



Weight Loss Menu

A close-up photograph of a hand using a metal skewer to garnish a dish. The dish is served in a black tray and consists of white rice, yellow corn, green beans, and red chili peppers. The hand is positioned on the left side of the frame, and the skewer is being used to place a slice of red chili pepper on top of the rice. The background is blurred, showing other dishes and a white tablecloth.

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

Monday
23

SEP 2024

Regular Plan

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

Large Plan

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

LUNCH

Baked Peri Peri Barramundi

with Cauliflower Rice and French Beans

"YU XIANG" CHICKEN AND TOFU

with Brown Rice, Scrambled Tomato Eggs, and Cucumber Salad

Regular Plan

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

Large Plan

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

DINNER

Low Fat Cheese Cake

SNACK

Regular Plan

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

Large Plan

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

Baked Lemon Dill Salmon

with Quinoa, Edamame, Roasted Cauliflower, and Mint Yogurt

LUNCH

Regular Plan

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

Large Plan

645kcal 57g 54g 23g
Calories Protein Carbs Fat

Tuesday
24

SEP 2024

Beef Bulgogi

with Brown Rice, Kimchi, Shredded Carrot, and Spinach

DINNER

Regular Plan

385kcal 29g 38g 13g
Calories Protein Carbs Fat

Large Plan

560kcal 42g 55g 19g
Calories Protein Carbs Fat

Roasted Mix Nuts

Regular Plan

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

Large Plan

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

SNACK

Wednesday 25

SEP 2024

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 CHILL 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, Squid, and Prawns)
with Brown Rice Noodle, Beansprouts, and Cucumber

SNACK

Regular Plan

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

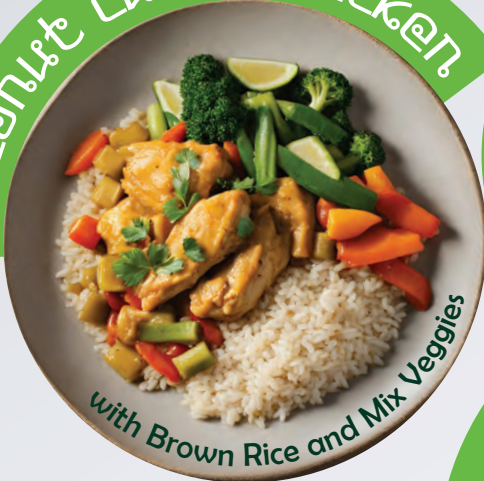
Large Plan

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
44g
Carbs
31g
Protein
16g
Fat

Large Plan

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

Thursday 26

SEP 2024

Baked Gochujang Chicken



With Roasted Potato, Roasted Capsicum, and Broccoli

Regular Plan

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

Large Plan

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

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
27
AUG 2024

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, and 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

Fresh Cut Seasonal Fruits



SNACK

Regular Plan

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

Large Plan

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

Monday
30
SEP 2024

LUNCH

Chicken Rissoles

with Mashed Cauliflower, Stroganoff Sauce, and French Beans



Regular Plan

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

Large Plan

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

Gong Bao Chicken

with Mix Veggie, Fry Egg Rice, Toasted Cashew Nuts, and Cucumber Salad



DINNER

Regular Plan

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

Large Plan

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

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

01

OCT 2024

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

52g
Protein

61g
Carbs

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



LUNCH

Cajun Spiced Tilapia



with Wholemeal Pasta and Sauté Mix Veggies (Carrot, Brussel Sprouts, and Green Peas)

Regular Plan

475kcal
Calories

34g
Protein

46g
Carbs

17g
Fat

Large Plan

685kcal
Calories

49g
Protein

67g
Carbs

25g
Fat

Wednesday

02

OCT 2024

Regular Plan

360kcal
Calories

32g
Protein

35g
Carbs

10g
Fat

Large Plan

535kcal
Calories

48g
Protein

53g
Carbs

15g
Fat

Herb Chicken



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

DINNER

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 03

OCT 2024

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 POTATON NOODLES, SCRAMBLED EGG, LONG BEANS, AND TOASTED CASHEW NUTS

