



Weight Loss Menu

A close-up photograph of a hand using a metal garnishing tool to place a sliced red chili pepper onto a dish. The dish is served in a black tray and contains white rice, yellow corn, green beans, and other vegetables. The background is softly blurred, showing more of the kitchen or dining area.

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
10
MAR 2025

Regular Plan

460kcal
Calories

33g
Protein

44g
Carbs

Large Plan

690kcal
Calories

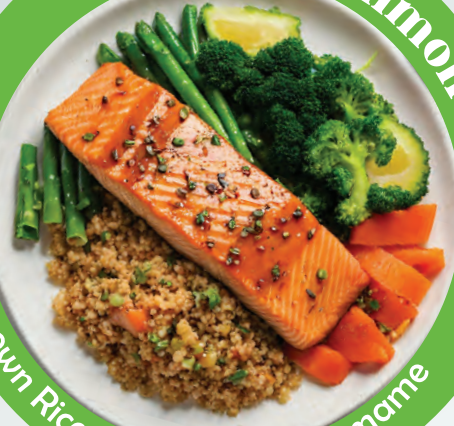
50g
Protein

66g
Carbs

LUNCH

Teriyaki Salmon

With Brown Rice, Kimchi, and Edamame



HERB CHICKEN



With Kale Quinoa Salad and Baked Pumpkin

Regular Plan

410kcal
Calories

42g
Protein

34g
Carbs

12g
Fat

Large Plan

595kcal
Calories

61g
Protein

49g
Carbs

17g
Fat

DINNER

SNACK

Regular Plan

120kcal
Calories

6g
Protein

6g
Carbs

8g
Fat

Large Plan

120kcal
Calories

6g
Protein

6g
Carbs

8g
Fat

Chocolate Hazelnut Energy Bites



LUNCH

Turmeric Chicken Nasi Lemak

With Coconut Basmati Rice, Hard Boiled Egg, and Cucumber



Regular Plan

460kcal
Calories

38g
Protein

41g
Carbs

16g
Fat

Large Plan

665kcal
Calories

55g
Protein

59g
Carbs

23g
Fat

Tuesday

11
MAR 2025

Regular Plan

370kcal
Calories

32g
Protein

36g
Carbs

11g
Fat

Large Plan

555kcal
Calories

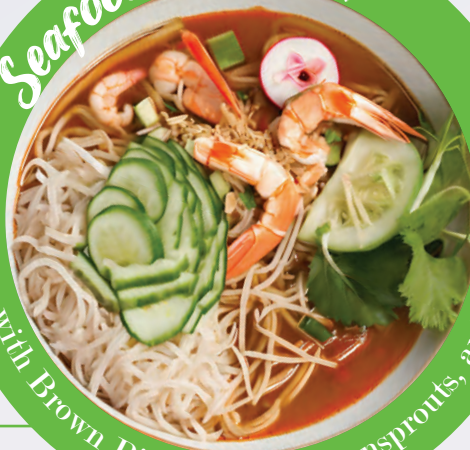
48g
Protein

54g
Carbs

17g
Fat

Seafood Tom Yam

With Brown Rice Noodles, Beansprouts, and Cucumber



DINNER

Carrot Cake with Cashew Frosting



Regular Plan

175kcal
Calories

8g
Protein

18g
Carbs

8g
Fat

Large Plan

175kcal
Calories

8g
Protein

18g
Carbs

8g
Fat

SNACK

Wednesday
12
 MAR 2025

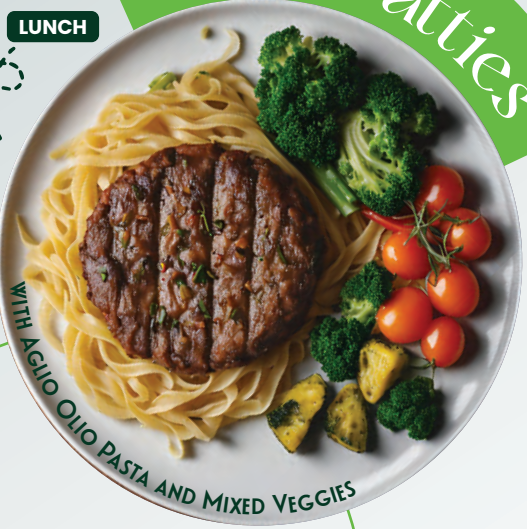
Regular Plan

385kcal
 Calories
 38g
 Carbs
 33g
 Protein
 11g
 Fat

Large Plan

555kcal
 Calories
 55g
 Carbs
 48g
 Protein
 16g
 Fat

Beef Patties



LUNCH

Green Curry Chicken



Regular Plan

455kcal
 Calories
 36g
 Protein
 44g
 Carbs
 15g
 Fat

Large Plan

660kcal
 Calories
 52g
 Protein
 64g
 Carbs
 22g
 Fat

DINNER

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



CHICKEN THIGH CHUNKS



LUNCH

Regular Plan

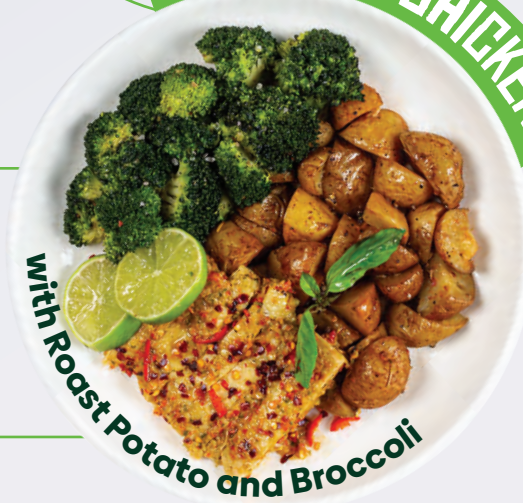
415kcal
 Calories
 31g
 Protein
 41g
 Carbs
 14g
 Fat

Large Plan

600kcal
 Calories
 45g
 Protein
 59g
 Carbs
 20g
 Fat

Thursday
13
 MAR 2025

PERI PERI CHICKEN



DINNER

Regular Plan

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

Large Plan

610kcal
 Calories
 54g
 Protein
 62g
 Carbs
 17g
 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

