

Weight Loss Menu



YoloPlans



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
09
FEB 2026

Teriyaki Chicken

Regular Plan

460kcal
Calories
44g
Carbs

LUNCH

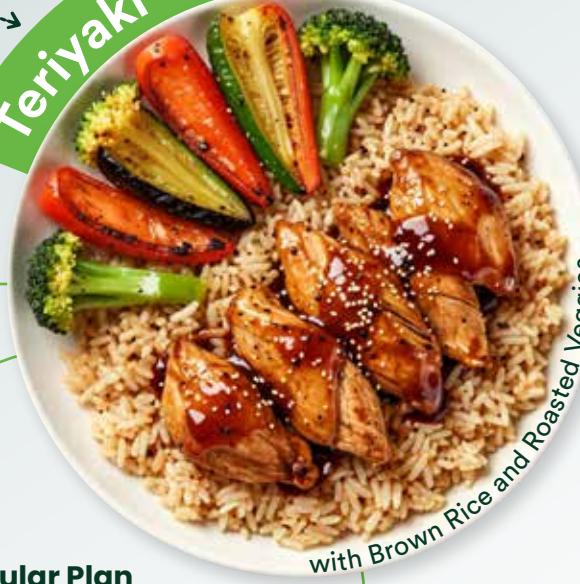
Large Plan

690kcal
Calories
66g
Carbs

Herb Chicken



with Kale Quinoa Salad and Baked Pumpkin



with Brown Rice and Roasted Veggies

Regular Plan

410kcal
Calories
42g
Protein
34g
Carbs
12g
Fat

Large Plan

595kcal
Calories
61g
Protein
49g
Carbs
17g
Fat

DINNER

Roasted Mix Nuts



SNACK

Regular Plan

130kcal
Calories
4g
Protein
2g
Carbs
12g
Fat

Large Plan

130kcal
Calories
4g
Protein
2g
Carbs
12g
Fat

Nasi Lemak (Tumeric Chicken)



with Coconut Basmati Rice, Hard Boiled Egg, Cucumber

Tuesday
10
FEB 2026

LUNCH

Regular Plan

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

Large Plan

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

Tomato Baked Tilapia



with Brown Rice Noodles and Braised Mixed Veggies

DINNER

Regular Plan

370kcal
Calories
32g
Protein
36g
Carbs
11g
Fat

Large Plan

555kcal
Calories
48g
Protein
54g
Carbs
17g
Fat

Carrot Cake with Cashew Frosting



Regular Plan

180kcal
Calories
8g
Protein
18g
Carbs
8g
Fat

Large Plan

180kcal
Calories
8g
Protein
18g
Carbs
8g
Fat

SNACK

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illustration only.

Wednesday

11

FEB 2026

Regular Plan

385kcal
Calories
38g
Carbs

LUNCH

Large Plan

555kcal
Calories
55g
Carbs

Beef Patties



Green Curry Chicken



SNACK

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Regular Plan

455kcal
Calories
36g
Protein

Large Plan

660kcal
Calories
52g
Protein

DINNER

Gluten Free Banana Bread

Brown Rice Paella



LUNCH

Regular Plan

415kcal
Calories
31g
Protein

Large Plan

600kcal
Calories
45g
Protein

Thursday

12

FEB 2026

Peri Peri Chicken



Hazelnut and Chocolate Granola Bar

Regular Plan

405kcal
Calories
36g
Protein

Large Plan

610kcal
Calories
54g
Protein

DINNER

Regular Plan

190kcal
Calories
5g
Protein

24g
Carbs
8g
Fat

Large Plan

190kcal
Calories
5g
Protein

24g
Carbs
8g
Fat

SNACK

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Friday
13
FEB 2026

Regular Plan

465kcal
Calories
46g
Carbs

LUNCH

36g
Protein
15g
Fat

Large Plan

670kcal
Calories
67g
Carbs

52g
Protein
22g
Fat

Chicken Mushroom Stem

with Soba Noodle and Garlic Kailan

Yakiniku Mixed Beef



with Brown Rice, Edamame and Kimchi

Regular Plan

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

Large Plan

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

Pumpkin Parmesan Biscuit



SNACK

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illustration only.

