



# Weight Loss Menu

A close-up photograph of a chef's hand using a metal garnishing tool to place a slice of red chili pepper on a dish. The dish is served in a black rectangular pan and contains white rice, yellow corn, green beans, and other vegetables. The background is softly 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



# Wednesday

# 01

JUL 2026

### Regular Plan

410kcal  
Calories

32g  
Protein

41g  
Carbs

13g  
Fat

### Large Plan

615kcal  
Calories

48g  
Protein

62g  
Carbs

20g  
Fat

LUNCH

## Baked Dukkah-Crusted Sea Bass



Tomato couscous, Eggplant Caponata and Green Peas

### Regular Plan

410kcal  
Calories

31g  
Protein

38g  
Carbs

15g  
Fat

### Large Plan

595kcal  
Calories

45g  
Protein

55g  
Carbs

22g  
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

435kcal  
Calories

31g  
Protein

44g  
Carbs

15g  
Fat

### Large Plan

630kcal  
Calories

45g  
Protein

64g  
Carbs

22g  
Fat

# Thursday

# 02

JUL 2026

## Herb Chicken



with Kale Pesto Pasta, Cajun Mix Veggies

DINNER

### Regular Plan

435kcal  
Calories

38g  
Protein

41g  
Carbs

13g  
Fat

### Large Plan

650kcal  
Calories

57g  
Protein

62g  
Carbs

20g  
Fat

## 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.

# Friday 03

JUL 2026

### Regular Plan

420kcal  
Calories      35g  
Protein

41g  
Carbs            13g  
Fat

### Large Plan

610kcal  
Calories      51g  
Protein

59g  
Carbs            19g  
Fat

LUNCH

## Peri Peri Chicken



with Roasted Potato and Broccoli

### Regular Plan

405kcal    31g    36g    15g  
Calories   Protein   Carbs   Fat

### Large Plan

605kcal    47g    54g    23g  
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.

## Lemon & Dill Salmon



with Roasted Potato, Herb Veggies and tomato

LUNCH

### Regular Plan

425kcal    33g    39g    15g  
Calories   Protein   Carbs   Fat

### Large Plan

615kcal    48g    57g    22g  
Calories   Protein   Carbs   Fat

# Monday 06

JUL 2026

## Butter Chicken



with Basmati Rice and Sweet Snap Peas

DINNER

### Regular Plan

405kcal    31g    41g    13g  
Calories   Protein   Carbs   Fat

### Large Plan

610kcal    47g    62g    20g  
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

445kcal  
Calories

31g  
Protein

44g  
Carbs

16g  
Fat

LUNCH

### Large Plan

645kcal  
Calories

45g  
Protein

64g  
Carbs

23g  
Fat

## Roast Yuxiang Chicken and Mushroom

with Brown rice, Spicy Eggplants and Kailan

### Regular Plan

440kcal  
Calories

41g  
Protein

28g  
Carbs

18g  
Fat

### Large Plan

635kcal  
Calories

59g  
Protein

41g  
Carbs

26g  
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

Images are for illustration only.

## Banana Oat Pancake With Apple Chutney

## Basil Minced Chicken

with Brown Rice, Scrambled egg and garlic long beans

LUNCH

### Regular Plan

440kcal  
Calories

31g  
Protein

41g  
Carbs

17g  
Fat

### Large Plan

640kcal  
Calories

45g  
Protein

59g  
Carbs

25g  
Fat

# Wednesday 08

JUL 2026

### Regular Plan

390kcal  
Calories

35g  
Protein

35g  
Carbs

12g  
Fat

### Large Plan

580kcal  
Calories

53g  
Protein

53g  
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

425kcal  
Calories    39g  
Protein  
31g  
Carbs        16g  
Fat

### Large Plan

635kcal  
Calories    59g  
Protein  
47g  
Carbs        24g  
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

400kcal    39g    29g    14g  
Calories    Protein    Carbs    Fat

### Large Plan

575kcal    57g    42g    20g  
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

460kcal    36g    43g    16g  
Calories    Protein    Carbs    Fat

### Large Plan

665kcal    52g    62g    23g  
Calories    Protein    Carbs    Fat

# Friday 10

JUL 2026

## Cauliflower Rice



With Herb Chicken and Spinach Egg

DINNER

### Regular Plan

415kcal    38g    34g    14g  
Calories    Protein    Carbs    Fat

### Large Plan

600kcal    55g    49g    20g  
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

425kcal  
Calories

31g  
Protein

42g  
Carbs

15g  
Fat

### Large Plan

640kcal  
Calories

47g  
Protein

63g  
Carbs

23g  
Fat

LUNCH

## Peri Peri Tilapia



With Roasted Potatoes, French Beans and Carrot

## Yakiniku Mixed Beef



With Brown Rice, Edamame and Kimchi

### Regular Plan

415kcal  
Calories

34g  
Protein

38g  
Carbs

14g  
Fat

### Large Plan

600kcal  
Calories

49g  
Protein

55g  
Carbs

20g  
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

430kcal  
Calories

35g  
Protein

43g  
Carbs

13g  
Fat

### Large Plan

645kcal  
Calories

53g  
Protein

65g  
Carbs

20g  
Fat

# Tuesday 14

JUL 2026

## Cajun Spice Chicken



With Pumpkin carrot Quinoa Salad, Sweet Snap Peas

DINNER

### Regular Plan

425kcal  
Calories

37g  
Protein

33g  
Carbs

16g  
Fat

### Large Plan

615kcal  
Calories

54g  
Protein

48g  
Carbs

23g  
Fat

SNACK

### Regular Plan

145kcal  
Calories

5g  
Protein

20g  
Carbs

5g  
Fat

### Large Plan

145kcal  
Calories

8g  
Protein

20g  
Carbs

8g  
Fat

Images are for illustration only.

