

High Protein Menu



YoloPlans

A close-up photograph of a chef's hand using a silver knife to garnish a dish. The dish is served in a dark, square pan and features a bed of white rice topped with yellow corn, green beans, and sliced red and green chili peppers. The chef is carefully placing a slice of red chili on top. The background is softly 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

HIGH PROTEIN

Monday
29

JUN 2026

LUNCH

Regular Plan

460kcal
Calories

39g
Protein

36g
Carbs

18g
Fat

Large Plan

720kcal
Calories

56g
Protein

54g
Carbs

31g
Fat

Nasi Lemak (Turmeric Chicken)



With Coconut Basmati Rice, Cucumber and Egg

Honey Miso Prawn



With Aglio Olio Linguine and Sauté Veggie

Regular Plan

360kcal
Calories

40g
Protein

29g
Carbs

9g
Fat

Large Plan

510kcal
Calories

56g
Protein

41g
Carbs

14g
Fat

DINNER

Gluten Free Banana Bread



SNACK

Regular Plan

175kcal
Calories

5g
Protein

16g
Carbs

10g
Fat

Large Plan

175kcal
Calories

5g
Protein

46g
Carbs

10g
Fat

Images are for illustration only.

Health Kicked Chicken Rice



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

LUNCH

Regular Plan

410kcal
Calories

38g
Protein

31g
Carbs

15g
Fat

Large Plan

615kcal
Calories

58g
Protein

46g
Carbs

22g
Fat

Tuesday
30

JUN 2026

Roasted Gochujang Chicken



With Basmati Rice and Broccoli

DINNER

Regular Plan

410kcal
Calories

38g
Protein

31g
Carbs

15g
Fat

Large Plan

615kcal
Calories

58g
Protein

46g
Carbs

22g
Fat

Roasted Mix Nuts



Regular Plan

200kcal
Calories

6g
Protein

8g
Carbs

16g
Fat

Large Plan

200kcal
Calories

6g
Protein

8g
Carbs

16g
Fat

SNACK

Images are for illustration only.

Wednesday

01

JUL 2026

Regular Plan

400kcal
Calories

31g
Carbs

38g
Protein

14g
Fat

Large Plan

600kcal
Calories

46g
Carbs

58g
Protein

20g
Fat

LUNCH

Baked Dukkah-Crusted Sea Bass



Tomato couscous, Eggplant Caponata and Green Peas

Regular Plan

415kcal
Calories

37g
Protein

29g
Carbs

17g
Fat

Large Plan

595kcal
Calories

54g
Protein

41g
Carbs

24g
Fat

DINNER

Gong Bao Chicken



with Brown Rice and Shanghai Greens

SNACK

Regular Plan

185kcal
Calories

8g
Protein

20g
Carbs

8g
Fat

Large Plan

185kcal
Calories

8g
Protein

20g
Carbs

8g
Fat

Tofu Chocolate Brownie



Images are for illustration only.

LUNCH

Teriyaki Salmon



with Brown Rice, Kimchi and Edamame

Regular Plan

430kcal
Calories

39g
Protein

33g
Carbs

16g
Fat

Large Plan

610kcal
Calories

53g
Protein

48g
Carbs

23g
Fat

Thursday

02

JUL 2026

Herb Chicken



with Kale Pesto Pasta, Cajun Mix Veggies

DINNER

Regular Plan

430kcal
Calories

46g
Protein

31g
Carbs

14g
Fat

Large Plan

645kcal
Calories

68g
Protein

46g
Carbs

21g
Fat

SNACK

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

Images are for illustration only.

Friday 03

JUL 2026

Regular Plan

420kcal
Calories 42g
Protein
32g 14g
Carbs Fat

Large Plan

600kcal 61g
Calories Protein
45g 20g
Carbs Fat

LUNCH

Peri Peri Chicken



with Roasted Potato and Broccoli

Regular Plan

395kcal 37g 26g 16g
Calories Protein Carbs Fat

Large Plan

610kcal 56g 41g 25g
Calories Protein Carbs Fat

Peranakan Beef Curry & Pumpkin



with Basmati Rice, curry cauliflower and Green Peas

DINNER

SNACK

Regular Plan

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

Large Plan

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

Hazelnut and Chocolate Granola Bar



Images are for illustration only.

