Balanced Menu





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

BALANCED

Sonday 20 MAY 2024

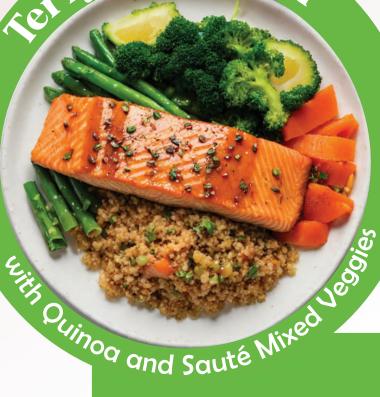
Small Plan

720kcal 54a **72g** 24a Carbs

Medium Plan

890kcal 67g 89g 30g Ballio Olio Dasta, Tomato Sauce, and Sweet Snap Peas

criyaki Salmon



Small Plan

CHICKEN

555kcal 45a 53g Protein Carbs Fat

Medium Plan

795kcal 64g 76g 26g Protein Carbs

K... DINNER

SNACK



Small Plan

Plan

Medium

120kcal

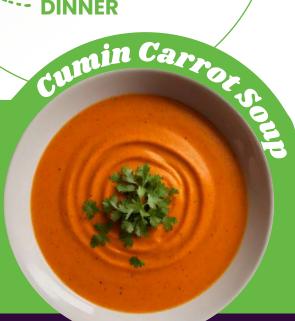
6g

8g

120kcal

6g

8g



curry Chicke

ETH BROWN PICE, LONG BEAMS, AND





685kcal 47g 23q 74g Calories Protein Carbs Fat

Medium Plan

62g 910kcal 98g 30g Samon Chickey

Small Plan

540kcal 54a Protein Calories 51g 14g Carbs Fat

Medium Plan

705kcal 70g Calories Protein

18g 66g Carbs Fat

> DINNER ATE BROWN

Rice and Spinach



185kcal 20g 8g 8g Protein Carbs

Medium Plan

185kcal 8g **20g** 8g Protein Carbs







Small Plan

22g 670kcal 52g 67g Calories Protein Carbs Fat

Medium Plan

880kcal 68g 87g 29g Calories Protein Carbs Fat

Civileu Minced Been with Brown Pice, Edamame,

LUNCH

CHICKEN

DINNER

Small Plan

610kcal 54g 59g 17g

Medium Plan

70g 800kcal 78g 23g Protein Calories Carbs Fat

Exits Roasted Potato and Assets

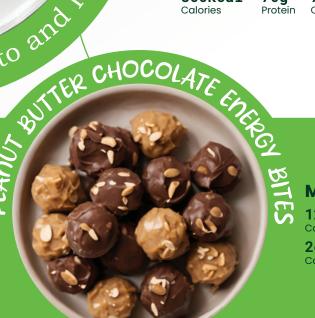
SNACK



Small Plan

125kcal 4g Calories Protein

11g **2g**



Medium Plan

125kcal 4g

2g 11g osil Minced Chicken LUNCH Rice, Soy Egg, and Laila Figs, and EMUNGRASS BARRAIN