Roasted Teriyaki Chicken Thigh Cubes



WITH BROWN RICE, ROAST CAPSICUM, AND FRENCH BEANS

Regular Plan

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

Large Plan

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

DINNER

SNACK

Regular Plan

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

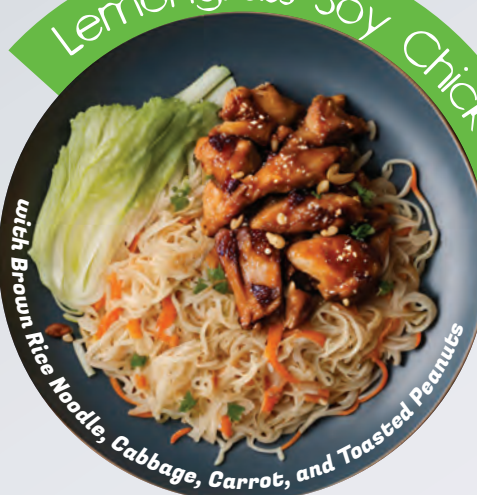
Large Plan

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

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 04

OCT 2024

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
07
OCT 2024

LUNCH

Regular Plan

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

Large Plan

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

Peri Peri Chicken



With Mushroom Barley Risotto and Braised Purple Cabbage

SALMON CHICKEN BALL



With Cauliflower Rice and Edamame

Regular Plan

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

Large Plan

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

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

Creamy Chicken Lasagna



WITH GREEK SALAD

LUNCH

Regular Plan

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

Large Plan

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

Tuesday
08
OCT 2024

Honey Miso Prawns



With Pumpkin Millet, Spicy Eggplants, and Garlic Okra

DINNER

Regular Plan

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

Large Plan

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

OVERNIGHT OATS WITH APPLE AND MIX NUTS



SNACK

Regular Plan

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

Large Plan

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

Wednesday 09

OCT 2024

LUNCH

Regular Plan

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

Large Plan

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

Gong Bao Chicken



with Brown Rice, Scramble Tomato Eggs, and Cucumber

Regular Plan

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

Large Plan

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

Baked Harissa Tilapia



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

SNACK

Regular Plan

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

Large Plan

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

TOFU BROWNIE



DINNER

Thursday 10

OCT 2024

LUNCH

Regular Plan

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

Large Plan

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

ROASTED TURMERIC CHICKEN



with Brown Rice and Roasted Curry Cauliflower

Regular Plan

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

Large Plan

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

BAKED GOCHUJANG CHICKEN



with Steam Sweet Potato and Roasted Broccoli

DINNER

Roasted Mix Nuts



Regular Plan

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

Large Plan

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

SNACK

Friday

11

OCT 2024

Regular Plan

445kcal 35g
Calories 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

Salmon Spinach Pie



with Arugula and Pumpkin Salad

Regular Plan

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

Large Plan

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

DINNER

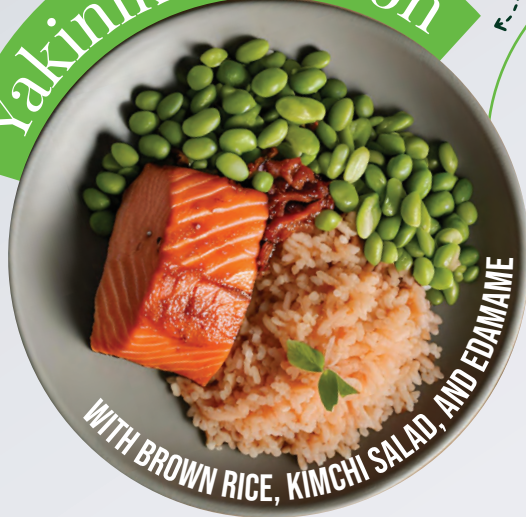
SNACK

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

14

OCT 2024

Basil Minced 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

SNACK

Peanut Butter Cookies



Regular Plan

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

Large Plan

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

Tuesday
15
OCT 2024

Regular Plan

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

Large Plan

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

LUNCH



Lemongrass Barramundi
WITH BROWN RICE NOODLE, CLEAR CHICKEN SOUP, BEANSPROUTS, AND CHINESE SPINACH

Chicken Ball



with Mashed Potato, Eggplant Caponata, and Broccoli

Regular Plan

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

Large Plan

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

DINNER

SNACK

Regular Plan

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

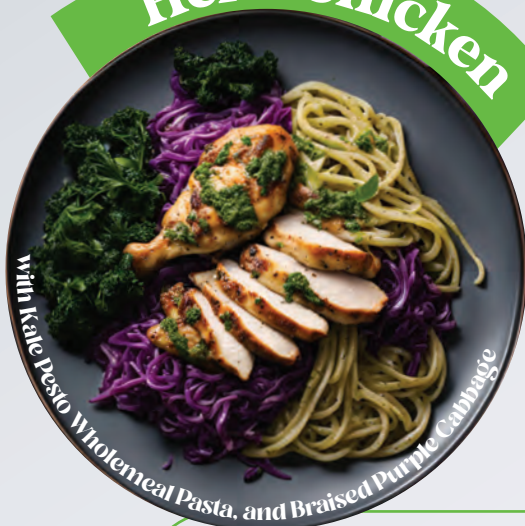
Large Plan

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

FRESH CUT SEASONAL FRUITS



Herb Chicken



with Kale Pesto Wholemeal Pasta, and Braised Purple Cabbage

LUNCH

Regular Plan

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

Large Plan

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

Wednesday
16
OCT 2024

Ma Po Tofu



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

DINNER

Regular Plan

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

Large Plan

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

CARROT CAKE



Regular Plan

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

Large Plan

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

SNACK

Thursday
17
OCT 2024

Regular Plan

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

Large Plan

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

LUNCH

BAKED TERIYAKI CHICKEN

WITH ROASTED POTATO, ROASTED CAPSICUM, AND FRENCH BEANS



Regular Plan

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

Large Plan

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

Brown Rice Chicken Paella



WITH PRAWNS, SQUID, AND GREEN PEAS

DINNER

SNACK

Regular Plan

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

Large Plan

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

GLUTEN FREE BANANA BREAD



LUNCH

PERANAKAN CURRY BEEF



with Coconut Basmati Rice, Curry Cauliflower, and Okra

Regular Plan

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

Large Plan

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

Friday
18
OCT 2024

Cajun Orange Chicken



With Sweet Potato and Broccoli

DINNER

Regular Plan

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

Large Plan

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

Mango Chia Seeds Pudding



Regular Plan

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

Large Plan

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

SNACK