



Balanced Menu



YoloPlans

A close-up photograph of a chef's hand using a metal garnish tool to place a sliced red chili pepper onto a dish. The dish appears to be a bowl of rice or quinoa topped with green beans and other vegetables. The background is 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

Monday
27
JUL 2026

LUNCH

Large Plan
480kcal
Calories
29g
Carbs
51g
Protein
18g
Fat

Baked Peri Peri Barramund



with Cauliflower Rice and French Beans

"Yu Xiang" Minced Chicken and Tofu



with Brown Rice, Scrambled Tomato Eggs, and Cucumber Salad

Large Plan
695kcal
Calories
48g
Protein
72g
Carbs
24g
Fat

DINNER

Carrot Cake with Cashew Frosting



SNACK

Large Plan
210kcal
Calories
5g
Protein
25g
Carbs
10g
Fat

Images are for illustration only.

Baked Lemon Dill Salmon



with Quinoa, Edamame and Roasted Cauliflower, Mint yogurt

LUNCH

Large Plan
645kcal
Calories
57g
Protein
54g
Carbs
23g
Fat

Beef Bulgogi



with Brown Rice, kimchi and Spinach

DINNER

Tuesday
28
JUL 2026

Large Plan
560kcal
Calories
42g
Protein
55g
Carbs
19g
Fat

Roasted Mix Nuts



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

SNACK

Images are for illustration only.

Wednesday
29
JUL 2026

Large Plan

640kcal	59g
Calories	Protein
57g	20g
Carbs	Fat

LUNCH

Clay Pot Style Chicken & Shiitake Rice



with Scrambled Egg and Garlic Nai Bai

Harissa Baked Tilapia



with Alio Oil Fusilli, Eggplant Caponata and Green Peas

Large Plan

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

DINNER

SNACK

Large Plan

175kcal	5g	16g	10g
Calories	Protein	Carbs	Fat

Gluten Free Banana Bread



Images are for
illustration only.

Coconut Curry Chicken



with Brown Rice, and Mixed Veggies

Large Plan

645kcal	45g	64g	23g
Calories	Protein	Carbs	Fat

LUNCH

Baked Gochujang Chicken



with Roasted Potato and Broccoli

DINNER

Large Plan

630kcal	52g	59g	20g
Calories	Protein	Carbs	Fat

Banana Oat Pancake With Apple Chutney



Large Plan

120kcal	4g	13g	6g
Calories	Protein	Carbs	Fat

SNACK

Images are for
illustration only.

Thursday
30
JUL 2026

Friday
31
JUL 2026

LUNCH

Butter Chicken



with Coconut Basmati Rice and Garlic Sweet Snap Peas

Large Plan

630kcal	50g
Calories	Protein
65g	20g
Carbs	Fat

Yakiniku Prawns and Tofu



with Sweet Potato Noodles, Braised Cabbage and Carrot

Large Plan

585kcal	48g	52g	20g
Calories	Protein	Carbs	Fat

DINNER

Hazelnut and Chocolate Granola Bar



SNACK

Large Plan

190kcal	5g	24g	8g
Calories	Protein	Carbs	Fat

LUNCH

Chicken Rissoles



with Stroganoff Sauce, French Beans and Mashed Cauliflower

Large Plan

595kcal	45g	59g	22g
Calories	Protein	Carbs	Fat

Monday
03
AUG 2026

Gong Bao Chicken



with Mix Veggie and Egg Fried Rice, Cucumber salad

DINNER

Large Plan

615kcal	45g	59g	22g
Calories	Protein	Carbs	Fat

Peanut Butter Chocolate Cookie



Large Plan

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

SNACK

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illustration only.

Tuesday
04

AUG 2026

LUNCH

Large Plan

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

Beef Chilli Con Carne



with Brown Rice, Saute Green Peas

Basil Minced Chicken



with Rice Noodles, Beans Sprout and Scrambled Egg

Large Plan

620kcal	52g	61g	19g
Calories	Protein	Carbs	Fat

DINNER

SNACK

Large Plan

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

Peanut Butter Chocolate Energy Bites



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illustration only.

Cajun Spiced Tilapia



with Tomato Pasta and Saute Mix Veggies

LUNCH

Large Plan

650kcal	52g	61g	22g
Calories	Protein	Carbs	Fat

Wednesday
05

AUG 2026

Herb Chicken



with Sweet Potato, Mix Salad, Avocado and Tomato Salad

DINNER

Large Plan

590kcal	53g	65g	14g
Calories	Protein	Carbs	Fat

Pumpkin Parmesan Biscuit



Large Plan

150kcal	4g	15g	8g
Calories	Protein	Carbs	Fat

SNACK

Images are for
illustration only.

Thursday
06
AUG 2026

Lemongrass Soy Chicken



with Brown Rice Noodle, Cabbage and Carrot

Large Plan

620kcal	51g
Calories	Protein
55g	22g
Carbs	Fat

LUNCH

Harissa Prawns and Chickpeas



with Couscous, Saute Zucchini and Green Peas

Large Plan

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

DINNER

Overnight Oats with Apple and Mix Nuts



SNACK

Large Plan

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

Images are for illustration only.

