

# Balanced Menu

A close-up photograph of a chef's hand using a knife to garnish a dish. The dish is served in a black rectangular pan and consists of white rice, yellow corn, green beans, and sliced red and green peppers. The chef is carefully placing a slice of red pepper on top. The background is blurred, showing other kitchen items and ingredients.

# 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

# BALANCED

Monday  
**29**

JUN 2026

LUNCH

### Large Plan

705kcal  
Calories

47g  
Protein

72g  
Carbs

26g  
Fat

Nasi Lemak (Turmeric Chicken)



With Coconut Basmati Rice, Cucumber and Egg

Honey Miso Prawn



With Aglio Olio Linguine and Sauté Veggie

### Large Plan

525kcal  
Calories

46g  
Protein

55g  
Carbs

13g  
Fat

DINNER

Gluten Free Banana Bread



SNACK

### Large Plan

175kcal  
Calories

5g  
Protein

16g  
Carbs

10g  
Fat

Images are for illustration only.

LUNCH

Health Kicked Chicken Rice



With Lemongrass Chicken, Brown Rice, Choy Sum and Chili Sauce

### Large Plan

625kcal  
Calories

48g  
Protein

62g  
Carbs

21g  
Fat

Tuesday  
**30**

JUN 2026

Roasted Gochujang Chicken



With Basmati Rice and Broccoli

DINNER

### Large Plan

570kcal  
Calories

42g  
Protein

58g  
Carbs

19g  
Fat

Roasted Mix Nuts



### Large Plan

200kcal  
Calories

6g  
Protein

8g  
Carbs

16g  
Fat

SNACK

Images are for illustration only.

# Wednesday 01

JUL 2026

LUNCH

## Baked Dukkah-Crusted Sea Bass



Tomato couscous, Eggplant Caponata and Green Peas

### Large Plan

|          |         |
|----------|---------|
| 615kcal  | 48g     |
| Calories | Protein |
| 62g      | 20g     |
| Carbs    | Fat     |

## Gong Bao Chicken



with Brown Rice and Shanghai Greens

### Large Plan

|          |         |       |     |
|----------|---------|-------|-----|
| 595kcal  | 45g     | 55g   | 22g |
| Calories | Protein | Carbs | Fat |

DINNER

## Tofu Chocolate Brownie



SNACK

### Large Plan

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

Images are for illustration only.

LUNCH

## Teriyaki Salmon



with Brown Rice, Kimchi and Edamame

### Large Plan

|          |         |       |     |
|----------|---------|-------|-----|
| 630kcal  | 45g     | 64g   | 22g |
| Calories | Protein | Carbs | Fat |

# Thursday 02

JUL 2026

## Herb Chicken



with Kale Pesto Pasta, Cajun Mix Veggies

DINNER

### Large Plan

|          |         |       |     |
|----------|---------|-------|-----|
| 650kcal  | 57g     | 62g   | 20g |
| Calories | Protein | Carbs | Fat |

## Peanut Butter Chocolate Energy Bites



### Large Plan

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

SNACK

Images are for illustration only.



# Tuesday 07

JUL 2026

LUNCH

### Large Plan

|                     |                |
|---------------------|----------------|
| 645kcal<br>Calories | 45g<br>Protein |
| 64g<br>Carbs        | 23g<br>Fat     |

Roast Yuxiang Chicken and Mushroom

with Brown rice, Spicy Eggplants and Kailan

Salmon Chicken Balls

with Cauliflower Rice and Edamame

### Large Plan

|                     |                |              |            |
|---------------------|----------------|--------------|------------|
| 635kcal<br>Calories | 59g<br>Protein | 41g<br>Carbs | 26g<br>Fat |
|---------------------|----------------|--------------|------------|

DINNER

SNACK

### Large Plan

|                     |               |              |           |
|---------------------|---------------|--------------|-----------|
| 120kcal<br>Calories | 4g<br>Protein | 13g<br>Carbs | 6g<br>Fat |
|---------------------|---------------|--------------|-----------|

Banana Oat Pancake With Apple Chutney

Images are for illustration only.

Basil Minced Chicken

with Brown Rice, Scrambled egg and garlic long beans

LUNCH

### Large Plan

|                     |                |              |            |
|---------------------|----------------|--------------|------------|
| 640kcal<br>Calories | 45g<br>Protein | 59g<br>Carbs | 25g<br>Fat |
|---------------------|----------------|--------------|------------|

# Wednesday 08

JUL 2026

### Large Plan

|                     |                |              |            |
|---------------------|----------------|--------------|------------|
| 580kcal<br>Calories | 53g<br>Protein | 53g<br>Carbs | 18g<br>Fat |
|---------------------|----------------|--------------|------------|

Cajun Orange Chicken

with Roasted Sweet Potato, Broccoli

DINNER

Pumpkin Parmesan Biscuit

SNACK

### Large Plan

|                     |               |              |           |
|---------------------|---------------|--------------|-----------|
| 150kcal<br>Calories | 7g<br>Protein | 13g<br>Carbs | 8g<br>Fat |
|---------------------|---------------|--------------|-----------|

Images are for illustration only.