Monday 06

JUL 2026

LUNCH

Lemon & Dill Salmon



with Roasted Potato, Herb Veggies and tomato

Regular Plan

415kcal 40g 29g 16g
Calories Protein Carbs Fat

Large Plan

605kcal 57g 42g 23g
Calories Protein Carbs Fat

Butter Chicken



with Basmati Rice and Sweet Snap Peas

DINNER

Regular Plan

405kcal 37g 31g 15g
Calories Protein Carbs Fat

Large Plan

605kcal 56g 46g 22g
Calories Protein Carbs Fat

Peanut Butter Cookie



SNACK

Regular Plan

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

Large Plan

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

Images are for illustration only.

Tuesday 07

JUL 2026

Regular Plan

450kcal
Calories
33g
Carbs
42g
Protein
17g
Fat

Large Plan

655kcal
Calories
48g
Carbs
61g
Protein
24g
Fat

LUNCH

Roast Yuxiang Chicken and Mushroom

with Brown rice, Spicy Eggplants and Kailan

Regular Plan

450kcal
Calories
49g
Protein
21g
Carbs
19g
Fat

Large Plan

615kcal
Calories
71g
Protein
30g
Carbs
23g
Fat

DINNER

Salmon Chicken Balls

with Cauliflower Rice and Edamame

SNACK

Regular Plan

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

Large Plan

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

Banana Oat Pancake With Apple Chutney

Images are for illustration only.

Basil Minced Chicken

with Brown Rice, Scrambled egg and garlic loub beans

LUNCH

Regular Plan

430kcal
Calories
37g
Protein
31g
Carbs
18g
Fat

Large Plan

640kcal
Calories
61g
Protein
45g
Carbs
24g
Fat

Wednesday 08

JUL 2026

Regular Plan

385kcal
Calories
42g
Protein
26g
Carbs
13g
Fat

Large Plan

580kcal
Calories
63g
Protein
42g
Carbs
18g
Fat

Cajun Orange Chicken

with Roasted Sweet Potato, Broccoli

DINNER

Pumpkin Parmesan Biscuit

Regular Plan

150kcal
Calories
7g
Protein
13g
Carbs
8g
Fat

Large Plan

150kcal
Calories
7g
Protein
13g
Carbs
8g
Fat

SNACK

Images are for illustration only.

Thursday 09

JUL 2026

Regular Plan

420kcal
Calories 42g
Protein

25g
Carbs 17g
Fat

Large Plan

615kcal
Calories 62g
Protein

35g
Carbs 25g
Fat

LUNCH

Morocco Spiced Chicken



With Pumpkin Carrot Quinoa Salad and French Beans

Yakiniku Minced Beef



With Sweet Potato Noodle, Bean Sprouts and Kimchi

Regular Plan

410kcal 47g 23g 15g
Calories Protein Carbs Fat

Large Plan

595kcal 68g 32g 22g
Calories Protein Carbs Fat

DINNER

Gluten Free Banana Bread



SNACK

Regular Plan

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

Large Plan

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

Images are for illustration only.

Lemongrass Barramundi



With Brown Rice, Honey soy Tofu and Shanghai Greens

LUNCH

Regular Plan

455kcal 43g 32g 17g
Calories Protein Carbs Fat

Large Plan

655kcal 63g 47g 24g
Calories Protein Carbs Fat

Friday 10

JUL 2026

Cauliflower Rice



With Herb Chicken and Spinach Egg

DINNER

Regular Plan

415kcal 46g 26g 15g
Calories Protein Carbs Fat

Large Plan

605kcal 66g 37g 21g
Calories Protein Carbs Fat

Peanut Butter Chocolate Energy Bites



SNACK

Regular Plan

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

Large Plan

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

Images are for illustration only.

