Balanced Menu





Dear guests

In the bustling world of culinary artistry, where flavors dance and ingredients harmonize, lies the heart of our philosophy: the Balanced Menu. As a seasoned chef, I've embarked on a journey to redefine gourmet cuisine, making health-conscious choices not only accessible but utterly irresistible. Join me as we explore the intricate fusion of culinary excellence and nutritional wisdom.

In a landscape inundated with culinary indulgences, the quest for balance becomes paramount. The Balanced Menu emerges as a beacon of culinary innovation, marrying the realms of health and taste seamlessly.

Embracing the ethos of calorie consciousness, our menu transcends mere sustenance, offering a symphony of flavors meticulously calibrated to nourish both body and soul. Every dish is a testament to our unwavering commitment to crafting culinary masterpieces that tantalize the taste buds while respecting the boundaries of a calorie-conscious lifestyle.

Let's savor the delights of a Balanced Menu—a testament to the notion that healthy living and gastronomic pleasure need not be mutually exclusive.

- Chef Ken



sednesola 131 JUL 2024

Large Plan

555kcal **48g** Protein

16g Fat





660kcal **52g** Protein 64g Carbs **22g** Fat

Mark Dinner

Rice, Eggplants, and John

caen curry Chicke

Large Plan

175kcal 5g 16g



LUNCH

CHEN THIGH CHUNKS OVJES PAFILA, PRANINS, SUIDS, IN

Large Plan

600kcal 45g Protein **20g** Fat 59g Carbs

fursday **AUG 2024**

Large Plan

62g Carbs 17g Fat 610kcal

PERICA with Roasted Polato and Herb Vessila



CHILCILATE BROWN,

Large Plan

185kcal 8g



griday
02 **AUG 2024**

Large Plan

670kcal **52g** Protein 67g Carbs

22g Fat

yakiniku Mincea Res with Brown Rice, Edamame, and kimchi

Barramunai Fish AMODULES, BEANSPROUTS, SPINACH, AND

Large Plan

600kcal 48g Protein

59g Carbs **19g** Fat

Mar. DINNER

LUNCH



Large Plan

120kcal 4g 8g Calories Protein Carbs

and Dates Energy Bites

LUNCH

Large Plan 675kcal

52g 68g

22g Fat

Monday **AUG 2024**

with Brown Rice, Spicy Eggplant, and Cuche

590kcal

Pista,

ALANCE

49g Protein

59g Carbs

17g Fat

SSA ROASTEO

with Roasted Dotato and French Beats

DINNER

and Dates Energy

Large Plan

120kcal 4g 10g SNACK



Large Plan

635kcal Calories 70g Carbs

54g Protein 16g Fat

LUNCH TOT



Large Plan

580kcal

59g Protein

42g Carbs

20g Fat

Mar. DINNER



Large Plan

175kcal 5g 16g
Calories Protein Carbs

10g



pec Bolognese

LUNCH

Large Plan

710kcal

51g

69g Carbs 26g Fat ednesda **AUG 2024**

TO SHEEN PERS PARTIES IN THE STATE OF THE REST OF THE

555kcal

46g Protein

57g Carbs

16g Fat



DINNER

MEAL COOKIE

ALANCEL

Large Plan

145kcal 5g

9g Carbs

Thursday **AUG 2024**

Large Plan

690kcal

56g 63g Carbs

24g Fat



Ma Po Toris



Large Plan

515kcal

46g Protein

46g Carbs

16g Fat

SNACK

Large Plan

190kcal 6g

12g Carbs

13g Fat

IGHD OATS ENERGY.

