



# 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  
**30**  
JUN 2025

## Regular Plan

460kcal  
Calories

33g  
Protein

44g  
Carbs

17g  
Fat

## Large Plan

690kcal  
Calories

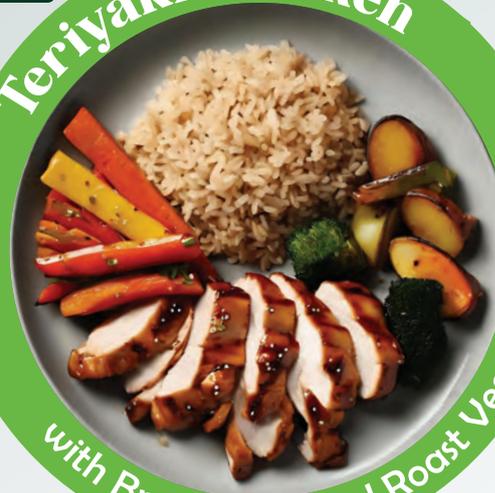
50g  
Protein

66g  
Carbs

26g  
Fat

LUNCH

## Teriyaki Chicken



with Brown Rice and Roast Veggies

## Regular Plan

410kcal  
Calories

42g  
Protein

34g  
Carbs

12g  
Fat

## Large Plan

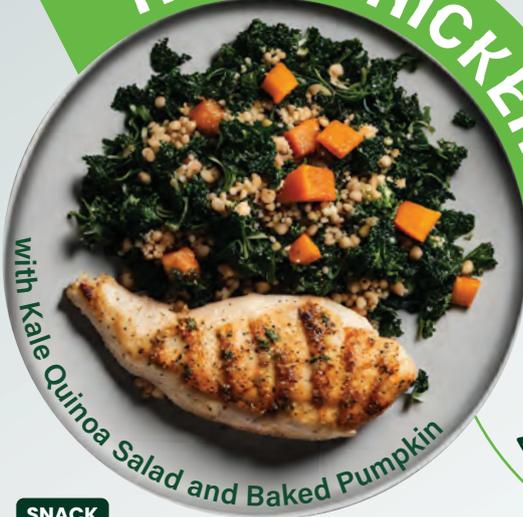
595kcal  
Calories

61g  
Protein

49g  
Carbs

17g  
Fat

## HERB CHICKEN



with Kale Quinoa Salad and Baked Pumpkin

SNACK

## Regular Plan

120kcal  
Calories

6g  
Protein

6g  
Carbs

8g  
Fat

## Large Plan

120kcal  
Calories

6g  
Protein

6g  
Carbs

8g  
Fat

DINNER

## Chocolate Hazelnut Energy Bites



Images are for illustration only.

## Turmeric Chicken Nasi Lemak



with Coconut Basmati Rice, Hard Boiled Egg, and Cucumber

LUNCH

## Regular Plan

460kcal  
Calories

38g  
Protein

41g  
Carbs

16g  
Fat

## Large Plan

665kcal  
Calories

52g  
Protein

59g  
Carbs

23g  
Fat

Tuesday  
**01**  
JUL 2025

## Regular Plan

370kcal  
Calories

32g  
Protein

36g  
Carbs

11g  
Fat

## Large Plan

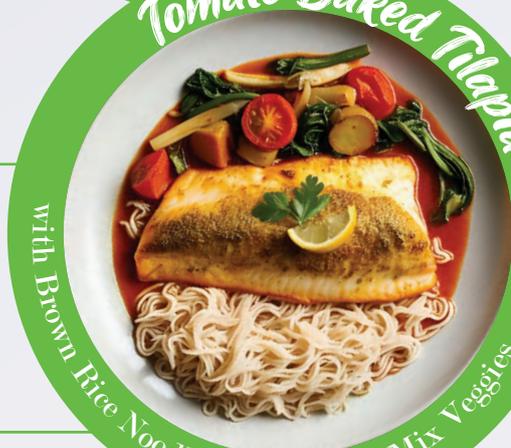
555kcal  
Calories

48g  
Protein

54g  
Carbs

17g  
Fat

## Tomato Baked Tilapia



with Brown Rice Noodles and Braised Mix Veggies

DINNER

## 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

SNACK

Images are for illustration only.

