



Weight Loss Menu

A close-up photograph of a chef's hand using a metal garnishing tool to place a slice of red chili pepper on a dish. The dish is served in a black rectangular pan and contains white rice, yellow corn, green beans, and other vegetables. The background is softly blurred, showing more of the kitchen environment.

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

Regular Plan

385kcal
Calories

38g
Carbs

33g
Protein

11g
Fat

Large Plan

555kcal
Calories

55g
Carbs

48g
Protein

16g
Fat

LUNCH

Beef Patties



With Aglio Olio Pasta, Tomato Sauce and Mixed Veggies

Regular Plan

455kcal
Calories

36g
Protein

44g
Carbs

15g
Fat

Large Plan

660kcal
Calories

52g
Protein

64g
Carbs

22g
Fat

Green Curry Chicken



With Basmati Rice, Long Beans and Eggplants

DINNER

Gluten Free Banana Bread



SNACK

Regular Plan

175kcal
Calories

5g
Protein

16g
Carbs

10g
Fat

Large Plan

175kcal
Calories

5g
Protein

46g
Carbs

10g
Fat

Images are for illustration only.

Brown Rice Paella



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

LUNCH

Regular Plan

415kcal
Calories

31g
Protein

41g
Carbs

14g
Fat

Large Plan

600kcal
Calories

45g
Protein

59g
Carbs

20g
Fat

Thursday 04

JUNE 2026

Peri Peri Chicken



With Roast Potato and Broccoli

DINNER

Regular Plan

405kcal
Calories

36g
Protein

41g
Carbs

11g
Fat

Large Plan

610kcal
Calories

54g
Protein

62g
Carbs

17g
Fat

Hazelnut and Chocolate Granola Bar



Regular Plan

190kcal
Calories

5g
Protein

24g
Carbs

8g
Fat

Large Plan

190kcal
Calories

5g
Protein

24g
Carbs

8g
Fat

SNACK

Images are for illustration only.

Friday 05

JUNE 2026

Regular Plan

465kcal
Calories 36g
Protein

46g 15g
Carbs Fat

Large Plan

670kcal
Calories 52g
Protein

67g 22g
Carbs Fat

LUNCH

Yakiniku Mixed Beef



with Brown Rice, Edamame and Kimchi

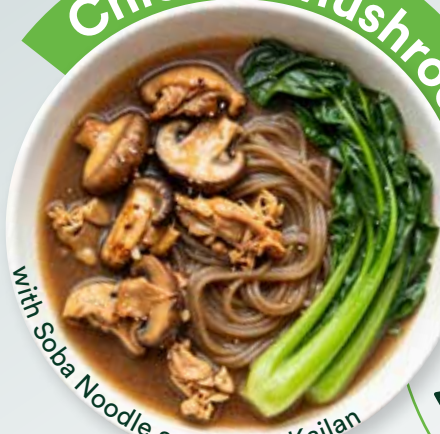
Regular Plan

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

Large Plan

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

Chicken Mushroom Stew



with Soba Noodle and Garlic Kailan

DINNER

SNACK

Regular Plan

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

Large Plan

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

Pumpkin Parmesan Biscuit



Images are for illustration only.

Gong Bao Chicken



with Brown Rice, Spicy Eggplant, Cucumber Salad

LUNCH

Regular Plan

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

Large Plan

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

Monday 08

JUNE 2026

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, French Beans

DINNER

Peanut Butter Chocolate Energy Bites



Regular Plan

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

Large Plan

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

SNACK

Images are for illustration only.