Friday

14

MAR 2025

Regular Plan

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

Large Plan

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

LUNCH

Yakiniku Minced Beef



WITH BROWN RICE, EDAMAME, AND KIMCHI

Lemongrass Barramundi



WITH RICE NOODLES, BEANSPROUTS, SPINACH, AND CLEAR CHICKEN SOUP

Regular Plan

415kcal
Calories 33g
Protein 41g
Carbs 13g
Fat

Large Plan

600kcal
Calories 48g
Protein 59g
Carbs 19g
Fat

DINNER

Pistachio and Dates Energy Bites



SNACK

Regular Plan

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

Large Plan

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

Gong Bao Chicken



with Brown Rice, Spicy Eggplant, and Cucumber Salad

LUNCH

Regular Plan

465kcal
Calories 36g
Protein 47g
Carbs 15g
Fat

Large Plan

675kcal
Calories 52g
Protein 68g
Carbs 22g
Fat

Monday
17

MAR 2025

Regular Plan

410kcal
Calories 34g
Protein 41g
Carbs 12g
Fat

Large Plan

590kcal
Calories 49g
Protein 59g
Carbs 17g
Fat

HARISSA ROASTED TILAPIA



with Roasted Potato and French Beans

DINNER

Peanut Butter Chocolate Energy Bites



Regular Plan

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

Large Plan

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

SNACK

Tuesday
18
MAR 2025

Regular Plan

440kcal
Calories
48g
Carbs
37g
Protein
11g
Fat

Large Plan

635kcal
Calories
70g
Carbs
54g
Protein
16g
Fat

LUNCH

Honey Miso Salmon



With Quinoa and Broccoli

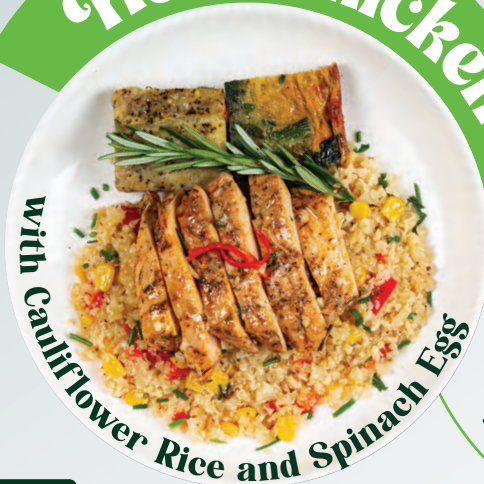
Regular Plan

385kcal
Calories
39g
Protein
28g
Carbs
13g
Fat

Large Plan

580kcal
Calories
59g
Protein
42g
Carbs
20g
Fat

Herb Chicken



With Cauliflower Rice and Spinach Egg

DINNER

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



Beef Bolognese



WITH PASTA, MIXED MUSHROOMS, AND GREEN PEAS

LUNCH

Regular Plan

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

Large Plan

710kcal
Calories
51g
Protein
69g
Carbs
26g
Fat

Wednesday
19
MAR 2025

Regular Plan

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

Large Plan

555kcal
Calories
46g
Protein
57g
Carbs
16g
Fat

Lemongrass Chicken



With Rice Vermicelli and Mixed Veggies Salad

DINNER

OATMEAL COOKIE



Regular Plan

145kcal
Calories
5g
Protein
9g
Carbs
10g
Fat

Large Plan

145kcal
Calories
5g
Protein
9g
Carbs
10g
Fat

SNACK

Thursday 20

MAR 2025

Regular Plan

460kcal
Calories 37g
Protein
42g
Carbs 16g
Fat

Large Plan

690kcal
Calories 56g
Protein
63g
Carbs 24g
Fat

LUNCH

Peranakan Curry Beef and Pumpkin



with Coconut Basmati Rice and Garlic Okra

Regular Plan

355kcal 32g 32g 11g
Calories Protein Carbs Fat

Large Plan

515kcal 46g 46g 16g
Calories Protein Carbs Fat

Ma Po Tofu



with Rice Noodles and Beansprouts

DINNER

SNACK

Regular Plan

190kcal 6g 12g 13g
Calories Protein Carbs Fat

Large Plan

190kcal 6g 12g 13g
Calories Protein Carbs Fat

ALMOND OATS ENERGY BAR



CHICKEN RENDANG



with Brown Rice and Roasted Cauliflower

LUNCH

Regular Plan

405kcal 33g 41g 12g
Calories Protein Carbs Fat

Large Plan

590kcal 48g 59g 18g
Calories Protein Carbs Fat

Friday

21

MAR 2025

Peri Peri Barramundi



with Cajun Sweet Potato and Broccoli

DINNER

Regular Plan

415kcal 33g 41g 13g