# Wednesday 02

JUL 2025

## Regular Plan

385kcal  
Calories      33g  
Protein

38g      11g  
Carbs      Fat

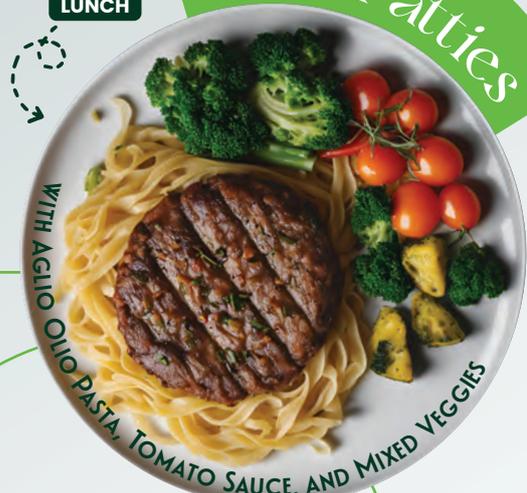
## Large Plan

555kcal      48g  
Calories      Protein

55g      16g  
Carbs      Fat

## Beef Patties

LUNCH



## Regular Plan

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

## Large Plan

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

## Green Curry Chicken

With Basmati Rice, Eggplants, and Long Beans



DINNER

SNACK

Images are for illustration only.

## Regular Plan

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

## Large Plan

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

## GLUTEN FREE BANANA BREAD



LUNCH

## CHICKEN THIGH CHUNKS

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



## Regular Plan

415kcal      31g  
Calories      Protein

41g      14g  
Carbs      Fat

## Large Plan

600kcal      45g  
Calories      Protein

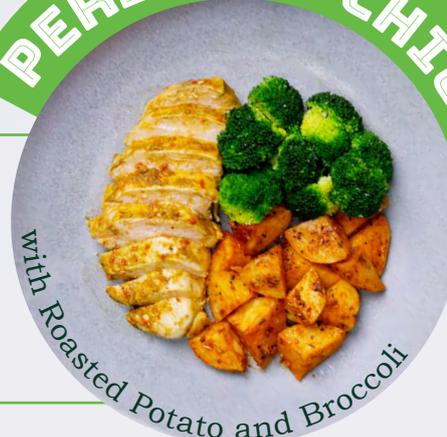
59g      20g  
Carbs      Fat

# Thursday 03

JUL 2025

## PERI PERI CHICKEN

With Roasted Potato and Broccoli



DINNER

## Regular Plan

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

## Large Plan

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

## TOFU CHOCOLATE BROWNIE



## Regular Plan

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

## Large Plan

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

SNACK

Images are for illustration only.

# Friday 04

JUL 2025

### Regular Plan

465kcal  
Calories      36g  
Protein

46g  
Carbs          15g  
Fat

### Large Plan

670kcal  
Calories      52g  
Protein

67g  
Carbs          22g  
Fat

LUNCH

Yakiniku Minced Beef

With Brown Rice, Edamame, and Kimchi

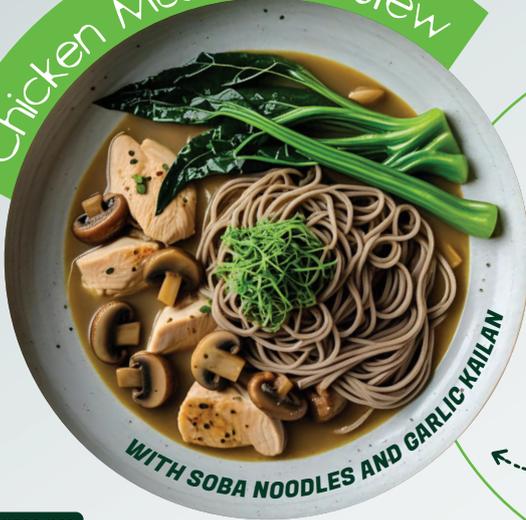
### Regular Plan

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

### Large Plan

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

Chicken Mushroom Stew



WITH SOBA NOODLES AND GARLIC KAILAN

SNACK

### Regular Plan

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

### Large Plan

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

Pistachio and Dates Energy Bites



Images are for illustration only.

GONG BAO CHICKEN



With Brown Rice, Spicy Eggplant, and Cucumber Salad

LUNCH

### Regular Plan

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

### Large Plan

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

Monday  
07

JUL 2025

### Regular Plan

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

### Large Plan

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

HARISSA ROASTED TILAPIA



With Roasted Potato and French Beans

DINNER

Peanut Butter Chocolate Energy Bites



### Regular Plan

120kcal    4g    2g    11g  
Calories   Protein   Carbs   Fat

### Large Plan

120kcal    4g    2g    11g  
Calories   Protein   Carbs   Fat

SNACK

Images are for illustration only.

