



Balanced Menu



YoloPlans

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 appears to be a bowl of quinoa or rice mixed with corn and other vegetables. The background is 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

BALANCED

Monday
02
JUN 2025

Images are for illustration only.



with Aglio Olio Pasta, Tomato Sauce, and

Teriyaki Salmon



with Quinoa and Sauté Mixed Veggies

Large Plan

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

Cumin Carrot Soup

**SNACK**

Large Plan

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

Green Curry Chicken



WITH BROWN RICE, LONG BEANS, AND EGGP

Large Plan

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

Chicken Balls



with Cauliflower Rice and Spinach Egg

TOFU CHOCOLATE BROWNIE



Large Plan

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

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JUN 2025

A close-up photograph of a white plate containing a serving of Yakniku Minced Beef. The beef is dark brown, textured, and garnished with small green peas. To the left of the beef is a portion of bright green, steamed peas. The plate is set against a green background with a white curved banner at the top that reads "Yakniku Minced Beef". A small black rectangular label with the word "LUNCH" in white capital letters is positioned in the upper left corner of the image.

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

A top-down view of a white plate featuring a roasted chicken breast, green beans, and roasted potatoes. The chicken is golden brown and garnished with fresh herbs. The potatoes are cut into chunks and roasted to a golden color. The green beans are bright green and appear to be sautéed or roasted. The plate is set against a green background with a white border. The text "with Roasted Potato and Herb Veggies" is written in white, curved text along the bottom edge of the green background.

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

DINNER

SNACK

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

PEANUT BUTTER CHOCOLATE ENERGY BITES

Images are for illustration only.

LUNCH

Basil Minced Chicken

with Brown Rice, Scrambled Egg, and Kailan

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

BAKED LEMONGRASS BARRAMUNDI

A top-down view of a white plate featuring a cooked salmon fillet, roasted sweet potato cubes, and steamed broccoli florets. A lemon wedge is placed on the right side of the plate. The text "With Cajun Roasted Sweet Potato and Broccoli" is written in a green, sans-serif font along the bottom edge of the plate.

DINNER

Low Fat Cheesecake

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

SNACK

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Friday
06
JUN 2025

LUNCH

Beef Patties



WITH MASHED SWEET POTATO, GREEN PEAS, AND CORIANDER LIME SAUCE

Large Plan

650kcal	41g
Calories	Protein
59g	28g
Carbs	Fat

Turmeric Chicken



WITH BROWN RICE AND LADY FINGER

Large Plan

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

DINNER

SNACK

Large Plan

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

PEANUT BUTTER CHOCOLATE COOKIE



Images are for illustration only.

LUNCH

Peranakan Curry Chicken



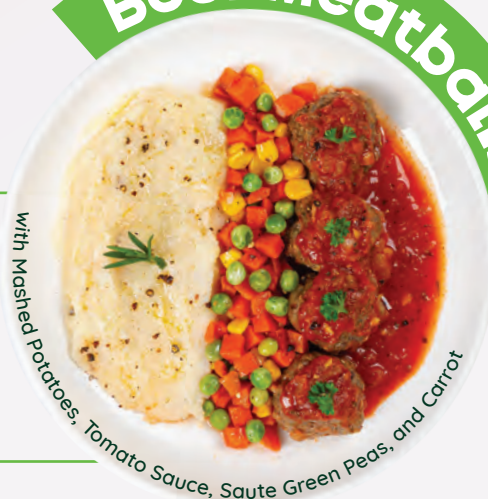
With Basmati Rice, Cauliflower, and Lady Finger

Large Plan

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

Monday
09
JUN 2025

Beef Meatballs



With Mashed Potatoes, Tomato Sauce, Saute Green Peas, and Carrot

DINNER

Large Plan

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

SNACK

Large Plan

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

Peanut Butter Chocolate Energy Bites



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Tuesday
10
JUN 2025

LUNCH

Large Plan

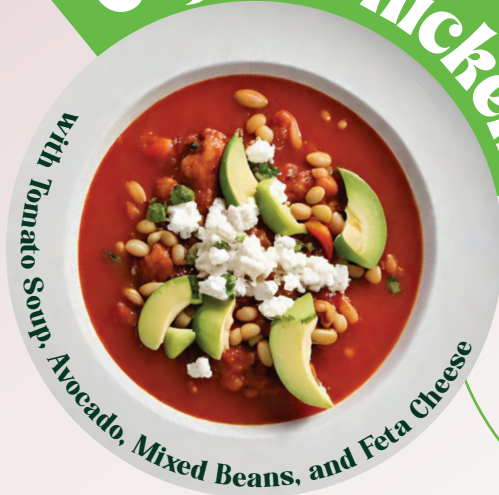
665kcal	50g
Calories	Protein
66g	23g
Carbs	Fat