Calories Protein Carbs Fat

Large Plan

620kcal 50g 62g 20g
Calories Protein Carbs Fat

Tofu Chocolate Brownie



Regular Plan

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

Large Plan

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

SNACK

Monday 24

MAR 2025

Regular Plan

480kcal
Calories 36g
Protein
48g 16g
Carbs Fat

Large Plan

720kcal
Calories 54g
Protein
72g 24g
Carbs Fat

LUNCH

HERB CHICKEN



with Aglio Olio Pasta, Tomato Sauce, and Sweet Snap Peas

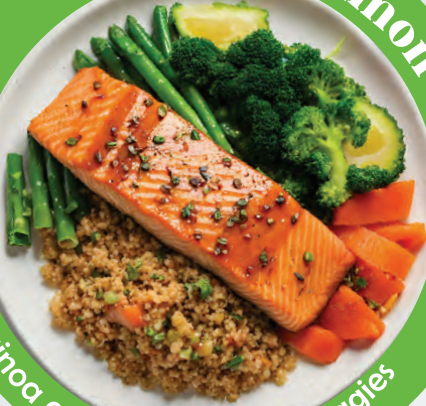
Regular Plan

395kcal 32g 38g 13g
Calories Protein Carbs Fat

Large Plan

555kcal 45g 53g 18g
Calories Protein Carbs Fat

Teriyaki Salmon



with Quinoa and Sauté Mixed Veggies

DINNER

SNACK

Regular Plan

120kcal 4g 4g 10g
Calories Protein Carbs Fat

Large Plan

120kcal 4g 6g 10g
Calories Protein Carbs Fat

Pistachio and Dates Energy Bites



Red Curry Chicken



WITH BROWN RICE, LONG BEANS, AND EGGPLANTS

LUNCH

Regular Plan

450kcal 37g 42g 15g
Calories Protein Carbs Fat

Large Plan

675kcal 56g 63g 23g
Calories Protein Carbs Fat

Tuesday 25

MAR 2025

Salmon Chicken Balls



with Cauliflower Rice and Spinach Egg

DINNER

Regular Plan

370kcal 39g 26g 12g
Calories Protein Carbs Fat

Large Plan

550kcal 59g 39g 18g
Calories Protein Carbs Fat

TOFU CHOCOLATE BROWNIE



SNACK

Regular Plan

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

Large Plan

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

Wednesday 26

MAR 2025

Regular Plan

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

Large Plan

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

LUNCH

Yakniku Minced Beef

With Brown Rice, Edamame, and Kimchi

Regular Plan

420kcal
Calories
37g
Protein
41g
Carbs
12g
Fat

Large Plan

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

DINNER

PERI PERI CHICKEN

With Roasted Potato and Herb Veggies

SNACK

Regular Plan

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

Large Plan

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

PEANUT BUTTER CHOCOLATE ENERGY BITES



Basil Minced Chicken

with Brown Rice, Soy Egg, and Kailan

LUNCH

Regular Plan

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

Large Plan

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

Thursday 27

MAR 2025

Regular Plan

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

Large Plan

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

BAKED LEMONGRASS BARRAMUNDI

With Cajun Roasted Sweet Potato and Broccoli

DINNER

Carrot Cake with Cashew Frosting

SNACK

Regular Plan

180kcal
Calories
8g
Protein
19g
Carbs
8g
Fat

Large Plan

180kcal
Calories
8g
Protein
19g
Carbs
8g
Fat

Friday 28

MAR 2025

Regular Plan

440kcal
Calories 32g
Protein

44g
Carbs 15g
Fat

Large Plan

635kcal
Calories 46g
Protein

64g
Carbs 22g
Fat

LUNCH

Beef Patties



WITH MASHED SWEET POTATO, GREEN PEAS, AND CURRIANT LIME SAUCE

Regular Plan

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

Large Plan

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

Turmeric Chicken



WITH BROWN RICE AND LADY FINGER

SNACK

Regular Plan

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

Large Plan

