



Weight Loss Menu

A close-up photograph of a hand using a metal garnishing tool to place a sliced red chili pepper onto a dish. The dish is served in a black tray and contains a bed of white rice with 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
16
DEC 2024

LUNCH

Regular Plan

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

Large Plan

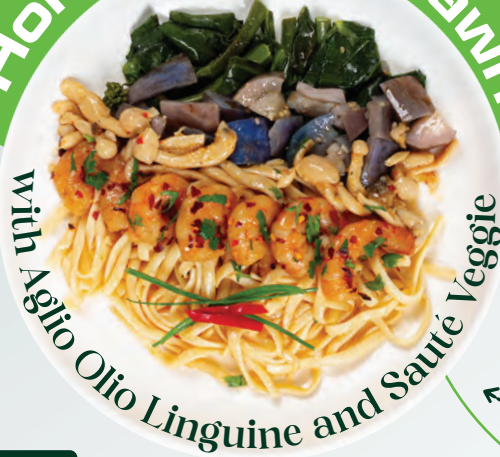
705kcal 47g
Calories Protein
72g 26g
Carbs Fat

Nasi Lemak



with Coconut Basmati Rice, Cucumber, and Egg

Honey Miso Prawn



with Aglio Olio Linguine and Saute Veggie

Regular Plan

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

Large Plan

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

DINNER

SNACK

Regular Plan

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

Large Plan

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

Gluten Free Banana Bread



Lemongrass Chicken



with Health Kicked Chicken Rice, Brown Rice, Choy Sum, and Chilli Sauce

LUNCH

Regular Plan

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

Large Plan

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

Tuesday
17

DEC 2024

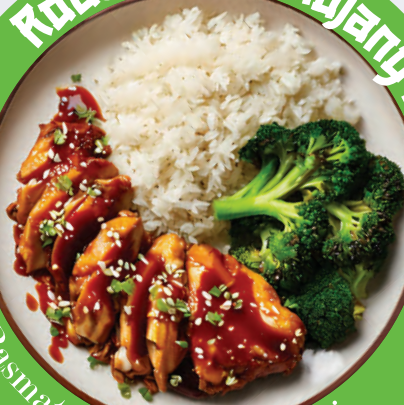
Regular Plan

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

Large Plan

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

Roasted Gochujang Chicken



with Basmati Rice and Broccoli

DINNER

Roasted Mix Nuts



Regular Plan

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

Large Plan

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

SNACK

Wednesday
18
 DEC 2024

Regular Plan

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

Large Plan

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

LUNCH



Baked Dukkha-Crusted Sea Bass
 with Couscous and Eggplant Caponata

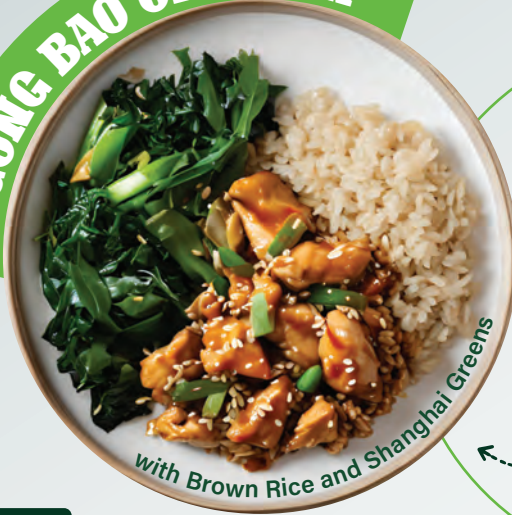
Regular Plan

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

Large Plan

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

GONG BAO CHICKEN



Gong Bao Chicken
 with Brown Rice and Shanghai Greens

SNACK

Regular Plan

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

Large Plan

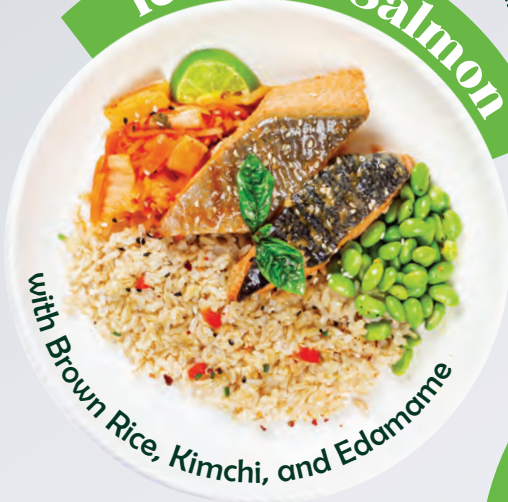
185kcal
 Calories
 8g
 Protein
 20g
 Carbs
 8g
 Fat