Roasted Teriyaki Chicken Thigh



with Brown rice, Roast Capsicum and French Beans

LUNCH

Large Plan

650kcal	59g	61g	20g
Calories	Protein	Carbs	Fat

Peranakan Curry Chicken



with Coconut Basmati Rice, Curry Cauliflower and Garlic Okra

DINNER

Friday
07
AUG 2026

Large Plan

565kcal	47g	54g	18g
Calories	Protein	Carbs	Fat

Tofu Chocolate Brownie



Large Plan

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

SNACK

Images are for illustration only.

Monday
10

AUG 2026

Salmon Chicken Ball



with Cauliflower Rice and Edamame

Large Plan

660kcal	51g
Calories	Protein
63g	23g
Carbs	Fat

LUNCH

Peri Peri Chicken



with Mushroom Barley Risotto and Braised Purple Cabbage

Large Plan

575kcal	54g	42g	21g
Calories	Protein	Carbs	Fat

DINNER

Gluten Free Banana Bread



SNACK

Large Plan

175kcal	5g	16g	10g
Calories	Protein	Carbs	Fat

Images are for illustration only.

Creamy Chicken Lasagne



with Greek Salad

LUNCH

Large Plan

660kcal	53g	62g	23g
Calories	Protein	Carbs	Fat

Tuesday
11

AUG 2026

Honey Miso Prawns



with Pumpkin Millet, Spicy Eggplants and Garlic Okra

DINNER

Large Plan

545kcal	42g	55g	17g
Calories	Protein	Carbs	Fat

SNACK

Large Plan

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

Images are for illustration only.

Overnight Oats with Roasted Apple and Chia Seed



BALANCE

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AUG 2026

LUNCH

Large Plan

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

Gong Bao Chicken

with Brown Rice, Scrambled Eggs, Cucumber

Baked Harissa Tilapia

with Roasted Potato, French Beans

Large Plan

585kcal **52g** **55g** **17g**
Calories Protein Carbs Fat

DINNER

SNACK

Large Plan

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

Tofu Chocolate Brownie

Rendang Chicken



with Brown Rice, Curry Roasted Cauliflower

LUNCH

Large Plan

645kcal **51g** **68g** **19g**
Calories Protein Carbs Fat

DINNER

Large Plan

635kcal **48g** **52g** **26g**
Calories Protein Carbs Fat

Large Plan

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

SNACK

Images are for illustration only.

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Friday
14
AUG 2026

LUNCH

Large Plan

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

Roasted Tumeric Chicken



With Brown Rice and Roasted Curry Cauliflower

Baked Gochujang Chicken



With Steam Sweet Potato and Roasted Broccoli

Large Plan

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

DINNER

Roasted Mix Nuts



SNACK

Large Plan

160kcal	7g	6g	12g
Calories	Protein	Carbs	Fat

Images are for illustration only.

LUNCH

Yakiniku Salmon



With Brown Rice, Kimchi and Edamame

Large Plan

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

Monday
17
AUG 2026

Basil Minced Chicken



With Cauliflower Rice and Soy Egg

DINNER

Large Plan

585kcal	45g	59g	19g
Calories	Protein	Carbs	Fat

SNACK

Peanut Butter Cookie



Large Plan

160kcal	7g	6g	12g
Calories	Protein	Carbs	Fat

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Tuesday
18
AUG 2026

LUNCH

Large Plan

630kcal	55g
Calories	Protein
59g	19g
Carbs	Fat

Lemongrass Barramundi



With Brown Rice Noodle, Clear Chicken Soup, Beansprouts, and Spinach

Chicken Ball



With Mashed Potato, Eggplant Caponata and Broccoli

Large Plan

575kcal	52g	52g	17g
Calories	Protein	Carbs	Fat

DINNER

SNACK

Large Plan

190kcal	5g	22g	9g
Calories	Protein	Carbs	Fat

Hazelnut and Chocolate Granola Bar



Images are for illustration only.

Herb Chicken



With Kale Pesto Pasta, Braised Purple Cabbage

LUNCH

Large Plan

670kcal	52g	59g	25g
Calories	Protein	Carbs	Fat

Wednesday
19
AUG 2026

Large Plan

550kcal	48g	53g	17g
Calories	Protein	Carbs	Fat

Ma Po Tofu With Minced Chicken



With Brown Rice, Scramble Tomato Egg and Cucumber

DINNER

Carrot Cake with Cashew Frosting

Large Plan

175kcal	5g	16g	10g
Calories	Protein	Carbs	Fat

SNACK

Images are for illustration only.

Thursday
20
AUG 2026

LUNCH

Baked Teriyaki Chicken



with Brown rice, Roast Capsicum and French Beans

Large Plan

645kcal	53g
Calories	Protein
59g	23g
Carbs	Fat

Brown Rice Chicken Paella



with Prawns and Squids, Green Peas

Large Plan

605kcal	51g	53g	21g
Calories	Protein	Carbs	Fat

DINNER

Gluten Free Banana Bread



SNACK

Large Plan

175kcal	5g	16g	10g
Calories	Protein	Carbs	Fat

LUNCH

Peranakan Curry Beef and Pumpkin



with Coconut Basmati Rice, Garlic Okra

Large Plan

645kcal	53g	59g	23g
Calories	Protein	Carbs	Fat

Friday
21
AUG 2026

Cajun Orange Chicken



with Cajun Sweet Potato and Broccoli

DINNER

Large Plan

610kcal	51g	57g	20g
Calories	Protein	Carbs	Fat

Pumpkin Parmesan Biscuit



Large Plan

150kcal	4g	15g	8g
Calories	Protein	Carbs	Fat

SNACK

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