

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
28
JUL 2025

LUNCH

NASI LEMAK



with Coconut Basmati Rice, Cucumber, and Egg

Regular Plan

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

Large Plan

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

Honey Miso Prawn



with Aglio Olio Linguine and Sauté Veggie

Regular Plan

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

Large Plan

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

DINNER

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

Health Kicked Chicken Rice



WITH LEMONGRASS CHICKEN, BROWN RICE, CHOY SUM, AND CHILLA VEGGIE

Regular Plan

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

Large Plan

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

Tuesday
29
JUL 2025

ROASTED GOCHUJANG CHICKEN



with Basmati Rice and Broccoli

DINNER

Regular Plan

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

Large Plan

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

ROASTED MIX NUTS



SNACK

Regular Plan

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

Large Plan

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

Images are for illustration only.

Wednesday 30 JUL 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

With Roasted Sweet Potato, Eggplant Caponata, and Green Peas

Regular Plan

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

Large Plan

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

GONG BAD CHICKEN

With Brown Rice and Shanghai Greens

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

CHOCOLATE TOFU BROWNIE



TERIYAKI SALMON

With Brown Rice, Kimchi, and Edamame

LUNCH

Regular Plan

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

Large Plan

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

HERB CHICKEN

With Tomato Wholemeal Pasta and Cajun Mix Veggies

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

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

Friday
01
AUG 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
04
AUG 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
illustration only.

Tuesday
05
AUG 2025

Regular Plan

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

Large Plan

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

LUNCH

Roast Yuxiang Chicken and Mushroom



WITH BROWN RICE, SPICY EGGPLANTS, AND KAILAN

Salmon Chicken Balls



with Cauliflower Rice and Edamame

Regular Plan

440kcal
Calories
41g
Protein
28g
Carbs
18g
Fat

Large Plan

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

DINNER

SNACK

HAZELNUT CHOCOLATE ENERGY BITES



Images are for illustration only.

Regular Plan

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

Large Plan

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

LUNCH

BRASIL 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
06
AUG 2025

Cajun Orange Chicken



With Roasted Sweet Potato and Broccoli

DINNER

Regular Plan

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

Large Plan

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

PUMPKIN PARMESAN BISCUIT



SNACK

Regular Plan

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

Large Plan

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

Images are for illustration only.

Thursday
07
AUG 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



Regular Plan

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

Large Plan

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

DINNER

Yakiniku Minced Beef

With Sweet Potato Noodle, Beansprouts, and Kimchi



SNACK

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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
08
AUG 2025

Herb Chicken



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

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illustration only.

Monday
11
AUG 2025

Regular Plan

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

Large Plan

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

LUNCH

PERI PERI TILAPIA FISH



with Roasted Potato, French Beans, and Carrots

Regular Plan

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

Large Plan

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

DINNER

YAKINIKU MINCED BEEF



with Brown Rice, Kimchi, and Edamame

SNACK

Regular Plan

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

Large Plan

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

PUMPKIN PARMESAN BISCUIT



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illustration only.

RENDANG CHICKEN



with Brown Rice and Curry Roasted Cauliflower

LUNCH

Regular Plan

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

Large Plan

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

Tuesday
12
AUG 2025

Cajun Spice Chicken



WITH PUMPKIN CARROT QUINOA SALAD AND SWEET SNAP PEAS

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



SNACK

Regular Plan

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

Large Plan

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

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Wednesday

13

AUG 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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Regular Plan

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

Large Plan

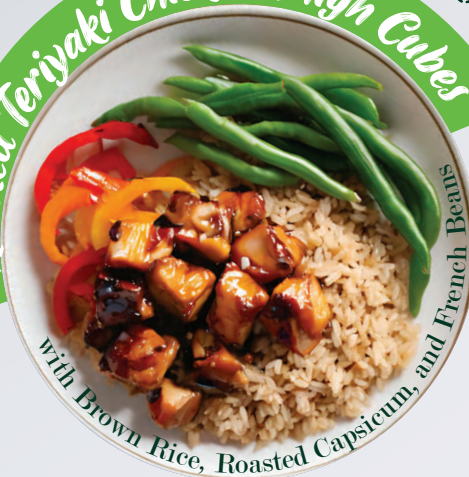
200kcal
Calories
6g
Protein
8g
Carbs
16g
Fat

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

14

AUG 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
15
AUG 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



Regular Plan

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

Large Plan

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

DINNER

Herb Baked Barramundi



SNACK

Regular Plan

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

Large Plan

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

Pistachio Energy Bites



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illustration only.

