

Balanced Menu



YoloPlans



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
12
JAN 2026

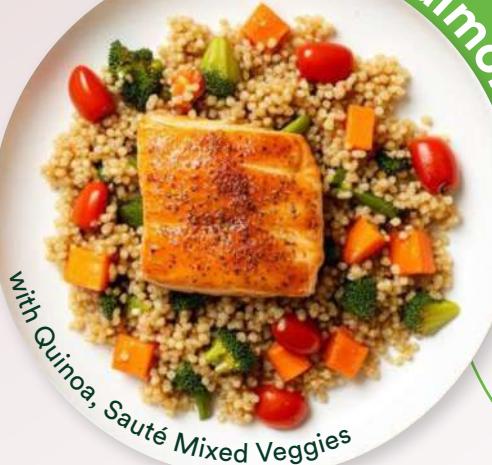
LUNCH

Herb Chicken

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



Teriyaki Salmon



with Quinoa, Sauté Mixed Veggies

DINNER

Cumin Carrot Soup

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



SNACK

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

Green Curry Chicken



with Brown Rice, Long Beans and Eggplants

LUNCH

Large Plan

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

Tuesday
13
JAN 2026

Chicken Balls



with Cauliflower Rice, Spinach Egg

DINNER

Large Plan

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

Tofu Chocolate Brownie



SNACK

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

Images are for illustration only.

Wednesday
14

JAN 2026



Large Plan

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

LUNCH

Yakiniku Minced Chicken



Large Plan

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

DINNER

SNACK

Large Plan

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



Images are for illustration only.



Large Plan

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

LUNCH

Thursday
15



Large Plan

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

DINNER

Roasted Mix Nuts



Large Plan

180kcal
Calories
6g
Protein
7g
Carbs
14g
Fat

SNACK

Images are for illustration only.

Friday
16

JAN 2026

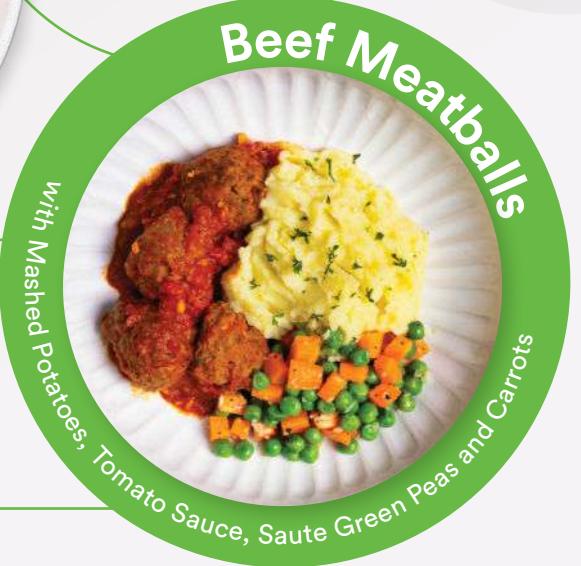


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Monday
19

JAN 2026



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BALANCE

BALANCED - BALANCED - BALANCED - BALANCED - BALANCED - BALANCED

Tuesday
20
JAN 2026

LUNCH

Large Plan

665kcal
Calories
66g
Carbs

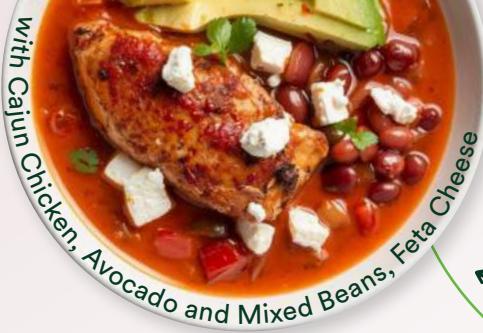
50g
Protein
23g
Fat

Sambal Seafood and Tofu



with Brown Rice and Shanghai Green

Tomato Soup



With Cajun Chicken, Avocado and Mixed Beans, Feta Cheese

Large Plan

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

Tofu Chocolate Brownie



DINNER

SNACK

Large Plan

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

Mala Chicken



With Brown Rice and Honey Soy Mixed Veggies

LUNCH

Large Plan

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

Wednesday
21
JAN 2026

Herb Chicken



With Roasted Herb Veggies Quinoa Salad, Pomegranate, Honey Citrus Dressing

DINNER

Large Plan

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

Carrot Cake with Cashew Frosting



Large Plan

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

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illustration only.