Monday 13

JUL 2026

Regular Plan

435kcal
Calories

39g
Protein

32g
Carbs

17g
Fat

Large Plan

635kcal
Calories

56g
Protein

47g
Carbs

25g
Fat

LUNCH

Peri Peri Tilapia



With Roasted Potatoes, French Beans and Carrot

Yakiniku Mixed Beef



With Brown Rice, Edamame and Kimchi

Regular Plan

420kcal
Calories

40g
Protein

29g
Carbs

16g
Fat

Large Plan

600kcal
Calories

59g
Protein

41g
Carbs

22g
Fat

DINNER

Pumpkin Parmesan Biscuit



SNACK

Regular Plan

150kcal
Calories

4g
Protein

16g
Carbs

8g
Fat

Large Plan

150kcal
Calories

4g
Protein

16g
Carbs

8g
Fat

Images are for illustration only.

Rendang Chicken



With Brown Rice, Curry Roasted Cauliflower

LUNCH

Regular Plan

420kcal
Calories

42g
Protein

32g
Carbs

14g
Fat

Large Plan

630kcal
Calories

63g
Protein

48g
Carbs

20g
Fat

Tuesday 14

JUL 2026

Cajun Spice Chicken



With Pumpkin carrot Quinoa Salad, Sweet Snap Peas

DINNER

Regular Plan

430kcal
Calories

44g
Protein

25g
Carbs

17g
Fat

Large Plan

610kcal
Calories

64g
Protein

36g
Carbs

23g
Fat

Regular Plan

145kcal
Calories

8g
Protein

20g
Carbs

5g
Fat

SNACK

Overnight Oats with Roasted Apple and Chia Seed



Regular Plan

145kcal
Calories

5g
Protein

20g
Carbs

5g
Fat

Images are for illustration only.

Wednesday 15

JUL 2026

Regular Plan

400kcal
Calories

37g
Protein

32g
Carbs

14g
Fat

Large Plan

595kcal
Calories

56g
Protein

47g
Carbs

20g
Fat

LUNCH

Green Curry Chicken



With Coconut Basmati Rice, Long Beans and Eggplants

Regular Plan

395kcal
Calories

40g
Protein

23g
Carbs

16g
Fat

Large Plan

590kcal
Calories

59g
Protein

35g
Carbs

24g
Fat

Mediterranean Chicken Stew



With Whole Meal Pasta, Broccoli

DINNER

Roasted Mix Nuts



SNACK

Regular Plan

200kcal
Calories

6g
Protein

8g
Carbs

16g
Fat

Large Plan

200kcal
Calories

6g
Protein

8g
Carbs

16g
Fat

Images are for illustration only.

Roasted Teriyaki Chicken



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

LUNCH

Regular Plan

410kcal
Calories

39g
Protein

31g
Carbs

15g
Fat

Large Plan

615kcal
Calories

58g
Protein

46g
Carbs

22g
Fat

Thursday 16

JUL 2026

Beef Meat Patties



With Mashed Sweet Potato, Green Peas and Coriander Lime Juice

DINNER

Regular Plan

395kcal
Calories

38g
Protein

28g
Carbs

15g
Fat

Large Plan

605kcal
Calories

58g
Protein

42g
Carbs

23g
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

Images are for illustration only.

Friday 17

JUL 2026

LUNCH

Regular Plan

415kcal
Calories

42g
Protein

31g
Carbs

14g
Fat

Large Plan

595kcal
Calories

59g
Protein

43g
Carbs

21g
Fat

Kung Pao Chicken



With Brown Rice, Spicy Eggplant and Cucumber Salad

Herb Baked Barramundi



With Roast Potato, Broccoli, Harissa Sauce

Regular Plan

460kcal
Calories

43g
Protein

29g
Carbs

19g
Fat

Large Plan

675kcal
Calories

65g
Protein

41g
Carbs

28g
Fat

DINNER

Banana Oat Pancake With Apple Chutney



SNACK

Regular Plan

120kcal
Calories

4g
Protein

13g
Carbs

6g
Fat

Large Plan

120kcal
Calories

4g
Protein

13g
Carbs

6g
Fat

Images are for illustration only.

