

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
28
JUL 2025

Images are for
illustration only.

LUNCH

Regular Plan

460kcal	39g
Calories	Protein
36g	18g
Carbs	Fat

Large Plan

720kcal	56g
Calories	Protein
54g	31g
Carbs	Fat

NASI LEMAK



with Coconut Basmati Rice, Cucumber, and Egg

Regular Plan

360kcal	40g	29g	9g
Calories	Protein	Carbs	Fat

Large Plan

510kcal	56g	41g	14g
Calories	Protein	Carbs	Fat

Honey Miso Prawn



with Aglio Olio Linguine and Sauté Veggies

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



LUNCH

Health Kicked Chicken Rice



WITH LEMONGRASS CHICKEN, BROWN RICE, CHOY SUM, AND CHILI SAUCE

Regular Plan

405kcal	35g	30g	16g
Calories	Protein	Carbs	Fat

Large Plan

585kcal	50g	44g	23g
Calories	Protein	Carbs	Fat

Regular Plan

410kcal	38g	31g	15g
Calories	Protein	Carbs	Fat

Large Plan

615kcal	58g	46g	22g
Calories	Protein	Carbs	Fat

ROASTED GOCHUJANG CHICKEN



with Basmati Rice and Broccoli

DINNER

Tuesday
29
JUL 2025

ROASTED MIX NUTS



Regular Plan

200kcal	6g	8g	16g
Calories	Protein	Carbs	Fat

Large Plan

200kcal	6g	8g	16g
Calories	Protein	Carbs	Fat

SNACK

Images are for
illustration only.

Wednesday 30 JUL 2025

Regular Plan

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

Large Plan

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

LUNCH

Baked Dukkah-Crusted Sea Bass

With Roasted Sweet Potato, Eggplant Caponata, and Green Peas

Regular Plan

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

Large Plan

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

DINNER

GONG BAD CHICKEN

With Brown Rice and Shanghai Greens

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

CHOCOLATE TOFU BROWNIE



TERIYAKI SALMON

With Brown Rice, Kimchi, and Edamame

LUNCH

Regular Plan

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

Large Plan

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

HERB CHICKEN

With Tomato Wholemeal Pasta and Cajun Mix Veggies

DINNER

Regular Plan

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

Large Plan

645kcal
Calories
68g
Protein
46g
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

- HIGH PROTEIN - HIGH PROTEIN

Friday
01
AUG 2025

Regular Plan

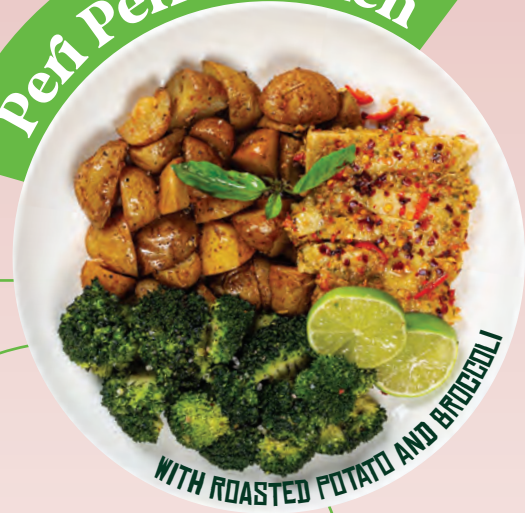
420kcal
Calories
32g
Carbs
42g
Protein
14g
Fat

Large Plan

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

LUNCH

Peñ Peñ Chicken



WITH ROASTED POTATO AND BROCCOLI

Regular Plan

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

Large Plan

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

DINNER

Peranakan Beef Curry and Pumpkin



with Basmati Rice, Curry Cauliflower, and Okra

SNACK

Images are for illustration only.

Regular Plan

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

Large Plan

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

CARROT CAKE WITH CASHEW FROSTING CAKE



LUNCH

Lemon and Dill Salmon



with Roasted Potato, Herb Veggies, and Tomato

Regular Plan

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

Large Plan

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

Monday
04
AUG 2025

AUG 2025

Butter Chicken



with Basmati Rice and Sweet Snap Peas

DINNER

Regular Plan

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

Large Plan

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

Peanut Butter Cookies



Regular Plan

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

Large Plan

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

SNACK

Images are for illustration only.