DINNER

CHOCOLATE TOFU BROWNIE



Teriyaki Salmon



Teriyaki Salmon
 with Brown Rice, Kimchi, and Edamame

LUNCH

Regular Plan

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

Large Plan

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

Thursday
19
 DEC 2024

HERB CHICKEN



Herb Chicken
 with Quinoa, Avocado, Tomato, Pomegranate, Mix Nuts, and Seeds

Regular Plan

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

Large Plan

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

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

Friday 20

DEC 2024

Regular Plan

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

LUNCH

Large Plan

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

PERI PERI CHICKEN



with Roasted Potato and Broccoli

Regular Plan

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

Large Plan

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

Peranakan Beef Curry



with Pumpkin, Basmati Rice, Curry Cauliflower, and Okra

SNACK

Regular Plan

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

Large Plan

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

Carrot Cake with Cashew Frosting



LUNCH

Lemon & Dill Salmon



with Roasted Potato, Herb Veggies, and Tomato

Regular Plan

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

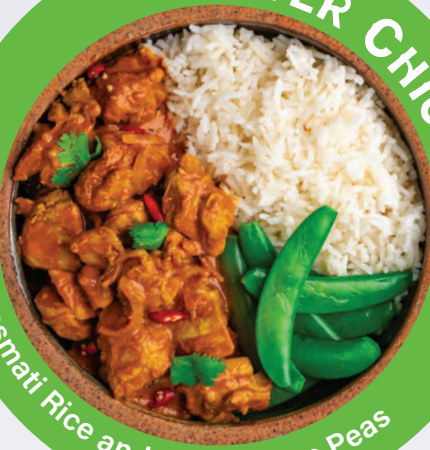
Large Plan

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

Monday 23

DEC 2024

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 Cookies



Regular Plan

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

Large Plan

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

SNACK

Tuesday 24

DEC 2024

Regular Plan

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

Large Plan

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

LUNCH

MEXICAN BURRITO BOWL



Regular Plan

430kcal
Calories
38g
Protein
36g
Carbs
15g
Fat

Large Plan

625kcal
Calories
55g
Protein
52g
Carbs
22g
Fat

DINNER

Salmon Chicken Balls



with Quinoa, Spinach Egg, and Broccoli

SNACK

Regular Plan

120kcal
Calories
6g
Protein
6g
Carbs
8g
Fat

Large Plan

120kcal
Calories
6g
Protein
6g
Carbs
8g
Fat

HAZELNUT CHOCOLATE ENERGY BITES



LUNCH

Basil Minced Chicken



with Brown Rice, Soy Egg, and Hong Kong Kailan

Regular Plan

440kcal
Calories
31g
Protein
41g
Carbs
17g
Fat

Large Plan

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

Wednesday 25

DEC 2024

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 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

Thursday 26

DEC 2024

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 MEDITERRANEAN BEAN SALAD

Regular Plan

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

Large Plan

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

DINNER

Beef Bulgogi



WITH WHATIF NOODLE, BEANSPROUTS, AND KIMCHI

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



Lemongrass Barramundi



WITH BROWN RICE, YAKINIKU TOFU, MUSHROOM, 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

27

DEC 2024

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

Pistachio and Dates Energy Bites



Regular Plan

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

Large Plan

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

SNACK

Monday 30

DEC 2024

LUNCH

Peri Peri Tilapia Fish

With Roasted Potato, French Beans, and Carrots



Regular Plan

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

Large Plan

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

YAKINIKU MINCED BEEF

With Brown Rice, Kimchi, and Edamame



Regular Plan

415kcal
Calories
34g
Protein
38g
Carbs
14g
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

