

High Protein 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

HIGH PROTEIN

Monday
27

JUL 2026

Regular Plan

325kcal
Calories
14g
Carbs
39g
Protein
13g
Fat

Large Plan

500kcal
Calories
21g
Carbs
61g
Protein
19g
Fat

LUNCH

Baked Peri Peri Barramund



with Cauliflower Rice and French Beans

Regular Plan

455kcal
Calories
40g
Protein
36g
Carbs
17g
Fat

Large Plan

375kcal
Calories
58g
Protein
54g
Carbs
25g
Fat

DINNER

Carrot Cake with Cashew Frosting



SNACK

Regular Plan

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

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

Regular Plan

430kcal
Calories
46g
Protein
27g
Carbs
16g
Fat

Large Plan

650kcal
Calories
68g
Protein
41g
Carbs
24g
Fat

Tuesday
28

JUL 2026

Beef Bulgogi



with Brown Rice, kimchi and Spinach

DINNER

Regular Plan

375kcal
Calories
35g
Protein
29g
Carbs
14g
Fat

Large Plan

545kcal
Calories
50g
Protein
41g
Carbs
20g
Fat

Roasted Mix Nuts



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.

Wednesday 29 JUL 2026

Regular Plan

425kcal
Calories
29g
Carbs
47g
Protein
15g
Fat

Large Plan

635kcal
Calories
43g
Carbs
70g
Protein
20g
Fat

LUNCH

Clay Pot Style Chicken & Shiitake Rice



with Scrambled Egg and Garlic Nai Bai

Regular Plan

390kcal
Calories
38g
Protein
31g
Carbs
13g
Fat

Large Plan

585kcal
Calories
58g
Protein
46g
Carbs
19g
Fat

Harissa Baked Tilapia



with Alio Oil Fusilli, Eggplant Caponata and Green Peas

DINNER

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



Images are for
illustration only.

LUNCH

Coconut Curry Chicken



with Brown Rice, and Mixed Veggies

Regular Plan

440kcal
Calories
39g
Protein
33g
Carbs
17g
Fat

Large Plan

645kcal
Calories
64g
Protein
42g
Carbs
24g
Fat

Thursday 30 JUL 2026

Baked Gochujang Chicken



with Roasted Potato and Broccoli

DINNER

Regular Plan

450kcal
Calories
43g
Protein
36g
Carbs
15g
Fat

Large Plan

620kcal
Calories
63g
Protein
41g
Carbs
23g
Fat

Banana Oat Pancake With Apple Chutney



Regular Plan

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

Large Plan

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

SNACK

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illustration only.

Friday
31
JUL 2026

Regular Plan

425kcal
Calories
36g
Carbs
40g
Protein
14g
Fat

Large Plan

615kcal
Calories
48g
Carbs
59g
Protein
20g
Fat

LUNCH

Butter Chicken



Regular Plan

405kcal
Calories
40g
Protein
29g
Carbs
15g
Fat

Large Plan

585kcal
Calories
57g
Protein
39g
Carbs
22g
Fat

Yakiniku Prawns and Tofu



SNACK

Regular Plan

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

Large Plan

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

Hazelnut and Chocolate Granola Bar



LUNCH

Chicken Rissoles



Regular Plan

410kcal
Calories
40g
Protein
27g
Carbs
16g
Fat

Large Plan

590kcal
Calories
57g
Protein
39g
Carbs
23g
Fat

Monday
03
AUG 2026

Gong Bao Chicken



DINNER

Regular Plan

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

Large Plan

620kcal
Calories
54g
Protein
45g
Carbs
25g
Fat

Regular Plan

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

Large Plan

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

SNACK

Peanut Butter Chocolate Cookie



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illustration only.

Tuesday
04

AUG 2026

Regular Plan

440kcal
Calories
35g
Carbs

42g
Protein
16g
Fat

Large Plan

625kcal
Calories
48g
Carbs

57g
Protein
23g
Fat

LUNCH

Beef Chilli Con Carne



with Brown Rice, Saute Green Peas

Basil Minced Chicken



with Rice Noodles, Beans Sprout and Scrambled Egg

Regular Plan

420kcal
Calories

43g
Protein

32g
Carbs

14g
Fat

Large Plan

620kcal
Calories

54g
Protein

45g
Carbs

25g
Fat

DINNER

SNACK

Images are for
illustration only.