Gong Bao Chicken



with Brown Rice, Spicy Eggplant, Cucumber Salad

Regular Plan

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

Large Plan

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

Monday
16
FEB 2026

Harissa Roasted Tilapia



with Roasted Potato, French Beans

Regular Plan

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

Large Plan

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

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

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Tuesday
17
FEB 2026

Regular Plan

440kcal
Calories
48g
Carbs

LUNCH

37g
Protein
11g
Fat

Large Plan

635kcal
Calories
70g
Carbs

54g
Protein
16g
Fat

Cauliflower Rice



with Herb Chicken and Spinach Egg

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

Gluten Free Banana Bread



DINNER

SNACK

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Regular Plan

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

Large Plan

175kcal
Calories
5g
Protein
46g
Carbs
10g
Fat

Beef Bolognese



with Pasta, Mixed Mushrooms and Green Peas

Regular Plan

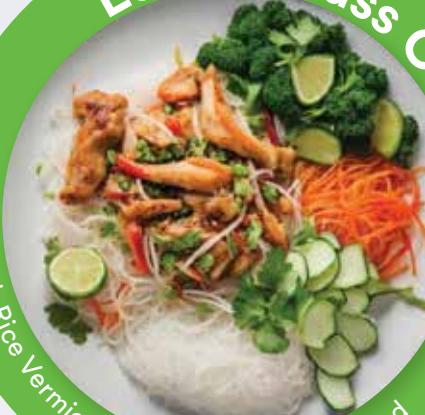
475kcal
Calories
34g
Protein
46g
Carbs
17g
Fat

Large Plan

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

Wednesday
18
FEB 2026

Lemongrass Chicken



with Rice Vermicelli and Mixed Veggies Salad

Regular Plan

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

Large Plan

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

Peanut Butter Chocolate Cookie



DINNER

Regular Plan

155kcal
Calories
5g
Protein
4g
Carbs
13g
Fat

Large Plan

155kcal
Calories
5g
Protein
4g
Carbs
13g
Fat

SNACK

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Thursday
19
FEB 2026



Regular Plan
460kcal
Calories
42g
Carbs

Large Plan
690kcal
Calories
63g
Carbs

LUNCH



Regular Plan
690kcal
Calories
56g
Protein

Large Plan
900kcal
Calories
63g
Carbs

Regular Plan

350kcal
Calories
36g
Protein

Large Plan

510kcal
Calories
52g
Protein

27g
Carbs
11g
Fat

39g
Carbs
16g
Fat

DINNER



SNACK

Regular Plan

175kcal
Calories
6g
Protein

Large Plan
175kcal
Calories
6g
Protein

Regular Plan

175kcal
Calories
24g
Carbs

Large Plan
175kcal
Calories
24g
Carbs

6g
Fat



Regular Plan

405kcal
Calories
33g
Protein

41g
Carbs
12g
Fat

Large Plan

510kcal
Calories
48g
Protein

59g
Carbs
18g
Fat

Friday
20
FEB 2026



Regular Plan

415kcal
Calories
33g
Protein

41g
Carbs
13g
Fat

Large Plan

620kcal
Calories
50g
Protein

62g
Carbs
20g
Fat

DINNER



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
23

FEB 2026

LUNCH

Regular Plan

480kcal
Calories
48g
Carbs

36g
Protein

16g
Fat

Large Plan

720kcal
Calories
72g
Carbs

54g
Protein

24g
Fat

Teriyaki Salmon



With Quinoa, Sauté Mixed Veggies

Herb Chicken



with Aglio Olio Pasta, Tomato Sauce, Sweet Snap Peas

Regular Plan

395kcal
Calories
32g
Protein

38g
Carbs
15g
Fat

Large Plan

555kcal
Calories
45g
Protein

53g
Carbs
18g
Fat

DINNER



SNACK

Regular Plan

120kcal
Calories
4g
Protein

13g
Carbs
6g
Fat

Large Plan

120kcal
Calories
4g
Protein

13g
Carbs
6g
Fat

Red Curry Chicken



Regular Plan

370kcal
Calories
39g
Protein

26g
Carbs
12g
Fat

Large Plan

550kcal
Calories
59g
Protein

39g
Carbs
18g
Fat

LUNCH

Regular Plan

450kcal
Calories
37g
Protein

42g
Carbs
15g
Fat

Large Plan

675kcal
Calories
56g
Protein

63g
Carbs
23g
Fat

Tuesday
24

JAN 2026

Salmon Chicken Balls



With Cauliflower Rice and Spinach Egg

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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Wednesday
25
FEB 2026

