

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 dark, square pan and contains a bed of white rice or quinoa, topped with green beans, yellow corn, 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
30
JUN 2025

Regular Plan

450kcal
Calories

40g
Protein

33g
Carbs

18g
Fat

Large Plan

675kcal
Calories

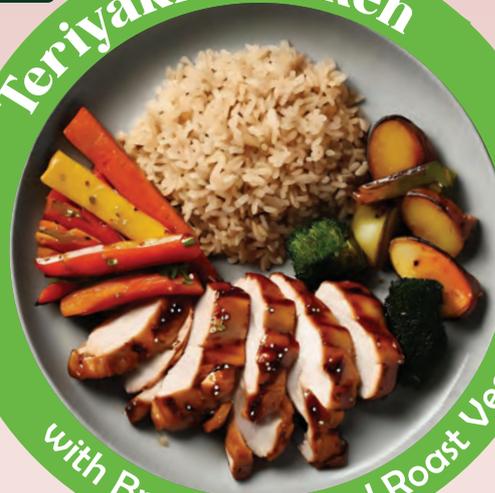
59g
Protein

50g
Carbs

27g
Fat

LUNCH

Teriyaki Chicken



with Brown Rice and Roast Veggies

Regular Plan

415kcal
Calories

50g
Protein

26g
Carbs

13g
Fat

Large Plan

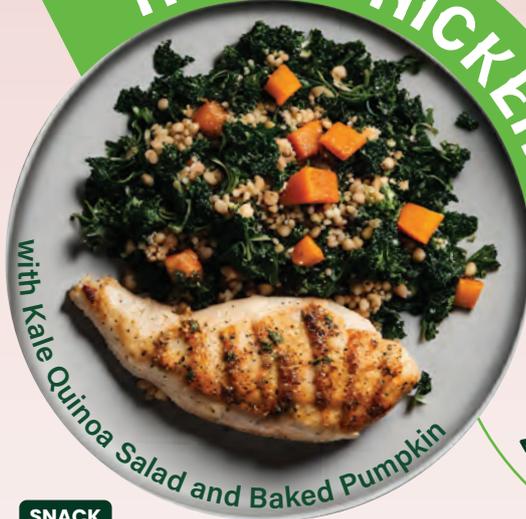
605kcal
Calories

73g
Protein

37g
Carbs

18g
Fat

HERB CHICKEN



with Kale Quinoa Salad and Baked Pumpkin

SNACK

DINNER

Regular Plan

125kcal
Calories

4g
Protein

2g
Carbs

11g
Fat

Large Plan

125kcal
Calories

4g
Protein

2g
Carbs

11g
Fat

Images are for illustration only.

Peanut Butter Chocolate Energy Bites



Turmeric Chicken Nasi Lemak



with Coconut Basmati Rice, Hard Boiled Egg, and Cucumber

LUNCH

Regular Plan

445kcal
Calories

43g
Protein

31g
Carbs

17g
Fat

Large Plan

650kcal
Calories

63g
Protein

45g
Carbs

24g
Fat

Tuesday
01
JUL 2025

Regular Plan

365kcal
Calories

38g
Protein

27g
Carbs

12g
Fat

Large Plan

550kcal
Calories

58g
Protein

41g
Carbs

17g
Fat

Tomato Baked Tilapia



with Brown Rice Noodles and Braised Mix Veggies

DINNER

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

SNACK

Images are for illustration only.

