



Weight Loss Menu

A close-up photograph of a hand using a metal garnishing tool to place a sliced red chili pepper on 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
FEB 2025

LUNCH

Regular Plan

480kcal
Calories

36g
Protein

48g
Carbs

16g
Fat

Large Plan

720kcal
Calories

54g
Protein

72g
Carbs

24g
Fat

HERB CHICKEN



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

Regular Plan

395kcal
Calories

32g
Protein

38g
Carbs

13g
Fat

Large Plan

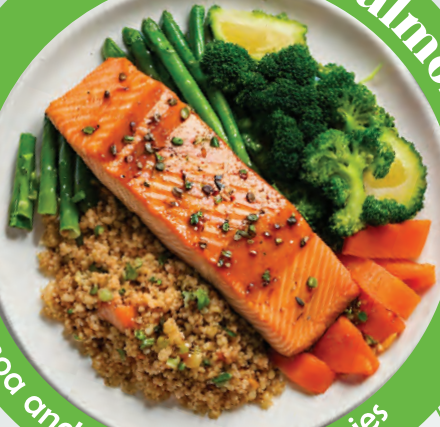
555kcal
Calories

45g
Protein

53g
Carbs

18g
Fat

Teriyaki Salmon



with Quinoa and Sauté Mixed Veggies

SNACK

Regular Plan

120kcal
Calories

6g
Protein

6g
Carbs

8g
Fat

Large Plan

120kcal
Calories

6g
Protein

6g
Carbs

8g
Fat

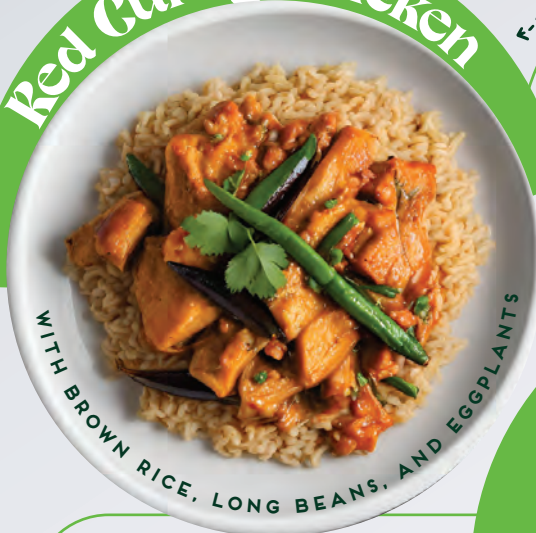
Cumin Carrot Soup



DINNER

LUNCH

Red Curry Chicken



WITH BROWN RICE, LONG BEANS, AND EGGPLANTS

Regular Plan

455kcal
Calories

31g
Protein

49g
Carbs

15g
Fat

Large Plan

685kcal
Calories

47g
Protein

74g
Carbs

23g
Fat

Tuesday



FEB 2025

Salmon Chicken Balls



with Cauliflower Rice and Spinach Egg

Regular Plan

360kcal
Calories

36g
Protein

34g
Carbs

9g
Fat

Large Plan

540kcal
Calories

54g
Protein

51g
Carbs

14g
Fat

DINNER

TOFU CHOCOLATE BROWNE



Regular Plan

185kcal
Calories

8g
Protein

20g
Carbs

8g
Fat

Large Plan

185kcal
Calories

8g
Protein

20g
Carbs

8g
Fat

SNACK

Wednesday
12
 FEB 2025

Regular Plan

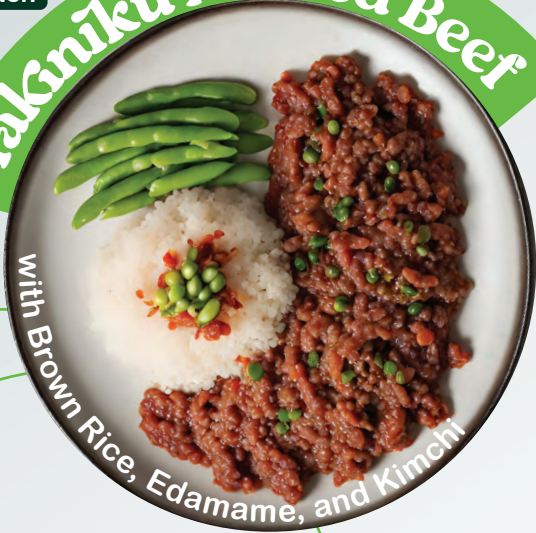
465kcal
 Calories
 46g
 Carbs
 36g
 Protein
 15g
 Fat

