

The background of the entire page is a dark blue color. It is filled with various white line-art illustrations of fresh vegetables and fruits, including leafy greens, tomatoes, avocados, and mushrooms. A large, semi-transparent white circle is centered on the page, serving as a backdrop for the main title.

# Weight Loss Menu



# 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  
**13**

JAN 2025

## Regular Plan

470kcal  
Calories

48g  
Carbs

31g  
Protein

17g  
Fat

## Large Plan

705kcal  
Calories

72g  
Carbs

47g  
Protein

26g  
Fat

## LUNCH



with Cauliflower Rice and French Beans

## Regular Plan

360kcal  
Calories

32g  
Protein

38g  
Carbs

9g  
Fat

## Large Plan

525kcal  
Calories

46g  
Protein

55g  
Carbs

13g  
Fat

## DINNER

## SNACK



WITH BROWN RICE, SCRAMBLED TOMATO EGGS, AND CUCUMBER SALAD

## Regular Plan

175kcal  
Calories

5g  
Protein

16g  
Carbs

10g  
Fat

## Large Plan

175kcal  
Calories

5g  
Protein

16g  
Carbs

10g  
Fat



## LUNCH



with Quinoa, Edamame, Roasted Cauliflower, and Mint Yoghurt

## Regular Plan

430kcal  
Calories

38g  
Protein

36g  
Carbs

15g  
Fat

## Large Plan

645kcal  
Calories

57g  
Protein

54g  
Carbs

23g  
Fat

Tuesday  
**14**

JAN 2025



with Brown Rice, Kimchi, Shredded Carrot, and Spinach

## DINNER

## Regular Plan

385kcal  
Calories

29g  
Protein

38g  
Carbs

13g  
Fat

## Large Plan

560kcal  
Calories

42g  
Protein

55g  
Carbs

19g  
Fat

## ROASTED MIX NUTS



## Regular Plan

185kcal  
Calories

8g  
Protein

20g  
Carbs

8g  
Fat

## Large Plan

185kcal  
Calories

8g  
Protein

20g  
Carbs

8g  
Fat

## SNACK

# Wednesday 15 JAN 2025

## Regular Plan

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

## Large Plan

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

### LUNCH

## CLAY POT STYLE CHICKEN



with Shiitake Rice, Scramble Egg, Garlic Nai Bai, Pickle Veggies, and Chili Sauce

## Regular Plan

395kcal  
Calories  
32g  
Protein  
33g  
Carbs  
15g  
Fat

## Large Plan

595kcal  
Calories  
48g  
Protein  
50g  
Carbs  
23g  
Fat

## TOM YAM SEAFOOD (SALMON CHICKEN BALLS, SOJID, AND PRAWNS)



with Brown Rice Noodle, Beansprouts, and Cucumber

### SNACK

## Regular Plan

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

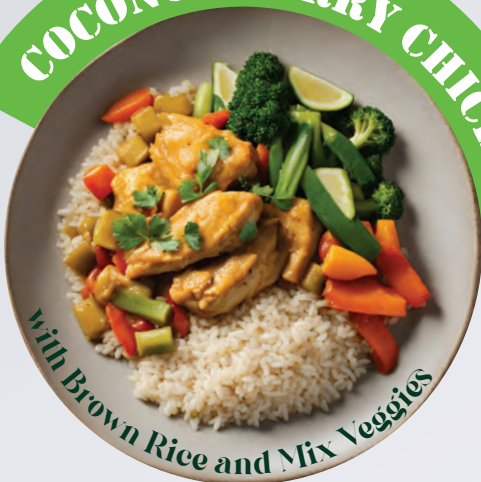
## Large Plan

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

## GLUTEN FREE BANANA BREAD



## COCONUT CURRY CHICKEN



with Brown Rice and Mix Veggies

### LUNCH

## Regular Plan

445kcal  
Calories  
31g  
Protein  
44g  
Carbs  
16g  
Fat

## Large Plan

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

# Thursday 16 JAN 2025

## Regular Plan

435kcal  
Calories  
36g  
Protein  
41g  
Carbs  
14g  
Fat

## Large Plan

630kcal  
Calories  
52g  
Protein  
59g  
Carbs  
20g  
Fat

## BAKED GOCHUJANG CHICKEN



with Roasted Potato, Roasted Capsicum, and Broccoli

### DINNER

## Chocolate Hazelnut Energy Bites



## Regular Plan

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

## Large Plan

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

### SNACK

Friday

17

JAN 2025

**Regular Plan**

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

**Large Plan**

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

LUNCH

**Butter Chicken**

with Coconut Basmati Rice, Cumin and Garlic Roasted Mix Veggies (Eggplant, Zucchini, Red Onion)



