

The background is a deep blue color with a circular pattern of white line art illustrations of various vegetables and fruits. These include broccoli, cauliflower, asparagus, mushrooms, tomatoes, avocados, and leafy greens, all arranged in a circular fashion around the central text.

Weight Loss Menu



YoloPlans



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
20
OCT 2025

HERB CHICKEN

with Kale Quinoa Salad and Baked Pumpkin

Regular Plan
460kcal
Calories
44g
Carbs
33g
Protein
17g
Fat

Large Plan
690kcal
Calories
66g
Carbs
50g
Protein
26g
Fat

Teriyaki Chicken

with Brown Rice and Roast Veggies

Regular Plan
410kcal
Calories
42g
Protein
34g
Carbs
12g
Fat

Large Plan
595kcal
Calories
61g
Protein
49g
Carbs
17g
Fat

Roast Mix Nuts

Regular Plan
130kcal
Calories
4g
Protein
2g
Carbs
12g
Fat

Large Plan
130kcal
Calories
4g
Protein
2g
Carbs
12g
Fat

Turmeric Chicken Nasi Lemak

with Coconut Basmati Rice, Hard Boiled Egg, and Cucumber

Regular Plan
460kcal
Calories
38g
Protein
41g
Carbs
16g
Fat

Large Plan
665kcal
Calories
52g
Protein
59g
Carbs
23g
Fat

Tomato Baked Tilapia

with Brown Rice Noodles and Braised Mix Veggies

Regular Plan
370kcal
Calories
32g
Protein
36g
Carbs
11g
Fat

Large Plan
555kcal
Calories
48g
Protein
54g
Carbs
17g
Fat

Carrot Cake with Cashew Frosting

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

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

Images are for illustration only.

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Wednesday
22
OCT 2025

Regular Plan

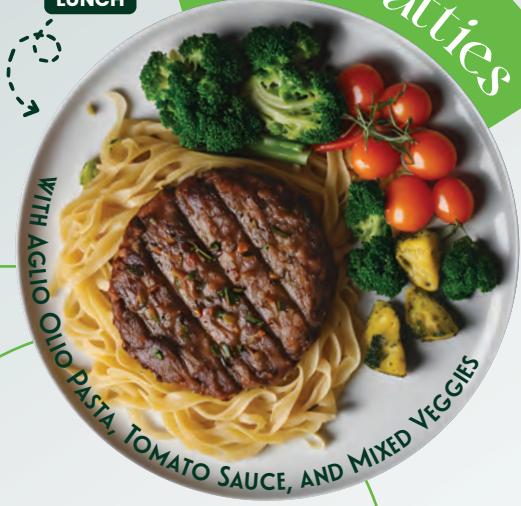
385kcal
Calories
38g
Carbs
33g
Protein
11g
Fat

Large Plan

555kcal
Calories
55g
Carbs
48g
Protein
16g
Fat

LUNCH

Beef Patties



Regular Plan

455kcal
Calories
36g
Protein
44g
Carbs
15g
Fat

Large Plan

660kcal
Calories
52g
Protein
64g
Carbs
22g
Fat

Green Curry Chicken



with Basmati Rice, Eggplants, and Long Beans

SNACK

Images are for 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



LUNCH

CHICKEN THIGH CHUNKS



WITH BROWN RICE PAELLA, PRAWNS, SOUPS, AND GARLIC GREEN PEAS

Regular Plan

415kcal
Calories
41g
Carbs
31g
Protein
14g
Fat

Large Plan

600kcal
Calories
59g
Carbs
45g
Protein
20g
Fat

Thursday
23
OCT 2025

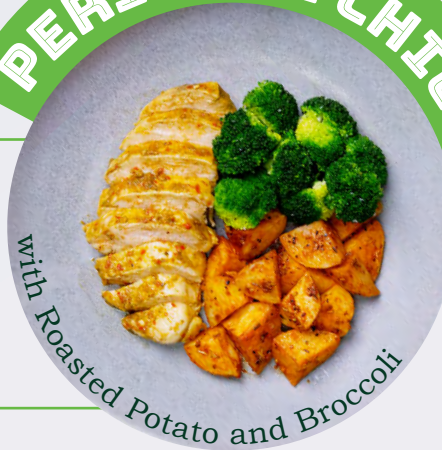
Regular Plan

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

Large Plan

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

PERI PERI CHICKEN



With Roasted Potato and Broccoli

DINNER

TOFU CHOCOLATE BROWNIE



Regular Plan

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

Large Plan

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

SNACK

Images are for illustration only.

