

The background is a deep blue color with a circular pattern of white line art illustrations of various vegetables and fruits. These include broccoli, cauliflower, bell peppers, tomatoes, onions, and leafy greens, all arranged in a circular fashion around the central text.

# Weight Loss Menu



**YoloPlans**



# 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

Monday  
05  
MAY 2025

LUNCH

Regular Plan

470kcal	31g
Calories	Protein
48g	17g
Carbs	Fat

Large Plan

705kcal	47g
Calories	Protein
72g	26g
Carbs	Fat

Baked peri Peri Barramundi



with Cauliflower Rice and French Beans

Regular Plan

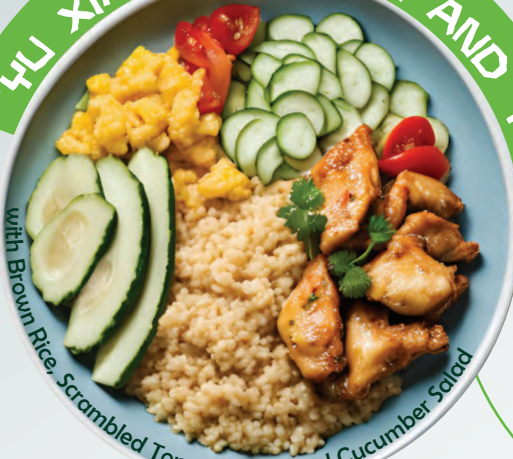
360kcal	32g	38g	9g
Calories	Protein	Carbs	Fat

Large Plan

525kcal	46g	55g	13g
Calories	Protein	Carbs	Fat

DINNER

"HU XIANG" CHICKEN AND TOFU



with Brown Rice, Scrambled Tomato Eggs, and Cucumber Salad

SNACK

Regular Plan

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

Large Plan

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

Pumpkin Parmesan Biscuit



Images are for illustration only.

LUNCH

Regular Plan

430kcal	38g	36g	15g
Calories	Protein	Carbs	Fat

Large Plan

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

BAKED LEMON DILL SALMON



WITH QUINOA, EDAMAME, ROASTED CAULIFLOWER, AND MINT YOGHURT

Regular Plan

385kcal	29g	38g	13g
Calories	Protein	Carbs	Fat

Large Plan

560kcal	42g	55g	19g
Calories	Protein	Carbs	Fat

BEEF BULGOGI



with Brown Rice, Kimchi, Shredded Carrot, and Spinach

DINNER

SNACK

ROASTED MIX NUTS



Regular Plan

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

Large Plan

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

Images are for illustration only.



Wednesday  
07  
MAY 2025

### 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



with Shiitake Rice, Scramble Egg and Garlic Nai Bai

### Regular Plan

400kcal  
Calories  
32g  
Protein  
41g  
Carbs  
12g  
Fat

### Large Plan

600kcal  
Calories  
48g  
Protein  
62g  
Carbs  
18g  
Fat

## HARISSA BAKED TILAPIA



with Aglio Olio Fusilli, Eggplant Caponata, and Green Peas

SNACK

Images are for  
illustration only.

### Regular Plan

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

### Large Plan

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

## GLUTEN FREE BANANA BREAD



LUNCH

## COCONUT CURRY CHICKEN



with Brown Rice and Mix Veggies

### Regular Plan

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

### Large Plan

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

Thursday  
08  
MAY 2025

### Regular Plan

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

### Large Plan

630kcal  
Calories  
52g  
Protein  
59g  
Carbs  
20g  
Fat

## BAKED GOCHUJANG CHICKEN



WITH ROASTED POTATO, ROASTED CAPSICUM, AND BROCCOLI

DINNER

## Chocolate Hazelnut Energy Bites



### Regular Plan

120kcal  
Calories  
4g  
Protein  
8g  
Carbs  
8g  
Fat

### Large Plan

120kcal  
Calories  
4g  
Protein  
8g  
Carbs  
8g  
Fat

SNACK

Images are for  
illustration only.



Friday  
09  
MAY 2025

### Regular Plan

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

### Large Plan

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

LUNCH

## Butter Chicken



### Regular Plan

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

### Large Plan

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

DINNER

## YAKINIKU PRAWNS AND TORO



SNACK

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### Regular Plan

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

### Large Plan

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

## MANGO CHIA SEEDS PUDDING



## Chicken Rissoles



LUNCH

### Regular Plan

410kcal  
Calories  
33g  
Protein  
36g  
Carbs  
15g  
Fat

### Large Plan

595kcal  
Calories  
48g  
Protein  
52g  
Carbs  
22g  
Fat

Monday  
12  
MAY 2025

## Gong Bao Chicken



DINNER

### Regular Plan

425kcal  
Calories  
31g  
Protein  
41g  
Carbs  
15g  
Fat

### Large Plan

615kcal  
Calories  
45g  
Protein  
59g  
Carbs  
22g  
Fat

SNACK

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## Peanut Butter Chocolate Cookie