Thursday
22

JAN 2026



LUNCH

Large Plan
625kcal
Calories
61g
Carbs
46g
Protein
22g
Fat



Large Plan

625kcal
Calories
55g
Protein
55g
Carbs
20g
Fat



DINNER

SNACK

Large Plan
150kcal
Calories
3g
Protein
16g
Carbs
8g
Fat

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LUNCH

Large Plan

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

Friday
23
JAN 2026



DINNER

Large Plan

560kcal
Calories
45g
Protein
49g
Carbs
20g
Fat



Large Plan

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

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BALANCE

BALANCED - BALANCED - BALANCED - BALANCED - BALANCED - BALANCED

Monday
26

JAN 2026

LUNCH

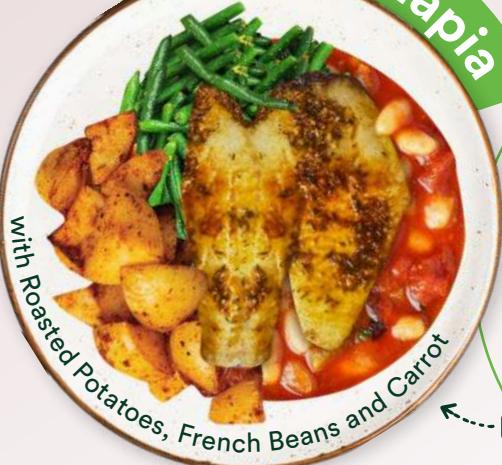
Large Plan

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

Beef Chilli Con Carne



Peri Peri Tilapia



with Roasted Potatoes, French Beans and Carrot

Large Plan

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

Gluten Free Banana Bread



DINNER

SNACK

Large Plan

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

Gong Bao Chicken



with Brown Rice, Spicy Eggplant, Garlic Chilli Beans

LUNCH

Large Plan

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

Tuesday
27

JAN 2026

Basil Minced Chicken



with Rice Noodles and Honey Soy Mixed Veggies

DINNER

Tofu Chocolate Brownie



Large Plan

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

Large Plan

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

SNACK

Images are for illustration only.

Wednesday
28

JAN 2026



LUNCH

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



LARGE PLAN

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



DINNER

SNACK

Large Plan
170kcal
Calories
27g Carbs
4g Protein
5g Fat



LUNCH

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



JAN 2026



DINNER

Large Plan

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



SNACK

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

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Friday
30
JAN 2026



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

Roasted Teriyaki Chicken



Large Plan

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



SNACK

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

LUNCH



Large Plan

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

Monday
02
JAN 2026

Gong Bao Chicken



DINNER

Large Plan

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



Large Plan

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

SNACK

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illustration only.

Tuesday
03

FEB 2026

Large Plan

605kcal
Calories
59g
Carbs
52g
Protein
17g
Fat

LUNCH

Herb Chicken



With Roasted Potato, French Beans, Harissa Sauce

Beef Bolognese



With Pasta, Mixed Mushrooms and Green Peas

Large Plan

645kcal
Calories
54g
Protein
63g
Carbs
20g
Fat

DINNER

Pumpkin Parmesan Biscuit



Images are for illustration only.

Rendang Chicken



With Coconut Basmati Rice, Roasted Cauliflower

Large Plan

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

LUNCH

**Wednesday
04**

FEB 2026

Fresh Herb and Lemon Tilapia



With Cajun Roasted Sweet Potato, Herb Veggies

Large Plan

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

DINNER

Gluten Free Banana Bread



Large Plan

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

SNACK

Images are for illustration only.

Thursday
05

FEB 2026

Peri Peri Chicken



with Mushroom Barley Risotto and Braised Purple Cabbage

Large Plan

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

LUNCH

Chicken Balls



With Cauliflower Rice, Spinach Egg and Broccoli

Large Plan

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

DINNER

SNACK

Large Plan

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



Friday
06

FEB 2026

Beef Patties

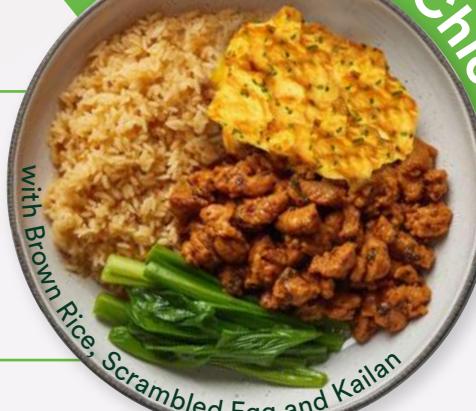


with Mashed Sweet Potato, Green Peas and Coriander Lime Juice

Large Plan

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

Basil Minced Chicken



with Brown Rice, Scrambled Egg and Kailan

Large Plan

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

DINNER

Peanut Butter Chocolate Energy Bites



Large Plan

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

SNACK

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