

The background is a dark blue gradient with a circular pattern. Overlaid on this are white line drawings of various fresh ingredients, including leafy greens, tomatoes, avocados, mushrooms, and other vegetables, arranged in a circular fashion around the central text.

Weight Loss 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

WEIGHT LOSS

Monday
27
JUL 2026

Regular Plan

320kcal
Calories
19g
Carbs
34g
Protein
12g
Fat

LUNCH

Large Plan

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

Baked Peri Peri Barramundi



with Cauliflower Rice and French Beans

"Yu Xiang" Minced Chicken and Tofu



With Brown Rice, Scrambled Tomato Eggs, and Cucumber Salad

Regular Plan

465kcal
Calories
48g
Protein
32g
Carbs
16g
Fat

Large Plan

695kcal
Calories
48g
Protein
72g
Carbs
24g
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
38g
Protein
36g
Carbs
15g
Fat

Large Plan

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

Tuesday
28
JUL 2026

Beef Bulgogi



With Brown Rice, kimchi and Spinach

DINNER

Regular Plan

285kcal
Calories
29g
Protein
38g
Carbs
13g
Fat

Large Plan

560kcal
Calories
42g
Protein
55g
Carbs
19g
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
38g
Carbs
39g
Protein
13g
Fat

Large Plan

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

LUNCH

Clay Pot Style Chicken & Shiitake Rice



with Scrambled Egg and Garlic Nai Bai

Regular Plan

410kcal
Calories
31g
Protein
38g
Carbs
15g
Fat

Large Plan

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

DINNER

Harissa Baked Tilapia



with Alio Oil Fusilli, Eggplant Caponata and Green Peas

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.

Coconut Curry Chicken



with Brown Rice, and Mixed Veggies

LUNCH

Regular Plan

445kcal
Calories
31g
Protein
44g
Carbs
16g
Fat

Large Plan

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

Thursday 30 JUL 2026

Baked Gochujang Chicken



with Roasted Potato and Broccoli

DINNER

Regular Plan

435kcal
Calories
36g
Protein
41g
Carbs
14g
Fat

Large Plan

630kcal
Calories
52g
Protein
59g
Carbs
20g
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

Images are for
illustration only.

Friday
31
JUL 2026

Regular Plan

420kcal
Calories

33g
Protein

43g
Carbs

13g
Fat

Large Plan

630kcal
Calories

50g
Protein

65g
Carbs

20g
Fat

LUNCH

Butter Chicken



Regular Plan

400kcal
Calories

33g
Protein

36g
Carbs

14g
Fat

Large Plan

585kcal
Calories

48g
Protein

52g
Carbs

20g
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

33g
Protein

36g
Carbs

15g
Fat

Large Plan

595kcal
Calories

45g
Protein

59g
Carbs

22g
Fat

Monday
03
AUG 2026

Gong Bao Chicken



DINNER

Regular Plan

425kcal
Calories

31g
Protein

41g
Carbs

15g
Fat

Large Plan

615kcal
Calories

45g
Protein

59g
Carbs

22g
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



Images are for
illustration only.

Tuesday
04

AUG 2026

Regular Plan

445kcal
Calories
44g
Carbs
33g
Protein
15g
Fat

Large Plan

640kcal
Calories
64g
Carbs
48g
Protein
22g
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

430kcal
Calories
36g
Protein
42g
Carbs
13g
Fat

Large Plan

620kcal
Calories
52g
Protein
61g
Carbs
19g
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

445kcal
Calories
36g
Protein
42g
Carbs
15g
Fat

Large Plan

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

Wednesday
05

AUG 2026

Herb Chicken



with Sweet Potato, Mix Salad, Avocado and Tomato Salad

DINNER

Regular Plan

395kcal
Calories
35g
Protein
38g
Carbs
15g
Fat

Large Plan

590kcal
Calories
53g
Protein
65g
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

Images are for
illustration only.

Thursday
06

AUG 2026

Regular Plan

425kcal
Calories

35g
Protein

38g
Carbs

15g
Fat

Large Plan

620kcal
Calories

51g
Protein

55g
Carbs

22g
Fat

LUNCH

Harissa Prawns and Chickpeas



with Couscous, Saute Zucchini and Green Peas

Regular Plan

440kcal
Calories

36g
Protein

42g
Carbs

14g
Fat

Large Plan

635kcal
Calories

52g
Protein

61g
Carbs

20g
Fat

Lemongrass Soy Chicken



with Brown Rice Noodle, Cabbage and Carrot

DINNER

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

39g
Protein

38g
Carbs

14g
Fat

Large Plan

650kcal
Calories

59g
Protein

61g
Carbs

20g
Fat

Friday
07

AUG 2026

Regular Plan

375kcal
Calories

31g
Protein

36g
Carbs

12g
Fat

Large Plan

565kcal
Calories

47g
Protein

54g
Carbs

18g
Fat

Peranakan Curry Chicken



with Coconut Basmati Rice, Curry Cauliflower and Garlic Okra

DINNER

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.

