

The background of the entire page is a deep blue color. Overlaid on this background is a circular arrangement of various food items, including vegetables and fruits, rendered in a lighter blue, sketch-like style. The items include broccoli, cauliflower, bell peppers, tomatoes, avocados, onions, and leafy greens, all arranged in a circular pattern 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 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
09
FEB 2026

Regular Plan

460kcal
Calories
44g
Carbs
33g
Protein
17g
Fat

Large Plan

690kcal
Calories
66g
Carbs
50g
Protein
26g
Fat

LUNCH

Teriyaki Chicken



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

Herb Chicken



with Kale Quinoa Salad and Baked Pumpkin

SNACK

Regular Plan

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

Large Plan

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

Roasted Mix Nuts



Images are for illustration only.

Nasi Lemak (Tumeric Chicken)



with Coconut Basmati Rice, Hard Boiled Egg, Cucumber

LUNCH

Regular Plan

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

Large Plan

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

Tuesday
10
FEB 2026

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

Images are for illustration only.

Wednesday
11
FEB 2026

Regular Plan

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

Large Plan

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

LUNCH

Beef Patties



With Aglio Olio Pasta, Tomato Sauce and Mixed Veggies

Green Curry Chicken



With Basmati Rice, Long Beans and Eggplants

Regular Plan

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

Large Plan

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

DINNER

Gluten Free Banana Bread



SNACK

Regular Plan

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

Large Plan

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

Images are for illustration only.

Brown Rice Paella



With Chicken Thigh Chunks, Prawns and Squids, Garlic Green Peas

LUNCH

Regular Plan

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

Large Plan

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

Thursday
12
FEB 2026

Peri Peri Chicken



With Roast Potato and Broccoli

DINNER

Regular Plan

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

Large Plan

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

Hazelnut and Chocolate Granola Bar



Regular Plan

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

Large Plan

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

SNACK

Images are for illustration only.

Friday
13
FEB 2026

Regular Plan

465kcal
Calories

36g
Protein

46g
Carbs

15g
Fat

Large Plan

670kcal
Calories

52g
Protein

67g
Carbs

22g
Fat

LUNCH

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

Chicken Mushroom Stew



With Soba Noodle and Garlic Kailan

DINNER

SNACK

Regular Plan

135kcal
Calories

3g
Protein

15g
Carbs

7g
Fat

Large Plan

135kcal
Calories

3g
Protein

15g
Carbs

7g
Fat

Pumpkin Parmesan Biscuit



LUNCH

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

DINNER

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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illustration only.

LOSS - WEIGHT LOSS - WEIGHT LOSS - WE

Tuesday
17
FEB 2026

Regular Plan

440kcal
Calories
48g
Carbs

37g
Protein
11g
Fat

LUNCH

Honey Miso Salmon



with Quinoa and Broccoli

Large Plan

635kcal
Calories
70g
Carbs

54g
Protein
16g
Fat

Cauliflower Rice



with Herb Chicken and Spinach Egg

Regular Plan

385kcal
Calories

39g
Protein

28g
Carbs

13g
Fat

Large Plan

580kcal
Calories

59g
Protein

42g
Carbs

20g
Fat

DINNER

Gluten Free Banana Bread



SNACK

Images are for
illustration only.

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

LUNCH

Regular Plan

475kcal
Calories

34g
Protein

46g
Carbs

17g
Fat

Large Plan

710kcal
Calories

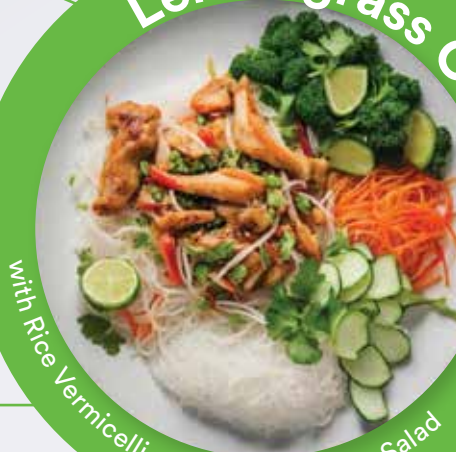
51g
Protein

69g
Carbs

26g
Fat

Wednesday
18
FEB 2026

Lemongrass Chicken



with Rice Vermicelli and Mixed Veggies Salad

DINNER

Regular Plan

385kcal
Calories

32g
Protein

39g
Carbs

11g
Fat

Large Plan

555kcal
Calories

46g
Protein

57g
Carbs

16g
Fat

Peanut Butter Chocolate Cookie



Regular Plan

155kcal
Calories

5g
Protein

4g
Carbs

13g
Fat

Large Plan

155kcal
Calories

5g
Protein

4g
Carbs

13g
Fat

SNACK

Images are for
illustration only.

Thursday
19
FEB 2026

Regular Plan

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

Large Plan

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

LUNCH

Peranakan Curry Beef and Pumpkin



with Coconut Basmati Rice, Garlic Okra

Regular Plan

350kcal
Calories
36g
Protein
27g
Carbs
11g
Fat

Large Plan

510kcal
Calories
52g
Protein
39g
Carbs
16g
Fat

DINNER

Chicken Rissoles



with Stroganoff Sauce, French Beans and Mashed Cauliflower

SNACK

Regular Plan

175kcal
Calories
6g
Protein
24g
Carbs
6g
Fat

Large Plan

175kcal
Calories
6g
Protein
24g
Carbs
6g
Fat

Apple and Chia Seeds Oatmeal



LUNCH

Chicken Rendang



with Brown Rice, Roasted Cauliflower

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

Cajun Orange Chicken



with Cajun Sweet Potato and Broccoli

DINNER

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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illustration only.

