

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, onions, 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 softly 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
12
JAN 2026

Regular Plan

480kcal
Calories

36g
Protein

48g
Carbs

16g
Fat

Large Plan

720kcal
Calories

54g
Protein

72g
Carbs

24g
Fat

LUNCH

Herb Chicken



with Aglio Olio Pasta, Tomato Sauce and Sweet Snap Peas

Regular Plan

395kcal
Calories

32g
Protein

49g
Carbs

15g
Fat

Large Plan

555kcal
Calories

45g
Protein

53g
Carbs

18g
Fat

DINNER

Teriyaki Salmon



with Quinoa, Sauté Mixed Veggies

SNACK

Regular Plan

120kcal
Calories

6g
Protein

6g
Carbs

8g
Fat

Large Plan

120kcal
Calories

6g
Protein

6g
Carbs

8g
Fat

Cumin Carrot Soup



Images are for illustration only.

Green Curry Chicken



with Brown Rice, Long Beans and Eggplants

LUNCH

Regular Plan

455kcal
Calories

31g
Protein

48g
Carbs

15g
Fat

Large Plan

685kcal
Calories

47g
Protein

74g
Carbs

23g
Fat

Tuesday
13
JAN 2026

Chicken Balls



with Cauliflower Rice, Spinach Egg

DINNER

Regular Plan

360kcal
Calories

36g
Protein

34g
Carbs

9g
Fat

Large Plan

540kcal
Calories

54g
Protein

51g
Carbs

14g
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

Images are for illustration only.

Wednesday
14
JAN 2026

Regular Plan

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

Large Plan

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

LUNCH

Yakiniku Minced Chicken



With Brown Rice, Edamame and Kimchi

Peri Peri Chicken



With Roasted Potato, Herb Veggies

Regular Plan

420kcal
Calories
37g
Protein
46g
Carbs
12g
Fat

Large Plan

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

DINNER

Peanut Butter Chocolate Energy Bites



SNACK

Regular Plan

125kcal
Calories
4g
Protein
2g
Carbs
11g
Fat

Large Plan

125kcal
Calories
4g
Protein
2g
Carbs
11g
Fat

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illustration only.

LUNCH

Basil Minced Chicken



With Brown Rice, Scrambled Egg and Kailan

Regular Plan

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

Large Plan

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

Thursday
15
JAN 2026

Baked Dukkah Spiced Sea Bass



With Couscous, Eggplant Caponata and Broccoli

DINNER

Regular Plan

390kcal
Calories
36g
Protein
35g
Carbs
12g
Fat

Large Plan

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

Roasted Mix Nuts



Regular Plan

180kcal
Calories
6g
Protein
7g
Carbs
14g
Fat

Large Plan

180kcal
Calories
6g
Protein
7g
Carbs
14g
Fat

SNACK

Images are for
illustration only.

Friday
16
JAN 2026

Regular Plan

445kcal
Calories
41g
Carbs
28g
Protein
19g
Fat

Large Plan

650kcal
Calories
59g
Carbs
41g
Protein
28g
Fat

LUNCH

Beef Patties



Regular Plan

385kcal
Calories
32g
Protein
39g
Carbs
11g
Fat

Large Plan

575kcal
Calories
48g
Protein
59g
Carbs
17g
Fat

Tumeric Chicken



DINNER

SNACK

Regular Plan

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

Large Plan

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

Peanut Butter Chocolate Cookie



Images are for
illustration only.

LUNCH

Peranakan Curry Chicken



Regular Plan

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

Large Plan

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

Monday
19
JAN 2026

Beef Meatballs



DINNER

Regular Plan

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

Large Plan

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

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 - WE

Tuesday
20
JAN 2026

Regularan

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

Large Plan

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

LUNCH

Sambal Seafood and Tofu



With Brown Rice and Shanghai Green

Tomato Soup



With Cajun Chicken, Avocado and Mixed Beans, Feta Cheese

Regular Plan

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

Large Plan

560kcal
Calories
53g
Protein
33g
Carbs
24g
Fat

DINNER

Tofu Chocolate Brownie



SNACK

Images are for
illustration only.