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 Eggs, and Kailan

LUNCH

Regular Plan

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

Large Plan

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

Thursday
13
 FEB 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

Low Fat Cheesecake



Regular Plan

170kcal
 Calories
 8g
 Protein
 14g
 Carbs
 9g
 Fat

Large Plan

170kcal
 Calories
 8g
 Protein
 14g
 Carbs
 9g
 Fat

SNACK

Friday
14

FEB 2025

Regular Plan

440kcal
Calories 32g
Protein
44g 15g
Carbs Fat

Large Plan

635kcal 46g
Calories Protein
64g 22g
Carbs Fat

LUNCH

Beef Patties



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

Turmeric Chicken



WITH BROWN RICE AND LADY FINGER

Regular Plan

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

Large Plan

575kcal 48g 59g 17g
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

Peranakan Curry Chicken



With Basmati Rice, Cauliflower, and Lady Finger

LUNCH

Regular Plan

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

Large Plan

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

Monday
17

FEB 2025

Beef Meatballs



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
18

FEB 2025

Regular Plan

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

Large Plan

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

LUNCH

Sambal Prawns and Squids



WITH BROWN RICE, TOFU, AND SHANGHAI GREEN

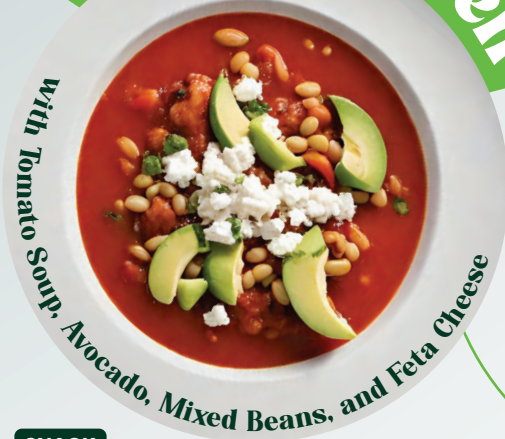
Regular Plan

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

Large Plan

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

Cajun Chicken



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

SNACK

Regular Plan

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

Large Plan

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

TOFU CHOCOLATE BROWNIE



DINNER

LUNCH

YAKINIKU MINCED BEEF



WITH RICE NOODLES, KIMCHI, AND EDAMAME

Regular Plan

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

Large Plan

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

Wednesday

19

FEB 2025

Herb Chicken



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

DINNER

CARROT CAKE



with Cashew Frosting

Regular Plan

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

Large Plan

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

SNACK

Thursday 20

FEB 2025

Regular Plan

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

Large Plan

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

LUNCH

Yuxiang Minced Chicken



With Brown Rice, Saute Mushroom, and Bok Choy

Regular Plan

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

Large Plan

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

Lemon Barramundi Fish



With Fresh Herb, Roasted Potatoes, and French Beans

SNACK

Regular Plan

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

Large Plan

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

PISTACHIO AND DATES ENERGY BITES



GREEN CURRY CHICKEN



With Basmati Rice, Eggplants, and Long Beans

LUNCH

Regular Plan

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

