## High Protein Menu



Dear guests

As a chef, I've always been passionate about creating dishes that are not only delicious but also nourish the body. But lately, I've seen a growing need for a different kind of culinary experience: one that prioritizes protein while keeping carbohydrates in check. That's why I'm thrilled to introduce my High Protein Menu – a concept I call "healthy gourmet made easy."

This menu isn't just about deprivation. It's about fueling your body for peak performance, whether you're a dedicated athlete or simply seeking a healthier lifestyle. By focusing on high-quality protein sources and limiting carbohydrates, we can create a plan that helps you burn fat while retaining lean muscle mass.

This isn't your average "high protein" fare. We'll be using fresh, seasonal ingredients to craft gourmet dishes that are bursting with flavor. Forget bland chicken breasts and tasteless salads. We'll be exploring a world of textures and tastes, all while keeping your protein goals in mind.

So, are you ready to embark on a culinary adventure that will transform your body and tantalize your taste buds? Let's get started!

- Chef Ken

### HIGH PROTEIN



### **Small Plan**

450kcal 40g 33g Calories Protein Carbs

#### **Medium Plan** 675kcal 59g 50g

Calories Protein

27g Carbs Fat

HERB CHICK

18g

Fat

With brown tice, kimchi, and edamame

### **Small Plan**

FIL SALMON

415kcal	50g	26g	13g
Calories	Protein	Carbs	Fat

**Medium Plan** 

73g 605kcal Calories Protein

37g 18g Carbs Fat

### K.... DINNER NER Hazelnut Energy pro-

Runna Salad and Baked Purnitie

**SNACK** 

Small Plan

120kcal Calories

Protein

**Medium** Plan

Calories

120kcal

**6**g

**6**g

**8g** 6g Fat Protein Carbs

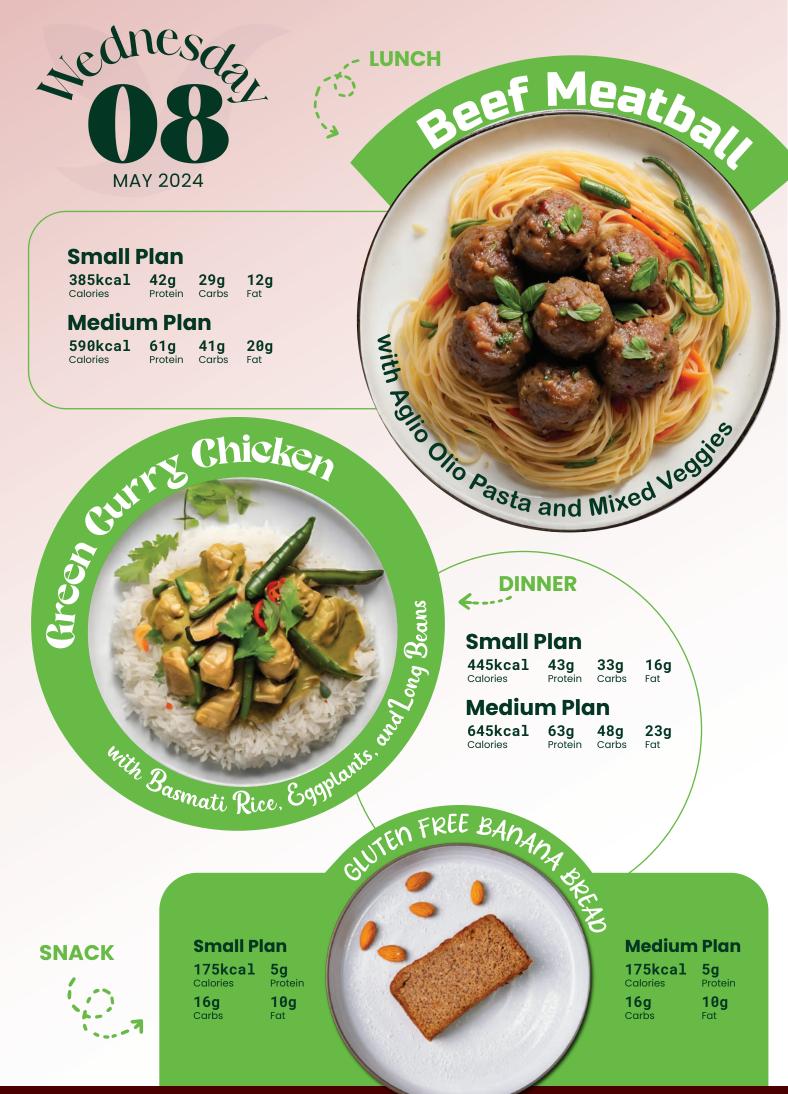
**6g** 

Carbs

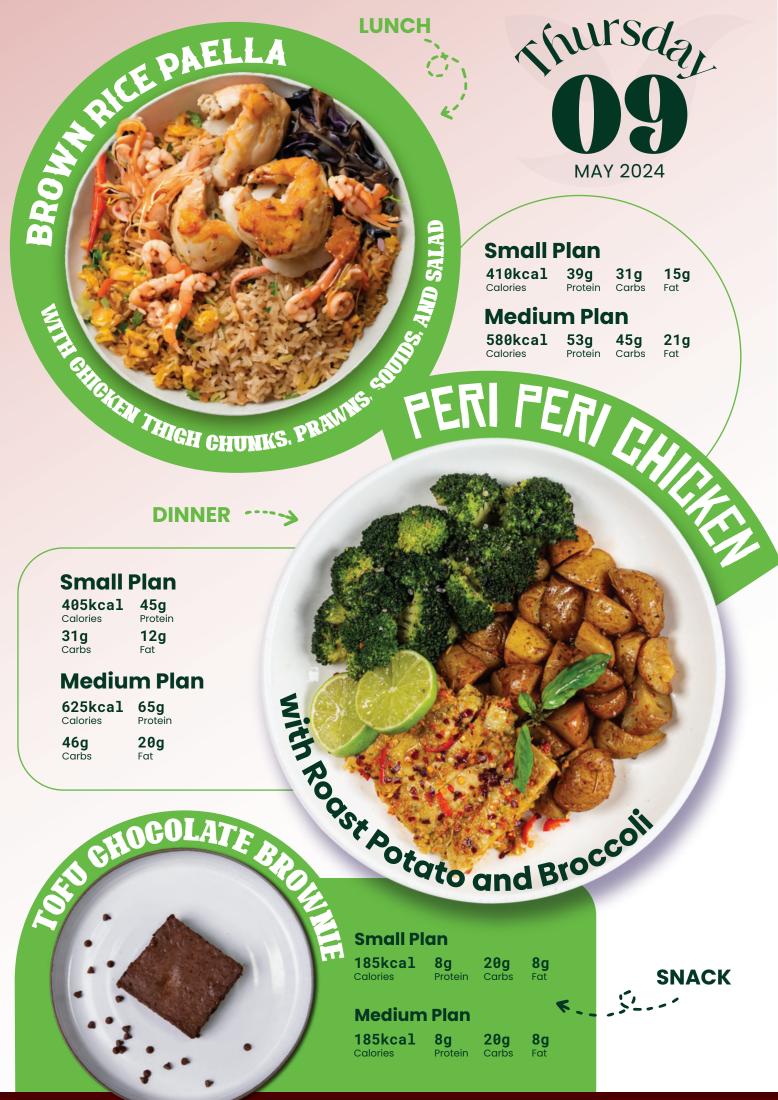
**8g** Fat

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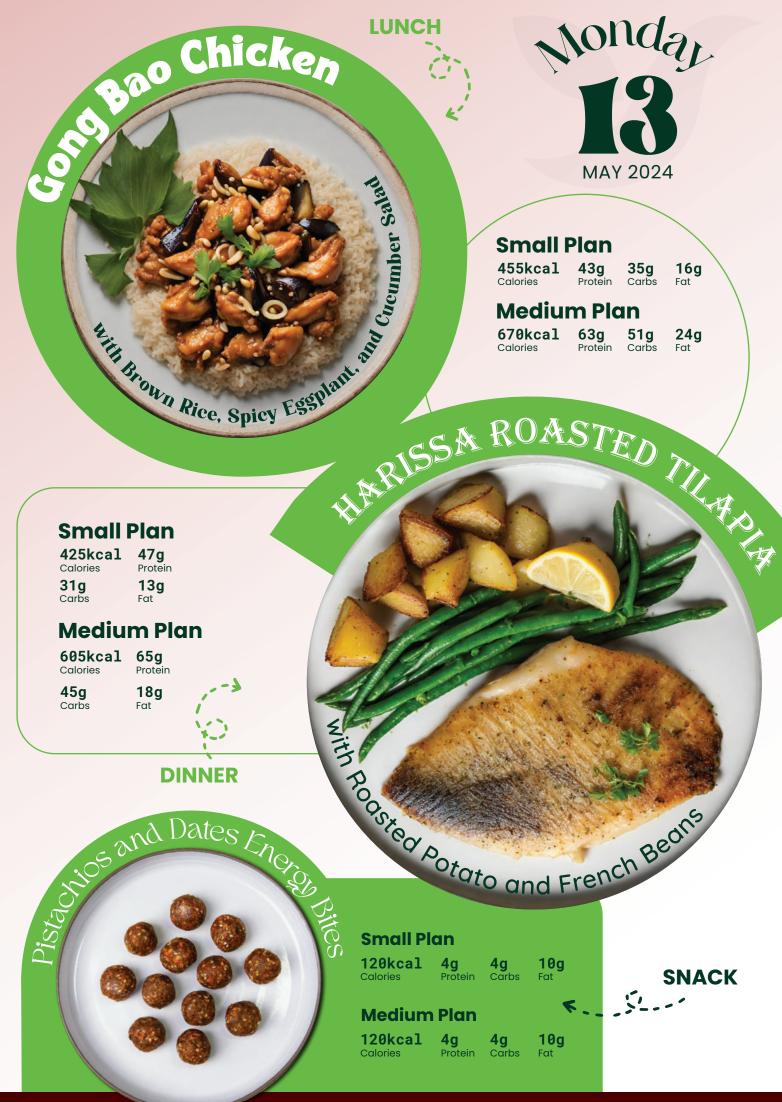