CHICKEN RENDANC

Large Plan

590kcal

48g Protein

59g Carbs

18g Fat

griday

AUG 2024

Eili Boun Rice and Roasted Caulif lower

Large Plan

620kcal

50g Protein

62g Carbs

20g Fat

Beef Bulgogr With Sweet Portago Noodles, Spinach and Shredded

Qⁱ DINNER

CHOCOLATE DROWN

ALANCED

Large Plan 185kcal 8g

20g 8g Fat SNACK



sednes de **AUG 2024** QUAT CHICKEN

Large Plan

670kcal **52g** Protein 67g

22g



Large Plan

610kcal 54g Protein **59g** Carbs **17g** Fat

C... DINNER

And Roasted Potato and The Roasted Potato SNACK

Large Plan

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

TER CHOCOLATE ENERGY BITES

LUNCH



590kcal

Large Plan

635kcal **52g** Protein **20g** Fat 61g Carbs

fursday. AUG 2024

HAVED LEMONGRASIS BARRA

Large Plan

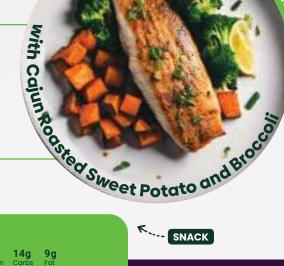
54g Protein **53g** Carbs 18g Fat

on Fat Cheese

ALANCED -

Large Plan

170kcal 8g 14g Carbs



DINNER



Large Plan

635kcal 46g Protein

22g Fat 64g



rumeric Chicken

MITH BROWN RICE AND LADY IN

575kcal

48g Protein

59g Carbs

17g Fat

Mar. DINNER





Large Plan

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



La Wall Curry Chicken

Large Plan

660kcal

49g Protein

22g Fat 67g

Nonday.

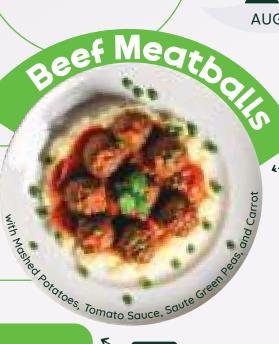
AUG 2024

Irge Pr

610kcal

52g 55g Protein Carbs

20g Fat



DINNER

Chocolate Energy

Large Plan

125kcal 4g 3g 11g Calories Protein Carbs Fat

SNACK



Large Plan

50g 650kcal

66g **21g** Fat



chicken NACE SNACE OF THE STATE OF THE SNACE OF THE

DINNER

Large Plan

185kcal 8g 20g Carbs 8g



MINCED LUNCH

665kcal

Large Plan

52g Protein

65g Carbs **22g** Fat sednes of

AUG 2024

MAN TO MA

Large Plan

535kcal

54g Protein

41g Carbs

17g





CARROT CAKE



Large Plan

180kcal 8g 19g Carbs



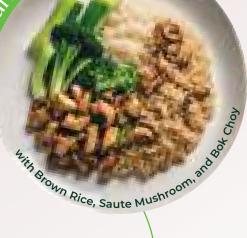
Shursday 22 **AUG 2024**

Large Plan

640kcal 46g Protein

65g Carbs **22g** Fat





Barramunu;

Large Plan

645kcal

57g Protein

57g Carbs

21g Fat

DINNER

CURRY CHICKEN SNACK

To Poosted Potatoes, and French

Large Plan

120kcal 4g 4g
Calories Protein Carbs

AND DATES ENERGY EL





655kcal

46g Protein

68g Carbs

22g Fat

griday 23

AUG 2024

With Basmati Rice, Eggplants

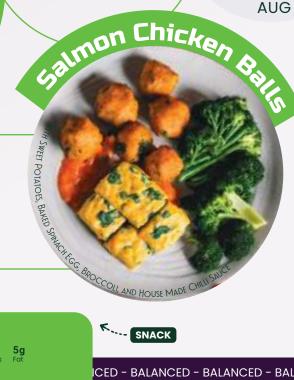
Large Plan

590kcal

52g Protein

49g Carbs

20g





Outright Oats

Will Roasted Apple and

ALANCED

Large Plan

145kcal 5g