- HIGH PROTEIN - HIGH PROTEIN

Tuesday
05
AUG 2025

Regular Plan

450kcal
Calories
33g
Carbs
42g
Protein
17g
Fat

Large Plan

655kcal
Calories
48g
Carbs
61g
Protein
24g
Fat

LUNCH

Roast Yuxiang Chicken and Mushroom



WITH BROWN RICE, SPICY EGGPLANTS, AND KAILAN

Salmon Chicken Balls



with Cauliflower Rice and Edamame

Regular Plan

450kcal
Calories
49g
Protein
21g
Carbs
19g
Fat

Large Plan

615kcal
Calories
71g
Protein
30g
Carbs
23g
Fat

DINNER

SNACK

Images are for illustration only.

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

BRASIL 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
06
AUG 2025

Cajun Orange Chicken



With Roasted Sweet Potato and Broccoli

Regular Plan

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

Large Plan

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

DINNER

PUMPKIN PARMESAN BISCUIT



Regular Plan

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

Large Plan

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

SNACK

Images are for illustration only.

Thursday
07
AUG 2025

Regular Plan

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

Large Plan

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

LUNCH

Morocco Spiced Chicken



Regular Plan

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

Large Plan

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

Yakiniku Minced Beef

With Sweet Potato Noodle, Beansprouts, and Kimchi



DINNER

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



LEMONGRASS BARRAMUNDI



LUNCH

Regular Plan

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

Large Plan

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

Friday
08
AUG 2025

Herb Chicken



DINNER

Regular Plan

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

Large Plan

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

Pistachio and Dates Energy Bites



SNACK

Regular Plan

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

Large Plan

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

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- HIGH PROTEIN - HIGH PROTEIN

Monday
11
AUG 2025

Regular Plan

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

Large Plan

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

LUNCH

PERI PERI TILAPIA FISH



with Roasted Potato, French Beans, and Carrots

Regular Plan

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

Large Plan

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

YAKINIKU MINCED BEEF



with Brown Rice, Kimchi, and Edamame

DINNER

SNACK

Images are for illustration only.

Regular Plan

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

Large Plan

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

PUMPKIN PARMESAN BISCUIT



RENDANG CHICKEN



with Brown Rice and Curry Roasted Cauliflower

LUNCH

Regular Plan

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

Large Plan

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

Tuesday
12
AUG 2025

Regular Plan

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

Large Plan

610kcal
Calories
64g
Protein
36g
Carbs
23g
Fat

Cajun Spice Chicken



WITH PUMPKIN CARROT QUINOA SALAD AND SWEET SNAP PEAS

DINNER

SNACK

Images are for illustration only.

Regular Plan

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

Large Plan

145kcal
Calories
8g
Protein
20g
Carbs
5g
Fat

OVERNIGHT OATS WITH ROASTED APPLE AND CHIA SEEDS



Wednesday 13 AUG 2025

Regular Plan

400kcal
Calories
32g
Carbs
37g
Protein
14g
Fat

Large Plan

595kcal
Calories
47g
Carbs
56g
Protein
20g
Fat

LUNCH

Green Curry Chicken



Regular Plan

395kcal
Calories
40g
Protein
23g
Carbs
16g
Fat

Large Plan

590kcal
Calories
59g
Protein
35g
Carbs
24g
Fat

DINNER

MEDITERRANEAN CHICKEN STEW



SNACK

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illustration only.

Regular Plan

200kcal
Calories
6g
Protein
8g
Carbs
16g
Fat

Large Plan

200kcal
Calories
6g
Protein
8g
Carbs
16g
Fat

ROASTED MIX NUTS



Roasted Teriyaki Chicken Thigh Cubes



LUNCH

Regular Plan

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

Large Plan

615kcal
Calories
58g
Protein
46g
Carbs
22g
Fat

Thursday 14 AUG 2025

BEEF MEAT PATTIES



DINNER

Regular Plan

395kcal
Calories
38g
Protein
28g
Carbs
15g
Fat

Large Plan

605kcal
Calories
58g
Protein
42g
Carbs
23g
Fat

Tofu Brownie



SNACK

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Regular Plan

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

Large Plan

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

- HIGH PROTEIN - HIGH PROTEIN

Friday
15
AUG 2025

Regular Plan

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

Large Plan

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

LUNCH

Kung Pao Chicken



with Brown Rice, Spicy Eggplant, and Cucumber Salad

Regular Plan

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

Large Plan

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

DINNER

Herb Baked Barramundi



WITH ROAST POTATO, BROCCOLI, AND HARISSA SAUCE

SNACK

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illustration only.