Sambal Seafood and Tofu



WITH BROWN RICE AND SHANGHAI GREEN

Cajun Chicken



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

Large Plan

560kcal	53g	33g	24g
Calories	Protein	Carbs	Fat

DINNER

TOFU CHOCOLATE BROWNIE



SNACK

Large Plan

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

Images are for illustration only.

MALA CHICKEN

LUNCH



WITH BROWN RICE AND HONEY SOY MIX VEGGIES

Large Plan

665kcal	52g	65g	22g
Calories	Protein	Carbs	Fat

Wednesday
11
JUN 2025

Herb Chicken



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

DINNER

Large Plan

535kcal	54g	41g	17g
Calories	Protein	Carbs	Fat

CARROT CAKE




WITH CASHUEW FROSTING

Large Plan

180kcal	8g	19g	8g
Calories	Protein	Carbs	Fat

SNACK

Images are for illustration only.

A graphic for Thursday 12 JUN 2025. It features the word "Thursday" in a dark blue, serif font, arched over the large number "12" in the same font. Below "12" is the text "JUN 2025" in a smaller, dark blue, sans-serif font. The background is a light blue with a subtle pattern of overlapping circles.

LUNCH

Yuxiang Roasted Chicken

Large Plan

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

A top-down view of a white plate with a dark blue rim. The plate features a large, roasted barramundi fish fillet, garnished with a lemon slice and fresh herbs. To the left of the fish is a pile of green beans, and to the right is a cluster of small, roasted potatoes. The plate is set against a light green background with a circular border containing the text "Fresh Herb and Lemon Roasted Barramundi Fish" and "with Roasted".

A close-up photograph of a white plate featuring a cooked salmon fillet garnished with a lemon slice and fresh herbs. The plate is also served with roasted yellow potatoes and green french beans. A green curved banner at the bottom contains the text 'with Roasted Potatoes and French Beans'.

Large Plan

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

DINNER**SNACK**

Large Plan

120kcal	4g	4g	10g
Calories	Protein	Carbs	Fat

A close-up photograph of a white bowl filled with a meal. On the left side of the bowl is a mound of fluffy white rice. To the right of the rice is a portion of green curry chicken, featuring chunks of light-colored meat in a thick green sauce. The chicken is garnished with several bright green beans and two slices of red chili peppers. A green curved banner with the text "GREEN CURRY CHICKEN" in white capital letters is positioned at the top of the image, partially overlapping the bowl.

LUNCH

Large Plan

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

A close-up photograph of a white plate containing several golden-brown, round salmon chicken balls. The balls are garnished with finely chopped green herbs. To the right of the balls is a small portion of bright green broccoli florets. A vibrant green banner with white text is curved over the top of the plate, reading "Salmon Chicken Balls".

DINNER



Overnight Oats

with Roasted Apple and C

Large Plan

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

SNACK

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Monday
16
JUN 2025

Large Plan

785kcal
Calories

72g
Carbs

47g
Protein

26g
Fat

LUNCH

BEEF CHILLI CON CARNE

with Brown Rice and Saute Green Peas

PERI PERI TILAPIA

with Roasted Potatoes, French Beans, and Carrot

Large Plan

525kcal
Calories

46g
Protein

55g
Carbs

13g
Fat

DINNER

SNACK

Large Plan

175kcal
Calories

5g
Protein

16g
Carbs

10g
Fat

GLUTEN FREE BANANA BREAD

Images are for
illustration only.

GONG BAD CHICKEN

with Brown Rice, Spicy Eggplant, and Garlic Choy Sum

LUNCH

Large Plan

660kcal
Calories

53g
Protein

62g
Carbs

23g
Fat

Tuesday
17
JUN 2025

Basil Minced Chicken

WITH RICE NOODLES AND HONEY SOY MIX VEGIES

DINNER

Large Plan

560kcal
Calories

42g
Protein

55g
Carbs

19g
Fat

SNACK

Large Plan

185kcal
Calories

8g
Protein

20g
Carbs

8g
Fat

TOFU CHOCOLATE BROWNIE

Images are for
illustration only.

