



Weight Loss Menu

A close-up photograph of a chef's hand using a silver knife to garnish a dish. The dish is served in a black rectangular pan and consists of white rice, yellow corn, green beans, and sliced red and green chili peppers. The chef is carefully placing a slice of red chili on top. The background is blurred, showing other kitchen items and ingredients.

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

MAR 2026

Regular Plan

470kcal
Calories

31g
Protein

48g
Carbs

LUNCH

Large Plan

705kcal
Calories

47g
Protein

72g
Carbs

26g
Fat

Nasi Lemak (Turmeric Chicken)



With Coconut Basmati Rice, Cucumber and Egg

Honey Miso Prawn



With Aglio Olio Linguine and Sauté Veggie

Regular Plan

360kcal
Calories

32g
Protein

38g
Carbs

9g
Fat

Large Plan

525kcal
Calories

46g
Protein

55g
Carbs

13g
Fat

DINNER

Gluten Free Banana Bread



SNACK

Regular Plan

175kcal
Calories

5g
Protein

16g
Carbs

10g
Fat

Large Plan

175kcal
Calories

5g
Protein

46g
Carbs

10g
Fat

Images are for illustration only.

Health Kicked Chicken Rice



With Lemongrass Chicken, Brown Rice, Choy Sum and Chili Sauce

LUNCH

Regular Plan

420kcal
Calories

32g
Protein

41g
Carbs

14g
Fat

Large Plan

525kcal
Calories

46g
Protein

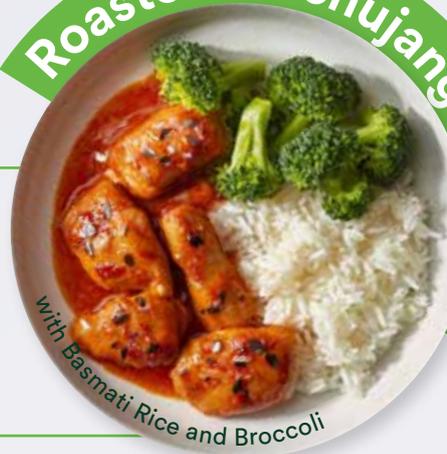
55g
Carbs

13g
Fat

Tuesday
10

MAR 2026

Roasted Gochujang Chicken



With Basmati Rice and Broccoli

DINNER

Regular Plan

395kcal
Calories

29g
Protein

40g
Carbs

13g
Fat

Large Plan

570kcal
Calories

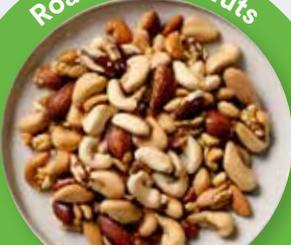
42g
Protein

58g
Carbs

19g
Fat

SNACK

Roasted Mix Nuts



Regular Plan

200kcal
Calories

6g
Protein

8g
Carbs

16g
Fat

Large Plan

200kcal
Calories

68g
Protein

8g
Carbs

16g
Fat

Images are for illustration only.

Wednesday
11
 MAR 2026

Regular Plan

410kcal 32g
 Calories Protein
 41g 14g
 Carbs Fat

Large Plan

615kcal 48g
 Calories Protein
 62g 20g
 Carbs Fat

LUNCH

Baked Dukkah-Crusted Sea Bass



Gong Bao Chicken



with Brown Rice and Shanghai Greens

Regular Plan

410kcal 31g 38g 15g
 Calories Protein Carbs Fat

Large Plan

595kcal 45g 55g 22g
 Calories Protein Carbs Fat

DINNER

Tofu Chocolate Brownie



SNACK

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.

LUNCH

Teriyaki Salmon



with Brown Rice, Kimchi and Edamame

Regular Plan

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

Large Plan

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

Thursday
12
 MAR 2026

Herb Chicken



with Kale Pesto Pasta, Cajun Mix Veggies

Regular Plan

435kcal 38g 41g 13g
 Calories Protein Carbs Fat

Large Plan

650kcal 57g 62g 20g
 Calories Protein Carbs Fat

DINNER

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

Images are for illustration only.

