



Weight Loss Menu

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

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

Monday
21
OCT 2024

LUNCH

Regular Plan

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

Large Plan

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

HERB CHICKEN



with Aglio Olio Pasta, Tomato Sauce, and Sweet Snap Peas

Regular Plan

395kcal 32g 38g 13g
Calories Protein Carbs Fat

Large Plan

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

Teriyaki Salmon



with Quinoa and Sauté Mixed Veggies

SNACK

Regular Plan

120kcal 6g 6g 8g
Calories Protein Carbs Fat

Large Plan

120kcal 6g 6g 8g
Calories Protein Carbs Fat

Cumin Carrot Soup



DINNER

LUNCH

Red Curry Chicken



WITH BROWN RICE, LONG BEANS, AND EGGPLANTS

Regular Plan

455kcal 31g 49g 15g
Calories Protein Carbs Fat

Large Plan

685kcal 47g 74g 23g
Calories Protein Carbs Fat

Tuesday
22
OCT 2024

Regular Plan

360kcal 36g 34g 9g
Calories Protein Carbs Fat

Large Plan

540kcal 54g 51g 14g
Calories Protein Carbs Fat

Salmon Chicken Balls



with Cauliflower Rice and Spinach Egg

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

Wednesday 23

OCT 2024

LUNCH

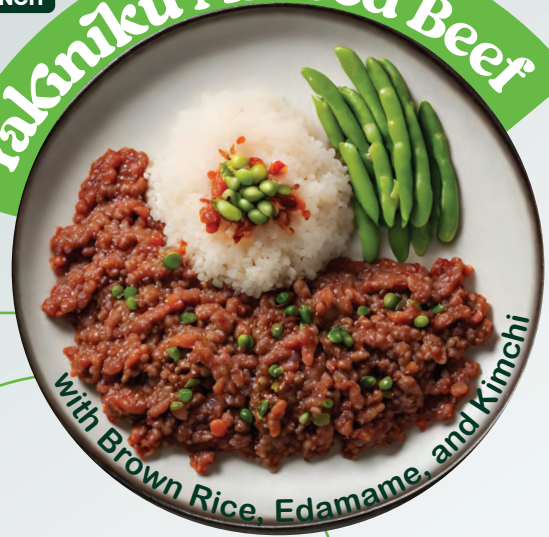
Regular Plan

465kcal
Calories 36g
Protein
46g 15g
Carbs Fat

Large Plan

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

Yakniku Minced Beef



With Brown Rice, Edamame, and Kimchi

Regular Plan

420kcal 37g 41g 12g
Calories Protein Carbs Fat

Large Plan

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

PERI PERI CHICKEN



With Roasted Potato and Herb Veggies

SNACK

Regular Plan

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

Large Plan

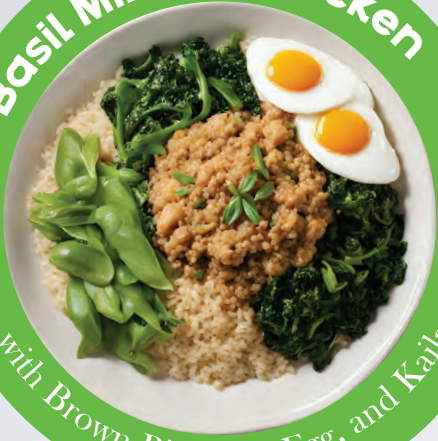
125kcal 4g 2g 11g
Calories Protein Carbs Fat