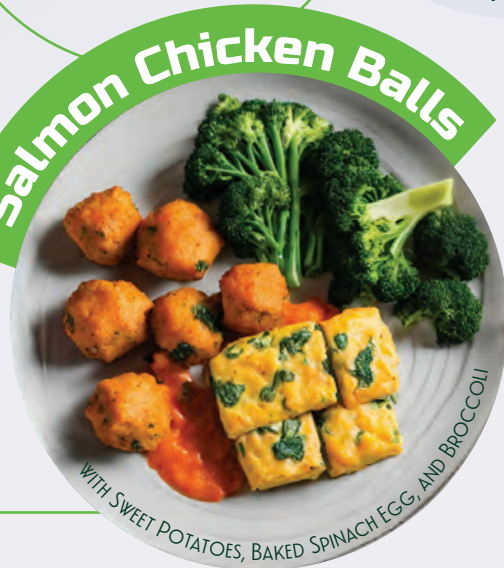
Large Plan

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

Friday 21

FEB 2025

Salmon Chicken Balls



With Sweet Potatoes, Baked Spinach Egg, and Broccoli

DINNER

Regular Plan

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

Large Plan

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

Overnight Oats



With Roasted Apple and Chia Seeds

Regular Plan

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

Large Plan

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

SNACK

Monday 24

FEB 2025

Regular Plan

470kcal
Calories 31g
Protein

48g
Carbs 17g
Fat

Large Plan

705kcal
Calories 47g
Protein

72g
Carbs 26g
Fat

LUNCH

BEEF CHILLI CON CARNE



with Brown Rice and Sauté Green Peas

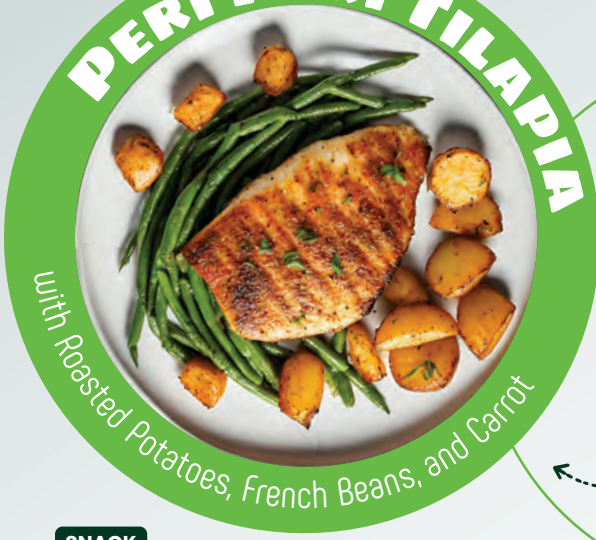
Regular Plan

360kcal
Calories 32g 38g 9g
Protein Carbs Fat

Large Plan

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

PERI PERI TILAPIA



with Roasted Potatoes, French Beans, and Carrot

SNACK

Regular Plan

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

Large Plan

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

DINNER

GLUTEN FREE BANANA BREAD



GONG BAD CHICKEN



with Brown Rice, Spicy Eggplant, and Garlic Choy Sum

LUNCH

Regular Plan

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

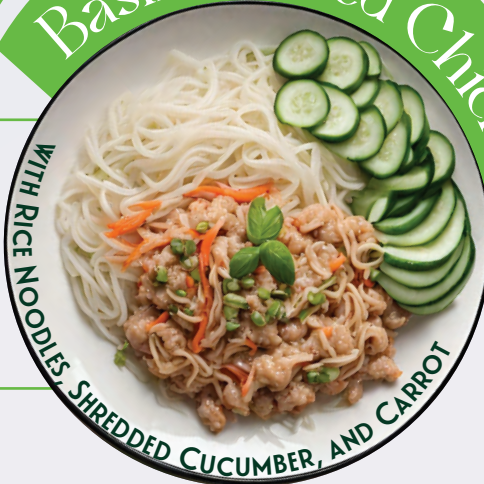
Large Plan

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

Tuesday 25

FEB 2025

Basil Minced Chicken



WITH RICE NOODLES, SHREDDED CUCUMBER, AND CARROT

Regular Plan

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

Large Plan

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

DINNER

TOFU CHOCOLATE BROWNIE



Regular Plan

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

Large Plan

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

SNACK

Wednesday 26

FEB 2025

Regular Plan

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

Large Plan

700kcal
Calories 59g
Protein
72g
Carbs 20g
Fat

LUNCH

Turmeric Chicken Nasi Lemak



with Basmati Rice, Boiled Egg, and Cucumber

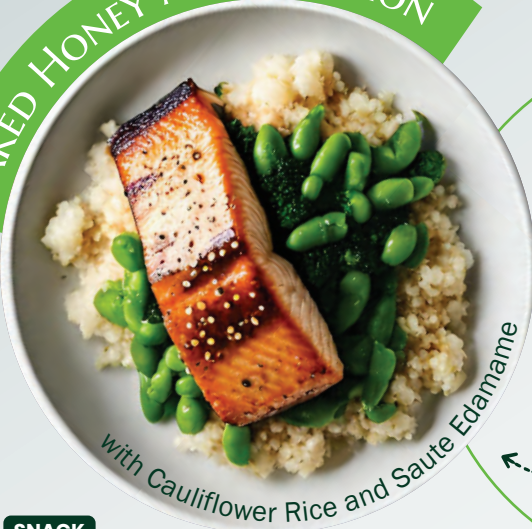
Regular Plan

370kcal 36g 21g 16g
Calories Protein Carbs Fat

Large Plan

540kcal 52g 30g 23g
Calories Protein Carbs Fat

BAKED HONEY MISO SALMON



with Cauliflower Rice and Saute Edamame

SNACK

Regular Plan

170kcal 8g 14g 9g
Calories Protein Carbs Fat

Large Plan

170kcal 8g 14g 9g
Calories Protein Carbs Fat

LOW FAT CHEESECAKE



Seafood Tom Yam



with Brown Rice Noodles, Beansprouts, and Long Beans

LUNCH

Regular Plan

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

Large Plan

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

Thursday 27

FEB 2025

Regular Plan

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

Large Plan

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

HERB CHICKEN BREAST



with Spaghetti Aglio Olio, Roasted Veggies, and Tomato

DINNER

Peanut Butter Chocolate Cookie



SNACK

Regular Plan

160kcal 7g 6g 12g
Calories Protein Carbs Fat

Large Plan

160kcal 7g 6g 12g
Calories Protein Carbs Fat