Monday
23

FEB 2026

Regular Plan

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

Large Plan

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

LUNCH

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

Teriyaki Salmon



With Quinoa, Saute Mixed Veggies

SNACK

Regular Plan

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

Large Plan

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

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Banana Oat Pancake With Apple Chutney



Red Curry Chicken



With Brown Rice, Long Beans and Eggplant

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

DINNER

Regular Plan

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

Large Plan

550kcal
Calories
59g
Protein
39g
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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Wednesday
25
FEB 2026

Regular Plan			
465kcal	36g		
Calories	Protein		
42g	14g		
Carbs	Fat		
Large Plan			
670kcal	52g		
Calories	Protein		
61g	22g		
Carbs	Fat		

LUNCH

Yakiniku Mixed Beef



with Brown Rice, Edamame and Kimchi

Regular Plan			
420kcal	37g	41g	12g
Calories	Protein	Carbs	Fat
Large Plan			
610kcal	54g	59g	17g
Calories	Protein	Carbs	Fat

Peri Peri Chicken



with Roast Potato and Broccoli

DINNER

SNACK

Regular Plan			
125kcal	4g	2g	11g
Calories	Protein	Carbs	Fat
Large Plan			
125kcal	4g	2g	11g
Calories	Protein	Carbs	Fat

Peanut Butter Chocolate Energy Bites



Images are for illustration only.

Basil Minced Chicken



with Basmati Rice, Scrambled Egg and Kailan

LUNCH

Regular Plan			
440kcal	36g	43g	19g
Calories	Protein	Carbs	Fat
Large Plan			
635kcal	52	61g	20g
Calories	Protein	Carbs	Fat

Thursday
26
FEB 2026

Baked Lemongrass Barramundi



with Cajun Roasted Sweet Potato, Broccoli

DINNER

Regular Plan			
390kcal	36g	35g	12g
Calories	Protein	Carbs	Fat
Large Plan			
590kcal	54g	53g	18g
Calories	Protein	Carbs	Fat

Carrot Cake with Cashew Frosting



Regular Plan			
180kcal	8g	19g	182g
Calories	Protein	Carbs	Fat
Large Plan			
180kcal	8g	19g	8g
Calories	Protein	Carbs	Fat

SNACK

Images are for illustration only.

Friday
27
FEB 2026

LUNCH

Regular Plan

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

Large Plan

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

Beef Patties



Tumeric Chicken



Regular Plan

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

Large Plan

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

DINNER

SNACK

Regular Plan

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

Large Plan

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

Peanut Butter Chocolate Cookie



LUNCH

Peranakan Curry Chicken



Regular Plan

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

Large Plan

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

Monday
02
MAR 2026

Chicken Patties



DINNER

Regular Plan

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

Large Plan

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

Peanut Butter Chocolate Energy Bites



Regular Plan

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

Large Plan

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

SNACK

Images are for illustration only.

WEIGHT LOSS - WEIGHT LOSS - WEIGHT LOSS - WEIGHT LOSS

Tuesday

03

MAR 2026

Regular Plan

435kcal
Calories

44g
Carbs

33g
Protein

14g
Fat

Large Plan

650kcal
Calories

66g
Carbs

50g
Protein

21g
Fat

LUNCH

Sambal Seafood and Tofu



with Brown Rice and Shanghai Green

Regular Plan

385kcal
Calories

38g
Protein

22g
Carbs

14g
Fat

Large Plan

575kcal
Calories

57g
Protein

33g
Carbs

24g
Fat

Tomato Soup



With Cajun Chicken, Avocado and Mixed Beans, Feta Cheese

DINNER

Hazelnut and Chocolate Granola Bar



SNACK

Regular Plan

190kcal
Calories

5g
Protein

24g
Carbs

8g
Fat

Large Plan

190kcal
Calories

5g
Protein

24g
Carbs

8g
Fat

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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

04

MAR 2026

Herb Chicken



with Roasted Herb Veggies Quinoa Salad

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

180kcal
Calories

8g
Protein

19g
Carbs

8g
Fat

Large Plan

180kcal
Calories

8g
Protein

19g
Carbs

8g
Fat

SNACK

Images are for illustration only.

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

Yuxiang Minced Chicken



With Sweet Potato Noodles and Sauté Mushroom with Bok Choy

Fresh Herb and Lemon Barramundi Fish



With Roasted Potatoes, French Beans

Regular Plan

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

Large Plan

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

DINNER

Pumpkin Parmesan Biscuit



SNACK

Images are for
illustration only.

Regular Plan

135kcal
Calories
3g
Protein
15g
Carbs
7g
Fat

Large Plan

135kcal
Calories
3g
Protein
15g
Carbs
7g
Fat

Green Curry Chicken



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

Chicken Balls



With Cauliflower Rice, Spinach Egg and Broccoli, Homemade Chili

DINNER

Regular Plan

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

Large Plan

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

Apple and Chia Seeds Oatmeal



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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