Large Plan

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

Large Plan

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

Mala Chicken



With Brown Rice and Honey Soy Mixed Veggies

LUNCH

Regular Plan

460kcal
Calories
36g
Protein
45g
Carbs
15g
Fat

Large Plan

665kcal
Calories
52g
Protein
65g
Carbs
22g
Fat

Wednesday
21
JAN 2026

Herb Chicken



With Roasted Herb Veggies Quinoa Salad, Pomegranate, Honey Citrus Dressing

DINNER

Regular Plan

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

Large Plan

535kcal
Calories
54g
Protein
41g
Carbs
17g
Fat

Carrot Cake with Cashew Frosting



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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illustration only.

Thursday
22

JAN 2026

Regular Plan

430kcal
Calories
42g
Carbs
32g
Protein
15g
Fat

Large Plan

625kcal
Calories
61g
Carbs
46g
Protein
22g
Fat

LUNCH

“Yuxiang” Roasted Chicken and Shiitake

with Brown Rice and Bok Choy

Regular Plan

430kcal
Calories
32g
Protein
42g
Carbs
15g
Fat

Large Plan

625kcal
Calories
55g
Protein
55g
Carbs
20g
Fat

Fresh Herb and Lemon Barramundi Fish

with Roasted Potatoes, French Beans

DINNER

SNACK

Regular Plan

150kcal
Calories
3g
Protein
16g
Carbs
8g
Fat

Large Plan

150kcal
Calories
3g
Protein
16g
Carbs
8g
Fat

Pumpkin Parmesan Biscuit

Images are for
illustration only.

Green Curry Chicken

with Brown Rice, Long Beans and Eggplants

LUNCH

Regular Plan

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

Large Plan

690kcal
Calories
52g
Protein
68g
Carbs
23g
Fat

Friday
23

JAN 2026

Regular Plan

385kcal
Calories
31g
Protein
34g
Carbs
14g
Fat

Large Plan

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

Salmon Chicken Balls

with Sweet Potatoes, Baked Spinach Egg and Broccoli

DINNER

Overnight Oats with Apple and Mix Nuts

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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illustration only.

Monday
26

JAN 2026

Regular Plan

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

Large Plan

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

LUNCH

Beef Chilli Con Carne



with Brown Rice, Saute Green Peas

Regular Plan

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

Large Plan

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

DINNER

Peri Peri Tilapia



with Roasted Potatoes, French Beans and Carrot

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



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illustration only.

Gong Bao Chicken



with Brown Rice, Spicy Eggplant, Garlic Choy Sum

LUNCH

Regular Plan

465kcal
Calories
39g
Protein
48g
Carbs
13g
Fat

Large Plan

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

Tuesday
27

JAN 2026

Basil Minced Chicken



with Rice Noodles and Honey Soy Mixed Veggies

DINNER

Regular Plan

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

Large Plan

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

Tofu Chocolate Brownie



SNACK

Regular Plan

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

Large Plan

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

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illustration only.

Wednesday
28
JAN 2026

Regular Plan			
465kcal	39g		
Calories	Protein		
48g	13g		
Carbs	Fat		
Large Plan			
700kcal	59g		
Calories	Protein		
72g	20g		
Carbs	Fat		

LUNCH

Nasi Lemak (Tumeric Chicken)



with Basmati Rice, Boiled Egg and Cucumber

Honey Miso Barramundi



with Cauliflower Rice, Saute Edamame

Regular Plan			
370kcal	36g	21g	16g
Calories	Protein	Carbs	Fat
Large Plan			
540kcal	52g	30g	23g
Calories	Protein	Carbs	Fat

DINNER

Coconut and Cranberry Bar



SNACK

Regular Plan			
170kcal	4g	27g	5g
Calories	Protein	Carbs	Fat
Large Plan			
170kcal	4g	27g	5g
Calories	Protein	Carbs	Fat

Images are for illustration only.