Tuesday  
08

JUL 2025

**Regular Plan**

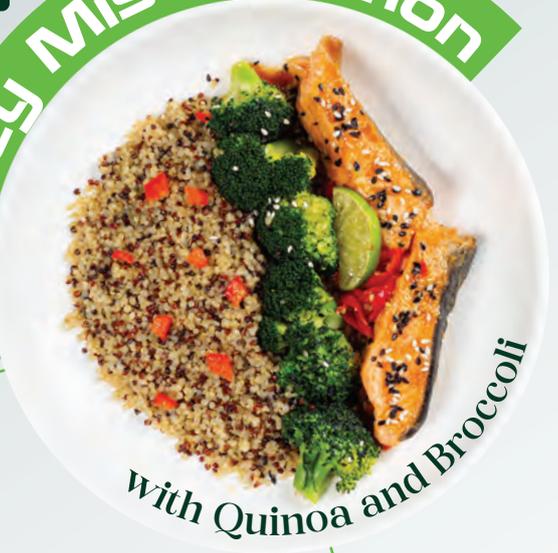
440kcal  
Calories 37g  
Protein  
48g  
Carbs 11g  
Fat

**Large Plan**

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

LUNCH

Honey Miso Salmon



With Quinoa and Broccoli

**Regular Plan**

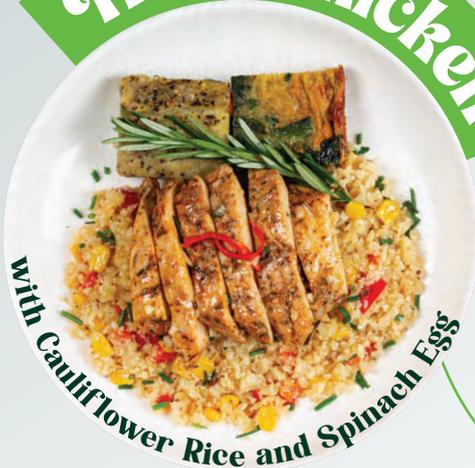
385kcal  
Calories 39g  
Protein 28g  
Carbs 13g  
Fat

**Large Plan**

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

DINNER

Herb Chicken



With Cauliflower Rice and Spinach Eggs

SNACK

GLUTEN FREE BANANA BREAD



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

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  
09

JUL 2025

Lemongrass Chicken



With Rice Vermicelli and Mixed Veggies Salad

DINNER

**Regular Plan**

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

**Large Plan**

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

OATMEAL COOKIE



**Regular Plan**

145kcal  
Calories 5g  
Protein 9g  
Carbs 10g  
Fat

**Large Plan**

145kcal  
Calories 5g  
Protein 9g  
Carbs 10g  
Fat

SNACK

Images are for illustration only.

# Thursday 10

JUL 2025

### Regular Plan

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

### Large Plan

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

LUNCH

## Peranakan Curry Beef and Pumpkin



with Coconut Basmati Rice and Garlic Okra

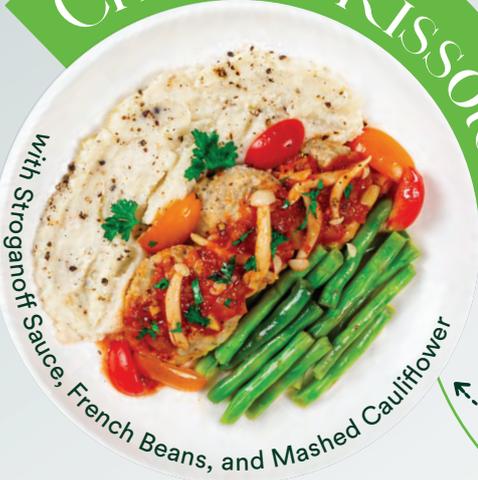
### Regular Plan

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

### Large Plan

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

## Chicken Rissoles



with Stroganoff Sauce, French Beans, and Mashed Cauliflower

DINNER

SNACK

## ALMOND OATS ENERGY BAR



Images are for illustration only.