Wednesday 02 JUL 2025

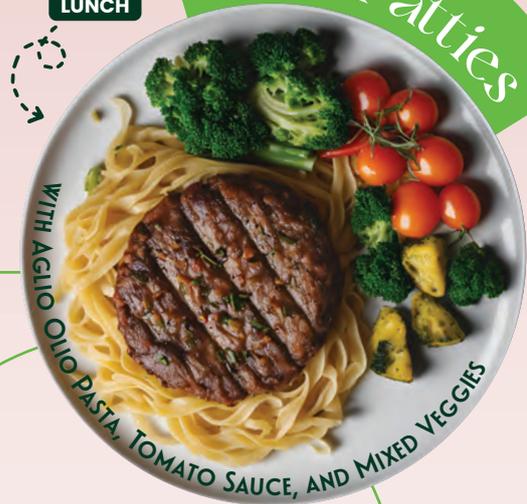
Regular Plan

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

Large Plan

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

LUNCH



Beef Patties

Green Curry Chicken

With Basmati Rice, Eggplants, and Long Beans



Regular Plan

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

Large Plan

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

DINNER

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

WITH BROWN RICE PAELLA, PRAWNS, SOUDS, AND GARLIC GREEN PEAS



Regular Plan

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

Large Plan

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

Thursday 03 JUL 2025

Regular Plan

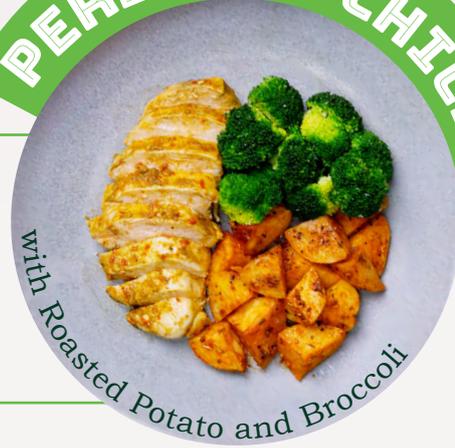
405kcal 45g 31g 12g
Calories Protein Carbs Fat

Large Plan

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

PERI PERI CHICKEN

With Roasted Potato and Broccoli



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 04

JUL 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

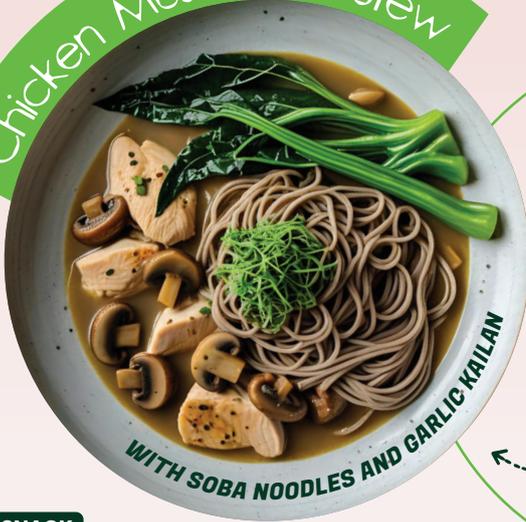
610kcal
Calories

64g
Protein

45g
Carbs

20g
Fat

Chicken Mushroom Stew



WITH SOBA NOODLES AND GARLIC KAILAN

SNACK

Regular Plan

120kcal
Calories

4g
Protein

8g
Carbs

8g
Fat

Large Plan

120kcal
Calories

4g
Protein

8g
Carbs

8g
Fat

Pistachio and Dates Energy Bites



Images are for illustration only.

GONG BAO CHICKEN



With Brown Rice, Spicy Eggplant, and Cucumber Salad

LUNCH

Regular Plan

455kcal
Calories

35g
Carbs

43g
Protein

16g
Fat

Large Plan

670kcal
Calories

51g
Carbs

63g
Protein

24g
Fat

Monday 07

JUL 2025

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

Pistachios and Dates 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.

