

# 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  
**23**

SEP 2024

## 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

"YU XIANG" CHICKEN AND TOFU

with Brown Rice, Scrambled Tomato Eggs, and Cucumber Salad

## Regular Plan

360kcal  
Calories

40g  
Protein

29g  
Carbs

9g  
Fat

## Large Plan

510kcal  
Calories

56g  
Protein

41g  
Carbs

14g  
Fat

DINNER

Low Fat Cheese Cake

SNACK

## Regular Plan

175kcal  
Calories

5g  
Protein

16g  
Carbs

10g  
Fat

## Large Plan

175kcal  
Calories

5g  
Protein

16g  
Carbs

10g  
Fat

Baked Lemon Dill Salmon

with Quinoa, Edamame, Roasted Cauliflower, and Mint Yogurt

LUNCH

## Regular Plan

430kcal  
Calories

46g  
Protein

27g  
Carbs

16g  
Fat

## Large Plan

650kcal  
Calories

68g  
Protein

41g  
Carbs

24g  
Fat

Tuesday  
**24**

SEP 2024

Beef Bulgogi

with Brown Rice, Kimchi, Shredded Carrot, and Spinach

DINNER

## Regular Plan

395kcal  
Calories

35g  
Protein

29g  
Carbs

16g  
Fat

## Large Plan

575kcal  
Calories

50g  
Protein

41g  
Carbs

23g  
Fat

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 25

SEP 2024

## Regular Plan

425kcal  
Calories  
29g  
Carbs  
47g  
Protein  
16g  
Fat

## Large Plan

635kcal  
Calories  
43g  
Carbs  
70g  
Protein  
20g  
Fat

LUNCH

## CLAY POT STYLE CHICKEN



WITH SHITAKE RICE, SCRAMBLE EGG, GARLIC NAI BAI, PICKLE VEGGIES, AND CHILL 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, Squid, and Prawns)



with Brown Rice Noodle, Beansprouts, and Cucumber

SNACK

## Regular Plan

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

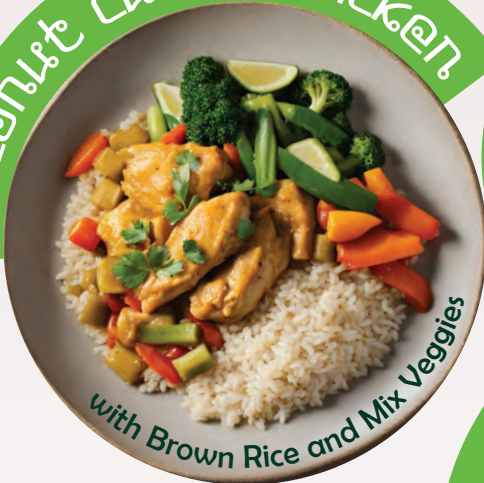
## Large Plan

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

## GLUTEN FREE BANANA BREAD



## COCONUT CURRY CHICKEN



with Brown Rice and Mix Veggies

LUNCH

## Regular Plan

440kcal  
Calories  
33g  
Carbs  
39g  
Protein  
17g  
Fat

## Large Plan

625kcal  
Calories  
48g  
Carbs  
53g  
Protein  
24g  
Fat

# Thursday 26

SEP 2024

## Baked Gochujang Chicken



with Roasted Potato, Roasted Capsicum, and Broccoli

## Regular Plan

430kcal  
Calories  
43g  
Protein  
31g  
Carbs  
15g  
Fat

## Large Plan

610kcal  
Calories  
63g  
Protein  
45g  
Carbs  
20g  
Fat

DINNER

## CHOCOLATE HAZELNUT ENERGY BITES



## Regular Plan

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

## Large Plan

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

SNACK



Friday  
27  
AUG 2024

**Regular Plan**

435kcal  
Calories      42g  
Protein

36g  
Carbs          14g  
Fat

**Large Plan**

625kcal  
Calories      61g  
Protein

51g  
Carbs          20g  
Fat

LUNCH

**Butter Chicken**

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

SNACK

**Regular Plan**

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

**Large Plan**

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

**Fresh Cut Seasonal Fruits**



LUNCH

**Chicken Rissoles**

with Mashed Cauliflower, Stroganoff Sauce, and French Beans



**Regular Plan**

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

**Large Plan**

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

Monday  
30  
SEP 2024

**Gong Bao Chicken**

with Mix Veggie, Fry Egg 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  
**01**  
OCT 2024

**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

**Regular Plan**

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

**Large Plan**

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

DINNER

**Basil Minced Chicken**



with Rice Noodle, Bean Sprout, Daikon, Carrot, and Soy Egg

SNACK

**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**



LUNCH

**Cajun Spiced Tilapia**



with Wholemeal Pasta and Sauté Mix Veggies (Carrot, Brussel Sprouts, and Green Peas)

**Regular Plan**

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

**Large Plan**

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

Wednesday  
**02**  
OCT 2024

OCT 2024

**Regular Plan**

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

**Large Plan**

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

**Herb Chicken**



with Steamed Purple Sweet Potato, Mix Leafy Salad, Avocado Tomato, Toasted Mix Nuts, Seeds, and Honey Soy Vinaigrette

