### Weight Loss Nenu



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



#### **Small Plan**

33g 460kcal 44g Calories Protein Carbs

#### **Medium Plan** 50g

690kcal Calories Protein

66g 26g Carbs Fat

HERB CHICK

17g

Fat

With brown tice, kimchi, and edamame

#### **Small Plan**

FIL SELTION

410kcal	42g	34g	12g
Calories	Protein	Carbs	Fat

#### **Medium Plan**

61g 595kcal 49g Calories Protein Carbs

17g Fat

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

# Printing Balad and Baked Printing 1 69

120kcal Calories

**Medium** Plan

Plan

120kcal Calories

**6**g 6g Carbs Protein

**6g** 

Carbs

**6**g

Protein

**8g** Fat

**8g** 

Fat

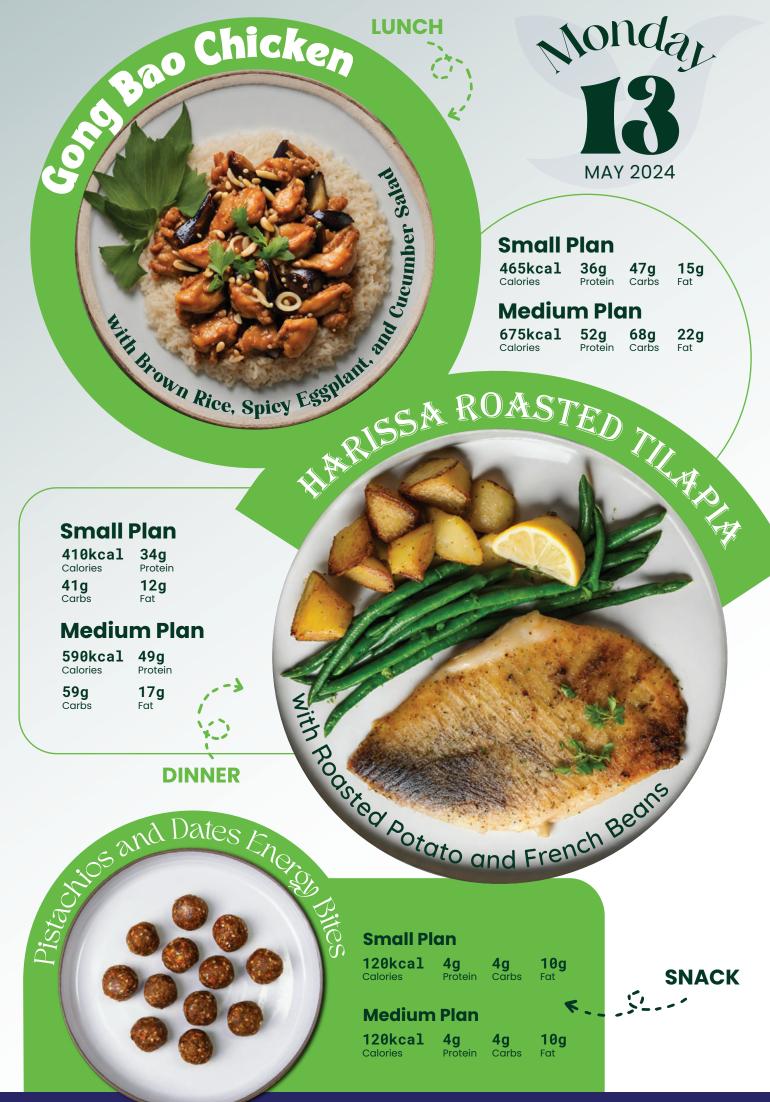
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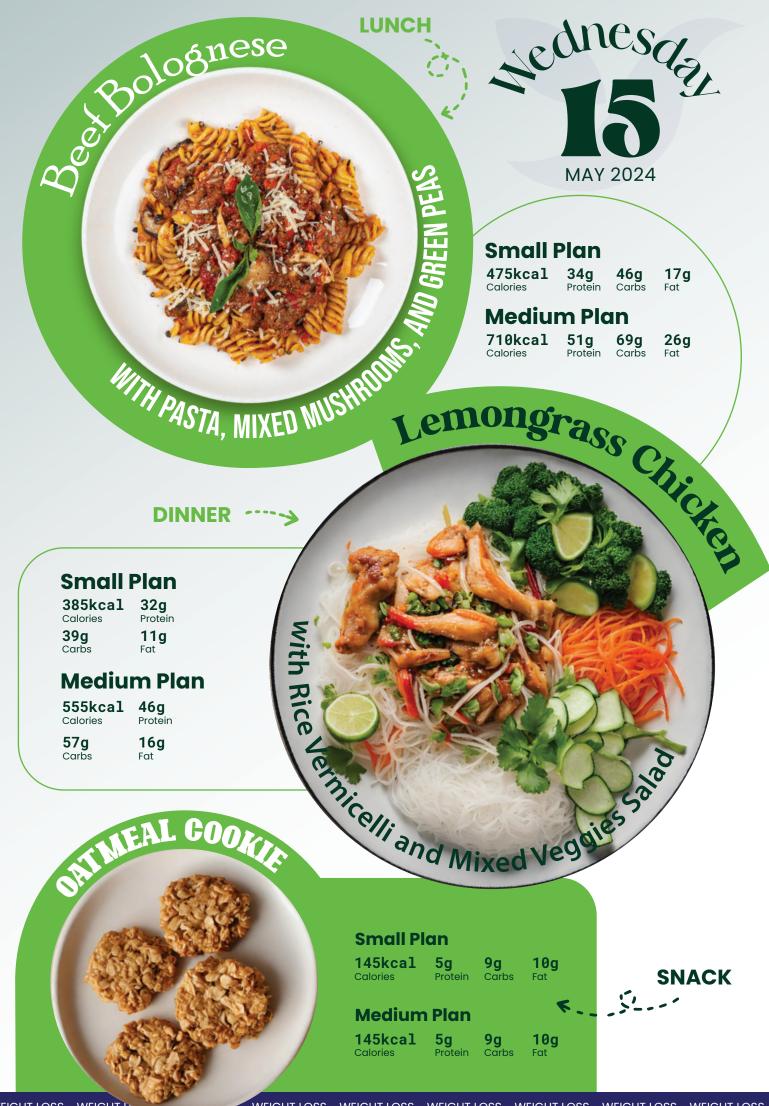
808	NCH Beef Meatball
MAY 2024   Small Plan   385kcal 33g 38g 11g   Calories Protein Carbs Fat   Medium Plan   555kcal 48g 55g 16g   Calories Protein Carbs Fat	
Cutry Chicken	ono one asta and Mixed Veggies DINNER
	Small Plan   455kcal 36g 44g 15g   Calories 36g carbs Fat   Medium Plan   660kcal 52g 64g 22g   Calories Frotein Carbs Fat
SNACK SNACK SNACK SCORCE, Construction Small Plan 175kcal 59 Calories Protein 16g 10g Carbs Fat	FREE BADADA   Free Badada



