



# Weight Loss Menu

A close-up photograph of a chef's hand using a silver knife to garnish a dish. The dish is served in a black rectangular pan and consists of white rice, green beans, red chili peppers, and yellow corn. The chef is garnishing with a slice of red chili. The background is blurred, showing other dishes and a kitchen setting.

# Dear guests

As a chef deeply passionate about both culinary excellence and personal well-being, I embarked on a mission to redefine the conventional approach to weight loss. Inspired by the desire to debunk the myth that healthy eating equals bland or uninspiring meals, I set out to create a menu that marries the elegance of gourmet cuisine with the principles of nutrition.

My journey toward developing this menu was fueled by a dedication to innovation and a commitment to accessibility. Drawing upon my culinary expertise and collaborating with nutritionists, I meticulously curated a selection of recipes that prioritize wholesome ingredients, balanced flavors, and portion control.

This Weight Loss Menu stands out amidst a sea of fad diets and quick-fix solutions by offering a sustainable approach to weight management. By focusing on the art of cooking and the science of nutrition, we empower individuals to cultivate a healthy relationship with food, one delicious meal at a time.

Together, let's savor the joy of gourmet dining while nurturing our bodies from within.

- Chef Ken

# WEIGHT LOSS

Monday  
**29**  
JUL 2024

LUNCH

### Regular Plan

460kcal  
Calories

33g  
Protein

44g  
Carbs

17g  
Fat

### Large Plan

690kcal  
Calories

50g  
Protein

66g  
Carbs

26g  
Fat

## Teriyaki Salmon

with Brown Rice, Kimchi, and Edamame

## HERB CHICKEN

with Kale Quinoa Salad and Baked Pumpkin

### Regular Plan

410kcal  
Calories

42g  
Protein

34g  
Carbs

12g  
Fat

### Large Plan

595kcal  
Calories

61g  
Protein

49g  
Carbs

17g  
Fat

DINNER

SNACK

### Regular Plan

120kcal  
Calories

6g  
Protein

6g  
Carbs

8g  
Fat

### Large Plan

120kcal  
Calories

6g  
Protein

6g  
Carbs

8g  
Fat

## Chocolate Hazelnut Energy Bites

## Turmeric Chicken Nasi Lemak

with Coconut Basmati Rice, Hard Boiled Egg, and Cucumber

LUNCH

### Regular Plan

460kcal  
Calories

38g  
Protein

41g  
Carbs

16g  
Fat

### Large Plan

665kcal  
Calories

55g  
Protein

59g  
Carbs

23g  
Fat

Tuesday  
**30**  
JUL 2024

### Regular Plan

370kcal  
Calories

32g  
Protein

36g  
Carbs

11g  
Fat

### Large Plan

555kcal  
Calories

48g  
Protein

54g  
Carbs

17g  
Fat

## Seafood Tom Yam

with Brown Rice Noodles, Beansprouts, and Cucumber

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



Wednesday  
**31**  
 JUL 2024

**Regular Plan**

385kcal  
 Calories  
 38g Carbs  
 33g Protein  
 11g Fat

LUNCH

Beef Meatball



WITH AGLIO OLIO PASTA AND MIXED VEGGIES

**Large Plan**

555kcal  
 Calories  
 55g Carbs  
 48g Protein  
 16g Fat

Green Curry Chicken



with Basmati Rice, Eggplants, and Long Beans

**Regular Plan**

455kcal  
 Calories  
 36g Protein  
 44g Carbs  
 15g Fat

**Large Plan**

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

