High Protein Menu





Dear guests

As a chef, I've always been passionate about creating dishes that are not only delicious but also nourish the body. But lately, I've seen a growing need for a different kind of culinary experience: one that prioritizes protein while keeping carbohydrates in check. That's why I'm thrilled to introduce my High Protein Menu – a concept I call "healthy gourmet made easy."

This menu isn't just about deprivation. It's about fueling your body for peak performance, whether you're a dedicated athlete or simply seeking a healthier lifestyle. By focusing on high-quality protein sources and limiting carbohydrates, we can create a plan that helps you burn fat while retaining lean muscle mass.

This isn't your average "high protein" fare. We'll be using fresh, seasonal ingredients to craft gourmet dishes that are bursting with flavor. Forget bland chicken breasts and tasteless salads. We'll be exploring a world of textures and tastes, all while keeping your protein goals in mind.

So, are you ready to embark on a culinary adventure that will transform your body and tantalize your taste buds? Let's get started!

- Chef Ken

HIGH PROTEIN

Monday 20 **MAY 2024**

Small Plan

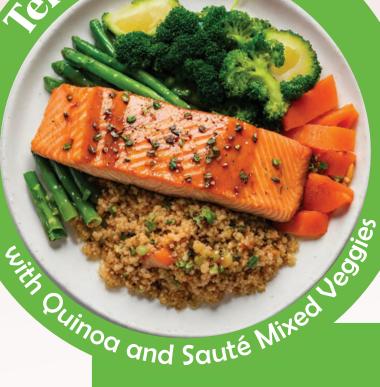
470kcal 43g 36a 17g Calories Protein Carbs Fat

Medium Plan

695kcal 65g **52g 25g** Protein

Ballo Olio Dasta, Tomato Sauce, and Sweet Snap Peas





Small Plan

CHICKEN

415kcal 41a 29a 15a Protein Carbs Calories Fat

Medium Plan

58g 40g 590kcal 22g Protein Carbs

DINNER

SNACK



Small Plan

120kcal

6g Protein 6g

8g

Medium Plan

120kcal

6g

8g







440kcal 37g 37g 16g
Calories Protein Carbs Fat

Medium Plan

655kcal 56g 55g 24g
Calories Protein Carbs Fat

Small Plan

380kcal 48g
Calories Protein
26g 9g

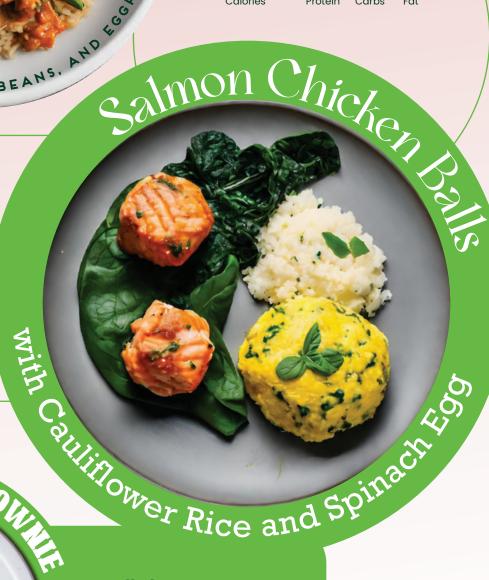
Medium Plan

Carbs

545kcal 65g Calories Protein

38g 15g Carbs Fat

DINNER



CHOCOLATE BROWN

Small Plan

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

Medium Plan

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



35g 16g 455kcal 43g Protein Calories Carbs Fat

Medium Plan

665kcal 63g 50g 24g Calories Protein Carbs Fat

Civileu Minced Been LUNCH

with Brown Pice, Edamame, CHICKEN

DINNER

Small Plan

415kcal 44g 31g 13g

Medium Plan

64g 600kcal 45g 18g Calories Protein Carbs Fat

Exits Roasted Potato and res

SNACK



Small Plan

125kcal 4g Calories Protein

11g 2g



Medium Plan

125kcal 4g

2g 11g Carbs

osil Minced Chicken LUNCH Rice, Soy Egg, and Laila Figs, and EMUNGRASS BARRANGE ARREIT