Tuesday
08

JUL 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

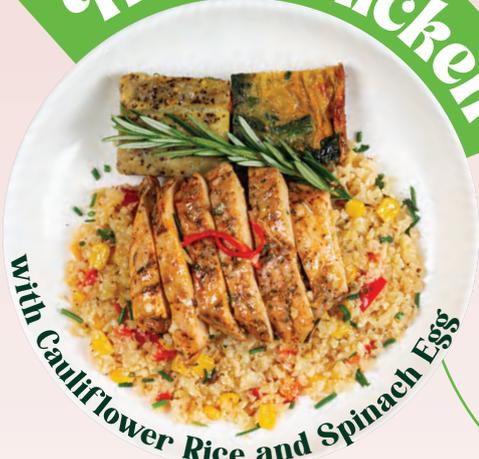
395kcal
Calories
47g
Protein
21g
Carbs
14g
Fat

Large Plan

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

DINNER

Herb Chicken



With Cauliflower Rice and Spinach Eggs

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



Beef Bolognese



With Pasta, Mixed Mushrooms, and Green Peas

LUNCH

Regular Plan

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

Large Plan

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

Wednesday
09

JUL 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

OATMEAL COOKIE



SNACK

Regular Plan

145kcal
Calories
5g
Protein
9g
Carbs
10g
Fat

Large Plan

145kcal
Calories
5g
Protein
9g
Carbs
10g
Fat

Images are for illustration only.

Thursday 10

JUL 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

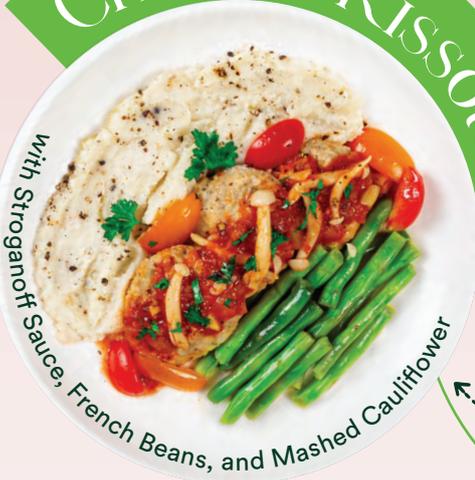
Regular Plan

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

190kcal
Calories
6g
Protein
12g
Carbs
13g
Fat

Large Plan

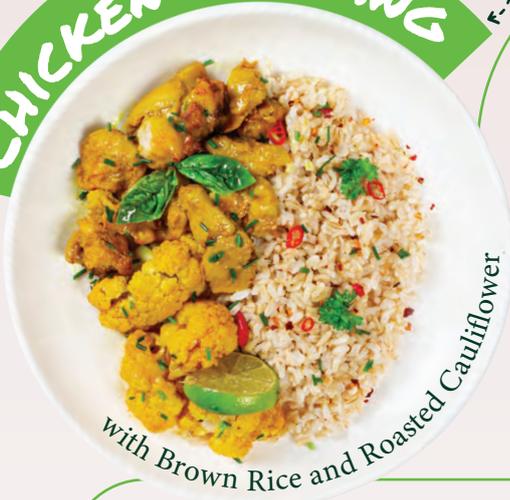
190kcal
Calories
6g
Protein
12g
Carbs
13g
Fat

ALMOND OATS ENERGY BAR



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

11

JUL 2025

Regular Plan

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

Large Plan

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

Cajun Orange Chicken



with Cajun Sweet Potato and Broccoli

DINNER

TOFU CHOCOLATE BROWNIE



SNACK

Images are for illustration only.

Regular Plan

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

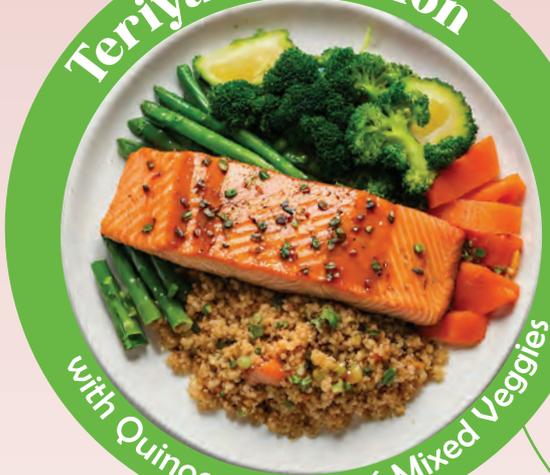
Large Plan

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

Monday
14

JUL 2025

Teriyaki Salmon



with Quinoa and Sauté Mixed Veggies

SNACK

Images are for illustration only.