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



LUNCH

CHICKEN THIGH CHUNKS



WITH BROWN RICE PAELLA, PRAWNS, SOUPS, AND SIDE SALAD

**Regular Plan**

415kcal  
 Calories  
 41g Carbs  
 31g Protein  
 14g Fat

**Large Plan**

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

Thursday  
**01**

AUG 2024

**Regular Plan**

405kcal  
 Calories  
 36g Protein  
 41g Carbs  
 11g Fat

**Large Plan**

610kcal  
 Calories  
 54g Protein  
 62g Carbs  
 17g Fat

PERI PERI CHICKEN



with Roasted Potato and Herb Veggies

DINNER

TOFU CHOCOLATE BROWNIE



**Regular Plan**

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

**Large Plan**

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

SNACK

# Friday 02

AUG 2024

### Regular Plan

465kcal  
Calories    36g  
Protein

46g    15g  
Carbs    Fat

### Large Plan

670kcal  
Calories    52g  
Protein

67g    22g  
Carbs    Fat

LUNCH

## Yakiniku Minced Beef

With Brown Rice, Edamame, and Kimchi



### Regular Plan

415kcal    33g    41g    13g  
Calories    Protein    Carbs    Fat

### Large Plan

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

## Lemongrass Barramundi Fish

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



SNACK

### Regular Plan

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

### Large Plan

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

## Pistachio and Dates Energy Bites



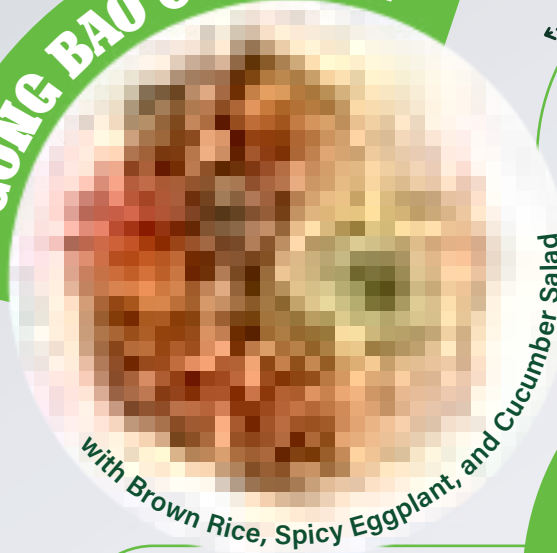
# Monday 05

AUG 2024

LUNCH

## GONG BAO CHICKEN

With Brown Rice, Spicy Eggplant, and Cucumber Salad



### Regular Plan

465kcal    36g    47g    15g  
Calories    Protein    Carbs    Fat

### Large Plan

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

### Regular Plan

410kcal    34g    41g    12g  
Calories    Protein    Carbs    Fat

### Large Plan

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

## HARISSA ROASTED TILAPIA

With Roasted Potato and French Beans



DINNER

## Pistachios and Dates Energy Bites



### Regular Plan

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

### Large Plan

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

SNACK



Tuesday  
06

AUG 2024

**Regular Plan**

440kcal  
Calories 37g  
Protein 48g  
Carbs 11g  
Fat

**Large Plan**

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

LUNCH



Honey Miso Salmon

With Quinoa and Broccoli

**Regular Plan**

385kcal 39g 28g 13g  
Calories Protein Carbs Fat

**Large Plan**

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

DINNER



Herb Chicken

With Cauliflower Rice

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



Beef Bolognese

WITH PASTA, MIXED MUSHROOMS, AND GREEN PEAS

**Regular Plan**

475kcal 34g 46g 17g  
Calories Protein Carbs Fat

**Large Plan**

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

Wednesday  
07

AUG 2024

**Regular Plan**

385kcal 32g 39g 11g  
Calories Protein Carbs Fat

**Large Plan**

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



Lemongrass Chicken

With Rice Vermicelli and Mixed Veggies Salad

DINNER

OATMEAL COOKIE



**Regular Plan**

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