# Thursday 09

JUL 2026

LUNCH

### Large Plan

|                            |                       |
|----------------------------|-----------------------|
| <b>635kcal</b><br>Calories | <b>59g</b><br>Protein |
| <b>47g</b><br>Carbs        | <b>24g</b><br>Fat     |

## Morocco Spiced Chicken



with Pumpkin Carrot Quinoa Salad and French Beans

## Yakiniku Minced Beef



with Sweet Potato Noodle, Bean Sprouts and Kimchi

### Large Plan

|                            |                       |                     |                   |
|----------------------------|-----------------------|---------------------|-------------------|
| <b>575kcal</b><br>Calories | <b>57g</b><br>Protein | <b>42g</b><br>Carbs | <b>20g</b><br>Fat |
|----------------------------|-----------------------|---------------------|-------------------|

DINNER

## Gluten Free Banana Bread



SNACK

### Large Plan

|                            |                      |                     |                   |
|----------------------------|----------------------|---------------------|-------------------|
| <b>175kcal</b><br>Calories | <b>5g</b><br>Protein | <b>16g</b><br>Carbs | <b>10g</b><br>Fat |
|----------------------------|----------------------|---------------------|-------------------|

Images are for illustration only.

LUNCH

## Lemongrass Barramundi



with Brown Rice, Honey soy Tofu and Shanghai Greens

### Large Plan

|                            |                       |                     |                   |
|----------------------------|-----------------------|---------------------|-------------------|
| <b>665kcal</b><br>Calories | <b>52g</b><br>Protein | <b>62g</b><br>Carbs | <b>23g</b><br>Fat |
|----------------------------|-----------------------|---------------------|-------------------|

# Friday 10

JUL 2026

## Cauliflower Rice



with Herb Chicken and Spinach Egg

### Large Plan

|                            |                       |                     |                   |
|----------------------------|-----------------------|---------------------|-------------------|
| <b>600kcal</b><br>Calories | <b>55g</b><br>Protein | <b>49g</b><br>Carbs | <b>20g</b><br>Fat |
|----------------------------|-----------------------|---------------------|-------------------|

DINNER

## Peanut Butter Chocolate Energy Bites



### Large Plan

|                            |                      |                    |                   |
|----------------------------|----------------------|--------------------|-------------------|
| <b>125kcal</b><br>Calories | <b>4g</b><br>Protein | <b>3g</b><br>Carbs | <b>11g</b><br>Fat |
|----------------------------|----------------------|--------------------|-------------------|

SNACK

Images are for illustration only.

Monday  
13

JUL 2026

LUNCH

Peri Peri Tilapia



With Roasted Potatoes, French Beans and Carrot

Large Plan

|          |         |
|----------|---------|
| 640kcal  | 47g     |
| Calories | Protein |
| 63g      | 23g     |
| Carbs    | Fat     |

Yakiniku Mixed Beef



With Brown Rice, Edamame and Kimchi

Large Plan

|          |         |       |     |
|----------|---------|-------|-----|
| 600kcal  | 49g     | 55g   | 20g |
| Calories | Protein | Carbs | Fat |

DINNER

Pumpkin Parmesan Biscuit



SNACK

Large Plan

|          |         |       |     |
|----------|---------|-------|-----|
| 150kcal  | 4g      | 16g   | 8g  |
| Calories | Protein | Carbs | Fat |

Images are for illustration only.

LUNCH

Rendang Chicken



With Brown Rice, Curry Roasted Cauliflower

Large Plan

|          |         |       |     |
|----------|---------|-------|-----|
| 645kcal  | 53g     | 65g   | 20g |
| Calories | Protein | Carbs | Fat |

Tuesday  
14

JUL 2026

Cajun Spice Chicken



With Pumpkin carrot Quinoa Salad, Sweet Snap Peas

DINNER

Large Plan

|          |         |       |     |
|----------|---------|-------|-----|
| 615kcal  | 54g     | 48g   | 23g |
| Calories | Protein | Carbs | Fat |

SNACK

Large Plan

|          |         |       |     |
|----------|---------|-------|-----|
| 145kcal  | 8g      | 20g   | 8g  |
| Calories | Protein | Carbs | Fat |

Images are for illustration only.

Apple and Chia Seeds overnight Oats with Mix Seeds



# Wednesday 15

JUL 2026

LUNCH

## Green Curry Chicken



With Coconut Basmati Rice, Long Beans and Eggplants

### Large Plan

|          |         |
|----------|---------|
| 615kcal  | 47g     |
| Calories | Protein |
| 63g      | 20g     |
| Carbs    | Fat     |

## Mediterranean Chicken Stew



With Whole Meal Pasta, Broccoli

### Large Plan

|          |         |       |     |
|----------|---------|-------|-----|
| 585kcal  | 50g     | 47g   | 23g |
| Calories | Protein | Carbs | Fat |

DINNER

## Roasted Mix Nuts



SNACK

### Large Plan

|          |         |       |     |
|----------|---------|-------|-----|
| 200kcal  | 6g      | 8g    | 16g |
| Calories | Protein | Carbs | Fat |

Images are for illustration only.

