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.

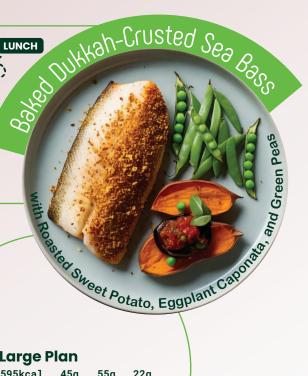
- Chef Ken





615kcal 48g Protein

20g Fat 62g Carbs



GUNG BAD CHICKEN

With Brown Rice and Shanghai Greens

Large Plan

45g Protein **55g** Carbs **22g** Fat 595kcal

K.... DINNER

Large Plan

185kcal 8g

COLATE TOFU BROWN

Images are for illustration only.



LUNCH

Large Plan

630kcal 64g Carbs **22g** Fat Thursday **APR 2025**

Mill Brown Rice, Kimedi, and Rice

Large Plan

650kcal Calories

57g

62g Carbs

20g Fat

HERB CHICKEN with Tomatoumolemeal Pasta and Cajun Mix Vedar

DINNER

Chocolate Energy

ALANCEL

Large Plan

125kcal 4g



610kcal

59g Carbs

19g Fat

of pen Chicken



Ries Curry Cauliflower, and

WITH ROASTED POTATO AND BELLEVILLE

Large Plan

605kcal **47g** Protein **54g** Carbs **23g** Fat

CHE WITH CASHEW FROOTHE SEE

K... DINNER

Images are for illustration only.



Large Plan

180kcal 8g 19g Carbs 8g Fat







Large Plan

615kcal 48g Protein **57g** Carbs **22g** Fat



APR 2025

with Roasted Potato, Herb Verge of Junato

Large Plan

610kcal

47g Protein

62g Carbs

20g Fat



DINNER

continuiter Cookies

ALANCE



180kcal 4g



16g





fursday. **APR 2025**

Large Plan

635kcal

Protein

24g Fat 47g Carbs



Vakiniku Minceal Rec Airth Dumpkin Carrot Quinos Salad and ite & with sweet portoto Noodle, Beansprouts, and Link

Large Plan

575kcal Calories **57g** Protein 42g Carbs **20g** Fat

K... DINNER

Large Plan

175kcal 5g 16g Carbs 10g EN FREE BANANA BIREL

Images are for illustration only.



Large Plan 665kcal

52g Protein 62g Carbs griday

APR 2025



Large Plan

600kcal Calories 55g Protei 49g Carbs Herb Chicken WITH CAULIFLOWER RICE AND SHIPPE

23g Fat

DINNER



ALANC

Large Plan

120kcal 4g

20g Fat

4g

10g Fat

SNACK





ALANCED

145kcal 8g

20g

Images are for

illustration only.



48g Proteir 605kcal

56g Carbs 21g Fat





ALANCED

Large Plan

185kcal 8g 20g SNACK







675kcal 54g Proteir **54g** Carbs **27g** Fat

DINNER

Images are for illustration only.



Large Plan

120kcal 4g





Large Plan

635kcal **50g** Protein **59g** Carbs 23g Fat Nonday 28 **APR 2025**

Large Plan

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





with Cashew Frogling

ALANCED - BA

Large Plan

175kcal 8g 18g







640kcal

48g

64g Carbs

22g Fat

LUNCH



Orange Chicken



Large Plan

610kcal **57g** Carbs **20g** Fat

20g

51g Protein

C... DINNER



130kcal 3g 21g Carbs



Images are for illustration only.





Large Plan

660kcal **52g** Protein 67g Carbs ednesola **APR 2025**

Large Plan

630kcal

46g Protein

59g Carbs

23g Fat

emongrass Soy Barranning. With Coconner Bean, and Figoria





LANC

Large Plan

120kcal 4g

8g Carbs





590kcal **56g** Carbs 18g Protein Calories Fat





Large Plan

55g Carbs 630kcal 51g 23g Calories Protein Fat

Banana Bread

SNACK



Images are for illustration only.

Large Plan

175kcal 5g 16g 10g

Fat