Friday
24

OCT 2025

Regular Plan

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

Large Plan

670kcal
Calories
67g
Carbs
52g
Protein
22g
Fat

LUNCH

yakiniku Minced Beef



With Brown Rice, Edamame, and Kimchi

Regular Plan

415kcal
Calories
33g
Protein
41g
Carbs
13g
Fat

Large Plan

600kcal
Calories
48g
Protein
59g
Carbs
19g
Fat

DINNER

Chicken Mushroom Stew



WITH SOBA NOODLES AND GARLIC KAILAN

SNACK

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illustration only.

Regular Plan

135kcal
Calories
3g
Protein
15g
Carbs
7g
Fat

Large Plan

135kcal
Calories
3g
Protein
15g
Carbs
7g
Fat

Pumpkin Parmesan Biscuit



GONG BAO CHICKEN



With Brown Rice, Spicy Eggplant, and Cucumber Salad

LUNCH

Regular Plan

465kcal
Calories
36g
Protein
47g
Carbs
15g
Fat

Large Plan

675kcal
Calories
52g
Protein
68g
Carbs
22g
Fat

Monday
27

OCT 2025

HARISSA ROASTED TILAPIA



With Roasted Potato and French Beans

DINNER

Regular Plan

410kcal
Calories
34g
Protein
41g
Carbs
12g
Fat

Large Plan

590kcal
Calories
49g
Protein
59g
Carbs
17g
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.

Tuesday
28
OCT 2025

Regular Plan

440kcal
Calories
48g
Carbs
37g
Protein
11g
Fat

Large Plan

635kcal
Calories
70g
Carbs
54g
Protein
16g
Fat

LUNCH

Honey Miso Salmon



With Quinoa and Broccoli

Regular Plan

385kcal
Calories
39g
Protein
28g
Carbs
13g
Fat

Large Plan

580kcal
Calories
59g
Protein
42g
Carbs
20g
Fat

DINNER

Herb Chicken



With Cauliflower Rice and Spinach Eggs

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



Images are for illustration only.

LUNCH

Beef Bolognese



With Pasta, Mixed Mushrooms, and Green Peas

Regular Plan

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

Large Plan

710kcal
Calories
51g
Protein
69g
Carbs
26g
Fat

Wednesday
29
OCT 2025

Regular Plan

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

Large Plan

555kcal
Calories
46g
Protein
57g
Carbs
16g
Fat

DINNER

Lemongrass Chicken



With Rice Vermicelli and Mixed Veggies Salad

SNACK

Regular Plan

155kcal
Calories
5g
Protein
4g
Carbs
13g
Fat

Large Plan

155kcal
Calories
5g
Protein
4g
Carbs
13g
Fat

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PEANUT BUTTER CHOCOLATE COOKIE



Thursday
30

OCT 2025

Regular Plan

460kcal
Calories
42g
Carbs
37g
Protein
16g
Fat

Large Plan

690kcal
Calories
63g
Carbs
56g
Protein
24g
Fat

LUNCH

Peranakan Curry Beef and Pumpkin



with Coconut Basmati Rice and Garlic Okra

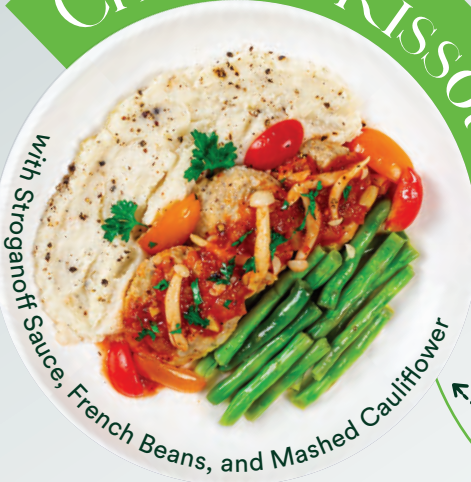
Regular Plan

350kcal
Calories
36g
Protein
27g
Carbs
11g
Fat

Large Plan

510kcal
Calories
52g
Protein
39g
Carbs
16g
Fat

Chicken Rissoles



with Stroganoff Sauce, French Beans, and Mashed Cauliflower

DINNER

SNACK

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illustration only.