Tuesday

09

JUNE 2026

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

Cauliflower Rice



with Herb Chicken and Spinach Egg

Regular Plan

385kcal
Calories

39g
Protein

28g
Carbs

13g
Fat

Large Plan

580kcal
Calories

59g
Protein

42g
Carbs

20g
Fat

DINNER

Gluten Free Banana Bread



SNACK

Regular Plan

175kcal
Calories

5g
Protein

16g
Carbs

10g
Fat

Large Plan

175kcal
Calories

5g
Protein

46g
Carbs

10g
Fat

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Beef Bolognese



with Pasta, Mixed Mushrooms and Green Peas

LUNCH

Regular Plan

475kcal
Calories

34g
Protein

46g
Carbs

17g
Fat

Large Plan

710kcal
Calories

51g
Protein

69g
Carbs

26g
Fat

Wednesday

10

JUNE 2026

Regular Plan

385kcal
Calories

32g
Protein

39g
Carbs

11g
Fat

Large Plan

555kcal
Calories

46g
Protein

57g
Carbs

16g
Fat

Lemongrass Chicken



with Rice Vermicelli and Mixed Veggies Salad

DINNER

Peanut Butter Chocolate Cookie



Regular Plan

155kcal
Calories

5g
Protein

4g
Carbs

13g
Fat

Large Plan

155kcal
Calories

5g
Protein

4g
Carbs

13g
Fat

SNACK

Images are for illustration only.

Thursday

11

JUNE 2026

Regular Plan

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

Large Plan

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

LUNCH

Peranakan Curry Beef and Pumpkin



with Coconut Basmati Rice, Garlic Okra

Chicken Rissoles



with Stroganoff Sauce, French Beans and Mashed Cauliflower

Regular Plan

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

Large Plan

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

DINNER

Apple and Chia Seeds Oatmeal



SNACK

Regular Plan

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

Large Plan

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

Images are for illustration only.

Chicken Rendang



with Brown Rice, Roasted Cauliflower

LUNCH

Regular Plan

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

Large Plan

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

Friday

12

JUNE 2026

Regular Plan

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

Large Plan

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

Cajun Orange Chicken



with Cajun Sweet Potato and Broccoli

DINNER

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.

Monday 15

JUNE 2026

LUNCH

Herb Chicken



With Aglio Olio Pasta, Tomato Sauce, Sweet Snap Peas

Regular Plan

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

Large Plan

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

Teriyaki Salmon



With Quinoa, Saute Mixed Veggies

Regular Plan

395kcal 32g 38g 15g
Calories Protein Carbs Fat

Large Plan

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

DINNER

Banana Oat Pancake With Apple Chutney



SNACK

Regular Plan

120kcal 4g 13g 6g
Calories Protein Carbs Fat

Large Plan

120kcal 4g 13g 6g
Calories Protein Carbs Fat

Images are for illustration only.

Tuesday 16

JUNE 2026

LUNCH

Red Curry Chicken



With Brown Rice, Long Beans and Eggplant

Regular Plan

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

Large Plan

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

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 17

JUNE 2026

Regular Plan

465kcal
Calories

36g
Protein

46g
Carbs

15g
Fat

Large Plan

670kcal
Calories

52g
Protein

67g
Carbs

22g
Fat

LUNCH

Yakiniku Mixed Beef



with Brown Rice, Edamame and Kimchi

Peri Peri Chicken



with Roast Potato and Broccoli

Regular Plan

420kcal
Calories

37g
Protein

41g
Carbs

12g
Fat

Large Plan

610kcal
Calories

54g
Protein

59g
Carbs

17g
Fat

DINNER

Peanut Butter Chocolate Energy Bites



SNACK

Regular Plan

125kcal
Calories

4g
Protein

2g
Carbs

11g
Fat

Large Plan

125kcal
Calories

4g
Protein

2g
Carbs

11g
Fat

Images are for illustration only.

Basil Minced Chicken



with Basmati Rice, Scrambled Egg and Kailan

LUNCH

Regular Plan

440kcal
Calories

36g
Protein

42g
Carbs

14g
Fat

Large Plan

635kcal
Calories

52g
Protein

61g
Carbs

20g
Fat

Thursday

18

JUNE 2026

Baked Lemongrass Barramundi



with Cajun Roasted Sweet Potato, Broccoli

DINNER

Regular Plan

390kcal
Calories

36g
Protein

35g
Carbs

12g
Fat

Large Plan

590kcal
Calories

54g
Protein

53g
Carbs

18g
Fat

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.