Wednesday 18 JUN 2025

Large Plan

700kcal
Calories

59g
Protein

72g
Carbs

20g
Fat

LUNCH

Turmeric Chicken Nasi Lemak

with Basmati Rice, Boiled Egg, and Cucumber

Large Plan

540kcal
Calories

52g
Protein

30g
Carbs

23g
Fat

HONEY MISO BARRAMUNDI

with Cauliflower Rice and Saute Edamame

DINNER

SNACK

Large Plan

170kcal
Calories

8g
Protein

14g
Carbs

9g
Fat

LOW FAT CHEESECAKE



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illustration only.

LUNCH

Seafood Tom Yam

with Brown Rice Noodles, Beansprouts, and Long Beans

Large Plan

630kcal
Calories

45g
Protein

64g
Carbs

22g
Fat

Thursday 19 JUN 2025

HERB CHICKEN BREAST

with Spaghetti Aglio Olio, Roasted Veggies, and Tomato

DINNER

Large Plan

610kcal
Calories

54g
Protein

62g
Carbs

17g
Fat

Peanut Butter Chocolate Cookie

SNACK

Large Plan

160kcal
Calories

7g
Protein

6g
Carbs

12g
Fat

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illustration only.

Friday 20 JUN 2025

Zesty Moroccan Chicken Breast

WITH QUINOA, ROASTED PUMPKIN, CARROTS SALAD, AND BROCCOLI



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

Roast Teriyaki Chicken

with Brown Rice, Stew Tofu, Bitter Gourd, and Red Capsicum



LUNCH

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

Images are for illustration only.

SNACK



Chocolate Hazelnut Energy Bites



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

Yakiniku Minced Beef

with Sweet Potato Noodles, Kimchi Salad, and Edamame



LUNCH

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

Monday 23 JUN 2025

GONG BAD CHICKEN

with Brown Rice, Spicy Eggplant, and Garlic Boy Choy



DINNER

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

Peanut Butter Chocolate Cookie



SNACK



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

Images are for illustration only.

Tuesday
24

JUN 2025

Beef Bolognese



WITH PASTA, MIXED MUSHROOMS, AND GREEN PEAS

Large Plan

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

LUNCH

With Roasted Potato, French Beans, and Harissa Sauce

Large Plan

620kcal	52g	61g	19g
Calories	Protein	Carbs	Fat

DINNER

SNACK

Large Plan

130kcal	3g	21g	4g
Calories	Protein	Carbs	Fat

MANGO CHIA SEEDS PUDDING



CHICKEN RENDANG



with Coconut Basmati Rice and Roasted Cauliflower

LUNCH

Large Plan

685kcal	49g	67g	25g
Calories	Protein	Carbs	Fat

Fresh Herb and Lemon Tilapia

with Cajun Roasted Sweet Potato and Herb Veggies

DINNER

Large Plan

535kcal	48g	53g	15g
Calories	Protein	Carbs	Fat

GLUTEN FREE BANANA BREAD



Large Plan

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

SNACK

Images are for illustration only.

Wednesday
25

JUN 2025

A graphic for Thursday, June 26, 2025. It features the word "Thursday" in a dark blue, slightly arched font at the top. Below it is a large, bold, dark blue "26". At the bottom, in a smaller, dark blue, sans-serif font, is "JUN 2025". The background is a light blue with faint, overlapping circular patterns.

Chicken Balls

LUNCH

Large Plan

645kcal
Calories

53g
Protein

59g
Carbs

23g
Fat

PERI PERI CHICKEN

with Mushroom Barley Risotto and Braised Purple Cabbage

Large Plan

590kcal
Calories

59g
Protein

21g
Fat

DINNER

SNACK

Large Plan

185kcal
Calories

8g
Prote

20g
Carbs

8g
Fat

Beef Patties

LUNCH

Large Plan

690kcal
Calories

48g
Protein

62g
Carbs

28g
Fat

WITH MASHED SWEET POTATO, GREEN PEAS, AND CORIANDER LIME SAUCE

Large Plan

585kcal
Calories

51g
Protein

49g
Carbs

20g
Fat

Basil Minced Chicken

With Brown Rice, Scrambled Egg, and Kailan

DINNER

Large Plan

125kcal
Calories

4g
Protein

3g
Carbs

11g
Fat

Peanut Butter Chocolate Energy bites

SNACK

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