## Roasted Teriyaki Chicken



With Brown Rice, Stew Tofu with Bitter Gourd and Red Capsicum

LUNCH

### Large Plan

|          |         |       |     |
|----------|---------|-------|-----|
| 610kcal  | 48g     | 59g   | 20g |
| Calories | Protein | Carbs | Fat |

# Thursday 16

JUL 2026

## Beef Meat Patties



With Mashed Sweet Potato, Green Peas and Coriander Lime Juice

DINNER

### Large Plan

|          |         |       |     |
|----------|---------|-------|-----|
| 605kcal  | 48g     | 56g   | 21g |
| Calories | Protein | Carbs | Fat |

## Tofu Chocolate Brownie



### Large Plan

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

SNACK

Images are for illustration only.

Friday  
17

JUL 2026

LUNCH

Kung Pao Chicken



With Brown Rice, Spicy Eggplant and Cucumber Salad

Large Plan

590kcal  
Calories

49g  
Protein

57g  
Carbs

18g  
Fat

Herb Baked Barramundi



With Roast Potato, Broccoli, Harissa Sauce

Large Plan

675kcal  
Calories

54g  
Protein

54g  
Carbs

27g  
Fat

DINNER

Banana Oat Pancake With Apple Chutney



Large Plan

120kcal  
Calories

4g  
Protein

13g  
Carbs

6g  
Fat

SNACK

Images are for illustration only.

Beef Bolognese



With Pasta, Mixed Mushrooms and Green Peas

LUNCH

Large Plan

635kcal  
Calories

50g  
Protein

59g  
Carbs

23g  
Fat

Monday  
20

JUL 2026

Chicken Madras Curry



With Brown Rice, Roasted Cauliflower, Garlic Okra

DINNER

Large Plan

585kcal  
Calories

45g  
Protein

59g  
Carbs

19g  
Fat

Coconut and Cranberry Granola Bar



Large Plan

170kcal  
Calories

3g  
Protein

28g  
Carbs

5g  
Fat

SNACK

Images are for illustration only.

Tuesday  
21

JUL 2026

LUNCH

Brown Rice Paella



With Chicken Thigh Chunks, Prawns and Squids, Garlic Green Peas

Large Plan

|          |         |
|----------|---------|
| 640kcal  | 48g     |
| Calories | Protein |
| 64g      | 22g     |
| Carbs    | Fat     |

Cajun Orange Chicken



With Roasted Sweet Potato, Broccoli

Large Plan

|          |         |       |     |
|----------|---------|-------|-----|
| 600kcal  | 48g     | 59g   | 20g |
| Calories | Protein | Carbs | Fat |

DINNER

Pumpkin Parmesan Biscuit



SNACK

Large Plan

|          |         |       |     |
|----------|---------|-------|-----|
| 150kcal  | 4g      | 16g   | 8g  |
| Calories | Protein | Carbs | Fat |

Images are for illustration only.

Herb Chicken



With Roasted Potato, French Beans, Harissa Sauce

LUNCH

Large Plan

|          |         |       |     |
|----------|---------|-------|-----|
| 660kcal  | 52g     | 67g   | 20g |
| Calories | Protein | Carbs | Fat |

Wednesday  
22

JUL 2026

Lemongrass Soy Barranmundi



With Coconut Basmati Rice, Long Bean and Eggplant

DINNER

Large Plan

|          |         |       |     |
|----------|---------|-------|-----|
| 630kcal  | 46g     | 59g   | 23g |
| Calories | Protein | Carbs | Fat |

SNACK

Large Plan

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

Peanut Butter Chocolate Energy Bites



Images are for illustration only.

# Thursday 23

JUL 2026

LUNCH

## Yakiniku Minced Beef



With Sweet Potato Noodle, Bean Sprouts and Kimchi

### Large Plan

640kcal  
Calories

57g  
Protein

59g  
Carbs

20g  
Fat

## Salmon Chicken Balls



With Cauliflower Rice and Spinach Egg and Edamame

### Large Plan

590kcal  
Calories

59g  
Protein

42g  
Carbs

21g  
Fat

DINNER

## Peanut Butter Chocolate Cookie



SNACK

### Large Plan

180kcal  
Calories

4g  
Protein

5g  
Carbs

16g  
Fat

Images are for illustration only.

## Lemon Dill Salmon



With Quinoa, Tomato Herb Veggies

LUNCH

### Large Plan

590kcal  
Calories

51g  
Protein

56g  
Carbs

18g  
Fat

# Friday 24

JUL 2026

## Mala Chicken



With Brown Rice and Honey Soy Mixed Veggies

### Large Plan

630kcal  
Calories

51g  
Protein

55g  
Carbs

23g  
Fat

DINNER

## Gluten Free Banana Bread



### Large Plan

175kcal  
Calories

5g  
Protein

16g  
Carbs

10g  
Fat

SNACK

Images are for illustration only.