Regular Plan

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

Large Plan

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

Pistachio Energy Bites



Beef Bolognese



with Aglio Olio Pasta, Mix Mushroom, and Green Peas

LUNCH

Regular Plan

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

Large Plan

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

Monday
18
AUG 2025

CHICKEN MADRAS CURRY



with Brown Rice, Roasted Cauliflower, and Garlic Okra

DINNER

Regular Plan

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

Large Plan

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



SNACK

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illustration only.

Regular Plan

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

Large Plan

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

Tuesday

19

AUG 2025

Regular Plan

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

Large Plan

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

LUNCH

TOMATO BAKED TILAPIA



Cajun Orange Chicken



Regular Plan

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

Large Plan

630kcal
Calories
61g
Protein
42g
Carbs
24g
Fat

DINNER

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



HERB CHICKEN



LUNCH

Regular Plan

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

Large Plan

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

Wednesday

20

AUG 2025

Regular Plan

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

Large Plan

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

Lemongrass Soy Barramundi



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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- HIGH PROTEIN - HIGH PROTEIN

Thursday 21

AUG 2025

Regular Plan

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

Large Plan

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

LUNCH

Yakiniku Minced Chicken



with Sweet Potato Noodles, Beansprouts, and Kimchi

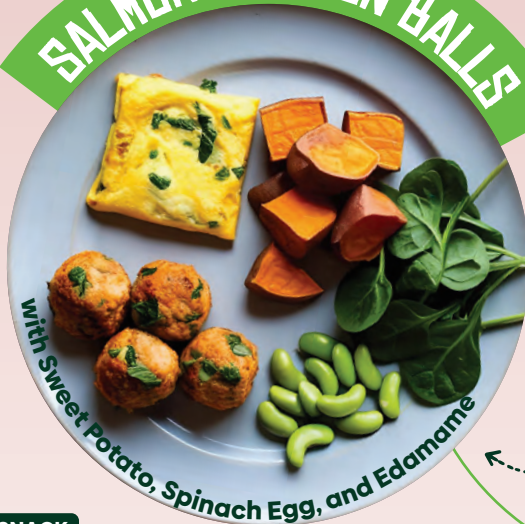
Regular Plan

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

Large Plan

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

SALMON CHICKEN BALLS



with Sweet Potato, Spinach Egg, and Edamame

SNACK

DINNER

Regular Plan

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

Large Plan

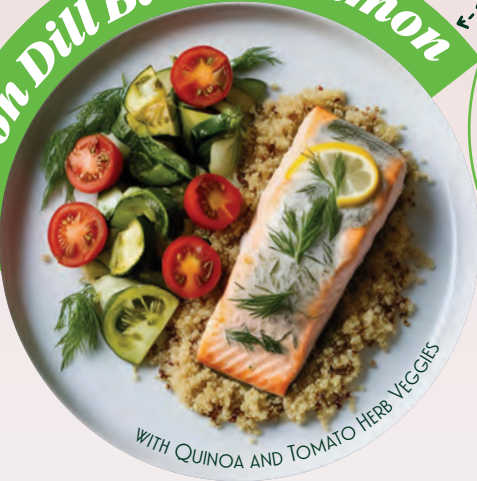
180kcal
Calories
4g
Protein
5g
Carbs
16g
Fat

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PEANUT BUTTER COOKIES



Lemon Dill Baked Salmon



WITH QUINOA AND TOMATO Herb Veggies

LUNCH

Regular Plan

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

Large Plan

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

Friday 22

AUG 2025

Ma La Chicken



with Brown Rice and Honey Soy Mix Veggies

DINNER

Regular Plan

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

Large Plan

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

Banana Bread



SNACK

Regular Plan

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

Large Plan

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

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