shursday 23 **MAY 2024**

Small Plan

430kcal 43g 32g 15g Fat

Medium Plan

635kcal 63g 47g 22g Calories Protein Carbs Fat

DINNER

Small Plan

390kcal 43g Calories Protein 26a 13a Carbs Fat

Medium Plan

585kcal 65g Calories Protein

39g 19g Carbs Fat

Course of Sweet Potato and Brook

Cheesecolle

Small Plan

170kcal 14g 9g 8g Protein Carbs

Medium Plan

170kcal 8g 14g 9g Calories Protein Carbs

griday 24 **MAY 2024**

Small Plan

425kcal 38g 33g 16g Calories Protein Carbs Fat

Medium Plan

59g 48g 23g 635kcal Calories Protein Carbs Fat







41g 390kcal 12g 31g Calories Protein Carbs

Medium Plan

61g 18g 580kcal 44g Calories Carbs Protein

SNACK



Small Plan

Plan

Medium

WITH BROWN RICE AND LARY FIREST

180kcal

4g 5g Protein Carbs

LUNCH

16g

180kcal

Protein

5g

16g





Sonday 27 **MAY 2024**

Small Plan

445kcal 16g 41g 35g Calories Protein Carbs Fat

Medium Plan

660kcal 23g 64g 50g

Small Plan

420kcal 43q Calories Protein 29g 15g Carbs Fat

Medium Plan

655kcal 66g Calories Protein

25g 41g Carbs Fat

Small Plan

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

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

Medium Plan

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



33g 430kcal 40g 16g Calories Protein Carbs Fat

Medium Plan

650kcal 59g 50g 24g Calories Protein Carbs Fat

chicken AND SHANGHA

With Johnson Soup, Avocado, Mixed Reales, And Feta Cheese

DINNER

sand squice

Small Plan

385kcal 42g 17g 17g

Medium Plan

63g 580kcal 25g 25g Calories Protein Carbs Fat

SNACK



Small Plan

8g 185kcal Calories Protein

20g 8g



Medium Plan

185kcal 8g Calories Protein 20g

8g



ednesda **MAY 2024**

Small Plan

450kcal 43g 34g 16g Carbs Fat

Medium Plan

655kcal 63g 49g 23g

DINNER ····>

Small Plan

375kcal 44g Calories Protein 21g 13a Fat Carbs

Medium Plan

535kcal 52g Calories Protein

41g 18g Carbs Fat





Small Plan

19g 8g 180kcal 8g Protein Carbs

Medium Plan

180kcal 8g 19g **8g** Protein Carbs

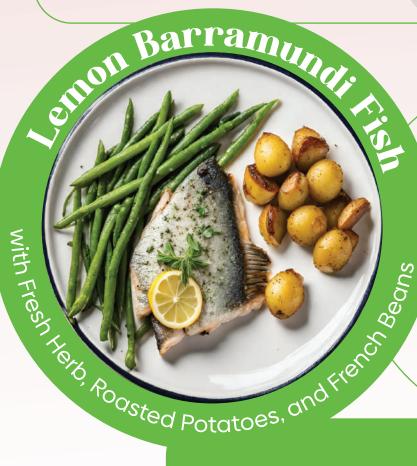


35g 16g 440kcal 39q Calories Protein Carbs Fat

Medium Plan

49g 635kcal **56g** 24g Calories Protein Carbs Fat

Kith Brown Pice, Saute Mushroom, and Box Chot



Small Plan

Solinced Chicken

29q 435kcal 47g 15g Carbs Protein Fat

Medium Plan

68g 18g 605kcal 43q Calories Protein Carbs Fat

DINNER

SNACK



Small Plan

Plan

120kcal

4g Protein

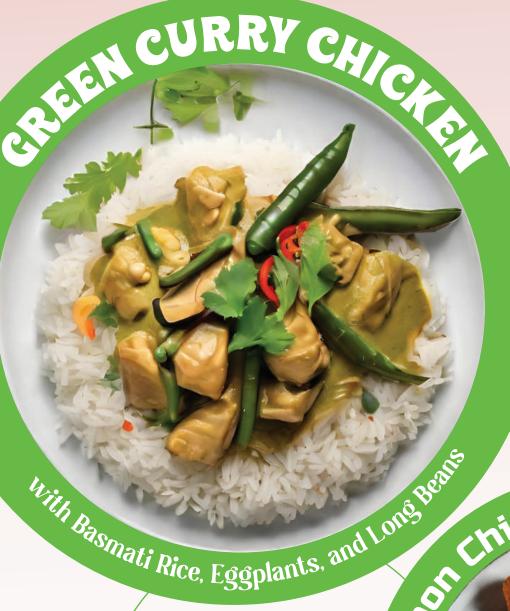
4g Carbs Fat

Medium 120kcal Calories

Protein

4g Carbs





griday
31 **MAY 2024**

<--- LUNCH

Small Plan

465kcal 43g 35g 17g Calories Protein Carbs Fat

Medium Plan

51g 675kcal 63g **24g** Carbs

DINNER



Small Plan

385kcal 37g **26g** 15g Fat

Medium Plan

555kcal 54g 37g 21g Calories Protein Carbs Fat



Small Plan

> Medium Plan

145kcal

5g Protein 20g 5g



chicken Balls