Beef Bolognese



LUNCH

Regular Plan

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

Large Plan

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

Monday
18
AUG 2025

CHICKEN MADRAS CURRY



DINNER

Regular Plan

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

Large Plan

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



SNACK

Regular Plan

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

Large Plan

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

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Tuesday
19
AUG 2025

Regular Plan

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

Large Plan

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

LUNCH

TOMATO BAKED TILAPIA



Cajun Orange Chicken



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



HERB CHICKEN



LUNCH

Regular Plan

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

Large Plan

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

Wednesday
20
AUG 2025

Regular Plan

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

Large Plan

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

Lemongrass Soy Barramundi



DINNER

CHOCOLATE HAZELNUT ENERGY BITES



SNACK

Regular Plan

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

Large Plan

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

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Thursday 21 AUG 2025

Regular Plan

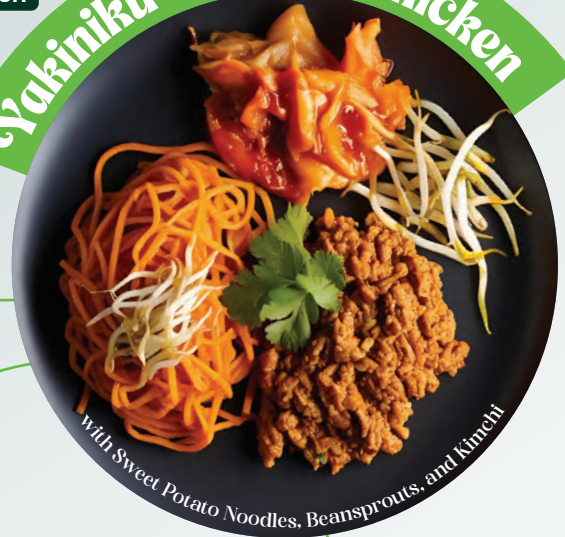
425kcal
Calories
39g
Carbs
38g
Protein
13g
Fat

Large Plan

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

LUNCH

Yakiniku Minced Chicken



with Sweet Potato Noodles, Beansprouts, and Kimchi

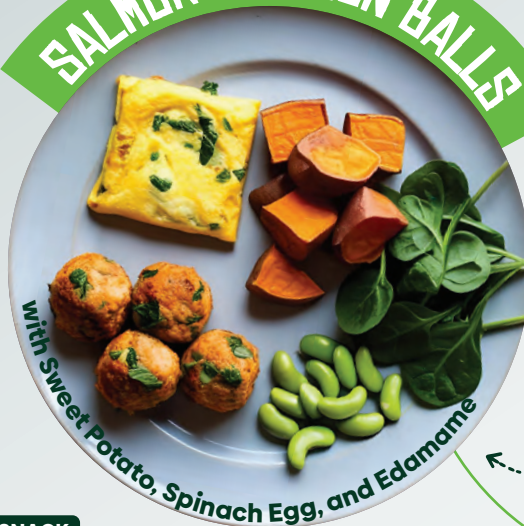
Regular Plan

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

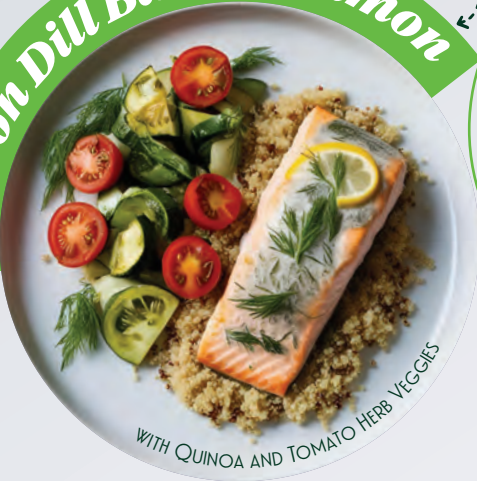
180kcal
Calories
4g
Protein
5g
Carbs
16g
Fat

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 22 AUG 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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illustration only.