PEANUT BUTTER CHOCOLATE ENERGY BITES



LUNCH

Basil Minced Chicken



With Brown Rice, Soy Egg, and Kaulan

Regular Plan

440kcal 36g 42g 14g
Calories Protein Carbs Fat

Large Plan

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

Thursday 24

OCT 2024

Regular Plan

390kcal 36g 35g 12g
Calories Protein Carbs Fat

Large Plan

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

BAKED LEMONGRASS BARRAMUNDI



With Cajun Roasted Sweet Potato and Broccoli

DINNER

Low Fat Cheesecake



Regular Plan

170kcal 8g 14g 9g
Calories Protein Carbs Fat

Large Plan

170kcal 8g 14g 9g
Calories Protein Carbs Fat

SNACK

Friday
25

OCT 2024

Regular Plan

440kcal
Calories 32g
Protein

44g 15g
Carbs Fat

Large Plan

635kcal
Calories 46g
Protein

64g 22g
Carbs Fat

LUNCH

Lamb Kofta



WITH COUSCOUS, MINT YOGHURT, CUCUMBER, AND TOMATO SALAD

Turmeric Chicken



WITH BROWN RICE AND LADY FINGER

Regular Plan

385kcal 32g 39g 11g
Calories Protein Carbs Fat

Large Plan

575kcal 48g 59g 17g
Calories Protein Carbs Fat

DINNER

SNACK

Regular Plan

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

Large Plan

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

Peanut Butter Chocolate Cookie



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
28

OCT 2024

Beef Meatballs



With Mashed Potatoes, Tomato Sauce, Saute 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