Friday
13

MAR 2026

Regular Plan

420kcal
Calories 35g
Protein
41g 13g
Carbs Fat

Large Plan

610kcal 51g
Calories Protein
59g 19g
Carbs Fat

LUNCH

Peri Peri Chicken



with Roasted Potato and Broccoli

Peranakan Beef Curry & Pumpkin



With Basmati Rice, curry cauliflower and Green Peas

Regular Plan

405kcal 31g 36g 15g
Calories Protein Carbs Fat

Large Plan

605kcal 47g 54g 23g
Calories Protein Carbs Fat

DINNER

Hazelnut and Chocolate Granola Bar



SNACK

Regular Plan

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

Large Plan

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

Images are for illustration only.

Lemon & Dill Salmon



with Roasted Potato, Herb Veggies and tomato

LUNCH

Regular Plan

425kcal 33g 39g 15g
Calories Protein Carbs Fat

Large Plan

615kcal 48g 57g 22g
Calories Protein Carbs Fat

Monday
16

MAR 2026

Butter Chicken



with Basmati Rice and Sweet Snap Peas

DINNER

Regular Plan

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

Large Plan

610kcal 47g 62g 20g
Calories Protein Carbs Fat

Peanut Butter Cookie



SNACK

Regular Plan

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

Large Plan

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

Images are for illustration only.

Tuesday

17

MAR 2026

Regular Plan

445kcal
Calories

31g
Protein

44g
Carbs

16g
Fat

Large Plan

645kcal
Calories

45g
Protein

64g
Carbs

23g
Fat

LUNCH

Roast Yuxiang Chicken and Mushroom

with Brown rice, Spicy Eggplants and Kailan

Regular Plan

440kcal
Calories

41g
Protein

28g
Carbs

18g
Fat

Large Plan

635kcal
Calories

59g
Protein

41g
Carbs

26g
Fat

DINNER

Salmon Chicken Balls

with Cauliflower Rice and Edamame

SNACK

Regular Plan

120kcal
Calories

4g
Protein

13g
Carbs

6g
Fat

Large Plan

120kcal
Calories

4g
Protein

13g
Carbs

6g
Fat

Images are for illustration only.

Banana Oat Pancake With Apple Chutney

Basil Minced Chicken

with Brown Rice, Scrambled egg and garlic long beans

LUNCH

Regular Plan

440kcal
Calories

31g
Protein

41g
Carbs

17g
Fat

Large Plan

640kcal
Calories

45g
Protein

59g
Carbs

25g
Fat

Wednesday

18

MAR 2026

Regular Plan

390kcal
Calories

35g
Protein

35g
Carbs

12g
Fat

Large Plan

580kcal
Calories

53g
Protein

53g
Carbs

18g
Fat

Cajun Orange Chicken

with Roasted Sweet Potato, Broccoli

DINNER

Pumpkin Parmesan Biscuit

Regular Plan

150kcal
Calories

7g
Protein

13g
Carbs

8g
Fat

Large Plan

150kcal
Calories

7g
Protein

13g
Carbs

8g
Fat

SNACK

Images are for illustration only.

Thursday 19

MAR 2026

Regular Plan

425kcal
Calories 39g
Protein
31g 16g
Carbs Fat

Large Plan

635kcal 59g
Calories Protein
47g 24g
Carbs Fat

LUNCH

Morocco Spiced Chicken



With Pumpkin Carrot Quinoa Salad and French Beans

Yakiniku Minced Beef



With Sweet Potato Noodle, Bean Sprouts and Kimchi

Regular Plan

400kcal 39g 29g 14g
Calories Protein Carbs Fat

Large Plan

575kcal 57g 42g 20g
Calories Protein Carbs Fat

DINNER

Gluten Free Banana Bread



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.