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

DINNER

Peanut Butter Chocolate Cookie



Monday 31

MAR 2025

LUNCH

Peranakan Curry Chicken



with Basmati Rice, Cauliflower, and Lady Finger

Regular Plan

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

Large Plan

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

Chicken Balls



with Mashed Potatoes, Tomato Sauce, Saute Green Peas, and Carrot

DINNER

Regular Plan

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

Large Plan

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

Peanut Butter Chocolate Energy Bites



Regular Plan

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

Large Plan

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

SNACK

Tuesday

01

APR 2025

Regular Plan

435kcal
Calories

33g
Protein

44g
Carbs

14g
Fat

Large Plan

650kcal
Calories

50g
Protein

66g
Carbs

21g
Fat

LUNCH



Sambal Prawns and Squids



WITH BROWN RICE, TOFU, AND SHANGHAI GREEN

Regular Plan

385kcal
Calories

38g
Protein

22g
Carbs

16g
Fat

Large Plan

575kcal
Calories

57g
Protein

33g
Carbs

24g
Fat

DINNER

Cajun Chicken



with Tomato Soup, Avocado, Mixed Beans, and Feta Cheese

SNACK



Regular Plan

185kcal
Calories

8g
Protein

20g
Carbs

8g
Fat

Large Plan

185kcal
Calories

8g
Protein

20g
Carbs

8g
Fat

TOFU CHOCOLATE BROWNIE



LUNCH



YAKINIKU MINCED BEEF



WITH RICE NOODLES, KIMCHI, AND EDAMAME

Regular Plan

460kcal
Calories

36g
Protein

45g
Carbs

15g
Fat

Large Plan

665kcal
Calories

52g
Protein

65g
Carbs

22g
Fat

Wednesday

02

APR 2025

Regular Plan

370kcal
Calories

37g
Protein

28g
Carbs

12g
Fat

Large Plan

535kcal
Calories

54g
Protein

41g
Carbs

17g
Fat

Herb Chicken



With Roasted Herb Veggies Quinoa Salad

DINNER



CARROT CAKE WITH CASHEW FROSTING



Regular Plan

180kcal
Calories

8g
Protein

19g
Carbs

8g
Fat

Large Plan

180kcal
Calories

8g
Protein

19g
Carbs

8g
Fat

SNACK



Thursday 03

APR 2025

Regular Plan

445kcal
Calories
45g
Carbs
32g
Protein
15g
Fat

Large Plan

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

LUNCH

Yuxiang Minced Chicken



With Brown Rice, Saute Mushroom, and Bok Choy

Regular Plan

430kcal
Calories
38g
Protein
38g
Carbs
14g
Fat

Large Plan

645kcal
Calories
57g
Protein
57g
Carbs
21g
Fat

Lemon Barramundi Fish



With Fresh Herb, Roasted Potatoes, and French Beans

DINNER

SNACK

Regular Plan

120kcal
Calories
4g
Protein
4g
Carbs
10g
Fat

Large Plan

120kcal
Calories
4g
Protein
4g
Carbs
10g
Fat

PISTACHIO AND DATES ENERGY BITER



GREEN CURRY CHICKEN



With Basmati Rice, Eggplants, and Long Beans

LUNCH

Regular Plan

450kcal
Calories
32g
Protein
47g
Carbs
15g
Fat

Large Plan

655kcal
Calories
46g
Protein
68g
Carbs
22g
Fat

Friday 04

APR 2025

Regular Plan

405kcal
Calories
36g
Protein
34g
Carbs
14g
Fat

Large Plan

590kcal
Calories
52g
Protein
49g
Carbs
20g
Fat

Salmon Chicken Balls



With Sweet Potatoes, Baked Spinach Egg, Broccoli and House Made Chili Sauce

DINNER

Overnight Oats



With Roasted Apple and Chia Seeds

SNACK

Regular Plan

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

Large Plan

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