Friday 19

JUNE 2026

LUNCH

Regular Plan

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

Large Plan

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

Beef Patties

With Mashed Sweet Potato, Green Peas and Coriander Lime Juice

Tumeric Chicken



With Brown Rice and Lady Finger

Regular Plan

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

Large Plan

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

DINNER

Peanut Butter Chocolate Cookie



SNACK

Regular Plan

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

Large Plan

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

Images are for illustration only.

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 22

JUNE 2026

Chicken Patties



With Mashed Potatoes, Tomato Sauce, 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

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

SNACK

Images are for illustration only.

Tuesday

23

JUNE 2026

LUNCH

Regular Plan

435kcal
Calories

33g
Protein

44g
Carbs

14g
Fat

Large Plan

650kcal
Calories

50g
Protein

66g
Carbs

21g
Fat

Sambal Seafood and Tofu



with Brown Rice and Shanghai Green

Regular Plan

385kcal
Calories

38g
Protein

22g
Carbs

16g
Fat

Large Plan

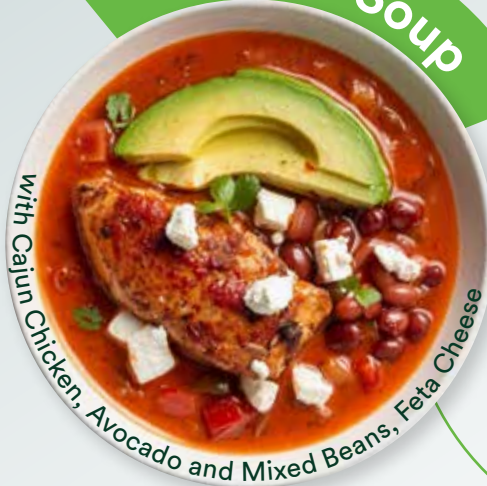
575kcal
Calories

57g
Protein

33g
Carbs

24g
Fat

Tomato Soup



With Cajun Chicken, Avocado and Mixed Beans, Feta Cheese

DINNER

SNACK

Regular Plan

190kcal
Calories

5g
Protein

24g
Carbs

8g
Fat

Large Plan

190kcal
Calories

5g
Protein

24g
Carbs

8g
Fat

Hazelnut and Chocolate Granola Bar



Images are for illustration only.

Mala Chicken



with Brown Rice and Honey Soy Mixed Veggies

LUNCH

Regular Plan

460kcal
Calories

36g
Protein

45g
Carbs

15g
Fat

Large Plan

665kcal
Calories

52g
Protein

65g
Carbs

22g
Fat

Wednesday

24

JUNE 2026

Herb Chicken



with Roasted Herb Veggies Quinoa Salad

DINNER

Regular Plan

370kcal
Calories

37g
Protein

28g
Carbs

12g
Fat

Large Plan

535kcal
Calories

54g
Protein

41g
Carbs

17g
Fat

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 25

JUNE 2026

LUNCH

Regular Plan

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

Large Plan

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

Yuxiang Minced Chicken



With Sweet Potato Noodles and Saute Mushroom with Bok Choy

Regular Plan

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

Large Plan

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

Fresh Herb and Lemon Barramundi Fish



With Roasted Potatoes, French Beans

DINNER

Pumpkin Parmesan Biscuit



SNACK

Regular Plan

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

Large Plan

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

Images are for illustration only.

LUNCH

Regular Plan

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

Large Plan

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

Friday 26

JUNE 2026

Green Curry Chicken



With Basmati Rice, Long Beans and Eggplants

Regular Plan

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

Large Plan

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

Chicken Balls



With Cauliflower Rice, Spinach Egg and Broccoli, Homemade Chilli

DINNER

Apple and Chia Seeds Oatmeal



Regular Plan

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

Large Plan

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

SNACK

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