LUNCH

Lemongrass Barramundi



With Brown Rice, Honey soy Tofu and Shanghai Greens

Regular Plan

460kcal 36g 43g 16g
Calories Protein Carbs Fat

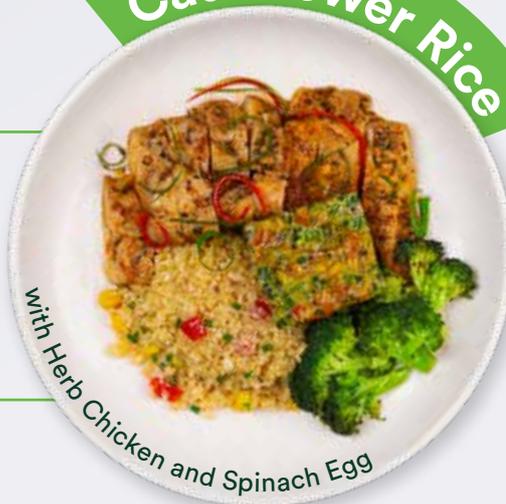
Large Plan

665kcal 52g 62g 23g
Calories Protein Carbs Fat

Friday 20

MAR 2026

Cauliflower Rice



With Herb Chicken and Spinach Egg

Regular Plan

415kcal 38g 34g 14g
Calories Protein Carbs Fat

Large Plan

600kcal 55g 49g 20g
Calories Protein Carbs Fat

DINNER

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

Images are for illustration only.

Monday 23

MAR 2026

Regular Plan

425kcal
Calories

31g
Protein

42g
Carbs

15g
Fat

Large Plan

640kcal
Calories

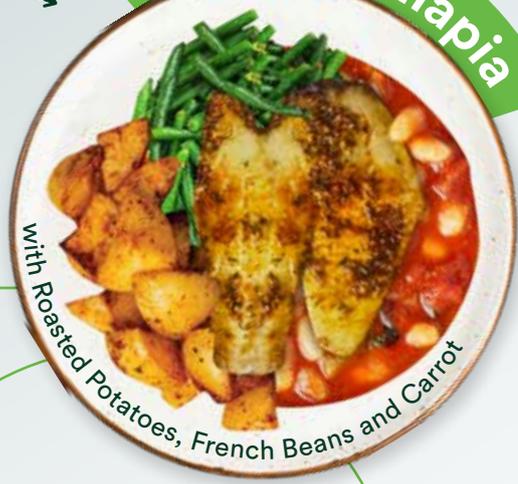
47g
Protein

63g
Carbs

23g
Fat

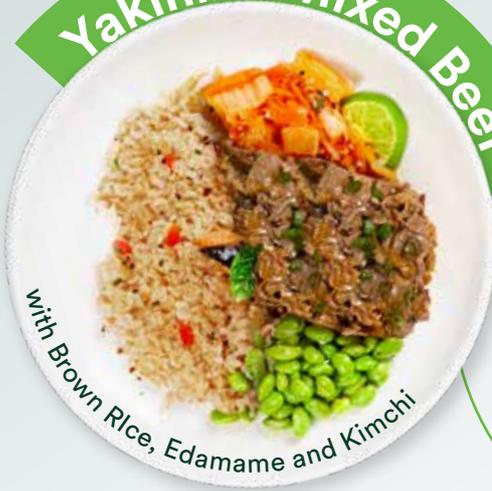
LUNCH

Peri Peri Tilapia



With Roasted Potatoes, French Beans and Carrot

Yakiniku Mixed Beef



With Brown Rice, Edamame and Kimchi

Regular Plan

415kcal
Calories

34g
Protein

43g
Carbs

13g
Fat

Large Plan

600kcal
Calories

49g
Protein

55g
Carbs

20g
Fat

DINNER

Pumpkin Parmesan Biscuit



SNACK

Regular Plan

150kcal
Calories

4g
Protein

16g
Carbs

8g
Fat

Large Plan

150kcal
Calories

4g
Protein

16g
Carbs

8g
Fat

Images are for illustration only.

