

The background of the entire page is a dark 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, onions, garlic, 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 quinoa or rice mixed with corn and other vegetables, topped with green beans and more chili peppers. The background is softly blurred, showing a kitchen setting with various ingredients and a white bowl.

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
17
NOV 2025

LUNCH

NASI LEMAK



with Coconut Basmati Rice, Cucumber, and Egg

Regular Plan

470kcal	31g
Calories	Protein
48g	17g
Carbs	Fat

Large Plan

705kcal	47g
Calories	Protein
72g	26g
Carbs	Fat

Honey Miso Prawn



with Aglio Olio Linguine and Sauté Veggie

Regular Plan

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

Large Plan

525kcal	46g	55g	13g
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

Health Kicked Chicken Rice



WITH LEMONGRASS CHICKEN, BROWN RICE, CHOY SUM, AND CHILI SAUCE

Regular Plan

420kcal	32g	41g	14g
Calories	Protein	Carbs	Fat

Large Plan

625kcal	48g	62g	21g
Calories	Protein	Carbs	Fat

Tuesday
18
NOV 2025

ROASTED GOCHUJANG CHICKEN



with Basmati Rice and Broccoli

DINNER

Regular Plan

395kcal	29g	40g	13g
Calories	Protein	Carbs	Fat

Large Plan

570kcal	42g	58g	19g
Calories	Protein	Carbs	Fat

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.

Wednesday 19 NOV 2025

Regular Plan

410kcal
Calories
41g
Carbs
32g
Protein
13g
Fat

Large Plan

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

LUNCH

Baked Dukkah-Crusted Sea Bass



Regular Plan

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

Large Plan

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

DINNER

GONG BAD CHICKEN



SNACK

Regular Plan

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

Large Plan

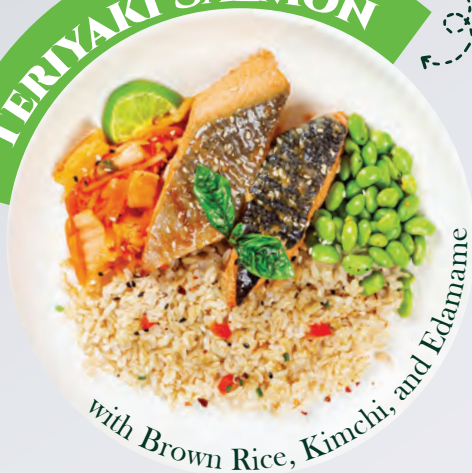
185kcal
Calories
8g
Protein
20g
Carbs
8g
Fat

CHOCOLATE TOFU BROWNIE



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TERIYAKI SALMON



LUNCH

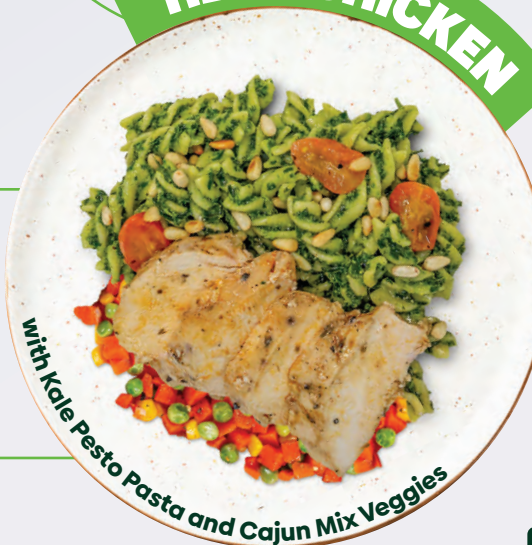
Regular Plan

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

Large Plan

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

HERB CHICKEN



DINNER

Regular Plan

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

Large Plan

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

Peanut Butter Chocolate Energy Bites



SNACK

Regular Plan

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

Large Plan

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

Images are for
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Friday
21
NOV 2025

Regular Plan

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

Large Plan

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

LUNCH

Peñ Peñ Chicken



WITH ROASTED POTATO AND BROCCOLI

Regular Plan

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

Large Plan

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

DINNER

Peranakan Beef Curry and Pumpkin



with Basmati Rice, Curry Cauliflower, and Okra

SNACK

Regular Plan

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

Large Plan

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

CARROT CAKE WITH CASHEW FROSTING CAKE



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illustration only.

