455kcal
Calories
32g
Carbs
44g
Protein
17g
Fat

Large Plan

680kcal
Calories
47g
Carbs
67g
Protein
25g
Fat

LUNCH

Peranakan Curry Beef and Pumpkin



with Coconut Basmati Rice and Garlic Okra

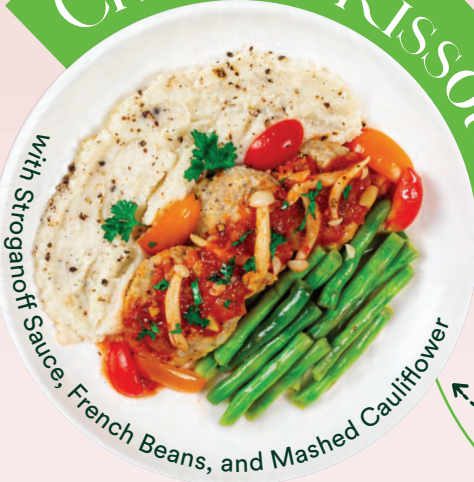
Regular Plan

335kcal
Calories
38g
Protein
20g
Carbs
12g
Fat

Large Plan

530kcal
Calories
63g
Protein
29g
Carbs
18g
Fat

Chicken Rissoles



with Stroganoff Sauce, French Beans, and Mashed Cauliflower

DINNER

SNACK

Images are for
illustration only.

Regular Plan

175kcal
Calories
6g
Protein
24g
Carbs
6g
Fat

Large Plan

175kcal
Calories
6g
Protein
24g
Carbs
6g
Fat

OVERNIGHT OATS WITH ROASTED APPLE



LUNCH

CHICKEN RENDANG



with Brown Rice and Roasted Cauliflower

Regular Plan

390kcal
Calories
40g
Protein
29g
Carbs
13g
Fat

Large Plan

595kcal
Calories
62g
Protein
39g
Carbs
21g
Fat

Friday
31

OCT 2025

Cajun Orange Chicken



with Cajun Sweet Potato and Broccoli

DINNER

Regular Plan

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

Large Plan

620kcal
Calories
63g
Protein
43g
Carbs
22g
Fat

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

Monday
03

NOV 2025

Teriyaki Salmon



with Quinoa and Sauté Mixed Veggies

SNACK

Images are for
illustration only.

Regular Plan

470kcal
Calories

36g
Carbs

43g
Protein

17g
Fat

Large Plan

685kcal
Calories

52g
Carbs

65g
Protein

24g
Fat

LUNCH

HERB CHICKEN



Regular Plan

415kcal
Calories

41g
Protein

29g
Carbs

15g
Fat

Large Plan

590kcal
Calories

58g
Protein

40g
Carbs

22g
Fat

DINNER



Regular Plan

120kcal
Calories

4g
Protein

13g
Carbs

6g
Fat

Large Plan

120kcal
Calories

4g
Protein

13g
Carbs

6g
Fat

Red Curry Chicken



WITH BROWN RICE, LONG BEANS, AND EGGPLANTS

LUNCH

Regular Plan

445kcal
Calories

44g
Protein

32g
Carbs

16g
Fat

Large Plan

650kcal
Calories

63g
Protein

47g
Carbs

23g
Fat

Tuesday
04

NOV 2025

Salmon Chicken Balls



with Cauliflower Rice and Spinach Egg

DINNER

Regular Plan

385kcal
Calories

48g
Protein

20g
Carbs

13g
Fat

Large Plan

560kcal
Calories

66g
Protein

29g
Carbs

20g
Fat

SNACK

TOFU CHOCOLATE BROWNIE



Regular Plan

185kcal
Calories

8g
Protein

20g
Carbs

8g
Fat

Large Plan

185kcal
Calories

8g
Protein

20g
Carbs

8g
Fat

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illustration only.

Wednesday 05 NOV 2025

LUNCH

Regular Plan

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

Large Plan

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

Yakniku Minced Beef



Regular Plan

420kcal
Calories
46g
Protein
31g
Carbs
13g
Fat

Large Plan

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

PERI PERI CHICKEN



With Roasted Potato and Herb Veggies

SNACK

Images are for illustration only.