Regular Plan

125kcal
Calories

4g
Protein

3g
Carbs

11g
Fat

Large Plan

125kcal
Calories

4g
Protein

3g
Carbs

11g
Fat

Peanut Butter Chocolate Energy Bites



Cajun Spiced Tilapia



with Tomato Pasta and Saute Mix Veggies

LUNCH

Regular Plan

465kcal
Calories

43g
Protein

38g
Carbs

16g
Fat

Large Plan

630kcal
Calories

63g
Protein

46g
Carbs

22g
Fat

Wednesday
05

AUG 2026

Herb Chicken



with Sweet Potato, Mix Salad, Avocado and Tomato Salad

DINNER

Regular Plan

380kcal
Calories

42g
Protein

32g
Carbs

9g
Fat

Large Plan

580kcal
Calories

66g
Protein

48g
Carbs

14g
Fat

Pumpkin Parmesan Biscuit



Regular Plan

150kcal
Calories

4g
Protein

15g
Carbs

8g
Fat

Large Plan

150kcal
Calories

4g
Protein

15g
Carbs

8g
Fat

SNACK

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illustration only.

PROTEIN - HIGH PROTEIN - HIGH PROTEIN

Thursday
06

AUG 2026

Regular Plan

440kcal
Calories

39g
Protein

35g
Carbs

16g
Fat

Large Plan

615kcal
Calories

61g
Protein

41g
Carbs

23g
Fat

LUNCH

Harissa Prawns and Chickpeas



with Couscous, Saute Zucchini and Green Peas

Regular Plan

430kcal
Calories

43g
Protein

32g
Carbs

15g
Fat

Large Plan

625kcal
Calories

63g
Protein

46g
Carbs

21g
Fat

DINNER

Lemongrass Soy Chicken



with Brown Rice Noodle, Cabbage and Carrot

SNACK

Regular Plan

145kcal
Calories

5g
Protein

20g
Carbs

5g
Fat

Large Plan

145kcal
Calories

5g
Protein

20g
Carbs

5g
Fat

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Overnight Oats with Apple and Mix Nuts



LUNCH

Roasted Teriyaki Chicken Thigh



with Brown rice, Roast Capsicum and French Beans

Regular Plan

435kcal
Calories

47g
Protein

29g
Carbs

15g
Fat

Large Plan

650kcal
Calories

70g
Protein

43g
Carbs

22g
Fat

Friday
07

AUG 2026

Peranakan Curry Chicken



with Coconut Basmati Rice, Curry Cauliflower and Garlic Okra

DINNER

Regular Plan

370kcal
Calories

37g
Protein

27g
Carbs

13g
Fat

Large Plan

555kcal
Calories

56g
Protein

41g
Carbs

19g
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

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Monday
10

AUG 2026

Salmon Chicken Ball



with Cauliflower Rice and Edamame

Regular Plan

430kcal
Calories
32g
Carbs
41g
Protein
16g
Fat

Large Plan

645kcal
Calories
47g
Carbs
61g
Protein
24g
Fat

LUNCH

Peri Peri Chicken



with Mushroom Barley Risotto and Braised Purple Cabbage

Regular Plan

390kcal
Calories
43g
Protein
21g
Carbs
15g
Fat

Large Plan

585kcal
Calories
65g
Protein
32g
Carbs
22g
Fat

DINNER

Gluten Free Banana Bread



SNACK

Regular Plan

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

Large Plan

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

Images are for illustration only.

Creamy Chicken Lasagne



with Greek Salad

LUNCH

Regular Plan

435kcal
Calories
42g
Protein
31g
Carbs
16g
Fat

Large Plan

650kcal
Calories
63g
Protein
46g
Carbs
24g
Fat

Tuesday
11

AUG 2026

Honey Miso Prawns



with Pumpkin Millet, Spicy Eggplants and Garlic Okra

DINNER

Regular Plan

380kcal
Calories
35g
Protein
29g
Carbs
16g
Fat

Large Plan

575kcal
Calories
50g
Protein
41g
Carbs
23g
Fat

Overnight Oats with Roasted Apple and Chia Seed



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.

Wednesday
12
AUG 2026

Regular Plan			
415kcal	37g		
Calories	Protein		
29g	13g		
Carbs	Fat		
Large Plan			
625kcal	56g		
Calories	Protein		
47g	24g		
Carbs	Fat		

LUNCH

Gong Bao Chicken



Baked Harissa Tilapia



With Roasted Potato, French Beans

Regular Plan			
400kcal	43g	29g	13g
Calories	Protein	Carbs	Fat
Large Plan			
600kcal	68g	41g	18g
Calories	Protein	Carbs	Fat

DINNER

Tofu Chocolate Brownie



SNACK

Regular Plan			
170kcal	8g	14g	9g
Calories	Protein	Carbs	Fat
Large Plan			
170kcal	8g	14g	9g
Calories	Protein	Carbs	Fat

Images are for illustration only.