Rendang Chicken



With Brown Rice, Curry Roasted Cauliflower

LUNCH

Regular Plan

430kcal
Calories

35g
Protein

43g
Carbs

13g
Fat

Large Plan

645kcal
Calories

53g
Protein

65g
Carbs

20g
Fat

Tuesday 24

MAR 2026

Regular Plan

425kcal
Calories

37g
Protein

33g
Carbs

16g
Fat

Large Plan

615kcal
Calories

54g
Protein

48g
Carbs

23g
Fat

Cajun Orange Chicken



With Roasted Sweet Potato, Broccoli

DINNER

Overnight Oats with Roasted Apple and Chia Seed



Regular Plan

145kcal
Calories

5g
Protein

20g
Carbs

5g
Fat

Large Plan

145kcal
Calories

5g
Protein

20g
Carbs

5g
Fat

SNACK

Images are for illustration only.

Wednesday 25

MAR 2026

Regular Plan

410kcal
Calories 33g
Protein
41g 14g
Carbs Fat

Large Plan

615kcal 47g
Calories Protein
63g 20g
Carbs Fat

LUNCH

Green Curry Chicken



With Coconut Basmati Rice, Long Beans and Eggplants

Regular Plan

390kcal 33g 31g 15g
Calories Protein Carbs Fat

Large Plan

585kcal 50g 47g 23g
Calories Protein Carbs Fat

Mediterranean Chicken Stew



With Whole Meal Pasta, Broccoli

DINNER

Roasted Mix Nuts



SNACK

Regular Plan

200kcal 6g 8g 16g
Calories Protein Carbs Fat

Large Plan

200kcal 6g 8g 16g
Calories Protein Carbs Fat

Images are for illustration only.

Roasted Teriyaki Chicken



With Brown Rice, Stew Tofu with Bitter Gourd and Red Capsicum

LUNCH

Regular Plan

420kcal 33g 41g 14g
Calories Protein Carbs Fat

Large Plan

610kcal 48g 59g 20g
Calories Protein Carbs Fat

Thursday 26

MAR 2026

Beef Patties



With Mashed Sweet Potato, Green Peas and Coriander Lime Juice

DINNER

Regular Plan

400kcal 32g 37g 14g
Calories Protein Carbs Fat

Large Plan

605kcal 48g 56g 21g
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

Images are for illustration only.

Friday 27

MAR 2026

LUNCH

Regular Plan

420kcal 35g
Calories Protein
41g 13g
Carbs Fat

Large Plan

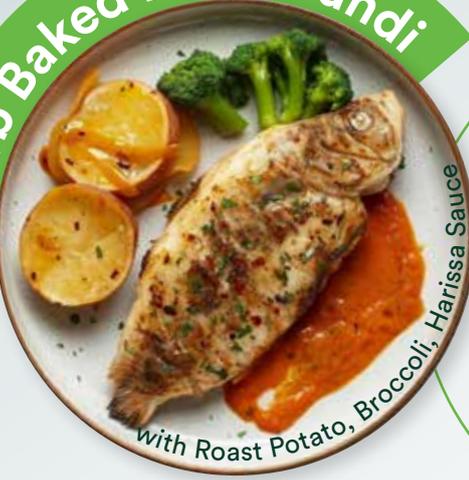
590kcal 49g
Calories Protein
57g 18g
Carbs Fat

Kung Pao Chicken



With Brown Rice, Spicy Eggplant and Cucumber Salad

Herb Baked Barramundi



With Roast Potato, Broccoli, Harissa Sauce

Regular Plan

450kcal 36g 36g 18g
Calories Protein Carbs Fat

Large Plan

675kcal 54g 54g 27g
Calories Protein Carbs Fat

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



Images are for illustration only.