Regular Plan

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

Large Plan

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

PEANUT BUTTER CHOCOLATE ENERGY BITES



LUNCH

Basil Minced Chicken



with Basmati Rice, Scramble Egg, and Long Beans

Regular Plan

440kcal
Calories
46g
Protein
32g
Carbs
15g
Fat

Large Plan

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

Thursday 06 NOV 2025

Regular Plan

395kcal
Calories
41g
Protein
26g
Carbs
14g
Fat

Large Plan

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

BAKED LEMONGRASS BARRAMUNDI



With Cajun Roasted Sweet Potato and Broccoli

DINNER

SNACK

Carrot Cake with Cashew Frosting



Regular Plan

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

Large Plan

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

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- HIGH PROTEIN - HIGH PROTEIN

Friday
07
NOV 2025

Regular Plan

445kcal

Calories

32g

Carbs

35g

Protein

20g

Fat

Large Plan

685kcal

Calories

47g

Carbs

59g

Protein

29g

Fat

LUNCH

Beef Patties

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

Regular Plan

380kcal

Calories

46g

Protein

28g

Carbs

9g

Fat

Large Plan

535kcal

Calories

61g

Protein

40g

Carbs

15g

Fat

Turmeric Chicken

WITH BROWN RICE AND LADY FINGER

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

DINNER

PEANUT BUTTER CHOCOLATE COOKIE



LUNCH

Peranakan Curry Chicken

with Basmati Rice, Cauliflower, and Lady Finger

Regular Plan

445kcal

Calories

41g

Protein

35g

Carbs

16g

Fat

Large Plan

650kcal

Calories

61g

Protein

50g

Carbs

23g

Fat

Monday
10
NOV 2025

Chicken Patties

with Mashed potatoes, Tomato Sauce, Sauté Green Peas, and Carrot

DINNER

Regular Plan

420kcal

Calories

43g

Protein

29g

Carbs

15g

Fat

Large Plan

625kcal

Calories

66g

Protein

41g

Carbs

22g

Fat

SNACK

Images are for
illustration only.

Regular Plan

125kcal

Calories

4g

Protein

2g

Carbs

11g

Fat

Large Plan

125kcal

Calories

4g

Protein

2g

Carbs

11g

Fat

Peanut Butter Chocolate Energy Bites



Tuesday

11

NOV 2025

Regular Plan

425kcal	40g
Calories	Protein
33g	15g
Carbs	Fat

Large Plan

635kcal	59g
Calories	Protein
50g	22g
Carbs	Fat

LUNCH

Sambal Seafood and Tofu

WITH BROWN RICE AND SHANGHAI GREEN

Regular Plan

400kcal	46g	17g	17g
Calories	Protein	Carbs	Fat

Large Plan

580kcal	64g	25g	25g
Calories	Protein	Carbs	Fat

DINNER

Cajun Chicken

WITH TOMATO SOUP, AVOCADO, MIXED BEANS, and Feta Cheese

SNACK

Images are for illustration only.

Regular Plan

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

Large Plan

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

TOFU CHOCOLATE BROWNIE

MALA CHICKEN

WITH BROWN RICE AND HONEY SOY MIX VEGGIES

LUNCH

Regular Plan

450kcal	43g	34g	16g
Calories	Protein	Carbs	Fat

Large Plan

655kcal	63g	49g	23g
Calories	Protein	Carbs	Fat

Wednesday

NOV 2025

Herb Chicken

WITH ROASTED HERB VEGGIES QUINOA SALAD

DINNER

Regular Plan

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

Large Plan

565kcal	58g	41g	19g
Calories	Protein	Carbs	Fat

SNACK

Images are for illustration only.

Regular Plan

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

Large Plan

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

- HIGH PROTEIN - HIGH PROTEIN

Thursday

13

NOV 2025

Regular Plan

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

Large Plan

635kcal
Calories
49g
Carbs
56g
Protein
24g
Fat

LUNCH

Yuziang Minced Chicken



with Sweet Potato Noodles, Sauté Mushroom, and Bok Choy

Regular Plan

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

Large Plan

645kcal
Calories
68g
Protein
43g
Carbs
22g
Fat

Lemon Barramundi Fish



with Fresh Herb, Roasted Potatoes, and French Beans

SNACK

Images are for illustration only.

Regular Plan

135kcal
Calories
3g
Protein
15g
Carbs
7g
Fat

Large Plan

135kcal
Calories
3g
Protein
15g
Carbs
7g
Fat

PUMPKIN PARMESAN BISCUIT



GREEN CURRY CHICKEN



with Basmati Rice, Eggplants, and Long Beans

LUNCH

Regular Plan

435kcal
Calories
38g
Protein
35g
Carbs
16g
Fat

Large Plan

635kcal
Calories
56g
Protein
51g
Carbs
23g
Fat

Friday

14

NOV 2025

Regular Plan

420kcal
Calories
43g
Protein
26g
Carbs
16g
Fat

Large Plan

615kcal
Calories
63g
Protein
37g
Carbs
24g
Fat

Overnight Oats



with Roasted Apple and Chia Seeds

Chicken Balls



with Sweet Potatoes, Baked Spinach Egg, Broccoli, and House Made Chili Sauce

DINNER

SNACK

Images are for illustration only.

Regular Plan

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

Large Plan

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

- HIGH PROTEIN - HIGH PROTEIN