**Large Plan**

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

SNACK

# Thursday 08

AUG 2024

LUNCH

### Regular Plan

460kcal  
Calories      37g  
Protein  
42g  
Carbs          16g  
Fat

### Large Plan

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

## BAKED CURRY SEABASS



with Coconut Basmati Rice and Long Beans

## Ma Po Tofu



with Rice Noodles and Beansprouts

### Regular Plan

355kcal    32g    32g    11g  
Calories    Protein    Carbs    Fat

### Large Plan

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

DINNER

SNACK

### Regular Plan

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

### Large Plan

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

## ALMOND OATS ENERGY BAR



## CHICKEN RENDANG



with Brown Rice and Roasted Cauliflower

LUNCH

### Regular Plan

405kcal    33g    41g    12g  
Calories    Protein    Carbs    Fat

### 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

### Regular Plan

415kcal    33g    41g    13g  
Calories    Protein    Carbs    Fat

### Large Plan

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

## TOFU CHOCOLATE BROWNIE



SNACK

### Regular Plan

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

### Large Plan

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



Monday  
12

AUG 2024

LUNCH

**Regular Plan**

480kcal  
Calories

36g  
Protein

48g  
Carbs

16g  
Fat

**Large Plan**

720kcal  
Calories

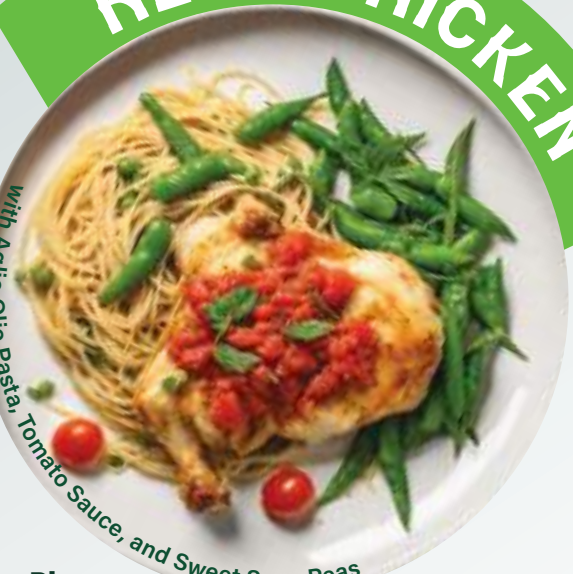
54g  
Protein

72g  
Carbs

24g  
Fat

HERB CHICKEN

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



**Regular Plan**

395kcal  
Calories

32g  
Protein

38g  
Carbs

13g  
Fat

**Large Plan**

555kcal  
Calories

45g  
Protein

53g  
Carbs

18g  
Fat

Teriyaki Salmon

with Quinoa and Sauté Mixed Veggies



DINNER

SNACK

**Regular Plan**

120kcal  
Calories

4g  
Protein

3g  
Carbs

10g  
Fat

**Large Plan**

120kcal  
Calories

4g  
Protein

3g  
Carbs

10g  
Fat

Chocolate Hazelnut Energy Bites



Red Curry Chicken

WITH BROWN RICE, LONG BEANS, AND EGGPLANTS



**Regular Plan**

450kcal  
Calories

37g  
Protein

42g  
Carbs

15g  
Fat

**Large Plan**

675kcal  
Calories

56g  
Protein

63g  
Carbs

23g  
Fat

Tuesday

13

AUG 2024

Salmon Chicken Balls

with Cauliflower Rice and Spinach Egg



DINNER

**Regular Plan**

370kcal  
Calories

39g  
Protein

26g  
Carbs

12g  
Fat

**Large Plan**

550kcal  
Calories

59g  
Protein

39g  
Carbs

18g  
Fat

TOFU CHOCOLATE BROWNIE



**Regular Plan**

185kcal  
Calories

8g  
Protein

20g  
Carbs

8g  
Fat

**Large Plan**

185kcal  
Calories

8g  
Protein

20g  
Carbs

8g  
Fat

SNACK



Wednesday  
**14**  
 AUG 2024

LUNCH

**Regular Plan**

465kcal  
 Calories  
 46g  
 Carbs  
 36g  
 Protein  
 15g  
 Fat

**Large Plan**

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

**Yakniku Minced Beef**

with Brown Rice, Edamame, and Kimchi

**Regular Plan**

420kcal  
 Calories  
 37g  
 Protein  
 41g  
 Carbs  
 12g  
 Fat

**Large Plan**

610kcal  
 Calories  
 54g  
 Protein  
 59g  
 Carbs  
 17g  
 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