Beef Bolognese



With Pasta, Mixed Mushrooms and Green Peas

LUNCH

Regular Plan

415kcal
Calories

40g
Protein

29g
Carbs

16g
Fat

Large Plan

625kcal
Calories

59g
Protein

44g
Carbs

24g
Fat

Monday 20

JUL 2026

Regular Plan

405kcal
Calories

37g
Protein

31g
Carbs

15g
Fat

Large Plan

590kcal
Calories

54g
Protein

45g
Carbs

22g
Fat

Chicken Madras Curry



With Brown Rice, Roasted Cauliflower, Garlic Okra

DINNER

Coconut and Cranberry Granola Bar



Regular Plan

170kcal
Calories

3g
Protein

28g
Carbs

5g
Fat

Large Plan

170kcal
Calories

3g
Protein

28g
Carbs

5g
Fat

SNACK

Images are for illustration only.

Tuesday

21

JUL 2026

LUNCH

Regular Plan

440kcal
Calories

42g
Protein

33g
Carbs

16g
Fat

Large Plan

625kcal
Calories

57g
Protein

48g
Carbs

23g
Fat

Brown Rice Paella



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

Cajun Orange Chicken



With Roasted Sweet Potato, Broccoli

Regular Plan

395kcal
Calories

38g
Protein

29g
Carbs

14g
Fat

Large Plan

620kcal
Calories

58g
Protein

44g
Carbs

24g
Fat

Pumpkin Parmesan Biscuit



SNACK

Regular Plan

150kcal
Calories

4g
Protein

16g
Carbs

8g
Fat

Large Plan

150kcal
Calories

4g
Protein

16g
Carbs

8g
Fat

Images are for illustration only.

Herb Chicken



With Roasted Potato, French Beans, Harissa Sauce

LUNCH

Regular Plan

455kcal
Calories

43g
Protein

35g
Carbs

16g
Fat

Large Plan

660kcal
Calories

61g
Protein

50g
Carbs

24g
Fat

Wednesday

22

JUL 2026

Regular Plan

410kcal
Calories

38g
Protein

31g
Carbs

15g
Fat

Large Plan

590kcal
Calories

56g
Protein

42g
Carbs

22g
Fat

Lemongrass Soy Barranmundi



With Coconut Basmati Rice, Long Bean and Eggplant

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

Images are for illustration only.

Thursday 23

JUL 2026

Regular Plan

420kcal
Calories

39g
Protein

35g
Carbs

14g
Fat

Large Plan

605kcal
Calories

61g
Protein

44g
Carbs

20g
Fat

LUNCH

Yakiniku Minced Beef



With Sweet Potato Noodle, Bean Sprouts and Kimchi

Salmon Chicken Balls



With Cauliflower Rice and Spinach Egg and Edamame

Regular Plan

405kcal
Calories

47g
Protein

21g
Carbs

15g
Fat

Large Plan

605kcal
Calories

70g
Protein

32g
Carbs

22g
Fat

DINNER

Peanut Butter Chocolate Cookie



SNACK

Images are for illustration only.

Regular Plan

180kcal
Calories

4g
Protein

5g
Carbs

16g
Fat

Large Plan

180kcal
Calories

4g
Protein

5g
Carbs

16g
Fat

LUNCH

Friday 24

JUL 2026

Lemon Dill Salmon



With Quinoa, Tomato Herb Veggies

Regular Plan

390kcal
Calories

41g
Protein

28g
Carbs

13g
Fat

Large Plan

580kcal
Calories

61g
Protein

42g
Carbs

19g
Fat

Mala Chicken



With Brown Rice and Honey Soy Mixed Veggies

Regular Plan

435kcal
Calories

42g
Protein

29g
Carbs

17g
Fat

Large Plan

630kcal
Calories

61g
Protein

41g
Carbs

24g
Fat

DINNER

Gluten Free Banana Bread



Regular Plan

175kcal
Calories

5g
Protein

16g
Carbs

10g
Fat

Large Plan

175kcal
Calories

5g
Protein

16g
Carbs

10g
Fat

SNACK

Images are for illustration only.