Regular Plan

470kcal
Calories 43g
Protein 36g
Carbs 17g
Fat

Large Plan

685kcal
Calories 65g
Protein 52g
Carbs 24g
Fat

LUNCH

HERB CHICKEN



with Aglio Olio Pasta, Tomato Sauce, and Sweet Snap Peas

Regular Plan

415kcal
Calories 41g
Protein 29g
Carbs 15g
Fat

Large Plan

590kcal
Calories 58g
Protein 40g
Carbs 22g
Fat

DINNER

Pistachio and Dates Energy Bites



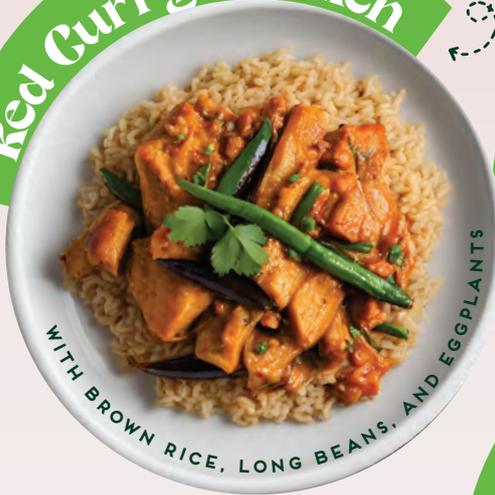
Regular Plan

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

Large Plan

120kcal
Calories 4g
Protein 6g
Carbs 10g
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

15

JUL 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

TOFU CHOCOLATE BROWNIE



SNACK

Regular Plan

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

Large Plan

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

Images are for illustration only.

Wednesday 16

JUL 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



With Brown Rice, Edamame, and Kimchi

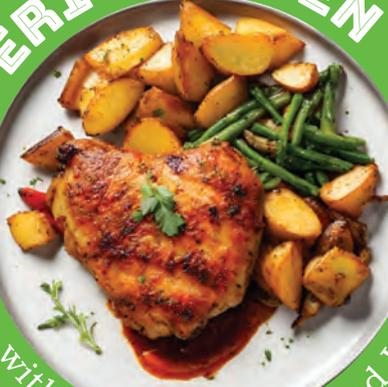
Regular Plan

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

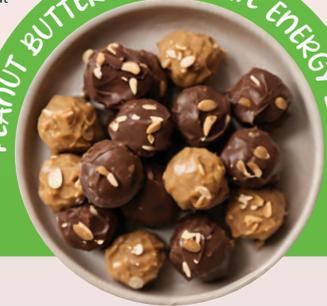
Regular Plan

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

Large Plan

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

PEANUT BUTTER CHOCOLATE ENERGY BITES



DINNER

Images are for illustration only.

LUNCH

Basil Minced Chicken



With Basmati Rice, Scramble Egg, and Long Beans

Regular Plan

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

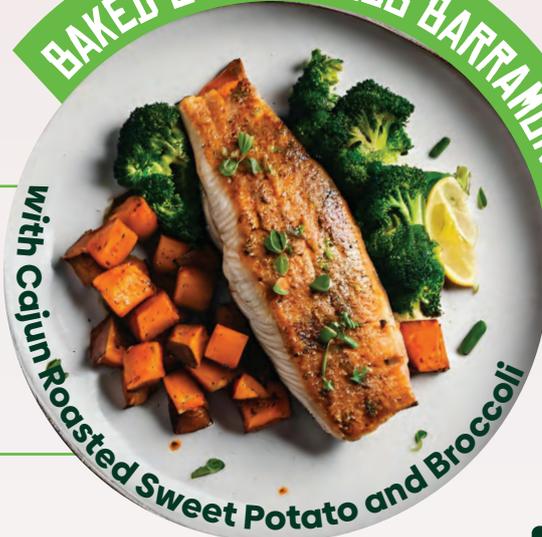
Large Plan

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

Thursday 17

JUL 2025

BAKED LEMONGRASS BARRAMUNDI



With Cajun Roasted Sweet Potato and Broccoli

Regular Plan

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

Large Plan

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

DINNER

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

SNACK

Images are for illustration only.