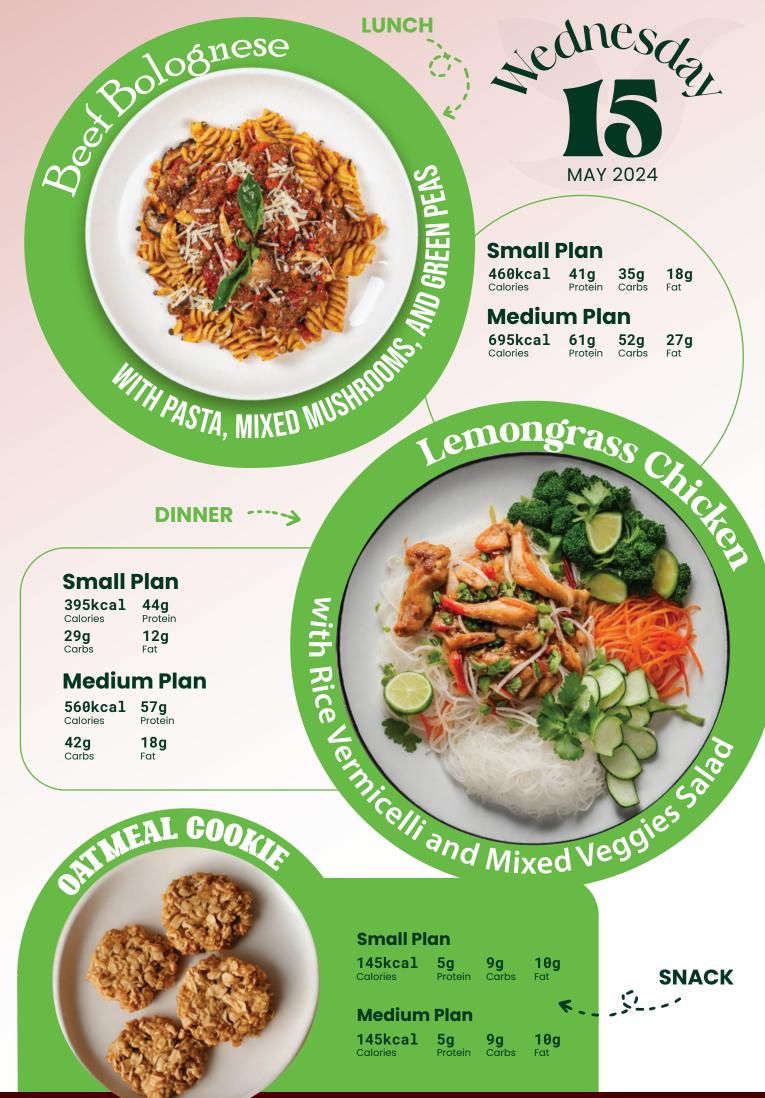
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Frida 10 MAY 202		15		RM		rced	Bee		
Medium F 655kcal 63g Calories Prote	g 35g 16g ein Carbs Fat Plan g 50g 23g ein Carbs Fat		with Bro	MAR		amame Plan			
WITH RICE NOODLES, BERNISBROU	15	CLEARCO	ICHEN SOUP		420kcal Calories Mediu 610kcal Calories	44g 31g Protein Cark <b>m Plan</b> 64g 45g Protein Cark	<b>g 14g</b> Fat <b>g 20g</b> Fat		
SNACK	Small Plan Medium Plan	AND C 120kcal Calories 120kcal Calories	<b>4g</b> Protein <b>4g</b> Protein	8g Carbs 8g Carbs	8g Fat 8g Fat	ARR AND		repege	110







HIGH PROTEIN - HIGH PROTE.



# CHENRENDANC



### K.... LUNCH

### Small Plan

390kcal 40g 29g 13g Calories Protein Carbs Fat

### **Medium Plan**

Beef Bulgogi

595kcal	62g	39g	21g
Calories	Protein	Carbs	Fat

# Rice and Roast et Est

### **Small Plan**

	<b>435kcal</b> Calories	<b>42g</b> Protein	<b>31g</b> Carbs	<b>16g</b> Fat
·7	Mediu	m Plo	an	
	620kcal Calories	63g Protein	<b>43g</b> Carbs	<b>22g</b> Fat
HOCOLATE BRO	WNIE			
AN CHOCOLATE BRO			Small	

with Suee Porta of the second se

Medium Plan

Small Plan

185kcal	<b>8g</b>		
Calories	Prote		

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

8g

Fat



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