Regular Plan

465kcal
Calories
36g
Protein
42g
Carbs
14g
Fat

Large Plan

670kcal
Calories
52g
Protein
61g
Carbs
22g
Fat

Peri Peri Chicken



with Roast Potato and Broccoli

LUNCH

Yakiniku Mixed 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

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

Basil Minced Chicken



with Basmati Rice, Scrambled Egg and Kailan

LUNCH

Regular Plan

440kcal
Calories
36g
Protein
43g
Carbs
19g
Fat

Large Plan

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

Thursday
26
FEB 2026

Baked Lemongrass Barramundi



with Cajun Roasted Sweet Potato, Broccoli

DINNER

Regular Plan

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

Large Plan

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

Carrot Cake with Cashew Frosting



Regular Plan

180kcal
Calories
8g
Protein
19g
Carbs
182g
Fat

Large Plan

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

SNACK

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Friday
27

FEB 2026

LUNCH

Regular Plan

475kcal
Calories
43g
Carbs

33g
Protein
19g
Fat

Large Plan

690kcal
Calories
62g
Carbs

48g
Protein
28g
Fat

Tumeric Chicken



with Brown Rice and Lady Finger

Beef Patties



With Mashed Sweet Potato, Green Peas and Coriander Lime Juice

Regular Plan

345kcal
Calories
32g
Protein
34g
Carbs
9g
Fat

Large Plan

535kcal
Calories
50g
Protein
53g
Carbs
14g
Fat

DINNER

Peanut Butter Chocolate Cookie



SNACK

Regular Plan

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

Large Plan

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

Peranakan Curry Chicken



with Basmati Rice, Cauliflower and Lady Finger

Regular Plan

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

Large Plan

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

Monday
02
MAR 2026

Chicken Patties



Regular Plan

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

Large Plan

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

Peanut Butter Chocolate Energy Bites



Regular Plan

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

Large Plan

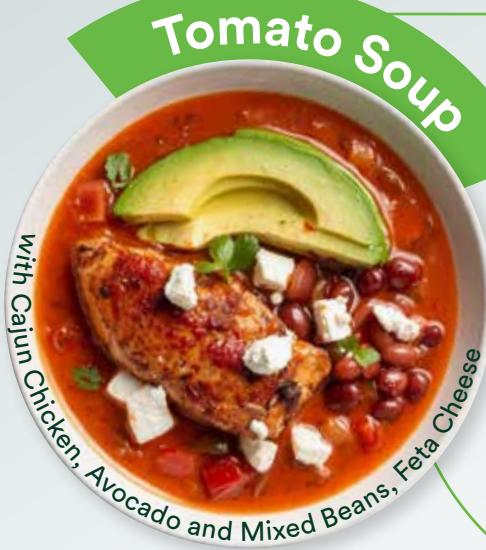
125kcal
Calories
4g
Protein
2g
Carbs
11g
Fat

SNACK

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Tuesday
03

MAR 2026



LUNCH

Regular Plan

435kcal
Calories
44g
Carbs

33g
Protein
14g
Fat

Large Plan

650kcal
Calories
66g
Carbs

50g
Protein
21g
Fat



Regular Plan
385kcal
Calories
38g
Protein
22g
Carbs
14g
Fat

Large Plan

575kcal
Calories
57g
Protein
33g
Carbs

24g
Fat



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SNACK

Regular Plan

190kcal
Calories
5g
Protein
24g
Carbs
8g
Fat

Large Plan

190kcal
Calories
5g
Protein
24g
Carbs
8g
Fat



LUNCH

Regular Plan

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

Large Plan

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

Wednesday
04
MAR 2026



Regular Plan

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

Large Plan

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



DINNER

Regular Plan

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

Large Plan

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

SNACK

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Thursday
05

MAR 2026



Regular Plan

445kcal
Calories
45g Carbs

32g Protein
15g Fat

Large Plan

640kcal
Calories
65g Carbs

46g Protein
22g Fat

LUNCH



Regular Plan

430kcal
Calories

38g Protein
38g Carbs

14g Fat

Large Plan

645kcal
Calories

57g Protein
57g Carbs

21g Fat



SNACK

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with Basmati Rice, Long Beans and Eggplants

LUNCH

Regular Plan

450kcal
Calories

32g Protein
47g Carbs

15g Fat

Large Plan

655kcal
Calories

46g Protein
68g Carbs

22g Fat

Friday
06

MAR 2026



Regular Plan

405kcal
Calories

36g Protein
34g Carbs

14g Fat

Large Plan

590kcal
Calories

52g Protein
49g Carbs

20g Fat



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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