Friday 18

JUL 2025

Regular Plan

445kcal
Calories 35g
Protein
32g
Carbs 20g
Fat

Large Plan

685kcal
Calories 59g
Protein
47g
Carbs 29g
Fat

LUNCH

Beef Patties



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

Regular Plan

380kcal 46g 28g 9g
Calories Protein Carbs Fat

Large Plan

535kcal 61g 40g 15g
Calories Protein Carbs Fat

Turmeric Chicken



WITH BROWN RICE AND LADY FINGER

DINNER

SNACK

Peanut Butter Chocolate Cookie



Images are for illustration only.

Regular Plan

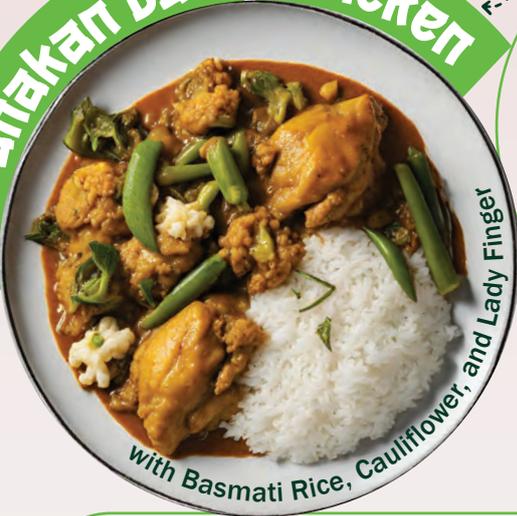
180kcal 4g 5g 16g
Calories Protein Carbs Fat

Large Plan

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

LUNCH

Peranakan Curry Chicken



with Basmati Rice, Cauliflower, and Lady Finger

Regular Plan

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

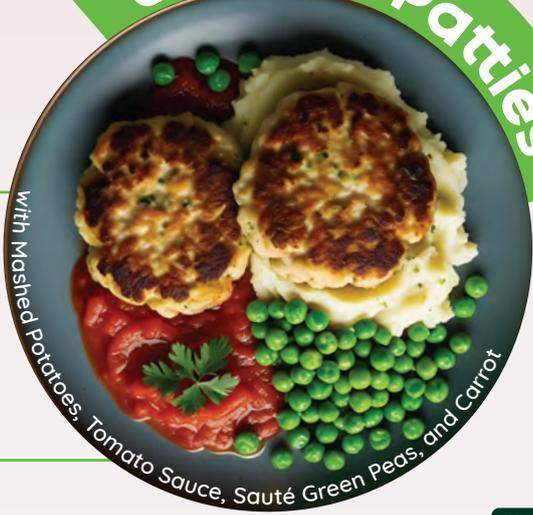
Large Plan

650kcal 61g 50g 23g
Calories Protein Carbs Fat

Monday 21

JUL 2025

Chicken Patties



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

DINNER

Regular Plan

420kcal 43g 29g 15g
Calories Protein Carbs Fat

Large Plan

625kcal 66g 41g 22g
Calories Protein Carbs Fat

SNACK

Peanut Butter Chocolate Energy Bites



Regular Plan

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

Large Plan

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

Images are for illustration only.