### Regular Plan

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

### Large Plan

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



Tuesday  
13  
MAY 2025

### Regular Plan

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

### Large Plan

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

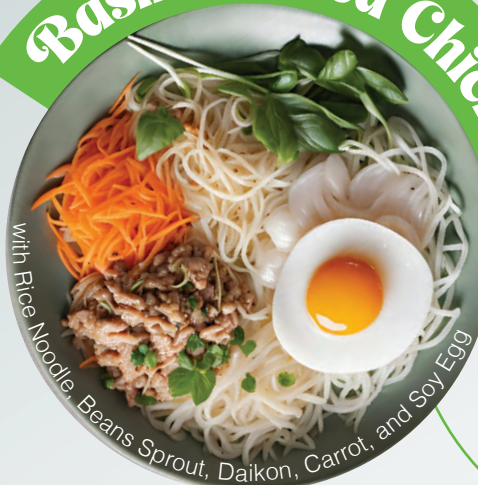
LUNCH

## BEEF CHILLI CON CARNE



WITH BASMATI RICE AND MIX VEGGIES

## Basil Minced Chicken



WITH RICE NOODLE, BEANS SPROUT, DAIKON, CARROT, AND SOY 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 SAUTÉ MIX VEGGIES

LUNCH

### Regular Plan

475kcal  
Calories  
34g  
Protein  
46g  
Carbs  
17g  
Fat

### Large Plan

685kcal  
Calories  
49g  
Protein  
67g  
Carbs  
25g  
Fat

Wednesday  
14  
MAY 2025

### Regular Plan

360kcal  
Calories  
32g  
Protein  
35g  
Carbs  
10g  
Fat

### Large Plan

535kcal  
Calories  
48g  
Protein  
53g  
Carbs  
15g  
Fat

## Herb Chicken



WITH STEAM SWEET POTATO, MIX LEAFY SALAD, AND AVOCADO TOMATO

DINNER

## PUMPKIN PARMESAN BISQUIT



SNACK

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### Regular Plan

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

### Large Plan

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



# Thursday

# 15

MAY 2025

## Regular Plan

425kcal  
Calories  
38g  
Carbs  
35g  
Protein  
15g  
Fat

## Large Plan

620kcal  
Calories  
55g  
Carbs  
51g  
Protein  
22g  
Fat

## LUNCH

## Thai Style Tofu and Prawns



## Regular Plan

4350kcal  
Calories  
39g  
Protein  
38g  
Carbs  
14g  
Fat

## Large Plan

630kcal  
Calories  
57g  
Protein  
55g  
Carbs  
20g  
Fat

## Roasted Teriyaki Chicken Thigh Cubes



## DINNER

## Regular Plan

145kcal  
Calories  
5g  
Protein  
20g  
Carbs  
5g  
Fat

## Large Plan

145kcal  
Calories  
5g  
Protein  
20g  
Carbs  
5g  
Fat

## SNACK

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## LEMONGRASS SOY CHICKEN



## LUNCH

## Regular Plan

440kcal  
Calories  
36g  
Protein  
42g  
Carbs  
14g  
Fat

## Large Plan

665kcal  
Calories  
54g  
Protein  
63g  
Carbs  
21g  
Fat

# Friday

# 16

MAY 2025

## Peranakan Curry Chicken and Chickpeas



## DINNER

## Regular Plan

375kcal  
Calories  
31g  
Protein  
36g  
Carbs  
12g  
Fat

## Large Plan

565kcal  
Calories  
47g  
Protein  
54g  
Carbs  
18g  
Fat

## Tofu Chocolate Brownie



## Regular Plan

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

## Large Plan

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

## SNACK

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Monday  
19  
MAY 2025

### Regular Plan

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

### Large Plan

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

LUNCH

PERI PERI CHICKEN

with Mushroom Barley Risotto and Braised Purple Cabbage

SALMON CHICKEN BALL

with Cauliflower Rice and Edamame

### Regular Plan

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

### Large Plan

575kcal	54g	42g	21g
Calories	Protein	Carbs	Fat

DINNER

GLUTEN FREE BANANA BREAD



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### Regular Plan

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

### Large Plan

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

LUNCH

CREAMY CHICKEN LASAGNA

with Greek Salad

### Regular Plan

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

### Large Plan

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

Tuesday  
20  
MAY 2025

### Regular Plan

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

### Large Plan

545kcal	42g	55g	17g
Calories	Protein	Carbs	Fat

OVERNIGHT OATS WITH APPLE AND MIX NUTS



Honey Miso Prawns

WITH PUMPKIN MILLET, SPICY EGGPLANTS, AND GARLIC OKRA

DINNER

SNACK

### Regular Plan

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

### Large Plan

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

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illustration only.