shursday 23 **MAY 2024**

Small Plan

52g 635kcal 61g 20g Fat

Medium Plan

830kca1 68g 80g 27g Calories Carbs Protein Fat

DINNER

Small Plan

590kcal 54g Calories Protein 53g 18a Carbs Fat

Medium Plan

785kcal 72g Calories Protein

70g 24g Carbs Fat

Course of Sweet Potato and Brook

cal Cheesecolle

Small Plan

170kcal 14g 9g 8g Protein Carbs

Medium Plan

170kcal 8g 14g 9g Calories Protein Carbs

SNACK

griday 24 **MAY 2024**

Small Plan

635kcal 46g 64g **22**g Calories Protein Carbs Fat

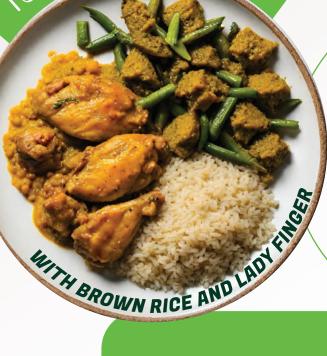
Medium Plan

62g 86g 29g 855kcal Calories Protein Carbs Fat

o Kofts

LUNCH





48g 575kcal 59g 17g Calories Carbs

Medium Plan

64g 765kcal **22g** 78g Calories Protein Carbs

SNACK



Small Plan

Plan

Medium

180kcal

180kcal

4g Protein 5g

Protein

5g

16g



Sonday 27 **MAY 2024**

Small Plan

660kcal 49g **22g** 67g Calories Carbs Protein Fat

Medium Plan

81g 795kcal 60g 26g

Small Plan

610kcal 52g Calories Protein 55g 20g Carbs Fat

Medium Plan

65g 760kcal Calories Protein

25g 68g Carbs Fat

With Mashed Portoles, Tomato Sauce, Saute Green Peds, Saute Green Pe



Small Plan

11g 125kcal 4g **3**g Protein Fat

Medium Plan

240kcal **8g** Carbs **16g** 6g Fat Calories Protein

SNACK



Small Plan

66g 665kcal 50g 23g Protein Calories Carbs Fat

Medium Plan

885kcal 88g 66g 30g Calories Protein Carbs Fat

AND SHAWCHIA

sand squice

chicken With Johnson Soup, Avocado, Mixed Reals, Mix CHOCOLATE BROAM

DINNER

Small Plan

560kcal 53g 33g 24g Carbs Fat

Medium Plan

43g 725kcal 68g 31g Calories Protein Carbs

SNACK



Small Plan

8g 185kcal Calories Protein

8g 20g



185kcal 8g Calories

8g 20g



ednesda **MAY 2024**

Small Plan

52g 665kcal 65g 22g Carbs Fat

Medium Plan

29g 895kcal 70g 88g

DINNER ····>

Small Plan

535kcal 54 Calories Protein 17g 41g Fat Carbs

Medium Plan

720kcal 72g Calories Protein

55g 23g Carbs Fat





Small Plan

19g 180kcal 8g 8g Protein Carbs

Medium Plan

SNACK



Small Plan

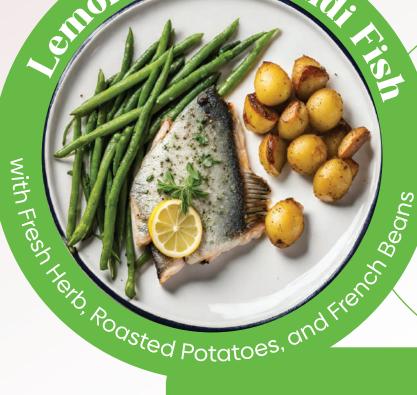
65g 640kcal 46q **22g** Calories Carbs Fat

Medium Plan

775kcal **56g** 79g **26g** Calories Protein Carbs Fat

Solinced Chicken Zeith Brown Pice Saute Mushroom, and Box Chot

Barramunu



Small Plan

645kcal 57q 57g 21g Carbs Protein Fat

Medium Plan

68g 68g 775kcal 25g Calories Protein Carbs

DINNER

SNACK



Small Plan

Plan

Medium

120kcal

240kcal

4g Protein

4g Carbs

10g Fat

20g

8g 8g Protein

AND DATES ENERGY EFF



griday. **MAY 2024**

<--- LUNCH

Small Plan

690kcal 52g 68g 23g Calories Carbs Fat

Medium Plan

930kcal 70g 92g 31g

DINNER

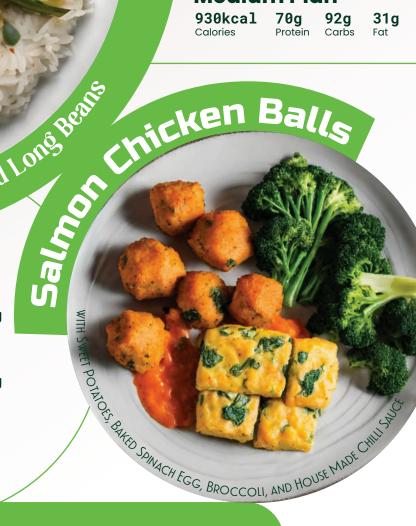


Small Plan

560kcal 45g 49g 20g

Medium Plan

735kcal 59g 65g 27g Calories Protein Carbs Fat





Small Plan

145kcal

5g Protein 20g 5g

20g

Medium Plan

145kcal

5g

Protein

5g