### Regular Plan

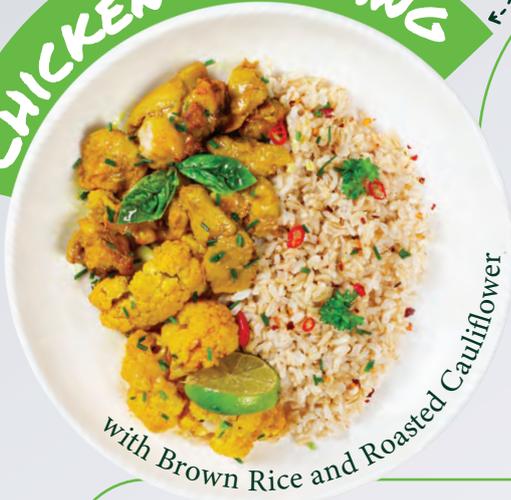
190kcal    6g    12g    13g  
Calories   Protein   Carbs   Fat

### Large Plan

190kcal    6g    12g    13g  
Calories   Protein   Carbs   Fat

LUNCH

## CHICKEN RENDANG



with Brown Rice and Roasted Cauliflower

### Regular Plan

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

### Large Plan

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

# Friday

# 11

JUL 2025

## Cajun Orange Chicken



with Cajun Sweet Potato and Broccoli

DINNER

### Regular Plan

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

### Large Plan

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

## TOFU CHOCOLATE BROWNIE



SNACK

### Regular Plan

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

### Large Plan

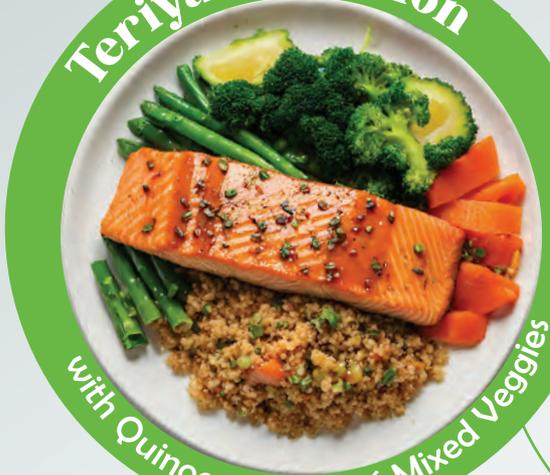
185kcal    8g    20g    8g  
Calories   Protein   Carbs   Fat

Images are for illustration only.

# Monday 14

JUL 2025

## Teriyaki Salmon



with Quinoa and Sauté Mixed Veggies

SNACK

Images are for illustration only.

### Regular Plan

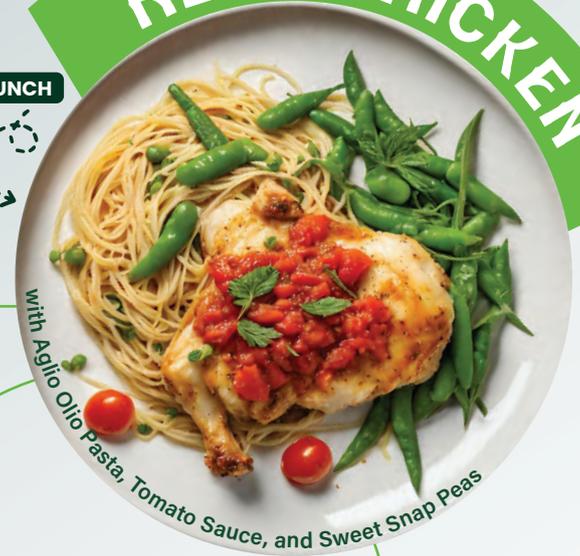
480kcal  
Calories      36g  
Protein  
48g  
Carbs      16g  
Fat

### Large Plan

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

LUNCH

## HERB CHICKEN



with Aglio Olio Pasta, Tomato Sauce, and Sweet Snap Peas

### Regular Plan

395kcal      32g      38g      13g  
Calories      Protein      Carbs      Fat

### Large Plan

555kcal      45g      53g      18g  
Calories      Protein      Carbs      Fat

DINNER

## Pistachio and Dates Energy Bites



### Regular Plan

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

### Large Plan

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

## Red Curry Chicken



WITH BROWN RICE, LONG BEANS, AND EGGPLANTS

LUNCH

### Regular Plan

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

### Large Plan

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

# Tuesday

# 15

JUL 2025

## Salmon Chicken Balls



with Cauliflower Rice and Spinach Egg

DINNER

### Regular Plan

370kcal      39g      26g      12g  
Calories      Protein      Carbs      Fat

### Large Plan

550kcal      59g      39g      18g  
Calories      Protein      Carbs      Fat

## TOFU CHOCOLATE BROWNIE



SNACK

### Regular Plan

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

### Large Plan

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

Images are for illustration only.