SNACK

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

Tuesday

29

OCT 2024

Regular Plan

445kcal
Calories

33g
Protein

44g
Carbs

15g
Fat

Large Plan

665kcal
Calories

50g
Protein

66g
Carbs

23g
Fat

LUNCH

Sambal Prawns and Squids



WITH BROWN RICE, TOFU, AND SHANGHAI GREEN

Cajun Chicken



WITH TOMATO SOUP, AVOCADO, MIXED BEANS, AND FETA CHEESE

Regular Plan

370kcal
Calories

35g
Protein

22g
Carbs

16g
Fat

Large Plan

560kcal
Calories

53g
Protein

33g
Carbs

24g
Fat

DINNER

TOFU CHOCOLATE BROWNIE



SNACK

Regular Plan

185kcal
Calories

8g
Protein

20g
Carbs

8g
Fat

Large Plan

185kcal
Calories

8g
Protein

20g
Carbs

8g
Fat

LUNCH

YAKINIKU MINCED BEEF



WITH RICE NOODLES, KIMCHI, AND EDAMAME

Regular Plan

460kcal
Calories

36g
Protein

45g
Carbs

15g
Fat

Large Plan

665kcal
Calories

52g
Protein

65g
Carbs

22g
Fat

Wednesday

30

OCT 2024

Herb Chicken



WITH ROASTED HERB QUINOA SALAD, POMEGRANATE, AND HONEY CITRUS DRESSING

DINNER

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

Monday 04

NOV 2024

Regular Plan

470kcal
Calories 31g
Protein
48g
Carbs 17g
Fat

Large Plan

705kcal
Calories 47g
Protein
72g
Carbs 26g
Fat

LUNCH

BEEF CHILLI CON CARNE



with Brown Rice and Saute Green Peas

Regular Plan

360kcal
Calories 32g 38g 9g
Protein Carbs Fat

Large Plan

525kcal
Calories 46g 55g 13g
Protein Carbs Fat

PERI PERI TILAPIA



With Roasted Potatoes, French Beans, and Carrot

DINNER

GLUTEN FREE BANANA BREAD



SNACK

Regular Plan

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

Large Plan

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

LUNCH

GONG BAD CHICKEN



With Brown Rice, Spicy Eggplant, and Garlic Choy Sum

Regular Plan

440kcal 35g 41g 15g
Calories Protein Carbs Fat

Large Plan

660kcal 53g 62g 23g
Calories Protein Carbs Fat

Tuesday 05

NOV 2024

Regular Plan

385kcal 29g 38g 13g
Calories Protein Carbs Fat

Large Plan

560kcal 42g 55g 19g
Calories Protein Carbs Fat

Basil Minced Chicken



WITH RICE NOODLES, SHREDDED CUCUMBER, AND CARROT

DINNER

TOFU CHOCOLATE BROWNE



Regular Plan

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

Large Plan

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

SNACK

Wednesday 06

NOV 2024

Regular Plan

465kcal
Calories
48g
Carbs
39g
Protein
13g
Fat

Large Plan

700kcal
Calories
72g
Carbs
59g
Protein
20g
Fat

LUNCH

Turmeric Chicken Nasi Lemak



with Basmati Rice, Boiled Egg, and Cucumber

Regular Plan

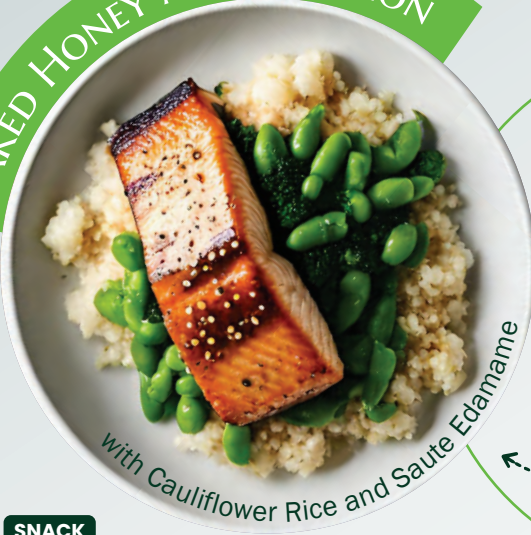
370kcal
Calories
36g
Protein
21g
Carbs
16g
Fat

