Balanced Menu



Dear guests

In the bustling world of culinary artistry, where flavors dance and ingredients harmonize, lies the heart of our philosophy: the Balanced Menu. As a seasoned chef, I've embarked on a journey to redefine gourmet cuisine, making health-conscious choices not only accessible but utterly irresistible. Join me as we explore the intricate fusion of culinary excellence and nutritional wisdom.

In a landscape inundated with culinary indulgences, the quest for balance becomes paramount. The Balanced Menu emerges as a beacon of culinary innovation, marrying the realms of health and taste seamlessly.

Embracing the ethos of calorie consciousness, our menu transcends mere sustenance, offering a symphony of flavors meticulously calibrated to nourish both body and soul. Every dish is a testament to our unwavering commitment to crafting culinary masterpieces that tantalize the taste buds while respecting the boundaries of a calorie-conscious lifestyle.

Let's savor the delights of a Balanced Menu—a testament to the notion that healthy living and gastronomic pleasure need not be mutually exclusive.

- Chef Ken

BALANCED



Medium Plan

50g 690kcal 66a Caloraies Protein Carbs

Regular Plan 855kcal 61g

Protein Calories

HERB

81g 31g Carbs Fat

26g

CHICKER

Fat

With brown tice, kimchi, and edamame

Medium Plan

SALSALA

595kcal 49g 61q 17g Calories Protein Carbs Fat

Regular Plan

700kcal 71g Calories Protein

58g 20g Carbs Fat

K.... DINNER NER Hazelnut Energy pro-

8g Fat

16g

Fat

6g

Carbs

12g

Carbs

Rate Olimba Salad and Baked Putut

SNACK

Regular Plan

Medium

Plan

Calories

240kcal

120kcal

Calories

6g

Protein

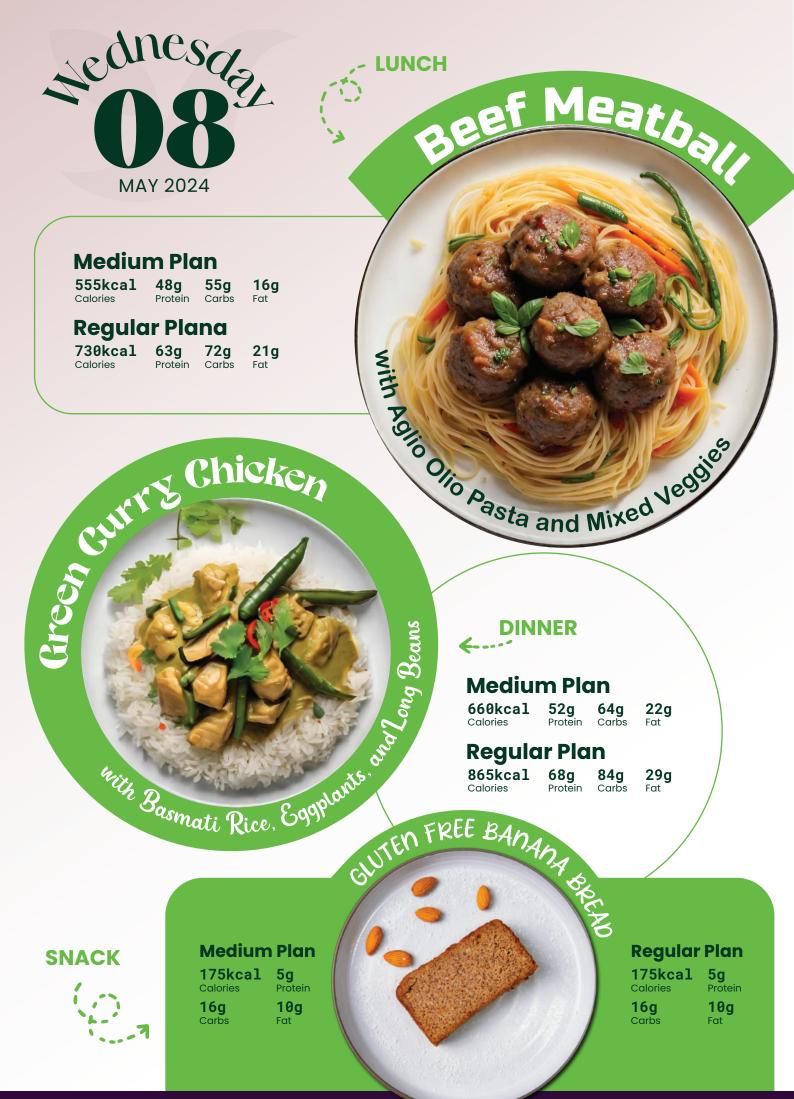
12g Protein

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Medium Plan

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

Protein

Regular Plan 835kcal 65g 83g

Calories

27g Carbs Fat

ernongrass Barranung.

Allen Minced Been

With Brown Rice Edamame, and Kimchi

59g

Carbs

Medium Plan

600kcal 48g Calories Protein

Regular Plan 725kcal 58g Calories Protein

23g 72g Carbs Fat

19g

Fat

NER AND DATES ENERGY DIE DINNER

8g

Fat

16g

Fat

rbs

MITHRENOULES, PHRMISSABOUTS, SPINACH, AND CLEAR CLUCK

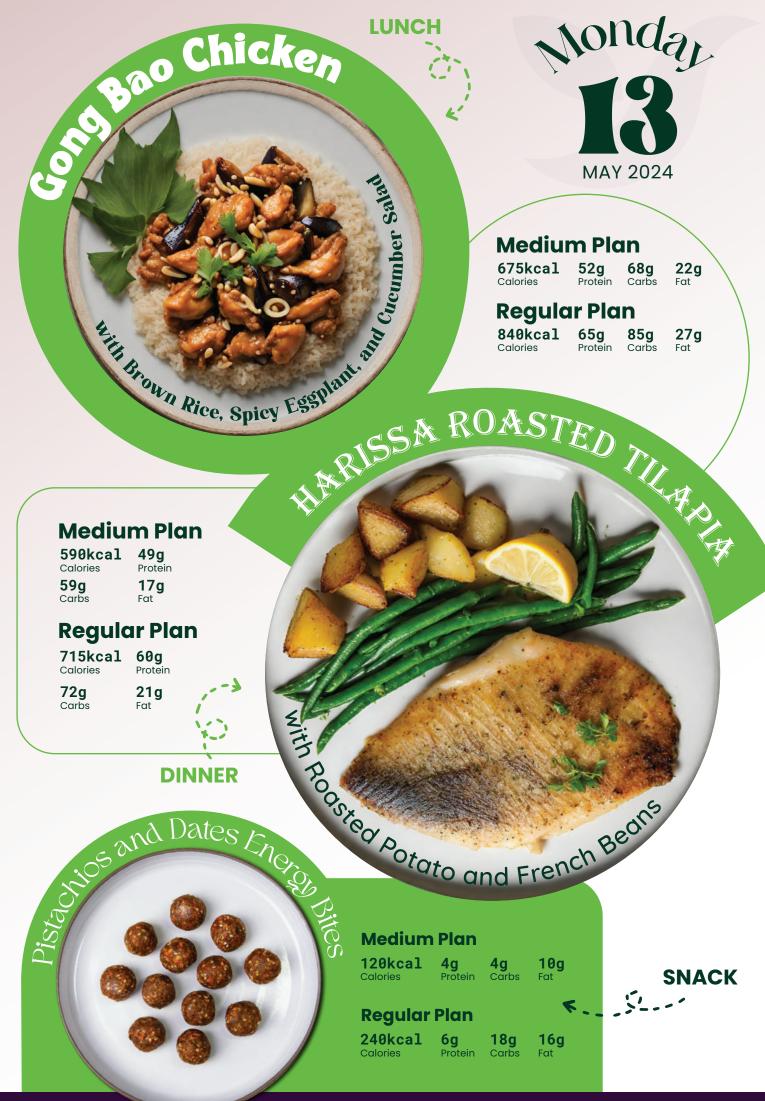
SNACK

Medium	120kcal	4g	8g
Plan	Calories	Protein	Ca
Regular	240kcal	8g	16
Plan	Calories	Protein	Ca