Wednesday  
**16**  
 JUL 2025

LUNCH

**Regular Plan**

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

**Large Plan**

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

**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

**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**



DINNER

Images are for illustration only.

LUNCH

**Basil Minced Chicken**



with Basmati Rice, Scramble Egg, and Long Beans

**Regular Plan**

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

**Large Plan**

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

Thursday  
**17**  
 JUL 2025

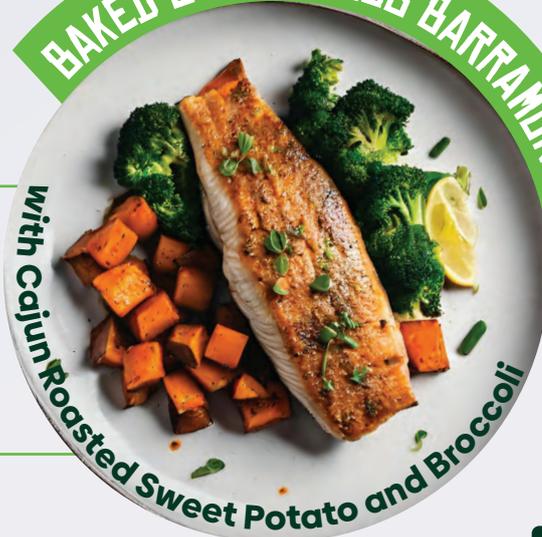
**Regular Plan**

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

**Large Plan**

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

**BAKED LEMONGRASS BARRAMUNDI**



With Cajun Roasted Sweet Potato and Broccoli

DINNER

SNACK

**Carrot Cake with Cashew Frosing**



**Regular Plan**

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

**Large Plan**

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

Images are for illustration only.

Friday  
18

JUL 2025

**Regular Plan**

475kcal 33g  
Calories Protein  
43g 19g  
Carbs Fat

**Large Plan**

690kcal 48g  
Calories Protein  
62g 28g  
Carbs Fat

LUNCH

**Beef Patties**

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

**Regular Plan**

345kcal 32g 34g 9g  
Calories Protein Carbs Fat

**Large Plan**

535kcal 50g 53g 14g  
Calories Protein Carbs Fat

**Turmeric Chicken**

WITH BROWN RICE AND LADY FINGER

DINNER

SNACK

**PEANUT BUTTER CHOCOLATE COOKIE**

Images are for illustration only.

**Regular Plan**

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

**Large Plan**

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

LUNCH

**Peranakan Curry Chicken**

with Basmati Rice, Cauliflower, and Lady Finger

**Regular Plan**

455kcal 34g 46g 15g  
Calories Protein Carbs Fat

**Large Plan**

660kcal 49g 67g 22g  
Calories Protein Carbs Fat

Monday  
21

JUL 2025

**Chicken Patties**

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

DINNER

**Regular Plan**

420kcal 36g 38g 14g  
Calories Protein Carbs Fat

**Large Plan**

610kcal 52g 55g 20g  
Calories Protein Carbs Fat

SNACK

Images are for illustration only.

