

Balanced Menu



YoloPlans

A close-up photograph of a chef's hand using a silver knife to garnish a dish. The dish is served in a dark, square pan and features a bed of white rice topped with yellow corn, green beans, and sliced red and green chili peppers. The chef is carefully placing a slice of red chili on top. The background is softly blurred, showing other kitchen items and ingredients.

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*

Wednesday 03

JUNE 2026

LUNCH

Large Plan
555kcal
Calories 48g
Protein
55g
Carbs 16g
Fat

Beef Patties



With Aglio Olio Pasta, Tomato Sauce and Mixed Veggies

Green Curry Chicken



With Basmati Rice, Long Beans and Eggplants

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

DINNER

Gluten Free Banana Bread



SNACK

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

Images are for illustration only.

LUNCH

Large Plan
600kcal 45g 59g 20g
Calories Protein Carbs Fat

Brown Rice Paella



With Chicken Thigh Chunks, Prawns and Squids, Garlic Green Peas

Thursday 04

JUNE 2026

Peri Peri Chicken



With Roast Potato and Broccoli

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

DINNER

Hazelnut and Chocolate Granola Bar



Large Plan
190kcal 5g 24g 8g
Calories Protein Carbs Fat

SNACK

Images are for illustration only.

Friday
05

JUNE 2026

LUNCH

Yakiniku Mixed Beef



with Brown Rice, Edamame and Kimchi

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

Chicken Mushroom Stew



with Soba Noodle and Garlic Kailan

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

DINNER

Pumpkin Parmesan Biscuit



SNACK

Large Plan
135kcal
Calories
3g
Protein
15g
Carbs
7g
Fat

Images are for illustration only.

LUNCH

Gong Bao Chicken



with Brown Rice, Spicy Eggplant, Cucumber Salad

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

Monday
08

JUNE 2026

Harissa Roasted Tilapia



with Roasted Potato, French Beans

DINNER

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

SNACK

Peanut Butter Chocolate Energy Bites



Large Plan
125kcal
Calories
4g
Protein
2g
Carbs
11g
Fat

Images are for illustration only.

Tuesday

09

JUNE 2026

LUNCH

Large Plan

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

Honey Miso Salmon



Cauliflower Rice



Large Plan

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

Gluten Free Banana Bread



DINNER

SNACK

Large Plan

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

Images are for illustration only.

Beef Bolognese



LUNCH

Large Plan

| | | | |
|----------|---------|-------|-----|
| 710kcal | 51g | 69g | 26g |
| Calories | Protein | Carbs | Fat |

Wednesday

10

JUNE 2026

Large Plan

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

Lemongrass Chicken



DINNER

Peanut Butter Chocolate Cookie



SNACK

Large Plan

| | | | |
|----------|---------|-------|-----|
| 155kcal | 5g | 4g | 13g |
| Calories | Protein | Carbs | Fat |

Images are for illustration only.

Thursday

11

JUNE 2026

LUNCH

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

Peranakan Curry Beef and Pumpkin

with Coconut Basmati Rice, Garlic Okra

Chicken Rissoles

with Stroganoff Sauce, French Beans and Mashed Cauliflower

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

DINNER

Apple and Chia Seeds Oatmeal



SNACK

Large Plan
 175kcal
 Calories
 6g
 Protein
 24g
 Carbs
 6g
 Fat

Images are for illustration only.

LUNCH

Chicken Rendang

with Brown Rice, Roasted Cauliflower

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

Friday

12

JUNE 2026

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

Cajun Orange Chicken

with Cajun Sweet Potato and Broccoli

DINNER

Tofu Chocolate Brownie



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

SNACK

Images are for illustration only.

Monday
15

JUNE 2026

LUNCH

Herb Chicken



With Aglio Olio Pasta, Tomato Sauce, Sweet Snap Peas

Large Plan

720kcal
Calories

54g
Protein

72g
Carbs

24g
Fat

Teriyaki Salmon



with Quinoa, Saute Mixed Veggies

Large Plan

555kcal
Calories

45g
Protein

53g
Carbs

18g
Fat

DINNER

Banana Oat Pancake With Apple Chutney



SNACK

Large Plan

120kcal
Calories

4g
Protein

13g
Carbs

6g
Fat

Images are for illustration only.

LUNCH

Red Curry Chicken



with Brown Rice, Long Beans and Eggplant

Large Plan

675kcal
Calories

56g
Protein

63g
Carbs

23g
Fat

Tuesday
16

JUNE 2026

Salmon Chicken Balls



with Cauliflower Rice and Spinach Egg

DINNER

Large Plan

550kcal
Calories

59g
Protein

39g
Carbs

18g
Fat

SNACK

Tofu Chocolate Brownie



Large Plan

185kcal
Calories

8g
Protein

20g
Carbs

8g
Fat

Images are for illustration only.

