Balanced Menu





Dear guests

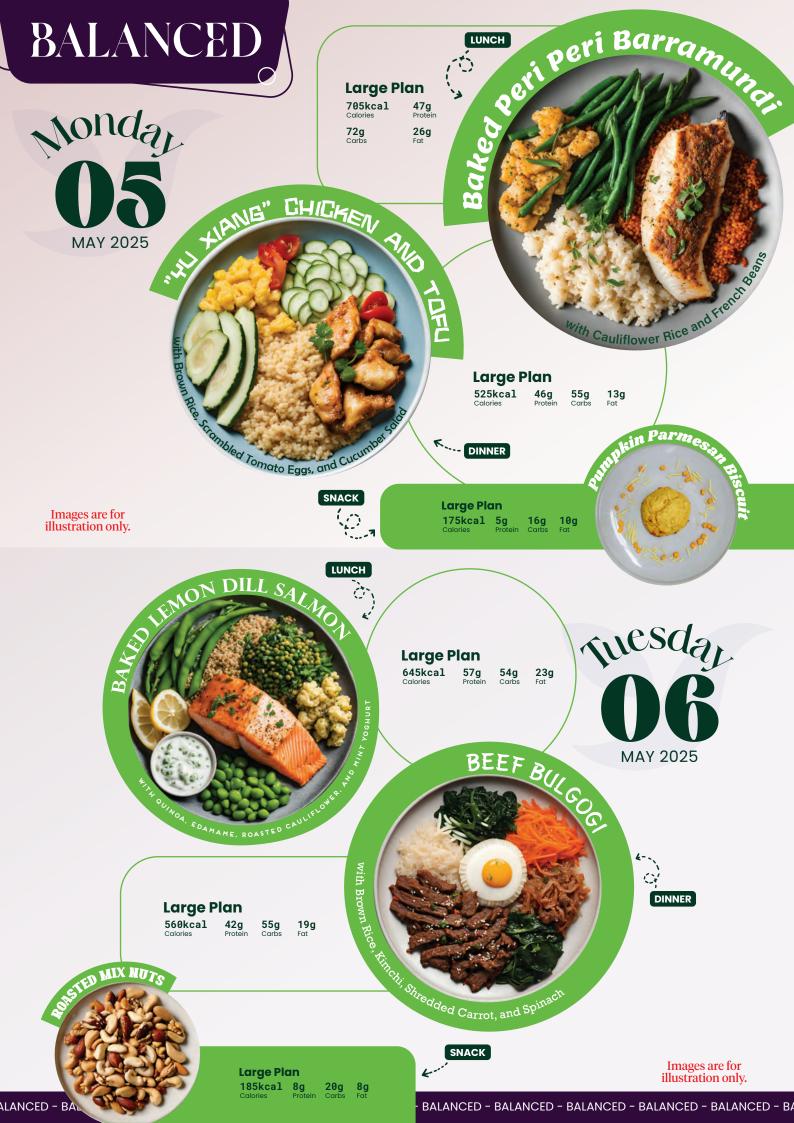
In the bustling world of culinary artistry, where flavors dance and ingredients harmonize, lies the heart of our philosophy: the Balanced Menu. As a seasoned chef, I've embarked on a journey to redefine gourmet cuisine, making health-conscious choices not only accessible but utterly irresistible. Join 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





Large Plan

57g Carbs

640kcal **59g** Protein

20g Fat

Pot Style Chicken

With Shilleke Rice, Scramble Egg and California Report of the Report of the Rice, Scramble Egg and California Report of the Ri

HARISSA BAKED with Aglio Olio Pulant Caponata, and Creek

Large Plan 600kcal

48g Protein

62g Carbs 18g Fat

K... DINNER

Large Plan

175kcal 5g

16g Carbs 10g Fat FREE BANANA PROCE

Images are for illustration only.