LUNCH

Lemon and Dill Salmon



with Roasted Potato, Herb Veggies, and Tomato

Regular Plan

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

Large Plan

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

Monday
24
NOV 2025

Butter Chicken



with Basmati Rice and Sweet Snap Peas

DINNER

Regular Plan

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

Large Plan

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

Peanut Butter Cookies



Regular Plan

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

Large Plan

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

SNACK

Images are for
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NOV 2025

645kcal Calories	45g Protein
64g Carbs	23g Fat

A white plate featuring a serving of brown rice. On top of the rice are several slices of cooked chicken breast, a portion of green beans, and several sliced mushrooms. The plate is set against a green background with white text that reads "WITH BROCCOLI, CARROTS, AND KALE".

WITH BROWN RICE, SPICY EGGPLANTS, AND KAILAN

A white plate featuring a serving of cauliflower rice mixed with red and yellow bell peppers. To the right of the rice are three round, breaded items topped with a red sauce and fresh basil leaves. Above the rice is a portion of green edamame beans and a single cherry tomato. The text "with Cauliflower Rice and Edamame" is written in a curved path along the bottom edge of the plate.

635kcal **59g** **41g** **26g**
Calories Protein Carbs Fat

26g
Fat

BANANA OAT PANCAKE WITH APPLE CHUTNEY



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

BASIL MINCED CHICKEN



A bowl of Basil Mince Chicken, featuring green beans, minced chicken, and rice.

WITH BROWN RICE, SCRAMBLED EGG, AND GARLIC LONG BEANS

640kcal **45g** **59g** **25g**
Calories Protein Carbs Fat

Cajun Orange Chicken

580kcal	53g	53g	18g
Calories	Protein	Carbs	Fat

With Roasted Sweet Potato and Broccoli

SNACK

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

Images are for illustration only.

EIGHT LOSS – V

WEIGHT LOSS – WEIGHT LOSS – WE

Thursday 27 NOV 2025

Regular Plan

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

Large Plan

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

LUNCH

Morocco Spiced Chicken



With Pumpkin Carrot Quinoa Salad and French Beans

Regular Plan

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

Large Plan

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

Yakiniku Minced Beef



With Sweet Potato Noodle, Beansprouts, and Kimchi

SNACK

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illustration only.

Regular Plan

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

Large Plan

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

GLUTEN FREE BANANA BREAD



LEMONGRASS BARRAMUNDI



With Brown Rice, Honey Soy Tofu, and Shanghai Greens

LUNCH

Regular Plan

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

Large Plan

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

Friday 28 NOV 2025

NOV 2025

Herb Chicken



With Cauliflower Rice and Spinach Egg

DINNER

Regular Plan

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

Large Plan

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

Peanut Butter Chocolate Energy Bites



SNACK

Regular Plan

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

Large Plan

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

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Monday
01

DEC 2025

Regular Plan

425kcal	31g
Calories	Protein
42g	15g
Carbs	Fat

Large Plan

640kcal	47g
Calories	Protein
63g	23g
Carbs	Fat

LUNCH

PERI PERI TILAPIA FISH

with Roasted Potato, French Beans, and Carrots

YAKINIKU MINCED BEEF

with Brown Rice, Kimchi, and Edamame

Regular Plan

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

Large Plan

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

DINNER

PUMPKIN PARMESAN BISCUIT

SNACK

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Regular Plan

150kcal	4g	16g	8g
Calories	Protein	Carbs	Fat

Large Plan

150kcal	4g	16g	8g
Calories	Protein	Carbs	Fat

RENDANG CHICKEN

LUNCH

with Brown Rice and Curry Roasted Cauliflower

Regular Plan

430kcal	35g	43g	13g
Calories	Protein	Carbs	Fat

Large Plan

645kcal	53g	65g	20g
Calories	Protein	Carbs	Fat

Tuesday
02

DEC 2025

Cajun Spice Chicken

WITH PUMPKIN CARROT QUINOA SALAD AND SWEET SNAP PEAS

DINNER

Regular Plan

425kcal	37g	33g	16g
Calories	Protein	Carbs	Fat

Large Plan

615kcal	54g	48g	23g
Calories	Protein	Carbs	Fat

SNACK

Images are for
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Regular Plan

145kcal	8g	20g	8g
Calories	Protein	Carbs	Fat

Large Plan

145kcal	8g	20g	8g
Calories	Protein	Carbs	Fat

OVERNIGHT OATS WITH ROASTED APPLE AND CHIA SEEDS

Wednesday 03

DEC 2025

Regular Plan

410kcal
Calories
42g
Carbs
31g
Protein
13g
Fat

Large Plan

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

LUNCH

Green Curry Chicken



Regular Plan

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

Large Plan

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

DINNER

MEDITERRANEAN CHICKEN STEW



SNACK

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illustration only.