Regular Plan

175kcal
Calories
6g
Protein
24g
Carbs
6g
Fat

Large Plan

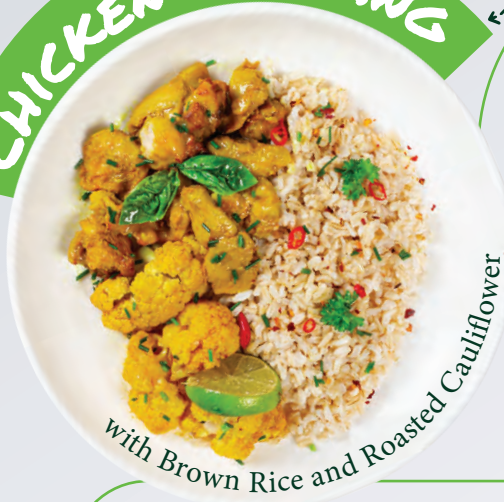
175kcal
Calories
6g
Protein
24g
Carbs
6g
Fat

OVERNIGHT OATS WITH ROASTED APPLE



LUNCH

CHICKEN RENDANG



with Brown Rice and Roasted Cauliflower

Regular Plan

405kcal
Calories
33g
Protein
41g
Carbs
12g
Fat

Large Plan

590kcal
Calories
48g
Protein
59g
Carbs
18g
Fat

Friday
31

OCT 2025

Regular Plan

415kcal
Calories
33g
Protein
41g
Carbs
13g
Fat

Large Plan

620kcal
Calories
50g
Protein
62g
Carbs
20g
Fat

Cajun Orange Chicken



with Cajun Sweet Potato and Broccoli

DINNER

TOFU CHOCOLATE BROWNIE



SNACK

Images are for
illustration only.

Regular Plan

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

Large Plan

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

Monday
03

NOV 2025

Teriyaki Salmon



with Quinoa and Sauté Mixed Veggies

SNACK

Images are for
illustration only.

Regular Plan

480kcal
Calories
48g
Carbs
36g
Protein
16g
Fat

Large Plan

720kcal
Calories
72g
Carbs
54g
Protein
24g
Fat

LUNCH

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

DINNER

Banana Oat Pancake with Apple Chutney



Regular Plan

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

Large Plan

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

Red Curry Chicken



WITH BROWN RICE, LONG BEANS, AND EGGPLANTS

LUNCH

Regular Plan

450kcal
Calories
37g
Protein
42g
Carbs
15g
Fat

Large Plan

675kcal
Calories
56g
Protein
63g
Carbs
23g
Fat

Tuesday
04

NOV 2025

Salmon Chicken Balls



with Cauliflower Rice and Spinach Egg

DINNER

TOFU CHOCOLATE BROWNIE



SNACK

Images are for
illustration only.

Regular Plan

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

Large Plan

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

Wednesday 05 NOV 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



Regular Plan

420kcal
Calories
37g
Protein
41g
Carbs
12g
Fat

Large Plan

610kcal
Calories
54g
Protein
59g
Carbs
17g
Fat

PERI PERI CHICKEN



With Roasted Potato and Herb Veggies

SNACK

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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 Basmati Rice, Scramble Egg, and Long Beans

LUNCH

Regular Plan

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

Large Plan

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

Thursday 06 NOV 2025

BAKED LEMONGRASS BARRAMUNDI



DINNER

Regular Plan

390kcal
Calories
36g
Protein
35g
Carbs
12g
Fat

Large Plan

590kcal
Calories
54g
Protein
53g
Carbs
18g
Fat

Carrot Cake with Cashew Frosting



Regular Plan

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

Large Plan

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

SNACK

Images are for illustration only.