a Calories Protein Carbs

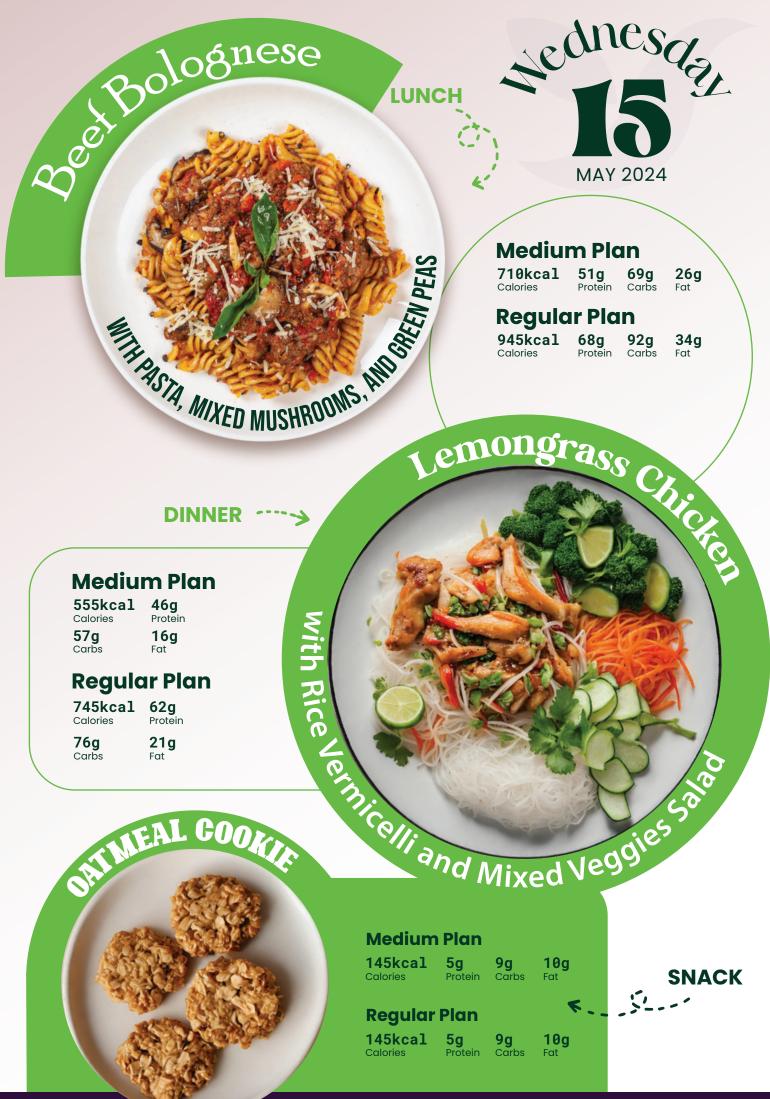
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CHER RENDANC



K.... LUNCH

Medium Plan

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

Regular Plan

Beef Bulgogi

810kcal	66g	82g	24g
Calories	Protein	Carbs	Fat

Rice and Roasted Br

DINNER

Medium Plan

620kcal	50g	62g	20g		
Calories	Protein	Carbs	Fat		
Regular Plan					
805kcal	64g	80g	25g		
	Protein	Carbs	Fat		



Plan 62g 20g in Carbs Fat Ian 80g 25g in Carbs Fat	with Sweet Potato r	woodles,	Spin		Shredded Corrob
Medium	185kcal	8g	20g	8g	k
Plan	Calories	Protein	Carbs	Fat	
Regular	185kcal	8g	20g	8g	SNACK
Plan	Calories	Protein	Carbs	Fat	

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