



Dear guests

As a chef deeply passionate about both culinary excellence and personal well-being, I embarked on a mission to redefine the conventional approach to weight loss. Inspired by the desire to debunk the myth that healthy eating equals bland or uninspiring meals, I set out to create a menu that marries the elegance of gourmet cuisine with the principles of nutrition.

My journey toward developing this menu was fueled by a dedication to innovation and a commitment to accessibility. Drawing upon my culinary expertise and collaborating with nutritionists, I meticulously curated a selection of recipes that prioritize wholesome ingredients, balanced flavors, and portion control.

This Weight Loss Menu stands out amidst a sea of fad diets and quick-fix solutions by offering a sustainable approach to weight management. By focusing on the art of cooking and the science of nutrition, we empower individuals to cultivate a healthy relationship with food, one delicious meal at a time.

Together, let's savor the joy of gourmet dining while nurturing our bodies from within.

- Chef Ken

WEIGHT LOSS

sondar 20 MAY 2024

Small Plan

480kcal 36g 48g 16g Carbs Fat

Medium Plan

720kcal **54g** 72g **24g** Ballo Olio Dasta Tomato Sauce, and Sweet Snap Peas

ceriyaki Salmon



CHICKEN

395kcal 32a 38g 13a Protein Carbs Fat

Medium Plan

45g 555kcal 53g 18g Protein Carbs Fat

K... DINNER

Elikh Outhood and Sauté Mixed Jedge





Small Plan

Plan

Medium

120kcal

120kcal

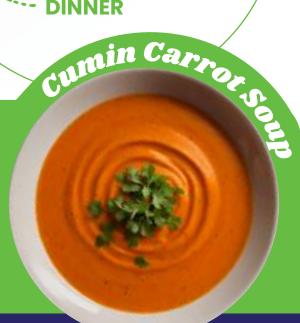
6g Protein

8g

6g

6g

8g





juesda). **MAY 2024**

Small Plan

455kcal 15g 31g 49q Carbs Fat

Medium Plan

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

Small Plan

360kcal 36a Protein Calories 34g 9g Carbs

Medium Plan

540kcal 54g Calories Protein

14g 51g Carbs Fat

DINNER





8g 185kcal 20g 8g Protein

Medium Plan

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





Small Plan

46g 15g 465kcal 36g Protein Calories Carbs Fat

Medium Plan

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

Schrift Minced Been with Brown Pice, Edamame, a

CHICKEN

DINNER **Small Plan**

> 420kcal 37g 41g 12g

Medium Plan

54g 610kcal 59g 17g Protein Calories Carbs Fat

Exist 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 Lain EMUNGRASS AARAMANA

shursday 23 **MAY 2024**

Small Plan

36g 440kcal 42g 14g Fat

Medium Plan

635kcal 52g 61g 20g Calories Protein Carbs Fat

DINNER

Small Plan

390kca1 **36g** Calories Protein 35a 12a Carbs Fat

Medium Plan

590kcal 54g Calories Protein

53g 18g Carbs Fat

with Columboaste of Sweet Potato and Brown Cheesecolie

170kcal 14g 9g 8g Protein Carbs

Medium Plan

170kcal 8g 14g 9g Calories Carbs Protein

SNACK

griday 24 **MAY 2024**

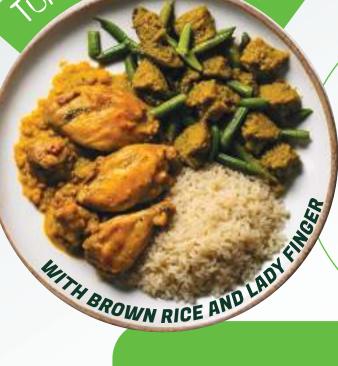
Small Plan

440kcal 32g 44g 15g Carbs Calories Protein Fat

Medium Plan

635kcal 46g 64a 22g Calories Protein Carbs

rumeric Chicken



TEMPER CUCUMBER, AND TUMATI SHIP

o Kofta

LUNCH

32g 385kcal 39g 11g Calories Protein Carbs

Medium Plan

48g 575kcal 17g 59g Calories Carbs Protein

SNACK



Small Plan

180kcal

4g 5g Protein Carbs 16g

Medium Plan

180kcal

Protein

5g

ER CHOCOLATE COS **16g**



sondar 27 **MAY 2024**

Small Plan

15g 455kcal 34g 46g Calories Protein Carbs Fat

Medium Plan

660kcal 49g 67g **22g**

Small Plan

420kcal 36q Calories Protein 38g 14g Carbs Fat

Medium Plan

52g 610kcal Calories Protein

55g 20g Carbs Fat

Small Plan

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

Medium Plan

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

SNACK



Small Plan

44g 445kcal 33g 15g Protein Carbs Fat

Medium Plan

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

chicken AND SHANGHA

With district Soup, Avocado, Mixed Reals, Avocado, Av CHOCOLATE BROAM

DINNER

Small Plan

Solvent Solvent

370kcal 35g **22g** 16g Calories Protein Carbs Fat

Medium Plan

53g 560kcal 24g 33g Calories

SNACK



Small Plan

8g 185kcal Calories Protein

8g 20g

Medium Plan

185kcal 8g Calories Protein

8g 20g



sednes **MAY 2024**

Small Plan

460kcal 36g 45g 15g Carbs Fat

Medium Plan

665kcal 52g 65g **22g**

DINNER -

Small Plan

370kcal 37g Calories Protein 28g 12a Fat Carbs

Medium Plan

535kcal 54g Calories Protein

41g 17g Carbs Fat



CARROT CAKE

Small Plan

19g 8g 180kcal 8g Protein Carbs

Medium Plan

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

SNACK



Small Plan

45g 15g 445kcal 32g Calories Carbs Fat

Medium Plan

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

Solinced Chicken Zeith Brown Aice, Saute Mushroom, and Box Chot

enon Barramunos.



38g 430kcal 38g 14g Calories Carbs

Medium Plan

645kcal 57g 21g Calories Protein Carbs Fat

DINNER

SNACK



Small Plan

Plan

Medium

with Flesh Roasted Potatoes, and French

120kcal

120kcal

Calories

4g Protein

10g 4g Carbs Fat

Protein

10g Carbs

NER
AND DATES ENERGY EFF

4g



griday. **MAY 2024**

LUNCH

Small Plan

475kcal 36g 47g 16g Calories Protein Carbs Fat

Medium Plan

690kcal 52g 68g 23g Calories Carbs

DINNER



Small Plan

31g 34g 14g 385kcal Fat

Medium Plan

49g 20g 560kcal 45g Calories Protein Carbs Fat



Small Plan

Plan

145kcal

5g Protein 5g



Soft Chicken Balls