Small Pla Galories Prot	24 n	Solution of the second	CH	ced k	Beege	
Medium P 670kcal 52 Calories Prot	(7	with Brow	An Rice, Eda	amame, a	nd Kimchi	
MITH RICE NOODLES, BEAMSPROD	Ts, spinach, AN	D CLEAR CHION	415kca Calories Mediu 600kca Calories	1 33g Protein 41g Carbs   Um Plan   1 48g Protein 59g Carbs   INER	<b>13g</b> Fat <b>19g</b> Fat	
SNACK	Small Plan d Medium	<b>120kcal 4g</b> Calories Protein <b>120kcal 4g</b> Calories Protein	8g 8g Carbs Fat 8g 8g		TES ENERGE	PITES









#### **Small Plan**

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

#### **Medium Plan**

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

Na Po Tofi

Conut Basmati Rice and Long Ber

v Barramundi

LUNCH

#### Small Plan

355kcal 32g 32g Calories Protein Carbs

**11g** Fat

#### Medium Plan

515kcal 46g Calories Protein

13g Fat

13g Fat 46g 16g Carbs Fat

#### DINNER IND DATS ENERGY FILE

SNACK	Small Plan	<b>190kcal</b> Calories	<b>6g</b> Protein	<b>12g</b> Carbs	
·7	Medium Plan	<b>190kcal</b>	<b>6g</b> Protein	<b>12g</b> Carbs	

## CHERRENDANCO



#### K.... LUNCH

#### **Small Plan**

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

#### **Medium Plan**

590kcal Calories	<b>48g</b> Protein	<b>59g</b> Carbs	<b>18g</b> Fat
edit			1
	Calories		Calories Protein Carbs

<sup>11</sup>*ith Brown Rice and Roasted Cauliflower* 

DINNER

- 7

CHOCOLATE BROWNIE

#### **Small Plan**

<b>415kcal</b> Calories		<b>41g</b> Carbs			
<b>Medium Plan</b>					
620kaal	500	62a	200		

σy νzy Calories Protein Carbs

20y Fat

Small 185kcal 8g 20g Plan Protein Calories Carbs Medium 20g 185kcal 8g Plan Calories Protein Carbs

with Suee Porta of the solution of the solutio **8**g

Fat

**8**g

Fat

SNACK

EIGHT LOSS - WEIGHT L