LUNCH

**Basil Minced Chicken**



with Brown Rice, Soy Egg, and Kailan

**Regular Plan**

440kcal  
 Calories  
 36g  
 Protein  
 42g  
 Carbs  
 14g  
 Fat

**Large Plan**

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

Thursday  
**15**  
 AUG 2024

**Regular Plan**

390kcal  
 Calories  
 36g  
 Protein  
 35g  
 Carbs  
 12g  
 Fat

**Large Plan**

590kcal  
 Calories  
 54g  
 Protein  
 53g  
 Carbs  
 18g  
 Fat

**BAKED LEMONGRASS BARRAMUNDI**



with Cajun Roasted Sweet Potato and Broccoli

DINNER

**Low Fat Cheesecake**



**Regular Plan**

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

**Large Plan**

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

SNACK

Friday  
16  
AUG 2024

**Regular Plan**

440kcal  
Calories  
44g  
Carbs  
32g  
Protein  
15g  
Fat

LUNCH

**Lamb Kofta**

WITH CUSCUSH, MINT YOGHURT, CUCUMBER, AND TOMATO SALAD



**Large Plan**

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

**Turmeric Chicken**

WITH BROWN RICE AND LADY FINGER



**Regular Plan**

385kcal  
Calories  
32g  
Protein  
39g  
Carbs  
11g  
Fat

**Large Plan**

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

DINNER

SNACK

**Regular Plan**

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

**Large Plan**

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

**PEANUT BUTTER CHOCOLATE COOKIE**



LUNCH

**Regular Plan**

455kcal  
Calories  
34g  
Protein  
46g  
Carbs  
15g  
Fat

**Large Plan**

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

Monday  
19  
AUG 2024

**Peranakan Curry Chicken**

with Basmati Rice, Cauliflower, and Lady Finger



**Regular Plan**

420kcal  
Calories  
36g  
Protein  
38g  
Carbs  
14g  
Fat

**Large Plan**

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

**Beef Meatballs**

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



DINNER

**PEANUT BUTTER CHOCOLATE ENERGY BITES**



**Regular Plan**

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

**Large Plan**

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

SNACK



# Tuesday 20

AUG 2024

LUNCH

### Regular Plan

435kcal  
Calories      33g  
Protein

44g  
Carbs          14g  
Fat

### Large Plan

650kcal  
Calories      50g  
Protein

66g  
Carbs          21g  
Fat

Sambal Prawns and Squids



### Regular Plan

385kcal  
Calories      38g      22g      16g  
Protein      Carbs      Fat

### Large Plan

575kcal  
Calories      57g      33g      24g  
Protein      Carbs      Fat

Cajun Chicken



SNACK

### Regular Plan

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

### Large Plan

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

TOFU CHOCOLATE BROWNIE



DINNER

LUNCH

### Regular Plan

460kcal    36g    45g    15g  
Calories    Protein    Carbs    Fat

### Large Plan

665kcal    52g    65g    22g  
Calories    Protein    Carbs    Fat

# Wednesday 21

AUG 2024

YAKINIKU MINCED BEEF



WITH RICE NOODLES, KIMCHI, AND EDAMAME

### Regular Plan

370kcal    37g    28g    12g  
Calories    Protein    Carbs    Fat

### Large Plan

535kcal    54g    41g    17g  
Calories    Protein    Carbs    Fat

Herb Chicken



With Roasted Herb Veggies, Quinoa Salad, Pomegranate, and Honey Citrus Dressing

DINNER

CARROT CAKE



with Cashew Frosting

### Regular Plan

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

### Large Plan

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

SNACK

Thursday  
22  
AUG 2024

**Regular Plan**

445kcal  
Calories  
45g  
Carbs  
32g  
Protein  
15g  
Fat

**Large Plan**

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

LUNCH

Yuxiang Minced Chicken



With Brown Rice, Saute Mushroom, and Bok Choy

**Regular Plan**

430kcal  
Calories  
38g  
Protein  
38g  
Carbs  
14g  
Fat

**Large Plan**

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

Lemon Barramundi Fish



With Fresh Herb, Roasted Potatoes, and French Beans

SNACK

**Regular Plan**

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

**Large Plan**

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

PISTACHIO AND DATES ENERGY BITES



DINNER

GREEN CURRY CHICKEN



With Basmati Rice, Eggplants, and Long Beans

LUNCH

**Regular Plan**

450kcal  
Calories  
32g  
Protein  
47g  
Carbs  
15g  
Fat

**Large Plan**

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

Friday  
23  
AUG 2024

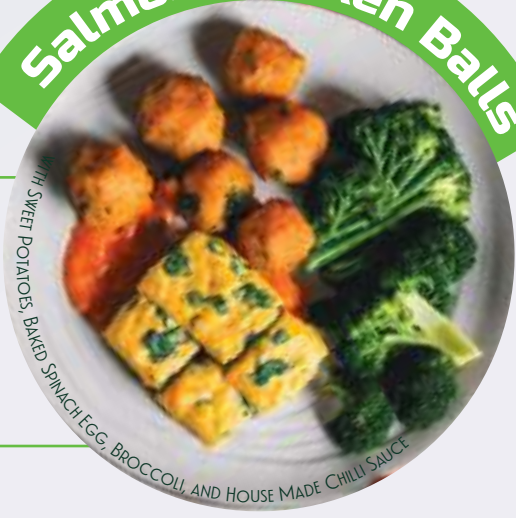
**Regular Plan**

405kcal  
Calories  
36g  
Protein  
34g  
Carbs  
14g  
Fat

**Large Plan**

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

Salmon Chicken Balls



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

DINNER

Overnight Oats



With Roasted Apple and Chia Seeds

**Regular Plan**

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

**Large Plan**

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

SNACK