**YAKINIKU PRAWNS AND TOFU**

With Sweet Potato Noodles, Braised Cabbage, and Carrot



**Regular Plan**

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

**Large Plan**

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

DINNER

SNACK

**Regular Plan**

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

**Large Plan**

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

**MANGO CHIA SEEDS PUDDING**



**Chicken Rissoles**

With Mashed Cauliflower, Stroganoff Sauce, and French Beans



LUNCH

**Regular Plan**

410kcal    33g    36g    15g  
Calories    Protein    Carbs    Fat

**Large Plan**

595kcal    48g    52g    22g  
Calories    Protein    Carbs    Fat

Monday

20

JAN 2025

**Regular Plan**

425kcal    31g    41g    15g  
Calories    Protein    Carbs    Fat

**Large Plan**

615kcal    45g    59g    22g  
Calories    Protein    Carbs    Fat

**GONG BAD CHICKEN**

With Mix Veggie, Egg Fried Rice, Toasted Cashew Nuts, and Cucumber Salad



DINNER

**Peanut Butter Chocolate Cookie**



**Regular Plan**

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

**Large Plan**

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

SNACK

Tuesday  
21

JAN 2025

**Regular Plan**

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

**Large Plan**

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

LUNCH

**BEEF CHILLI CON CARNE**



WITH BASMATI RICE AND MIX VEGGIES

**Regular Plan**

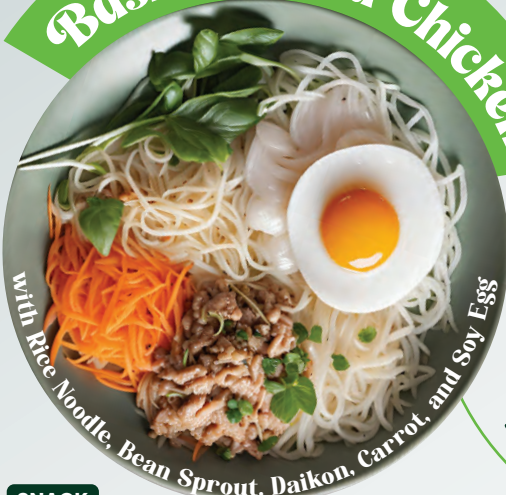
430kcal  
Calories  
36g  
Protein  
42g  
Carbs  
13g  
Fat

**Large Plan**

620kcal  
Calories  
62g  
Carbs  
52g  
Protein  
19g  
Fat

DINNER

**Basil Minced Chicken**



With Rice Noodle, Bean Sprout, Daikon, Carrot, and Soy Egg

SNACK

**Regular Plan**

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

**Large Plan**

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

**PEANUT BUTTER CHOCOLATE ENERGY BITES**



**CAJUN SPICED TILAPIA**



with Tomato Pasta and Sauté Mix Vegies (Carrot, Brussel Sprouts, and Green Peas)

LUNCH

**Regular Plan**

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

**Large Plan**

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

Wednesday  
22

JAN 2025

**Herb Chicken**



With Steam Purple Sweet Potato, Mix Leafy Salad, Avocado Tomato, Toasted Mix Nuts and Seeds, and Honey Soy Vinaigrette