Regular Plan

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

Large Plan

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

ROASTED MIX NUTS



LUNCH

Roasted Teriyaki Chicken Thigh Cubes



Regular Plan

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

Large Plan

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

Thursday 04

DEC 2025

Regular Plan

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

Large Plan

605kcal
Calories
48g
Protein
56g
Carbs
21g
Fat

Tofu Brownie



Regular Plan

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

Large Plan

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

SNACK

DINNER

BEEF PATTIES



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illustration only.

Friday
05
DEC 2025

Regular Plan

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

Large Plan

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

LUNCH

Gong Bao Chicken



with Brown Rice, Spicy Eggplant, and Cucumber Salad

Regular Plan

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

Large Plan

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

DINNER

Herb Baked Barramundi



WITH ROAST POTATO, BROCCOLI, AND HARISSA SAUCE

SNACK

Regular Plan

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

Large Plan

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

Banana Oat Pancake With Apple



Images are for
illustration only.

Beef Bolognese

LUNCH



with Aglio Olio Pasta, Mix Mushroom, and Green Peas

Regular Plan

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

Large Plan

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

Monday
08
DEC 2025

CHICKEN MADRAS CURRY



with Brown Rice, Roasted Cauliflower, and Garlic Okra

DINNER

Regular Plan

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

Large Plan

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

Carrot Cake with Cashew Frosting Cake



Regular Plan

175kcal
Calories
8g
Protein
18g
Carbs
8g
Fat

Large Plan

175kcal
Calories
8g
Protein
18g
Carbs
8g
Fat

SNACK

Images are for
illustration only.

Tuesday
09
DEC 2025

Regular Plan

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

Large Plan

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

LUNCH

BROWN RICE CHICKEN PALLA



with Brown Rice Noodle and Braised Mix Veggies

Cajun Orange Chicken



WITH ROASTED SWEET POTATO AND BROCCOLI

Regular Plan

420kcal
Calories
35g
Protein
39g
Carbs
14g
Fat

Large Plan

610kcal
Calories
51g
Protein
57g
Carbs
20g
Fat

DINNER

SNACK

Images are for illustration only.

Regular Plan

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

Large Plan

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

MANGO CHIA SEEDS PUDDING



LUNCH

HERB CHICKEN



with Roasted Potatoes, French Beans, and Harissa Sauce

Regular Plan

455kcal
Calories
36g
Protein
46g
Carbs
14g
Fat

Large Plan

660kcal
Calories
52g
Protein
67g
Carbs
20g
Fat

Wednesday
10
DEC 2025

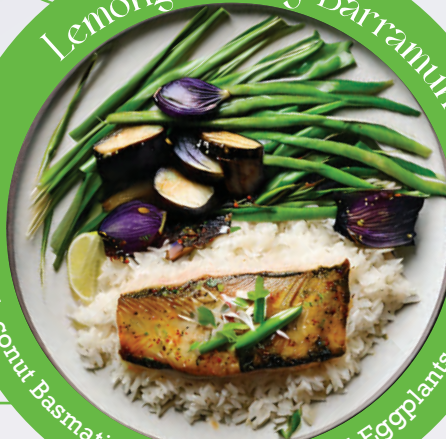
Regular Plan

435kcal
Calories
32g
Protein
41g
Carbs
16g
Fat

Large Plan

630kcal
Calories
46g
Protein
59g
Carbs
23g
Fat

Lemongrass Soy Barramundi



with Coconut Basmati Rice, Long Bean, and Eggplants

DINNER

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

Images are for illustration only.

Thursday

11

DEC 2025

Regular Plan

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

Large Plan

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

LUNCH

Yakiniku Minced Chicken



with Sweet Potato Noodles, Beansprouts, and Kimchi

Regular Plan

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

Large Plan

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

SALMON CHICKEN BALLS



with Sweet Potato, Spinach Egg, and Edamame

SNACK

Images are for illustration only.

Regular Plan

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

Large Plan

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

DINNER

PEANUT BUTTER COOKIES



Lemon Dill Baked Salmon



WITH QUINOA AND TOMATO Herb VEGGIES

LUNCH

Regular Plan

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

Large Plan

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

Friday

12

DEC 2025

Ma La Chicken



with Brown Rice and Honey Soy Mix Veggies

DINNER

Regular Plan

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

Large Plan

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

Banana Bread



Regular Plan

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

Large Plan

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

SNACK

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