CURRY CHICACA Will Brown Rice and Mix Joseph

Large Plan

645kcal

45g Protein

23g Fat 64g Carbs

thursday **MAY 2025**

BAKED GOCHUJANG CH

Large Plan

630kcal

52g Protein

59g Carbs

20g Fat

POASTED CAPSICUM, AND BROCCOLL

DINNER

date Havelnut Energy Biles

ALANCEL

Large Plan

120kcal 4g

8g

SNACK





645kcal

19g Fat 68g Carbs



Large Plan

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

K... DINNER



 $V_{Odles, Braised Cabbas}$

YAKINIKU PRALINI

Large Plan

125kcal 4g 3g Carbs CHIA SEEDS PUDDING

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595kcal 48g **52g** Carbs 22g Fat



Eij Mashed Cauliflower, Stroganot Sauce.

Large Plan

615kcal Calories **59g** Carbs





Chocolate

ALANCE

Large Plan

180kcal 4g

22g Fat

16g



ruesday.

Large Plan

640kcal 48g Protein

64g Carbs

22g Fat



Busil Minced Chicke Sorout, Daikon, Carrol

Large Plan

620kcal **52g** Proteir

61g Carbs

19g Fat

C... DINNER



Large Plan

125kcal 4g

3g Carbs



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LUNCH





Large Plan

685kcal

49g Protein 67g Carbs **25g** Fat



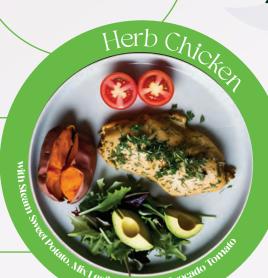
Large Plan

535kcal

48g Protein

53g Carbs

15g



DINNER

PARMESAN BISCH

ALANCED - BA

Large Plan

10g 175kcal 5g 16g

fursday.

Large Plan

620kcal **51g** Protein

22g Fat 55g Carbs



Quasted Teriyaki Chicken

Large Plan

630kcal

57g Protein

55g Carbs

20g

K... DINNER

with Brown Ace Poast Capsicum, and French SNACK

Large Plan

145kcal 5g

ITH ROASTED APPLE MIDELLE SEE

Images are for illustration only.



Large Plan

665kcal 54g 63g Carbs 21g griday 18 **MAY 2025**

Large Plan

565kcal 47g Protein 54g Carbs 18g Fat



DINNER

Chocolate Brownie

ALANC

Large Plan

185kcal 8g 20g

8g Fat

SNACK



Large Plan

660kcal

23g 63g Carbs



CHICKEN With Cauliflower Rice and Library

Large Plan

575kcal Calories

54g Protei

42g Carbs

21g Fat

DINNER

Large Plan

175kcal 5g

16g 10g EREE DANAMA PRES

Images are for illustration only.





with Greek Salad

Large Plan

660kcal

62g Carbs

23g Fat

ruesday **MAY 2025**

Large Plan

545kcal Calories

42g Protein

55g Carbs

17g Fat

WITH PUMPKIN NILLET SAICL ECCALANTS, AND GARLIC OVER

DINNER

ALANCED

Large Plan

185kcal 8g

20g

8g

sednes of

Large Plan

640kcal **47g** Protein

63g Carbs **23g** Fat



cong Bao Chicke

Conole Tomato Eggs, and Cucur

BALED HARISSA TILAPIA

Large Plan

585kcal

52g Protein

55g Carbs

17g Fat

K... DINNER

hith Roasted Potato, French Beans SNACK

Large Plan

170kcal 8g

14g Carbs 9g OFU BROWNIA

Images are for illustration only.