# Wednesday 21 MAY 2025

## 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, and Cucumber



## Regular Plan

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

## Large Plan

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

## BAKED HARISSA TILAPIA



with Roasted Potato, French Beans, and Tomato Stew Mix Beans

### SNACK

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illustration only.

## Regular Plan

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

## Large Plan

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

## TOFU BROWNIE



### LUNCH

## Roasted Turmeric Chicken

with Brown Rice and Roasted Curry Cauliflower



## Regular Plan

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

## Large Plan

630kcal  
Calories  
45g  
Protein  
64g  
Carbs  
22g  
Fat

# Thursday 22 MAY 2025

## Regular Plan

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

## Large Plan

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

## Roasted Mix Nuts



## BAKED GOCHUJANG CHICKEN

with Steam Sweet Potato and Roasted Broccoli



### DINNER

### SNACK

## Regular Plan

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

## Large Plan

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

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Friday  
23  
MAY 2025

### Regular Plan

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

### Large Plan

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

LUNCH

## Rendang Chicken

With Basmati Rice, Braised Cabbage, and Mushroom

### Regular Plan

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

### Large Plan

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

DINNER

## Salmon Spinach Pie



WITH ARUGULA AND PUMPKIN SALAD

SNACK

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### Regular Plan

120kcal  
Calories  
4g  
Protein  
8g  
Carbs  
8g  
Fat

### Large Plan

120kcal  
Calories  
4g  
Protein  
8g  
Carbs  
8g  
Fat

## Pistachio Energy Bites



## Yakiniku Salmon

LUNCH



With Brown Rice, Kimchi Salad, and Edamame

### Regular Plan

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

### Large Plan

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

Monday  
26  
MAY 2025

## BASIL MINCED CHICKEN



With Cauliflower Rice and Soy Egg

DINNER

### Regular Plan

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

### Large Plan

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

## Peanut Butter Cookies



SNACK

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### Regular Plan

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

### Large Plan

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



Tuesday  
27  
MAY 2025

Regular Plan

430kcal	33g
Calories	Protein
41g	15g
Carbs	Fat

Large Plan

625kcal	48g
Calories	Protein
59g	22g
Carbs	Fat

LUNCH



Regular Plan

440kcal	36g	42g	14g
Calories	Protein	Carbs	Fat

Large Plan

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



DINNER

SNACK



Regular Plan

120kcal	4g	8g	8g
Calories	Protein	Carbs	Fat

Large Plan

120kcal	4g	8g	8g
Calories	Protein	Carbs	Fat

LUNCH



Regular Plan

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

Large Plan

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

Wednesday  
28  
MAY 2025



DINNER

Regular Plan

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

Large Plan

550kcal	48g	53g	17g
Calories	Protein	Carbs	Fat

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.

# Thursday 29 MAY 2025

## Regular Plan

430kcal  
Calories  
39g  
Carbs  
35g  
Protein  
15g  
Fat

## Large Plan

645kcal  
Calories  
59g  
Carbs  
53g  
Protein  
23g  
Fat

### LUNCH

## Baked Teriyaki Chicken

with Roasted Potato, Roasted Capsicum, and French Beans

## Brown Rice Chicken Paella



WITH PRAWNS, SQUID, AND GREEN PEAS

## Regular Plan

400kcal  
Calories  
34g  
Protein  
35g  
Carbs  
14g  
Fat

## Large Plan

605kcal  
Calories  
51g  
Protein  
53g  
Carbs  
21g  
Fat

### DINNER

### SNACK

## Regular Plan

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

## Large Plan

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

## GLUTEN FREE BANANA BREAD



### LUNCH

## PERANAKAN CURRY BEEF



with Coconut Basmati Rice, Curry Cauliflower, and Okra

## Regular Plan

450kcal  
Calories  
36g  
Protein  
41g  
Carbs  
16g  
Fat

## Large Plan

655kcal  
Calories  
52g  
Protein  
59g  
Carbs  
23g  
Fat

# Friday 30 MAY 2025

## Cajun Orange Chicken



with Sweet Potato and Broccoli

### DINNER

## Regular Plan

420kcal  
Calories  
35g  
Protein  
39g  
Carbs  
14g  
Fat

## Large Plan

610kcal  
Calories  
51g  
Protein  
57g  
Carbs  
20g  
Fat

## MANGO CHIA SEEDS PUDDING



## Regular Plan

130kcal  
Calories  
3g  
Protein  
21g  
Carbs  
4g  
Fat

## Large Plan

130kcal  
Calories  
3g  
Protein  
21g  
Carbs  
4g  
Fat

### SNACK

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