DINNER

**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 03

OCT 2024

## Regular Plan

440kcal  
Calories 39  
Protein 35g  
Carbs 16g  
Fat

## Large Plan

615kcal  
Calories 61g  
Protein 41g  
Carbs 23g  
Fat

LUNCH

## THAI STYLE TOFU AND PRawns



WITH SWEET POTATON NOODLES, SCRAMBLED EGG, LONG BEANS, AND TOASTED CASHEW NUTS

## Roasted Teriyaki Chicken Thigh Cubes



WITH BROWN RICE, ROAST CAPSICUM, AND FRENCH BEANS

## Regular Plan

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

## Large Plan

630kcal 68g 41g 21g  
Calories Protein Carbs Fat

SNACK

## Regular Plan

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

## Large Plan

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

## OVERNIGHT OATS WITH ROASTED APPLE AND CHIA SEEDS



## Lemongrass Soy Chicken



WITH BROWN RICE Noodle, Cabbage, Carrot, and Toasted Peanuts

## Regular Plan

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

## Large Plan

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

# Friday 04

OCT 2024

## Regular Plan

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

## Large Plan

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

## Peranakan Curry Chicken and Chickpeas



WITH COCONUT BASMATI RICE, BAKED PUMPKIN, AND OKRA

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

Monday  
07  
OCT 2024

LUNCH

**Regular Plan**

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

**Large Plan**

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

Peri Peri Chicken



With Mushroom Barley Risotto and Braised Purple Cabbage

SALMON CHICKEN BALL



With Cauliflower Rice and Edamame

**Regular Plan**

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

**Large Plan**

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

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

Creamy Chicken Lasagna



WITH GREEK SALAD

LUNCH

**Regular Plan**

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

**Large Plan**

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

Tuesday  
08  
OCT 2024

Honey Miso Prawns



With Pumpkin Millet, Spicy Eggplants, and Garlic Okra

DINNER

**Regular Plan**

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

**Large Plan**

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

OVERNIGHT OATS WITH APPLE AND MIX NUTS



SNACK

**Regular Plan**

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

**Large Plan**

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



# Wednesday 09

OCT 2024

LUNCH

### Regular Plan

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

### Large Plan

625kcal  
Calories  
47g  
Carbs  
56g  
Protein  
24g  
Fat

## 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

# Thursday 10

OCT 2024

LUNCH

### Regular Plan

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

### Large Plan

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

## ROASTED TURMERIC CHICKEN



with Brown Rice and Roasted Curry Cauliflower

### Regular Plan

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

### Large Plan

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

## BAKED GOCHUJANG CHICKEN



with Steam Sweet Potato and Roasted Broccoli

DINNER

## 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

11

OCT 2024

Regular Plan

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

Large Plan

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

Rendang Chicken

LUNCH



With Basmati Rice, Braised Cabbage, and Mushroom

Salmon Spinach Pie



with Arugula and Pumpkin Salad

Regular Plan

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

Large Plan

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

SNACK

Regular Plan

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

Large Plan

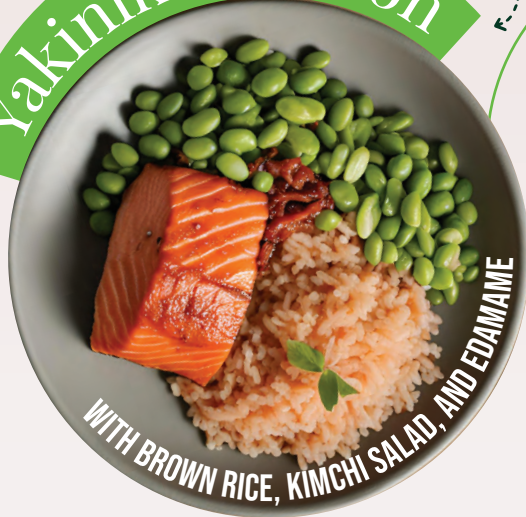
120kcal 4g 8g 8g  
Calories Protein Carbs Fat

PISTACHIO ENERGY BITES



Yakiniku Salmon

LUNCH



WITH BROWN RICE, KIMCHI SALAD, AND EDAMAME

Regular Plan

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

Large Plan

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

Monday  
14

OCT 2024

Basil Minced 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



Regular Plan

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

Large Plan

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

SNACK





Thursday  
17  
OCT 2024

**Regular Plan**

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

**Large Plan**

630kcal  
Calories 61g  
Protein  
44g  
Carbs 24g  
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

SNACK

**Regular Plan**

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

**Large Plan**

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

DINNER

**GLUTEN FREE BANANA BREAD**



LUNCH

**PERANAKAN CURRY BEEF**



with Coconut Basmati Rice, Curry Cauliflower, and Okra

**Regular Plan**

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

**Large Plan**

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

Friday  
18  
OCT 2024

**Cajun Orange Chicken**



With Sweet Potato and Broccoli

DINNER

**Regular Plan**

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

**Large Plan**

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

**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