DINNER

**Regular Plan**

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

**Large Plan**

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

**PUMPKIN PARMESAN BISCUIT**



**Regular Plan**

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

**Large Plan**

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

SNACK

# Thursday 23

JAN 2025

## Regular Plan

425kcal  
Calories      35g  
Protein  
38g      15g  
Carbs      Fat

## Large Plan

620kcal  
Calories      51g  
Protein  
55g      22g  
Carbs      Fat

LUNCH

## Thai Style Tofu and Prawns



With Sweet Potato Noodles, Scrambled Egg, Long Beans, and Toasted Cashew Nuts

## Regular Plan

435kcal    39g    38g    14g  
Calories    Protein    Carbs    Fat

## Large Plan

630kcal    57g    55g    20g  
Calories    Protein    Carbs    Fat

## Roasted Teriyaki Chicken Thigh Cubes



With Brown Rice, Roast Capsicum, and French Beans

SNACK

## Regular Plan

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

## Large Plan

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

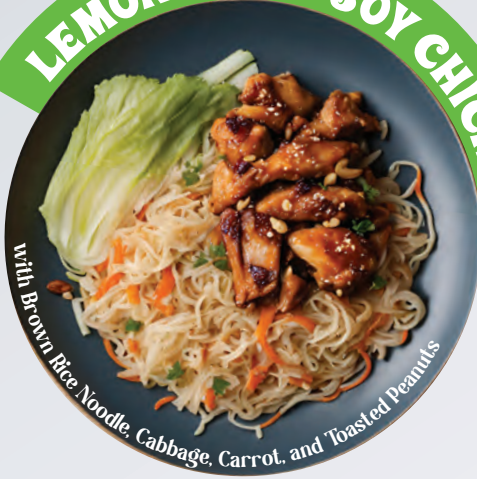
DINNER

## Overnight Oats with Roasted Apple and Chia Seeds



Overnight Oats with Roasted Apple and Chia Seeds

## Lemongrass Soy Chicken



With Brown Rice, Noodle, Cabbage, Carrot, and Toasted Peanuts

LUNCH

## Regular Plan

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

## Large Plan

655kcal    54g    63g    21g  
Calories    Protein    Carbs    Fat

# Friday 24

JAN 2025

## Regular Plan

375kcal    31g    36g    12g  
Calories    Protein    Carbs    Fat

## Large Plan

565kcal    47g    54g    18g  
Calories    Protein    Carbs    Fat

## Peranakan Curry Chicken and Chickpeas



With Coconut Basmati Rice, Baked Pumpkin, and Okra

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

Monday  
27

JAN 2025

**Regular Plan**

440kcal  
Calories      34g  
Protein  
42g      15g  
Carbs      Fat

**Large Plan**

660kcal  
Calories      51g  
Protein  
63g      23g  
Carbs      Fat

LUNCH

PERI PERI CHICKEN



With Mushroom Barley Risotto and Braised Purple Cabbage

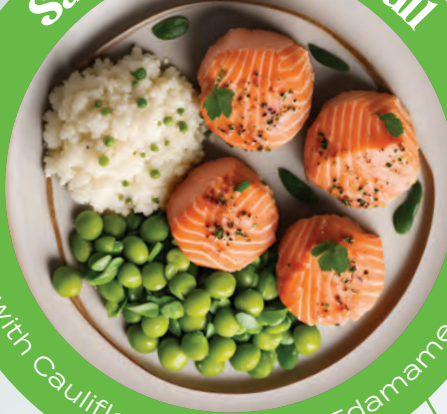
**Regular Plan**

380kcal    36g    28g    14g  
Calories    Protein    Carbs    Fat

**Large Plan**

575kcal    54g    42g    21g  
Calories    Protein    Carbs    Fat

Salmon Chicken Ball



With Cauliflower Rice and Edamame

DINNER

LOW FAT CHEESECAKE



SNACK

**Regular Plan**

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

**Large Plan**

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

LUNCH

Creamy Chicken Lasagna



with Greek Salad

**Regular Plan**

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

**Large Plan**

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

Tuesday  
28

JAN 2025

**Regular Plan**

375kcal    29g    38g    12g  
Calories    Protein    Carbs    Fat

**Large Plan**

545kcal    42g    55g    17g  
Calories    Protein    Carbs    Fat