Kendang Chicken

LUNCH

With Brown Rice and Curry Roasted Cauliflower



Regular Plan

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

Large Plan

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

Tuesday 31

DEC 2024

Cajun Spice Chicken

With Kale, Pumpkin Quinoa Salad, and Balsamic Dressing



DINNER

Regular Plan

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

Large Plan

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

Overnight Oats with Roasted Apple and Chia Seeds



Regular Plan

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

Large Plan

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

SNACK

Friday 03

JAN 2025

Fresh Herb Barramundi



SNACK

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

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

Regular Plan

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

Large Plan

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

LUNCH



Kung Pao Chicken

Regular Plan

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

Large Plan

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

DINNER

Pistachio Energy Bites



Beef Bolognese



LUNCH

Regular Plan

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

Large Plan

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

Monday 06

JAN 2025

Regular Plan

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

Large Plan

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

Red Curry Chicken



DINNER

Carrot Cake with Cashew Frosting



Regular Plan

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

Large Plan

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

SNACK

Tuesday

07

JAN 2025

Regular Plan

445kcal
Calories

33g
Protein

44g
Carbs

Large Plan

640kcal
Calories

48g
Protein

64g
Carbs

LUNCH

Spicy & Sour Tilapia and Squid Stew

WITH SOBA NOODLES, BEAN SPROUTS, AND SPINACH



Lemon and Fresh Herb Chicken Breast

with Quinoa, Baked Pumpkin, Tomato, and Avocado



Regular Plan

430kcal
Calories

36g
Protein

38g
Carbs

15g
Fat

Large Plan

625kcal
Calories

52g
Protein

55g
Carbs

22g
Fat

DINNER

MANGO CHIA SEEDS PUDDING



SNACK

Regular Plan

130kcal
Calories

3g
Protein

21g
Carbs

4g
Fat

Large Plan

130kcal
Calories

3g
Protein

21g
Carbs

4g
Fat

Herb Chicken

with Roasted Potatoes, French Beans, and Harissa Sauce



LUNCH

Regular Plan

455kcal
Calories

36g
Protein

46g
Carbs

14g
Fat

Large Plan

660kcal
Calories

52g
Protein

67g
Carbs

20g
Fat

Wednesday

08

JAN 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

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

Thursday 09

JAN 2025

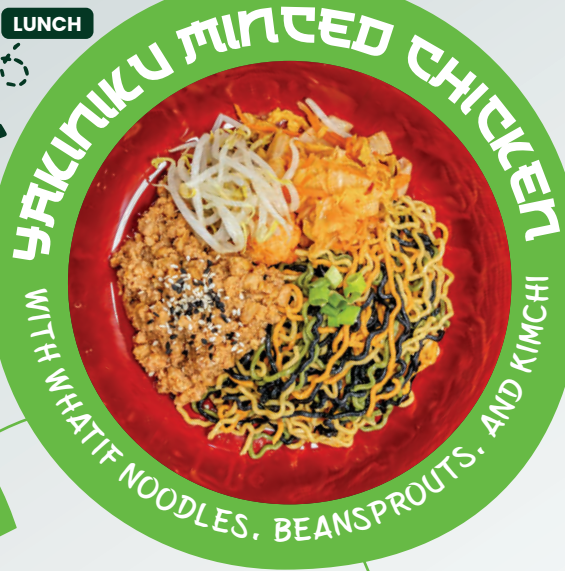
Regular Plan

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

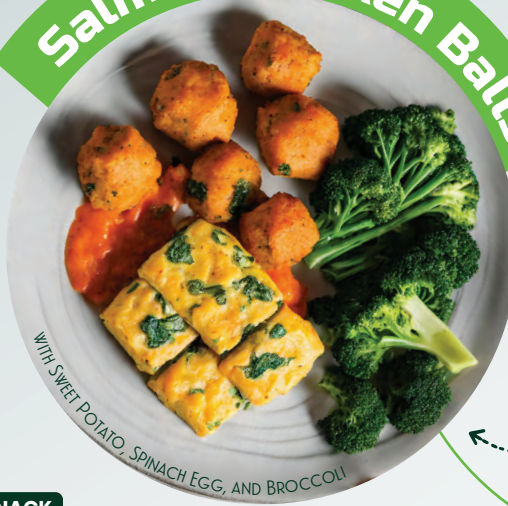
Large Plan

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

LUNCH



Salmon Chicken Balls



Regular Plan

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

Large Plan

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

SNACK

Regular Plan

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

Large Plan

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

Peanut Butter Cookies



DINNER

HARISSA PRAWNS

LUNCH



Regular Plan

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

Large Plan

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

Friday

10

JAN 2025

Regular Plan

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

Large Plan

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

Ma La Chicken



DINNER

Banana Bread



Regular Plan

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

Large Plan

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

SNACK