Seafood Tom Yam



with Brown Rice Noodles, Bean Sprouts and Long Beans

LUNCH

Regular Plan			
435kcal	31g	44g	15g
Calories	Protein	Carbs	Fat
Large Plan			
630kcal	45g	64g	22g
Calories	Protein	Carbs	Fat

Herb Chicken Breast



with Aglio Olio Pasta and Roasted Veggies with Tomato

DINNER

Thursday
29
JAN 2026

Regular Plan			
405kcal	36g	41g	11g
Calories	Protein	Carbs	Fat
Large Plan			
610kcal	54g	62g	17g
Calories	Protein	Carbs	Fat

Peanut Butter Chocolate 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.

Friday
30
JAN 2026

LUNCH

Regular Plan

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

Large Plan

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

Roasted Teriyaki Chicken



Regular Plan

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

Large Plan

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

Zesty Moroccan Chicken Breast



DINNER

SNACK

Regular Plan

120kcal 4g 13g 6g
Calories Protein Carbs Fat

Large Plan

120kcal 4g 13g 6g
Calories Protein Carbs Fat

Banana Oat Pancake With Apple Chutney



LUNCH

Yakiniku Minced Beef



Regular Plan

445kcal 33g 44g 45g
Calories Protein Carbs Fat

Large Plan

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

Monday
02
JAN 2026

Gong Bao Chicken



DINNER

Regular Plan

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

Large Plan

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

Peanut Butter Chocolate 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
03

FEB 2026

Regular Plan

415kcal
Calories
41g
Carbs
36g
Protein
12g
Fat

Large Plan

605kcal
Calories
59g
Carbs
52g
Protein
17g
Fat

LUNCH

Herb Chicken



With Roasted Potato, French Beans, Harissa Sauce

Regular Plan

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

Large Plan

645kcal
Calories
54g
Protein
63g
Carbs
20g
Fat

Beef Bolognese



With Pasta, Mixed Mushrooms and Green Peas

DINNER

SNACK

Regular Plan

150kcal
Calories
4g
Protein
15g
Carbs
8g
Fat

Large Plan

150kcal
Calories
4g
Protein
15g
Carbs
8g
Fat

Pumpkin Parmesan Biscuit



Images are for
illustration only.

Rendang Chicken



With Coconut Basmati Rice, Roasted Cauliflower

LUNCH

Regular Plan

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

Large Plan

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

Wednesday
04

FEB 2026

Fresh Herb and Lemon Tilapia



With Cayenne Roasted Sweet Potato, Herb Veggies

DINNER

Regular Plan

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

Large Plan

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

Gluten Free Banana Bread



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
05

FEB 2026

Regular Plan

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

LUNCH

Large Plan

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

Chicken Balls



With Cauliflower Rice, Spinach Egg and Broccoli

Regular Plan

395kcal
Calories
39g
Protein
28g
Carbs
14g
Fat

Large Plan

590kcal
Calories
59g
Protein
42g
Carbs
21g
Fat

Peri Peri Chicken



With Mushroom Barley Risotto and Braised Purple Cabbage

DINNER

SNACK

Images are for illustration only.

Regular Plan

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

Large Plan

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

Overnight Oats with Apple and Mix Nuts



Beef Patties



With Mashed Sweet Potato, Green Peas and Coriander Lime Juice

LUNCH

Regular Plan

475kcal
Calories
33g
Protein
43g
Carbs
19g
Fat

Large Plan

690kcal
Calories
48g
Protein
62g
Carbs
28g
Fat

Friday
06

FEB 2026

Basil Minced Chicken



With Brown Rice, Scrambled Egg and Kailan

DINNER

Regular Plan

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

Large Plan

585kcal
Calories
51g
Protein
49g
Carbs
20g
Fat

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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