Rendang Chicken



With Brown Rice, Curry Roasted Cauliflower

LUNCH

Regular Plan			
420kcal	39g	35g	14g
Calories	Protein	Carbs	Fat
Large Plan			
595kcal	53g	51g	20g
Calories	Protein	Carbs	Fat

Thursday
13
AUG 2026

Salmon Spinach Pie



DINNER

Regular Plan			
435kcal	40g	27g	19g
Calories	Protein	Carbs	Fat
Large Plan			
565kcal	57g	39g	20g
Calories	Protein	Carbs	Fat

Peanut Butter Chocolate Energy Bites



Regular Plan			
125kcal	4g	3g	11g
Calories	Protein	Carbs	Fat
Large Plan			
125kcal	4g	3g	11g
Calories	Protein	Carbs	Fat

SNACK

Images are for illustration only.

Friday
14
AUG 2026

LUNCH

Regular Plan

435kcal 37g
Calories Protein
36g 16g
Carbs Fat

Large Plan

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

Roasted Tumeric Chicken

With Brown Rice and Roasted Curry Cauliflower

Baked Gochujang Chicken

with Steam Sweet Potato and Roasted Broccoli

Regular Plan

395kcal 43g 29g 12g
Calories Protein Carbs Fat

Large Plan

695kcal 65g 46g 28g
Calories Protein Carbs Fat

DINNER

Roasted Mix Nuts



SNACK

Images are for illustration only.

Regular Plan

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

Large Plan

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

Yakiniku Salmon

With Brown Rice, Kimchi and Edamame

LUNCH

Regular Plan

430kcal 40g 31g 14g
Calories Protein Carbs Fat

Large Plan

625kcal 57g 48g 23g
Calories Protein Carbs Fat

Monday
17
AUG 2026

Basil Minced Chicken

With Cauliflower Rice and Soy Egg

DINNER

Regular Plan

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

Large Plan

620kcal 54g 45g 25g
Calories Protein Carbs Fat

Peanut Butter Cookie



Regular Plan

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

Large Plan

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

SNACK

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Tuesday
18
AUG 2026

Regular Plan

415kcal
Calories
31g
Carbs
42g
Protein
14g
Fat

Large Plan

600kcal
Calories
45g
Carbs
61g
Protein
25g
Fat

LUNCH

Lemongrass Barramundi



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

Chicken Ball



With Mashed Potato, Eggplant Caponata and Broccoli

Regular Plan

395kcal
Calories
43g
Protein
27g
Carbs
13g
Fat

Large Plan

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

DINNER

Hazelnut and Chocolate Granola Bar



SNACK

Regular Plan

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

Large Plan

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

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Herb Chicken



With Kale Pesto Pasta, Braised Purple Cabbage

LUNCH

Regular Plan

455kcal
Calories
43g
Protein
31g
Carbs
18g
Fat

Large Plan

655kcal
Calories
61g
Protein
45g
Carbs
26g
Fat

Wednesday
19
AUG 2026

Ma Po Tofu With Minced Chicken



With Brown Rice, Scramble Tomato Egg and Cucumber

DINNER

Regular Plan

365kcal
Calories
38g
Protein
26g
Carbs
12g
Fat

Large Plan

560kcal
Calories
58g
Protein
42g
Carbs
18g
Fat

Carrot Cake with Cashew Frosting



Regular Plan

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

Large Plan

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

SNACK

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Thursday
20
AUG 2026

Regular Plan

440kcal
Calories

39g
Protein

35g
Carbs

16g
Fat

Large Plan

630kcal
Calories

61g
Protein

44g
Carbs

24g
Fat

LUNCH

Baked Teriyaki Chicken



with Brown rice, Roast Capsicum and French Beans

Regular Plan

400kcal
Calories

41g
Protein

26g
Carbs

15g
Fat

Large Plan

600kcal
Calories

61g
Protein

39g
Carbs

22g
Fat

Brown Rice Chicken Paella



with Prawns and Squids, Green Peas

DINNER

SNACK

Regular Plan

170kcal
Calories

8g
Protein

14g
Carbs

9g
Fat

Large Plan

170kcal
Calories

8g
Protein

14g
Carbs

9g
Fat

Gluten Free Banana Bread



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LUNCH

Regular Plan

390kcal
Calories

40g
Protein

29g
Carbs

13g
Fat

Large Plan

595kcal
Calories

62g
Protein

39g
Carbs

21g
Fat

Peranakan Curry Beef and Pumpkin



with Coconut Basmati Rice, Garlic Okra

Regular Plan

435kcal
Calories

42g
Protein

31g
Carbs

16g
Fat

Large Plan

620kcal
Calories

63g
Protein

43g
Carbs

22g
Fat

Friday
21
AUG 2026

Cajun Orange Chicken



with Cajun Sweet Potato and Broccoli

DINNER

Pumpkin Parmesan Biscuit



Regular Plan

150kcal
Calories

4g
Protein

15g
Carbs

8g
Fat

Large Plan

150kcal
Calories

4g
Protein

15g
Carbs

8g
Fat

SNACK

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