Beef Bolognese



With Pasta, Mixed Mushrooms and Green Peas

LUNCH

Regular Plan

425kcal 33g 39g 15g
Calories Protein Carbs Fat

Large Plan

635kcal 50g 59g 23g
Calories Protein Carbs Fat

Monday 30

MAR 2026

Regular Plan

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

Large Plan

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

Chicken Madras Curry



With Brown Rice, Roasted Cauliflower, Garlic Okra

DINNER

Coconut and Cranberry Granola Bar



Regular Plan

170kcal 3g 28g 5g
Calories Protein Carbs Fat

Large Plan

170kcal 3g 28g 5g
Calories Protein Carbs Fat

SNACK

Images are for illustration only.

Tuesday

31

MAR 2026

LUNCH

Regular Plan

445kcal
Calories

33g
Protein

44g
Carbs

15g
Fat

Large Plan

640kcal
Calories

48g
Protein

64g
Carbs

22g
Fat

Brown Rice Paella

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



Cajun Orange Chicken

With Roasted Sweet Potato, Broccoli



Regular Plan

400kcal
Calories

32g
Protein

39g
Carbs

13g
Fat

Large Plan

600kcal
Calories

48g
Protein

59g
Carbs

20g
Fat

Pumpkin Parmesan Biscuit



DINNER

SNACK

Regular Plan

150kcal
Calories

4g
Protein

16g
Carbs

8g
Fat

Large Plan

150kcal
Calories

4g
Protein

16g
Carbs

8g
Fat

Images are for illustration only.

Herb Chicken

With Roasted Potato, French Beans, Harissa Sauce



LUNCH

Regular Plan

455kcal
Calories

36g
Protein

46g
Carbs

14g
Fat

Large Plan

660kcal
Calories

52g
Protein

67g
Carbs

20g
Fat

Wednesday

01

APR 2026

Lemongrass Soy Barranmundi

With Coconut Basmati Rice, Long Bean and Eggplant



DINNER

Regular Plan

435kcal
Calories

32g
Protein

41g
Carbs

16g
Fat

Large Plan

630kcal
Calories

46g
Protein

59g
Carbs

23g
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

Images are for illustration only.

Thursday 02

APR 2026

Regular Plan

425kcal
Calories 38g
Protein
39g 13g
Carbs Fat

Large Plan

640kcal 57g
Calories Protein
59g 20g
Carbs Fat

LUNCH

Yakiniku Minced Beef



With Sweet Potato Noodle, Bean Sprouts and Kimchi

Salmon Chicken Balls



With Cauliflower Rice and Spinach Egg and Edamame

Regular Plan

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

Large Plan

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

DINNER

Peanut Butter Chocolate Cookie



SNACK

Regular Plan

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

Large Plan

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

Images are for illustration only.

Lemon Dill Salmon



With Quinoa, Tomato Herb Veggies

LUNCH

Regular Plan

390kcal 34g 37g 12g
Calories Protein Carbs Fat

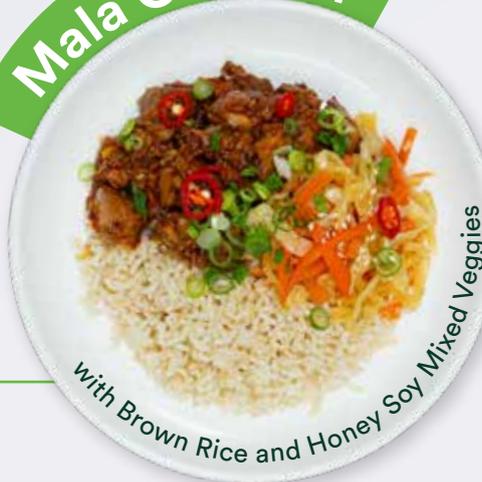
Large Plan

590kcal 51g 56g 18g
Calories Protein Carbs Fat

Friday 03

APR 2026

Mala Chicken



With Brown Rice and Honey Soy Mixed Veggies

Regular Plan

435kcal 35g 38g 16g
Calories Protein Carbs Fat

Large Plan

630kcal 51g 55g 23g
Calories Protein Carbs Fat

DINNER

Gluten Free Banana Bread



Regular Plan

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

Large Plan

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

SNACK

Images are for illustration only.