Honey Miso Prawns



WITH PUMPKIN MILLET, SPICY EGGPLANTS, AND GARLIC OKRA

DINNER

OVERNIGHT OATS WITH APPLE AND MIX NUTS



**Regular Plan**

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

**Large Plan**

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

SNACK



# Wednesday 29

JAN 2025

## Regular Plan

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

## Large Plan

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

LUNCH

## Gong Bao Chicken

With Brown Rice, Scramble Tomato Eggs, and Cucumber

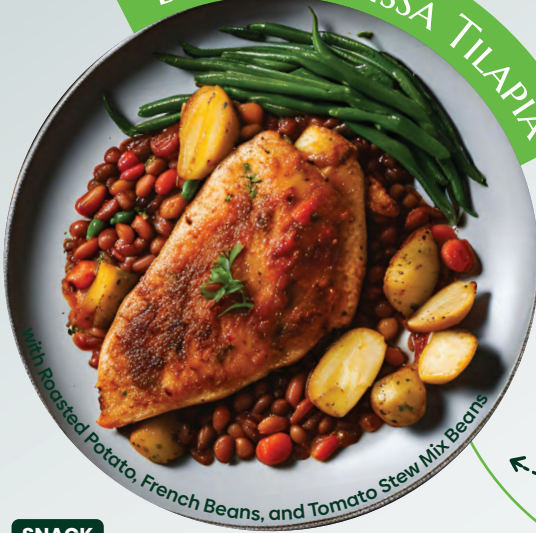
## Regular Plan

405kcal      36g      38g      12g  
Calories      Protein      Carbs      Fat

## Large Plan

585kcal      52g      55g      17g  
Calories      Protein      Carbs      Fat

## BAKED HARISSA TILAPIA



with Roasted Potato, French Beans, and Tomato Stew Mix Beans

SNACK

## Regular Plan

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

## Large Plan

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

DINNER

## TOFU BROWNIE



LUNCH

## ROASTED TURMERIC CHICKEN

With Brown Rice and Roasted Curry Cauliflower

## Regular Plan

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

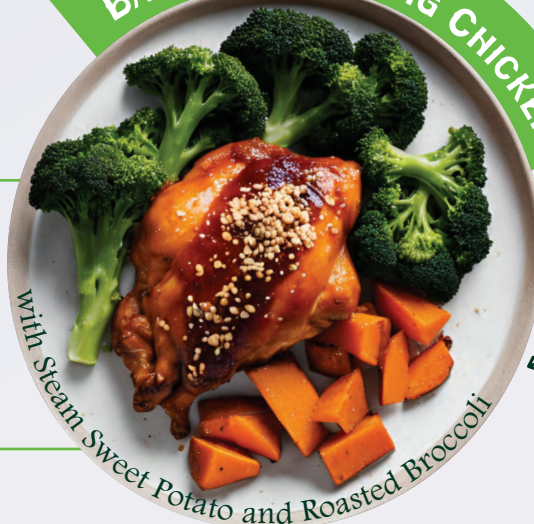
## Large Plan

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

# Thursday 30

JAN 2025

## BAKED GOCHUJANG CHICKEN



With Steam Sweet Potato and Roasted Broccoli

## Regular Plan

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

## Large Plan

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

DINNER

## Roasted Mix Nuts



## Regular Plan

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

## Large Plan

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

SNACK

Friday  
31  
JAN 2025

**Regular Plan**

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

**Large Plan**

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

LUNCH

**Rendang Chicken**



With Basmati Rice, Braised Cabbage, and Mushroom

**Regular Plan**

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

**Large Plan**

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

DINNER

**Salmon Spinach Pie**



WITH ARUGULA AND PUMPKIN SALAD

SNACK

**Regular Plan**

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

**Large Plan**

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

**Pistachio Energy Bites**



**Yakiniku Salmon**



with Brown Rice, Kimchi Salad, and Edamame

LUNCH

**Regular Plan**

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

**Large Plan**

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

Monday  
03  
FEB 2025

**BASIL MINGED CHICKEN**



with Cauliflower Rice and Soy Egg

DINNER

**Regular Plan**

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

**Large Plan**

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

**Peanut Butter Cookies**



SNACK

**Regular Plan**

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