Monday
10

AUG 2026

Salmon Chicken Ball



with Cauliflower Rice and Edamame

Regular Plan

440kcal
Calories
42g
Carbs
34g
Protein
15g
Fat

Large Plan

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

LUNCH

Peri Peri Chicken



with Mushroom Barley Risotto and Braised Purple Cabbage

Regular Plan

380kcal
Calories
36g
Protein
28g
Carbs
14g
Fat

Large Plan

575kcal
Calories
54g
Protein
42g
Carbs
21g
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

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Creamy Chicken Lasagne



with Greek Salad

LUNCH

Regular Plan

440kcal
Calories
35g
Protein
41g
Carbs
15g
Fat

Large Plan

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

Tuesday
11

AUG 2026

Honey Miso Prawns



with Pumpkin Millet, Spicy Eggplants and Garlic Okra

DINNER

Regular Plan

375kcal
Calories
29g
Protein
38g
Carbs
12g
Fat

Large Plan

545kcal
Calories
42g
Protein
55g
Carbs
17g
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

425kcal
Calories
42g
Carbs
31g
Protein
15g
Fat

Large Plan

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

LUNCH

Gong Bao Chicken

With Brown Rice, Scramble Tomato Eggs, Cucumber

Baked Harissa Tilapia

with Roasted Potato, French Beans

Regular Plan

405kcal
Calories
36g
Protein
38g
Carbs
12g
Fat

Large Plan

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

DINNER

Tofu Chocolate Brownie



SNACK

Regular Plan

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

Large Plan

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

Images are for illustration only.

Rendang Chicken

With Brown Rice, Curry Roasted Cauliflower

LUNCH

Regular Plan

445kcal
Calories
35g
Protein
47g
Carbs
13g
Fat

Large Plan

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

Thursday
13
AUG 2026

Salmon Spinach Pie

with arugula and Pumpkin salad

Regular Plan

440kcal
Calories
33g
Protein
36g
Carbs
18g
Fat

Large Plan

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

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

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LOSS - WEIGHT LOSS - WEIGHT LOSS -

Friday
14
AUG 2026

LUNCH

Regular Plan

435kcal	31g
Calories	Protein
44g	15g
Carbs	Fat

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

Regular Plan

405kcal	36g	41g	11g
Calories	Protein	Carbs	Fat

Large Plan

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

DINNER

SNACK

Regular Plan

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

Large Plan

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

Roasted Mix Nuts



Images are for illustration only.

LUNCH

Yakiniku Salmon

With Brown Rice, Kimchi and Edamame

Regular Plan

445kcal	33g	44g	15g
Calories	Protein	Carbs	Fat

Large Plan

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

Monday
17
AUG 2026

Basil Minced Chicken

With Cauliflower Rice and Soy Egg

Regular Plan

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

Large Plan

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

DINNER

Peanut Butter Cookie



Regular Plan

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

Large Plan

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

SNACK

Images are for illustration only.

Tuesday
18
AUG 2026

Regular Plan

435kcal
Calories
41g
Carbs
38g
Protein
13g
Fat

Large Plan

630kcal
Calories
59g
Carbs
55g
Protein
19g
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
36g
Protein
36g
Carbs
12g
Fat

Large Plan

575kcal
Calories
52g
Protein
52g
Carbs
17g
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

Images are for illustration only.

Herb Chicken



With Kale Pesto Pasta, Braised Purple Cabbage

LUNCH

Regular Plan

460kcal
Calories
36g
Protein
41g
Carbs
17g
Fat

Large Plan

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

Wednesday
19
AUG 2026

Ma Po Tofu With Minced Chicken



With Brown Rice, Scramble Tomato Egg and Cucumber

DINNER

Regular Plan

365kcal
Calories
32g
Protein
35g
Carbs
11g
Fat

Large Plan

550kcal
Calories
48g
Protein
53g
Carbs
17g
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

Images are for illustration only.

Thursday
20
AUG 2026

Regular Plan

430kcal
Calories

35g
Protein

39g
Carbs

15g
Fat

Large Plan

645kcal
Calories

53g
Protein

59g
Carbs

23g
Fat

LUNCH

Baked Teriyaki Chicken

with Brown rice, Roast Capsicum and French Beans



Regular Plan

400kcal
Calories

34
Protein

45g
Carbs

14g
Fat

Large Plan

605kcal
Calories

51g
Protein

53g
Carbs

21g
Fat

Brown Rice Chicken Paella

with Prawns and Squids, Green Peas



SNACK

Regular Plan

170kcal
Calories

8g
Protein

14g
Carbs

9g
Fat

Large Plan

170kcal
Calories

8g
Protein

14g
Carbs

9g
Fat

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Gluten Free Banana Bread



LUNCH

Regular Plan

450kcal
Calories

36g
Protein

41g
Carbs

16g
Fat

Large Plan

645kcal
Calories

53g
Protein

59g
Carbs

23g
Fat

Peranakan Curry Beef and Pumpkin

with Coconut Basmati Rice, Garlic Okra



Regular Plan

420kcal
Calories

35g
Protein

41g
Carbs

16g
Fat

Large Plan

610kcal
Calories

51g
Protein

57g
Carbs

20g
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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