> Ranted Turmeric Chickey LUNCH

Large Plan

630kcal

45g Protein

64g Carbs 22g Fat Shursday 99

MAY 2025

Large Plan

Th Brown Rice and Roast

610kcal

54g Protein

62g Carbs

17g Fat

GOCHUJANG with Steen Polato and Roasted Broccoli
SNACK

DINNER

oasted Mix No

ALANCED

Large Plan

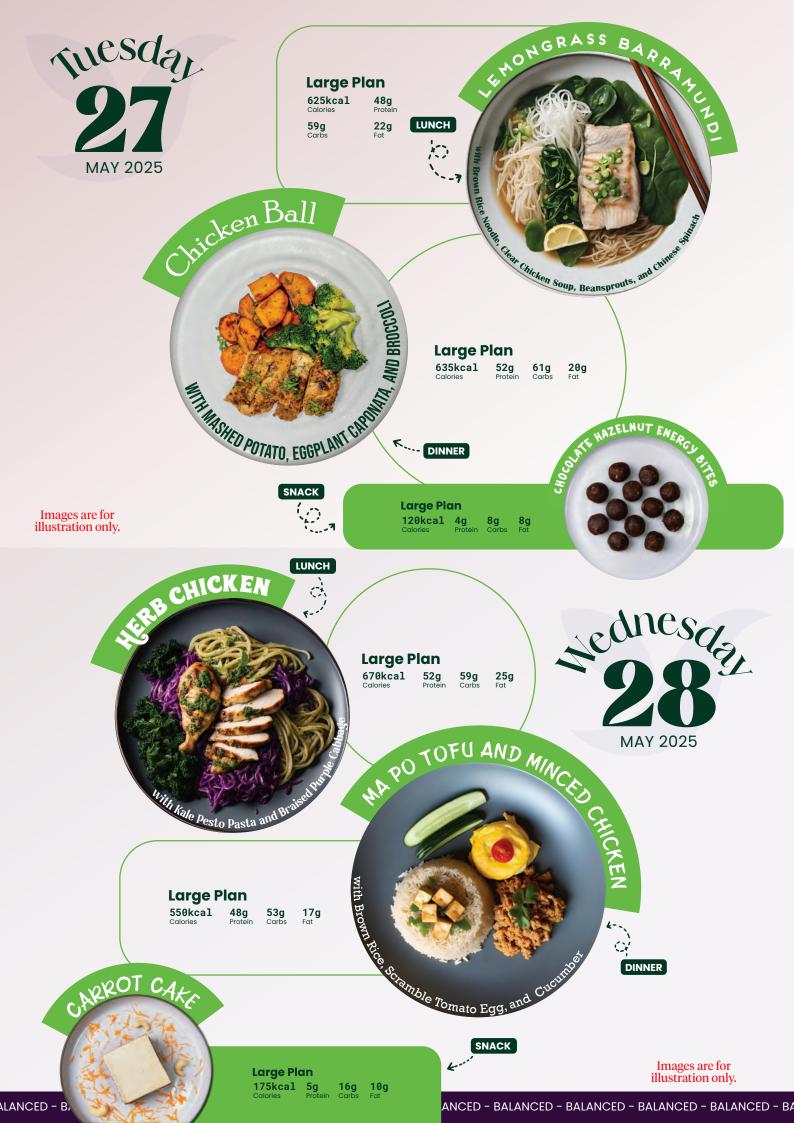
160kcal 7g





Large Plan

160kcal 7g 12g



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Large Plan

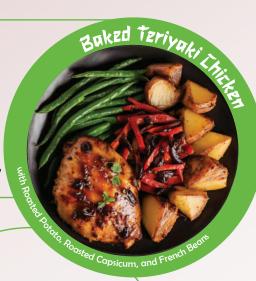
645kcal Calories

59g Carbs

53g Proteir

23g Fat

LUNCH



Chicken Paello WITH PRAWNS, SQUID, AND CHEET RES

Large Plan

605kcal

53g Carbs

21g Fat

C... DINNER

SNACK



Large Plan

170kcal 8g

14g Carbs 9g



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AN CURRY BEER

With Coconut Basmati Rice

Large Plan

655kcal

52g Protein

59g Carbs 23g Fat griday

MAY 2025

Large Plan

610kcal

51g Protein

57g Carbs

20g Fat



DINNER

EXECUTION SEEDS PUBBING

ALANCL

Large Plan

130kcal 3g 21g