Large Plan

540kcal
Calories
52g
Protein
30g
Carbs
23g
Fat

DINNER

BAKED HONEY MISO SALMON



with Cauliflower Rice and Saute Edamame

SNACK

Regular Plan

170kcal
Calories
8g
Protein
14g
Carbs
9g
Fat

Large Plan

170kcal
Calories
8g
Protein
14g
Carbs
9g
Fat

LOW FAT CHEESECAKE



Seafood Tom Yam



with Brown Rice Noodles, Beansprouts, and Long Beans

LUNCH

Regular Plan

435kcal
Calories
31g
Protein
44g
Carbs
15g
Fat

Large Plan

630kcal
Calories
45g
Protein
64g
Carbs
22g
Fat

Thursday 07

NOV 2024

HERB CHICKEN BREAST



with Spaghetti Aglio Olio, Roasted Veggies, and Tomato

DINNER

Regular Plan

405kcal
Calories
36g
Protein
41g
Carbs
11g
Fat

Large Plan

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

Peanut Butter Chocolate Cookie



SNACK

Regular Plan

160kcal
Calories
7g
Protein
6g
Carbs
12g
Fat

Large Plan

160kcal
Calories
7g
Protein
6g
Carbs
12g
Fat

Friday 08

NOV 2024

Regular Plan

445kcal
Calories 35g
Protein
47g
Carbs 13g
Fat

Large Plan

645kcal
Calories 51g
Protein
68g
Carbs 19g
Fat

LUNCH

Lemongrass Barramundi



With Brown Rice, Stew Tofu, Bittergourd, and Red Capsicum

Regular Plan

440kcal 33g 36g 18g
Calories Protein Carbs Fat

Large Plan

635kcal 48g 52g 26g
Calories Protein Carbs Fat

Coconut Chicken



WITH QUINOA, CAULIFLOWER, AND SWEET POTATOES

SNACK

Regular Plan

120kcal 4g 8g 8g
Calories Protein Carbs Fat

Large Plan

120kcal 4g 8g 8g
Calories Protein Carbs Fat

Chocolate Hazelnut Energy Bites



Beef Bulgogi



With Sweet Potato Noodles, Spinach and Shredded Carrot

LUNCH

Regular Plan

445kcal 33g 44g 15g
Calories Protein Carbs Fat

Large Plan

640kcal 48g 64g 22g
Calories Protein Carbs Fat

Monday



NOV 2024

GONG BAD CHICKEN



With Brown Rice, Spicy Eggplant, and Garlic Boy Choy

DINNER

Regular Plan

485kcal 31g 41g 13g
Calories Protein Carbs Fat

Large Plan

585kcal 45g 59g 19g
Calories Protein Carbs Fat

Peanut Butter Chocolate Cookie



Regular Plan

160kcal 7g 6g 12g
Calories Protein Carbs Fat

Large Plan

160kcal 7g 6g 12g
Calories Protein Carbs Fat

SNACK

Tuesday

12

NOV 2024

Regular Plan

445kcal
Calories

33g
Protein

44g
Carbs

15g
Fat

Large Plan

640kcal
Calories

48g
Protein

64g
Carbs

23g
Fat

LUNCH

HERB CHICKEN



With Roasted Potato, French Beans, and Harissa Sauce

Regular Plan

430kcal
Calories

36g
Protein

42g
Carbs

13g
Fat

Large Plan

620kcal
Calories

52g
Protein

61g
Carbs

19g
Fat

DINNER

Beef Bolognese



WITH PASTA, MIXED MUSHROOMS, AND GREEN PEAS

SNACK

Regular Plan

130kcal
Calories

3g
Protein

21g
Carbs

4g
Fat

Large Plan

130kcal
Calories

3g
Protein

21g
Carbs

4g
Fat

MANGO CHIA SEEDS PUDDING



CHICKEN RENDANG



with Coconut, Basmati Rice and Roasted Cauliflower

LUNCH

Regular Plan

475kcal
Calories

34g
Protein

46g
Carbs

17g
Fat

Large Plan

685kcal
Calories

49g
Protein

67g
Carbs

25g
Fat

Wednesday

13

NOV 2024

Regular Plan

360kcal
Calories

32g
Protein

35g
Carbs

10g
Fat

Large Plan

535kcal
Calories

48g
Protein

53g
Carbs

15g
Fat

Fresh Herb and Lemon Barramundi Fish



With Cajun Roasted Sweet Potato and Herb Veggies

DINNER

GLUTEN FREE BANANA BREAD



Regular Plan

175kcal
Calories

5g
Protein

16g
Carbs

10g
Fat

Large Plan

175kcal
Calories

5g
Protein

16g
Carbs

10g
Fat

SNACK

Thursday 14

NOV 2024

Regular Plan

430kcal
Calories 35g
Protein 39g
Carbs 15g
Fat

Large Plan

645kcal
Calories 53g
Protein 59g
Carbs 23g
Fat

LUNCH

Salmon Chicken Balls



With Quinoa, Baked Spinach Egg, Broccoli, and House Made Chili Sauce

Regular Plan

395kcal
Calories 39g
Protein 28g
Carbs 14g
Fat

Large Plan

590kcal
Calories 59g
Protein 42g
Carbs 21g
Fat

PERI PERI CHICKEN



With Cauliflower Rice and Braised Purple Cabbage

SNACK

Regular Plan

170kcal
Calories 8g
Protein 14g
Carbs 9g
Fat

Large Plan

170kcal
Calories 8g
Protein 14g
Carbs 9g
Fat

LOW FAT CHEESECAKE



Lamb Kofta



WITH COUSCOUS, MINT YOGHURT, CUCUMBER AND TOMATO SALAD

LUNCH

Regular Plan

475kcal
Calories 36g
Protein 47g
Carbs 16g
Fat

Large Plan

690kcal
Calories 52g
Protein 68g
Carbs 23g
Fat

Friday 15

NOV 2024

Regular Plan

400kcal
Calories 35g
Protein 34g
Carbs 14g
Fat

Large Plan

585kcal
Calories 51g
Protein 49g
Carbs 20g
Fat

Basil Minced Chicken



With Brown Rice, Soy Egg, and Kailan

DINNER

Regular Plan

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

Large Plan

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

SNACK

Peanut Butter Chocolate Energy Bites