Tuesday

22

JUL 2025

Regular Plan

425kcal
Calories

40g
Protein

33g
Carbs

15g
Fat

Large Plan

635kcal
Calories

59g
Protein

50g
Carbs

22g
Fat

LUNCH



Cajun Chicken



SNACK

Regular Plan

400kcal
Calories

46g
Protein

17g
Carbs

17g
Fat

Large Plan

580kcal
Calories

64g
Protein

25g
Carbs

25g
Fat

DINNER

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

TOFU CHOCOLATE BROWNIE



LUNCH

Regular Plan

450kcal
Calories

43g
Protein

34g
Carbs

16g
Fat

Large Plan

655kcal
Calories

63g
Protein

49g
Carbs

23g
Fat

Wednesday

23

JUL 2025

MALA CHICKEN



Regular Plan

375kcal
Calories

44g
Protein

21g
Carbs

13g
Fat

Large Plan

565kcal
Calories

58g
Protein

41g
Carbs

19g
Fat

Herb Chicken



DINNER

Regular Plan

180kcal
Calories

8g
Protein

19g
Carbs

8g
Fat

Large Plan

180kcal
Calories

8g
Protein

19g
Carbs

8g
Fat

SNACK



Images are for illustration only.

Thursday 24

JUL 2025

Regular Plan

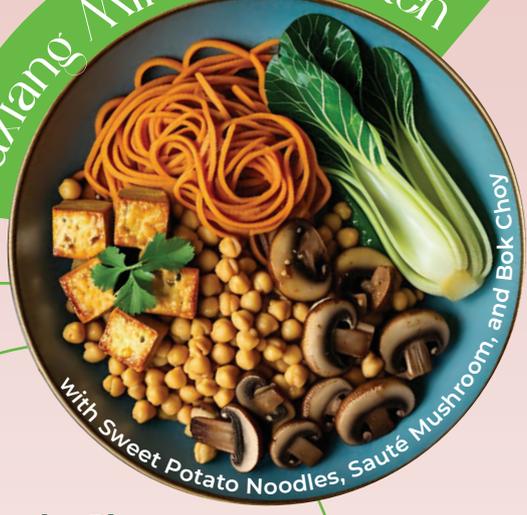
440kcal
Calories 39g
Protein
35g
Carbs 16g
Fat

Large Plan

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

LUNCH

Yuxiang Minced Chicken



With Sweet Potato Noodles, Sauté Mushroom, and Bok Choy

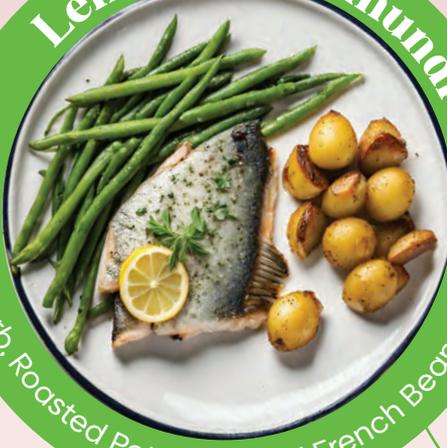
Regular Plan

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

Large Plan

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

Lemon Barramundi Fish



With Fresh Herb, Roasted Potatoes, and French Beans

SNACK

Images are for illustration only.

Regular Plan

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

Large Plan

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

PISTACHIO AND DATES ENERGY BITES



DINNER

GREEN CURRY CHICKEN



With Basmati Rice, Eggplants, and Long Beans

LUNCH

Regular Plan

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

Large Plan

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

Friday 25

JUL 2025

Regular Plan

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

Large Plan

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

Overnight Oats



With Roasted Apple and Chia Seeds

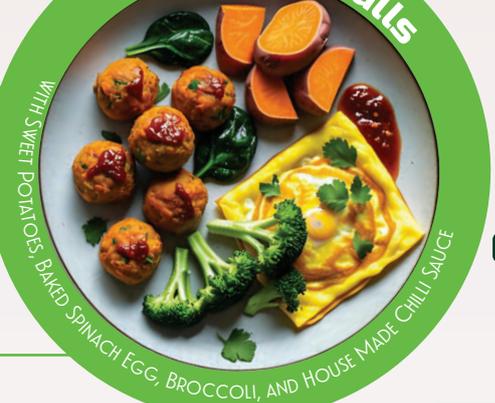
Regular Plan

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

Large Plan

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

Chicken Balls



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

DINNER

SNACK

Images are for illustration only.