**Peanut Butter Chocolate Energy Bites**

**Regular Plan**

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

**Large Plan**

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

# Tuesday

# 22

JUL 2025

### Regular Plan

435kcal  
Calories

33g  
Protein

44g  
Carbs

14g  
Fat

### Large Plan

650kcal  
Calories

50g  
Protein

66g  
Carbs

21g  
Fat

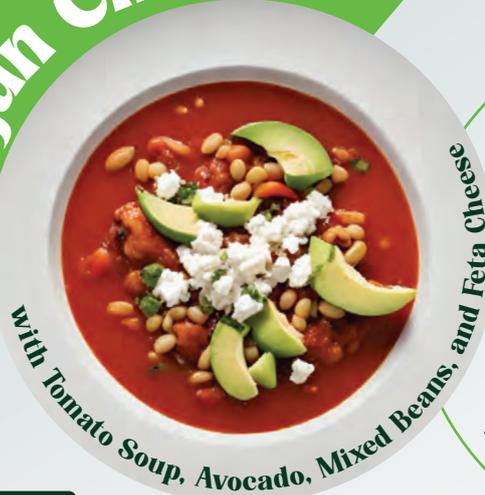
LUNCH



Sambal Seafood and Tofu

WITH BROWN RICE AND SHANGHAI GREEN

Cajun Chicken



with Tomato Soup, Avocado, Mixed Beans, and Feta Cheese

SNACK

### Regular Plan

385kcal  
Calories

38g  
Protein

22g  
Carbs

16g  
Fat

### Large Plan

575kcal  
Calories

57g  
Protein

33g  
Carbs

24g  
Fat

DINNER

TOFU CHOCOLATE BROWNIE



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

MALA CHICKEN



WITH BROWN RICE AND HONEY SOY MIX VEGGIES

LUNCH

### Regular Plan

460kcal  
Calories

36g  
Protein

45g  
Carbs

15g  
Fat

### Large Plan

665kcal  
Calories

52g  
Protein

65g  
Carbs

22g  
Fat

Wednesday

# 23

JUL 2025

### Regular Plan

370kcal  
Calories

37g  
Protein

28g  
Carbs

12g  
Fat

### Large Plan

535kcal  
Calories

54g  
Protein

41g  
Carbs

17g  
Fat

Herb Chicken



with Roasted Herb Veggies Quinoa Salad

DINNER

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.

# Thursday 24

JUL 2025

### Regular Plan

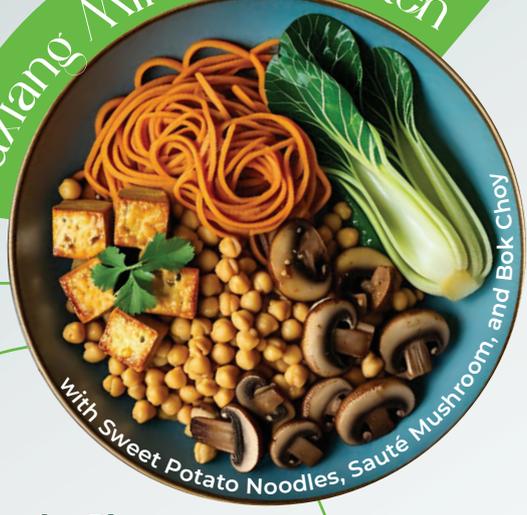
445kcal  
Calories    32g  
Protein  
45g  
Carbs    15g  
Fat

### Large Plan

640kcal  
Calories    46g  
Protein  
65g  
Carbs    22g  
Fat

LUNCH

## Yuxiang Minced Chicken



With Sweet Potato Noodles, Sauté Mushroom, and Bok Choy

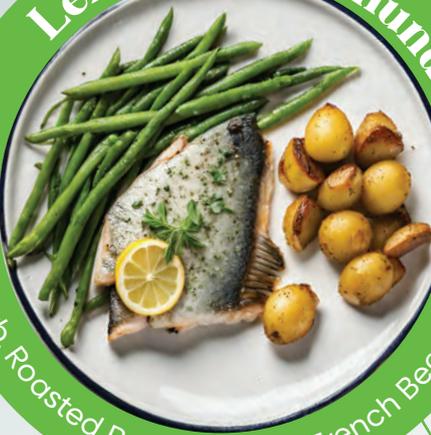
### Regular Plan

430kcal    38g    38g    14g  
Calories    Protein    Carbs    Fat

### Large Plan

645kcal    57g    57g    21g  
Calories    Protein    Carbs    Fat

## Lemon Barramundi Fish



With Fresh Herb, Roasted Potatoes, and French Beans

SNACK

Images are for illustration only.

### Regular Plan

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

### Large Plan

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

## PISTACHIO AND DATES ENERGY BITES



DINNER

## GREEN CURRY CHICKEN



With Basmati Rice, Eggplants, and Long Beans

LUNCH

### Regular Plan

450kcal    32g    47g    15g  
Calories    Protein    Carbs    Fat

### Large Plan

655kcal    46g    68g    22g  
Calories    Protein    Carbs    Fat

# Friday 25

JUL 2025

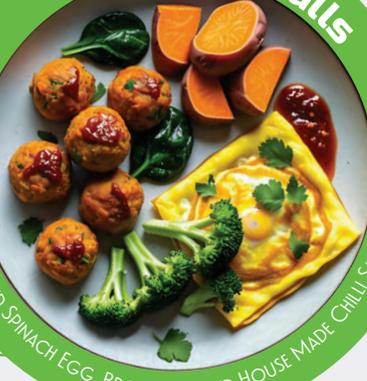
### Regular Plan

405kcal    36g    34g    14g  
Calories    Protein    Carbs    Fat

### Large Plan

590kcal    52g    49g    20g  
Calories    Protein    Carbs    Fat

## Chicken Balls



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

DINNER

## Overnight Oats



With Roasted Apple and Chia Seeds

SNACK

### Regular Plan

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

### Large Plan

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

Images are for illustration only.