# Wednesday 15

JUL 2026

### Regular Plan

410kcal  
Calories    31g  
Protein  
42g    13g  
Carbs    Fat

### Large Plan

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

LUNCH

## Green Curry Chicken



With Coconut Basmati Rice, Long Beans and Eggplants

### Regular Plan

390kcal    33g    31g    15g  
Calories    Protein    Carbs    Fat

### Large Plan

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

## Mediterranean Chicken Stew



With Whole Meal Pasta, Broccoli

DINNER

## Roasted Mix Nuts



SNACK

### Regular Plan

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

### 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

### Regular Plan

420kcal    33g    41g    14g  
Calories    Protein    Carbs    Fat

### 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

### Regular Plan

400kcal    32g    37g    14g  
Calories    Protein    Carbs    Fat

### Large Plan

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

## Tofu Chocolate Brownie



### Regular Plan

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

### Large Plan

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

SNACK

Images are for illustration only.

# Friday 17

JUL 2026

LUNCH

### Regular Plan

420kcal 35g  
Calories Protein  
41g 13g  
Carbs Fat

### Large Plan

590kcal 49g  
Calories Protein  
57g 18g  
Carbs Fat

## Kung Pao Chicken



With Brown Rice, Spicy Eggplant and Cucumber Salad

## Herb Baked Barramundi



With Roast Potato, Broccoli, Harissa Sauce

### Regular Plan

450kcal 36g 36g 18g  
Calories Protein Carbs Fat

### Large Plan

675kcal 54g 54g 27g  
Calories Protein Carbs Fat

DINNER

SNACK

### Regular Plan

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

### Large Plan

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

## Banana Oat Pancake With Apple Chutney



Images are for illustration only.

LUNCH

## Beef Bolognese



With Pasta, Mixed Mushrooms and Green Peas

### Regular Plan

425kcal 33g 39g 15g  
Calories Protein Carbs Fat

### Large Plan

635kcal 50g 59g 23g  
Calories Protein Carbs Fat

# Monday 20

JUL 2026

### Regular Plan

405kcal 31g 41g 13g  
Calories Protein Carbs Fat

### Large Plan

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

## Chicken Madras Curry



With Brown Rice, Roasted Cauliflower, Garlic Okra

DINNER

## Coconut and Cranberry Granola Bar



### Regular Plan

170kcal 3g 28g 5g  
Calories Protein Carbs Fat

### Large Plan

170kcal 3g 28g 5g  
Calories Protein Carbs Fat

SNACK

Images are for illustration only.

# Tuesday 21

JUL 2026

LUNCH

### Regular Plan

445kcal  
Calories

33g  
Protein

44g  
Carbs

15g  
Fat

### Large Plan

640kcal  
Calories

48g  
Protein

64g  
Carbs

22g  
Fat

## Brown Rice Paella

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



## Cajun Orange Chicken

With Roasted Sweet Potato, Broccoli



### Regular Plan

400kcal  
Calories

32g  
Protein

39g  
Carbs

13g  
Fat

### Large Plan

600kcal  
Calories

48g  
Protein

59g  
Carbs

20g  
Fat

## Pumpkin Parmesan Biscuit



DINNER

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

36g  
Protein

46g  
Carbs

14g  
Fat

### Large Plan

660kcal  
Calories

52g  
Protein

67g  
Carbs

20g  
Fat

# Wednesday 22

JUL 2026

## Lemongrass Soy Barranmundi

With Coconut Basmati Rice, Long Bean and Eggplant



DINNER

### Regular Plan

435kcal  
Calories

32g  
Protein

41g  
Carbs

16g  
Fat

### Large Plan

630kcal  
Calories

46g  
Protein

59g  
Carbs

23g  
Fat

## 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

425kcal  
Calories      38g  
Protein  
39g      13g  
Carbs      Fat

### Large Plan

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

LUNCH

## Yakiniku Minced Beef



With Sweet Potato Noodle, Bean Sprouts and Kimchi

### Regular Plan

395kcal      39g      28g      14g  
Calories      Protein      Carbs      Fat

### Large Plan

590kcal      59g      42g      21g  
Calories      Protein      Carbs      Fat

DINNER

## Salmon Chicken Balls



With Cauliflower Rice and Spinach Egg and Edamame

### Regular Plan

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

### Large Plan

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

SNACK

Images are for illustration only.

## Peanut Butter Chocolate Cookie



# Friday 24

JUL 2026

LUNCH

### Regular Plan

390kcal      34g      37g      12g  
Calories      Protein      Carbs      Fat

### Large Plan

590kcal      51g      56g      18g  
Calories      Protein      Carbs      Fat

## Lemon Dill Salmon



With Quinoa, Tomato Herb Veggies

### Regular Plan

435kcal      35g      38g      16g  
Calories      Protein      Carbs      Fat

### Large Plan

630kcal      51g      55g      23g  
Calories      Protein      Carbs      Fat

## Mala Chicken



With Brown Rice and Honey Soy Mixed Veggies

DINNER

## Gluten Free Banana Bread



### Regular Plan

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

### Large Plan

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

SNACK

Images are for illustration only.