**Large Plan**

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

# Tuesday 04

FEB 2025

### Regular Plan

430kcal  
Calories      33g  
Protein  
41g      15g  
Carbs      Fat

### Large Plan

625kcal  
Calories      48g  
Protein  
59g      22g  
Carbs      Fat

LUNCH



with Brown Rice Noodle, Clear Chicken Soup, Bean Sprouts, and Chinese Spinach

## Chicken Balls

WITH MASHED POTATO, EGGPLANT CAPONATA, AND BROCCOLI

SNACK

### Regular Plan

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

### Large Plan

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

DINNER



### Regular Plan

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

### Large Plan

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

## HERB CHICKEN

LUNCH

with Kale Pesto Pasta and Braised Purple Cabbage

### Regular Plan

460kcal    36g    41g    17g  
Calories    Protein    Carbs    Fat

### Large Plan

670kcal    52g    59g    25g  
Calories    Protein    Carbs    Fat

# Wednesday 05

FEB 2025

### Regular Plan

365kcal    32g    35g    11g  
Calories    Protein    Carbs    Fat

### Large Plan

550kcal    48g    53g    17g  
Calories    Protein    Carbs    Fat

## MA PO TOFU

With Minced Chicken, Brown Rice, Scramble Tomato Egg, and Cucumber

DINNER

## CARROT CAKE

### Regular Plan

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

### Large Plan

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

SNACK

# Thursday 06

FEB 2025

### Regular Plan

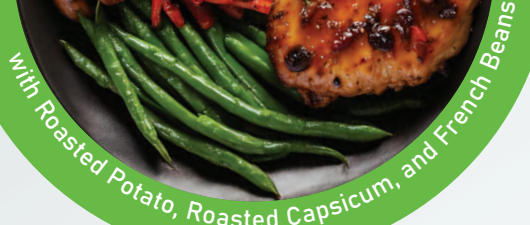
430kcal  
Calories      35g  
Protein  
39g      15g  
Carbs      Fat

### Large Plan

645kcal  
Calories      53g  
Protein  
59g      23g  
Carbs      Fat

LUNCH

## Baked Teriyaki Chicken



With Roasted Potato, Roasted Capsicum, and French Beans

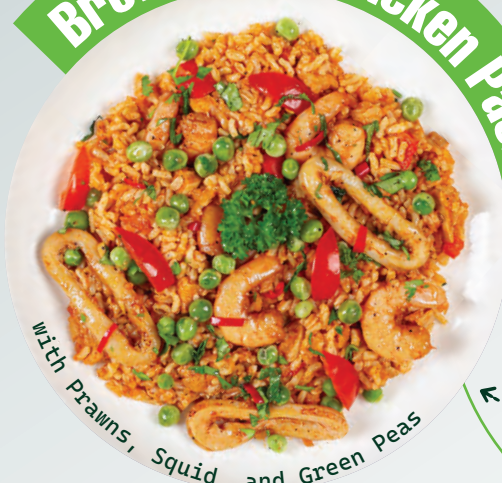
### Regular Plan

400kcal      34g      35g      14g  
Calories      Protein      Carbs      Fat

### Large Plan

605kcal      51g      53g      21g  
Calories      Protein      Carbs      Fat

## Brown Rice Chicken Paella



With Prawns, Squid, and Green Peas

DINNER

SNACK

### Regular Plan

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

### Large Plan

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

## GLUTEN FREE BANANA BREAD



# Friday 07

FEB 2025

LUNCH

## Peranakan Curry Beef



With COCONUT BASMATI RICE, CURRY CAULIFLOWER, AND OKRA

### Regular Plan

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

### Large Plan

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

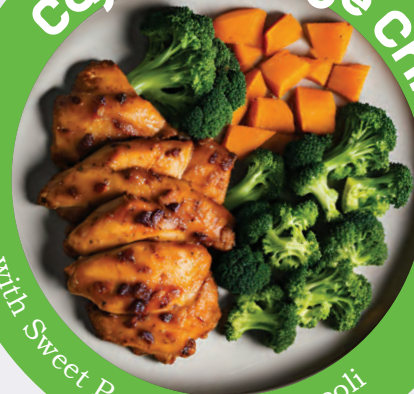
### Regular Plan

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

### Large Plan

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

## Cajun Orange Chicken



With Sweet Potato and Broccoli

DINNER

## Mango Chia Seeds Pudding



### Regular Plan

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

### Large Plan

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

SNACK