

# Balanced Menu

A close-up photograph of a chef's hand using a metal knife to garnish a dish. The dish is served in a black rectangular pan and consists of white rice topped with yellow corn, green bell peppers, and sliced red chili peppers. The chef is wearing a white chef's hat. The background is softly blurred, showing more of the kitchen environment.

# 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





Friday  
02

AUG 2024

LUNCH

Yakiniku Minced Beef



With Brown Rice, Edamame, and Kimchi

Large Plan

670kcal	52g
Calories	Protein
67g	22g
Carbs	Fat

Lemongrass Barramundi Fish



WITH RICE NOODLES, BEANSPROUTS, SPINACH, AND CLEAR CHICKEN BROTH

Large Plan

600kcal	48g	59g	19g
Calories	Protein	Carbs	Fat

DINNER

Pistachio and Dates Energy Bites



SNACK

Large Plan

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

GONG BAO CHICKEN



With Brown Rice, Spicy Eggplant, and Cucumber Salad

LUNCH

Large Plan

675kcal	52g	68g	22g
Calories	Protein	Carbs	Fat

Monday  
05

AUG 2024

HARISSA ROASTED TILAPIA



With Roasted Potato and French Beans

DINNER

Large Plan

590kcal	49g	59g	17g
Calories	Protein	Carbs	Fat

Pistachios and Dates Energy Bites



SNACK

Large Plan

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

Tuesday  
06

AUG 2024

**Large Plan**

635kcal	54g
Calories	Protein
70g	16g
Carbs	Fat

LUNCH

Honey Miso Salmon

With Quinoa and Broccoli

**Large Plan**

580kcal	59g	42g	20g
Calories	Protein	Carbs	Fat

DINNER

Herb Chicken

With Cauliflower Rice

SNACK

**Large Plan**

175kcal	5g	16g	18g
Calories	Protein	Carbs	Fat

GLUTEN FREE BANANA BREAD

LUNCH

Beef Bolognese

With Pasta, Mixed Mushrooms, and Green Peas

**Large Plan**

710kcal	51g	69g	26g
Calories	Protein	Carbs	Fat

Wednesday  
07

AUG 2024

**Large Plan**

555kcal	46g	57g	16g
Calories	Protein	Carbs	Fat

DINNER

Lemongrass Chicken

With Rice Vermicelli and Mixed Veggies Salad

**Large Plan**

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

SNACK

OATMEAL COOKIE

Thursday  
08

AUG 2024

LUNCH

BAKED CURRY SEABASS



with Coconut Basmati Rice and Long Beans

Large Plan

690kcal  
Calories 56g  
Protein  
63g  
Carbs 24g  
Fat

Ma Po Tofu



with Rice Noodles and Beansprouts

Large Plan

515kcal 46g 46g 16g  
Calories Protein Carbs Fat

DINNER

ALMOND OATS ENERGY BAR



SNACK

Large Plan

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

LUNCH

CHICKEN RENDANG



with Brown Rice and Roasted Cauliflower

Large Plan

590kcal 48g 59g 18g  
Calories Protein Carbs Fat

Friday  
09

AUG 2024

Beef Bulgogi



with Sweet Potato Noodles, Spinach and Shredded Carrot

DINNER

Large Plan

620kcal 50g 62g 20g  
Calories Protein Carbs Fat

SNACK

Large Plan

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

TOFU CHOCOLATE BROWNIE



Monday  
12

AUG 2024

**Large Plan**

720kcal  
Calories

54g  
Protein

72g  
Carbs

24g  
Fat

LUNCH

HERB CHICKEN



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

Teriyaki Salmon



with Quinoa and Sauté Mixed Veggies

**Large Plan**

555kcal  
Calories

45g  
Protein

53g  
Carbs

18g  
Fat

DINNER

SNACK

**Large Plan**

120kcal  
Calories

4g  
Protein

3g  
Carbs

10g  
Fat

Chocolate Hazelnut Energy Bites



Red Curry Chicken



WITH BROWN RICE, LONG BEANS, AND EGGPLANTS

**Large Plan**

675kcal  
Calories

56g  
Protein

63g  
Carbs

23g  
Fat

Tuesday  
13

AUG 2024

Salmon Chicken Balls



With Cauliflower Rice and Spinach Egg

DINNER

**Large Plan**

550kcal  
Calories

59g  
Protein

39g  
Carbs

18g  
Fat

SNACK

**Large Plan**

185kcal  
Calories

8g  
Protein

20g  
Carbs

8g  
Fat

TOFU CHOCOLATE BROWNIE







Friday  
16

AUG 2024

Turmeric Chicken



WITH BROWN RICE AND LADY FINGER

SNACK

SNACK

Large Plan

635kcal  
Calories  
64g  
Carbs  
46g  
Protein  
22g  
Fat

LUNCH

Lamb Kofta



WITH CUCUMBER, MINT YOGHURT, CUCUMBER, AND TOMATO SALAD

Large Plan

575kcal  
Calories  
59g  
Carbs  
48g  
Protein  
17g  
Fat

DINNER

Large Plan

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

PEANUT BUTTER CHOCOLATE COOKIE



Peranakan Curry Chicken



with Basmati Rice, Cauliflower, and Lady Finger

LUNCH

Large Plan

660kcal  
Calories  
49g  
Protein  
67g  
Carbs  
22g  
Fat

Monday  
19

AUG 2024

Beef Meatballs



with Mashed Potatoes, Tomato Sauce, Saute Green Peas, and Carrot

DINNER

Large Plan

610kcal  
Calories  
52g  
Protein  
55g  
Carbs  
20g  
Fat

SNACK

Large Plan

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

PEANUT BUTTER CHOCOLATE ENERGY BITES



Tuesday  
20

AUG 2024

LUNCH

**Large Plan**  
650kcal  
Calories  
66g  
Carbs  
50g  
Protein  
21g  
Fat



**Large Plan**  
575kcal  
Calories  
57g  
Protein  
33g  
Carbs  
24g  
Fat

DINNER



SNACK

**Large Plan**  
185kcal  
Calories  
8g  
Protein  
20g  
Carbs  
8g  
Fat

LUNCH

**Large Plan**  
665kcal  
Calories  
52g  
Protein  
65g  
Carbs  
22g  
Fat

Wednesday  
21

AUG 2024



**Large Plan**  
535kcal  
Calories  
54g  
Protein  
41g  
Carbs  
17g  
Fat

Herb Chicken



DINNER

SNACK

**Large Plan**  
180kcal  
Calories  
8g  
Protein  
19g  
Carbs  
8g  
Fat



Thursday  
**22**

AUG 2024

LUNCH

Yuxiang Minced Chicken



With Brown Rice, Saute Mushroom, and Bok Choy

Large Plan

640kcal  
Calories    46g  
                  Protein  
65g        22g  
Carbs      Fat

Lemon Barramundi Fish



With Fresh Herb, Roasted Potatoes, and French Beans

Large Plan

645kcal    57g    57g    21g  
Calories   Protein   Carbs   Fat

DINNER

Pistachio and Dates Energy Bites



SNACK

Large Plan

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

LUNCH

Green Curry Chicken



With Basmati Rice, Eggplants, and Long Beans

Large Plan

655kcal    46g    68g    22g  
Calories   Protein   Carbs   Fat

Friday  
**23**

AUG 2024

Salmon Chicken Balls



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

DINNER

Large Plan

590kcal    52g    49g    20g  
Calories   Protein   Carbs   Fat

Overnight Oats



With Roasted Apple and Chia Seeds

Large Plan

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

SNACK