Friday 28

FEB 2025

Regular Plan

445kcal
Calories 35g
Protein
47g
Carbs 13g
Fat

Large Plan

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

LUNCH

Lemongrass Barramundi



with Brown Rice, Stew Tofu, Bittergourd, and Red Capsicum

Regular Plan

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

Large Plan

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

Coconut Chicken



WITH QUINOA, CAULIFLOWER, AND SWEET POTATOES

SNACK

Regular Plan

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

Large Plan

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

Chocolate Hazelnut Energy Bites



Beef Bulgogi



with Sweet Potato Noodles, Spinach and Shredded Carrot

LUNCH

Regular Plan

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

Large Plan

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

Monday 03

MAR 2025

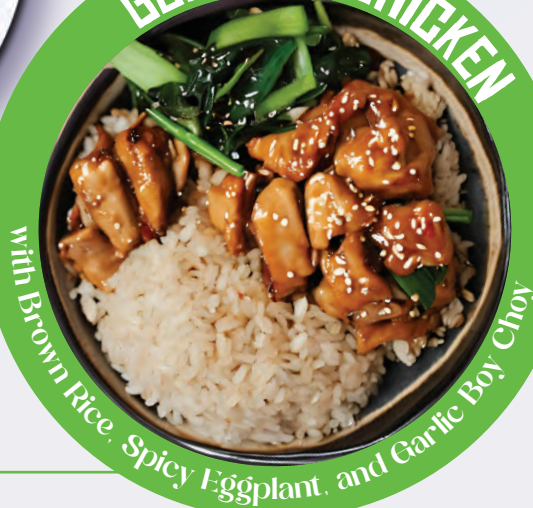
Regular Plan

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

Large Plan

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

GONG BAD CHICKEN



with Brown Rice, Spicy Eggplant, and Garlic Boy Choy

DINNER

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

Tuesday
04

MAR 2025

Regular Plan

445kcal
Calories 33g
Protein

44g 15g
Carbs Fat

Large Plan

640kcal
Calories 48g
Protein

64g 23g
Carbs Fat

LUNCH

HERB CHICKEN



With Roasted Potato, French Beans, and Harissa Sauce

Regular Plan

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

Large Plan

620kcal 52g 61g 19g
Calories Protein Carbs Fat

DINNER

Beef Bolognese



WITH PASTA, MIXED MUSHROOMS, AND GREEN PEAS

SNACK

Regular Plan

130kcal 3g 21g 4g
Calories Protein Carbs Fat

Large Plan

130kcal 3g 21g 4g
Calories Protein Carbs Fat

MANGO CHIA SEEDS PUDDING



CHICKEN RENDANG



with Coconut Basmati Rice and Roasted Cauliflower

LUNCH

Regular Plan

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

Large Plan

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

Wednesday
05

MAR 2025

Regular Plan

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

Large Plan

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

Fresh Herb and Lemon Barramundi Fish



With Cajun Roasted Sweet Potato and Herb Veggies

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

Thursday

06

MAR 2025

Regular Plan

430kcal
Calories

35g
Protein

39g
Carbs

15g
Fat

Large Plan

645kcal
Calories

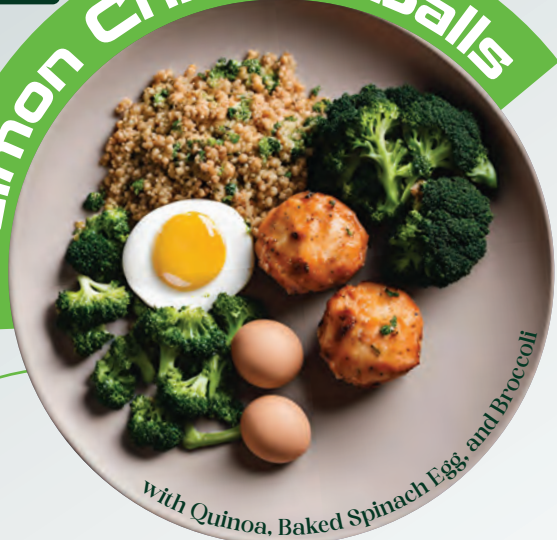
53g
Protein

59g
Carbs

23g
Fat

LUNCH

Salmon Chicken Balls



with Quinoa, Baked 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 Cauliflower Rice and Braised Purple Cabbage

DINNER

SNACK

Regular Plan

170kcal
Calories

8g
Protein

14g
Carbs

9g
Fat

Large Plan

170kcal
Calories

8g
Protein

14g
Carbs

9g
Fat

LOW FAT CHEESECAKE



Beef Patties



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

LUNCH

Regular Plan

475kcal
Calories

36g
Protein

47g
Carbs

16g
Fat

Large Plan

690kcal
Calories

52g
Protein

68g
Carbs

23g
Fat

Friday

07

MAR 2025

Basil Minced Chicken



With Brown Rice, Soy 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