Wednesday 17

JUNE 2026

LUNCH

Large Plan

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

Yakiniku Mixed Beef



with Brown Rice, Edamame and Kimchi

Peri Peri Chicken



with Roast Potato and Broccoli

Large Plan

| | | | |
|----------|---------|-------|-----|
| 610kcal | 54g | 59g | 17g |
| Calories | Protein | Carbs | Fat |

DINNER

Peanut Butter Chocolate Energy Bites



SNACK

Large Plan

| | | | |
|----------|---------|-------|-----|
| 125kcal | 4g | 2g | 11g |
| Calories | Protein | Carbs | Fat |

Images are for illustration only.

Basil Minced Chicken



with Basmati Rice, Scrambled Egg and Kailan

LUNCH

Large Plan

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

Thursday 18

JUNE 2026

Baked Lemongrass Barramundi!



with Cajun Roasted Sweet Potato, Broccoli

DINNER

Large Plan

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

Carrot Cake with Cashew Frosting



Large Plan

| | | | |
|----------|---------|-------|-----|
| 180kcal | 8g | 18g | 8g |
| Calories | Protein | Carbs | Fat |

SNACK

Images are for illustration only.

Friday
19
JUNE 2026

LUNCH

Beef Patties



Large Plan

690kcal
Calories 48g
Protein

62g 28g
Carbs Fat

Tumeric Chicken



Large Plan

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

Peanut Butter Chocolate Cookie



DINNER

SNACK

Large Plan

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

Images are for illustration only.

LUNCH

Peranakan Curry Chicken



Large Plan

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

Monday
22
JUNE 2026

Chicken Patties



DINNER

Large Plan

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

Peanut Butter Chocolate Energy Bites



Large Plan

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

SNACK

Images are for illustration only.

Tuesday
23

JUNE 2026

LUNCH

Large Plan

650kcal
Calories

50g
Protein

66g
Carbs

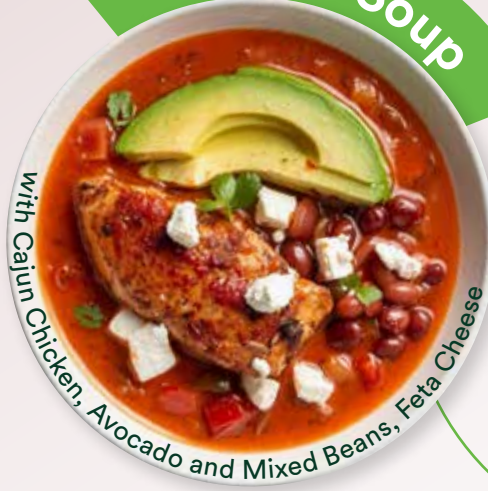
21g
Fat

Sambal Seafood and Tofu



with Brown Rice and Shanghai Green

Tomato Soup



With Cajun Chicken, Avocado and Mixed Beans, Feta Cheese

Large Plan

575kcal
Calories

57g
Protein

33g
Carbs

24g
Fat

DINNER

Hazelnut and Chocolate Granola Bar



SNACK

Large Plan

190kcal
Calories

5g
Protein

24g
Carbs

8g
Fat

Images are for illustration only.

Mala Chicken



with Brown Rice and Honey Soy Mixed Veggies

LUNCH

Large Plan

665kcal
Calories

52g
Protein

65g
Carbs

22g
Fat

Wednesday
24

JUNE 2026

Herb Chicken



with Roasted Herb Veggies Quinoa Salad

DINNER

Large Plan

535kcal
Calories

54g
Protein

41g
Carbs

17g
Fat

SNACK

Large Plan

180kcal
Calories

8g
Protein

19g
Carbs

8g
Fat

Carrot Cake with Cashew Frosting



Images are for illustration only.

Thursday 25

JUNE 2026

LUNCH

Yuxiang Minced Chicken

With Sweet Potato Noodles and Saute Mushroom with Bok Choy



Large Plan

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

Fresh Herb and Lemon Barramundi Fish

With Roasted Potatoes, French Beans



Large Plan

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

DINNER

Pumpkin Parmesan Biscuit



SNACK

Large Plan

| | | | |
|----------|---------|-------|-----|
| 135kcal | 3g | 15g | 7g |
| Calories | Protein | Carbs | Fat |

Images are for illustration only.

LUNCH

Green Curry Chicken

With Basmati Rice, Long Beans and Eggplants



Large Plan

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

Friday 26

JUNE 2026

Chicken Balls

With Cauliflower Rice, Spinach Egg and Broccoli, Homemade Chilli



DINNER

Large Plan

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

Apple and Chia Seeds Oatmeal



Large Plan

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

SNACK

Images are for illustration only.