Friday
07
NOV 2025

Regular Plan

475kcal

Calories

43g

Carbs

33g

Protein

19g

Fat

Large Plan

690kcal

Calories

62g

Carbs

48g

Protein

28g

Fat

Turmeric Chicken



WITH BROWN RICE AND LADY FINGER

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

LUNCH

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

Beef Patties



Regular Plan

345kcal

Calories

32g

Protein

34g

Carbs

9g

Fat

Large Plan

535kcal

Calories

50g

Protein

53g

Carbs

14g

Fat

DINNER

PEANUT BUTTER CHOCOLATE COOKIE



Peranakan Curry Chicken



with Basmati Rice, Cauliflower, and Lady Finger

LUNCH

Regular Plan

455kcal

Calories

34g

Protein

46g

Carbs

15g

Fat

Large Plan

660kcal

Calories

49g

Protein

67g

Carbs

22g

Fat

Monday
10
NOV 2025

Chicken Patties



with Mashed potatoes, Tomato Sauce, Sauté Green Peas, and Carrot

DINNER

Regular Plan

420kcal

Calories

36g

Protein

38g

Carbs

14g

Fat

Large Plan

610kcal

Calories

52g

Protein

55g

Carbs

20g

Fat

SNACK

Images are for
illustration only.

Regular Plan

125kcal

Calories

4g

Protein

3g

Carbs

11g

Fat

Large Plan

125kcal

Calories

4g

Protein

3g

Carbs

11g

Fat



Tuesday

11

NOV 2025

Cajun Chicken



WITH TOMATO SOUP, AVOCADO, MIXED BEANS, and Feta Cheese

SNACK

Images are for illustration only.

Regular Plan

435kcal	33g
Calories	Protein
44g	14g
Carbs	Fat

Large Plan

650kcal	50g
Calories	Protein
66g	21g
Carbs	Fat

LUNCH

Sambal Seafood and Tofu



WITH BROWN RICE AND SHANGHAI GREEN

Regular Plan

385kcal	38g	22g	16g
Calories	Protein	Carbs	Fat

Large Plan

575kcal	57g	33g	24g
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

MALA CHICKEN



WITH BROWN RICE AND HONEY SOY MIX VEGGIES

LUNCH

Regular Plan

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

Large Plan

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

Herb Chicken



WITH ROASTED HERB VEGGIES QUINOA SALAD

DINNER

Wednesday

12

NOV 2025

Regular Plan

370kcal	37g	28g	12g
Calories	Protein	Carbs	Fat

Large Plan

535kcal	54g	41g	17g
Calories	Protein	Carbs	Fat

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

Images are for illustration only.

Thursday

13

NOV 2025

Regular Plan

445kcal
Calories

45g
Carbs

32g
Protein

15g
Fat

Large Plan

640kcal
Calories

65g
Carbs

46g
Protein

22g
Fat

LUNCH

Yuziang Minced Chicken



with Sweet Potato Noodles, Sauté Mushroom, and Bok Choy

Regular Plan

430kcal
Calories

38g
Protein

38g
Carbs

14g
Fat

Large Plan

645kcal
Calories

57g
Protein

57g
Carbs

21g
Fat

Lemon Barramundi Fish



with Fresh Herb, Roasted Potatoes, and French Beans

SNACK

Images are for illustration only.

Regular Plan

135kcal
Calories

3g
Protein

15g
Carbs

7g
Fat

Large Plan

135kcal
Calories

3g
Protein

15g
Carbs

7g
Fat

PUMPKIN PARMESAN BISCUIT



GREEN CURRY CHICKEN



with Basmati Rice, Eggplants, and Long Beans

LUNCH

Regular Plan

450kcal
Calories

32g
Protein

47g
Carbs

15g
Fat

Large Plan

655kcal
Calories

46g
Protein

68g
Carbs

22g
Fat

Friday

14

NOV 2025

Regular Plan

405kcal
Calories

36g
Protein

34g
Carbs

14g
Fat

Large Plan

590kcal
Calories

52g
Protein

49g
Carbs

20g
Fat

Overnight Oats



with Roasted Apple and Chia Seeds

Regular Plan

145kcal
Calories

5g
Protein

20g
Carbs

5g
Fat

Large Plan

145kcal
Calories

5g
Protein

20g
Carbs

5g
Fat

Chicken Balls



with Sweet Potatoes, Baked Spinach Egg, Broccoli, and House Made Chili Sauce

DINNER

SNACK

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