

Balanced Menu



YoloPlans

A close-up photograph of a chef's hand using a metal garnishing tool to place a sliced red chili pepper onto a dish. The dish appears to be a bowl of rice or quinoa topped with green beans 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

Monday
09

FEB 2026

LUNCH

Large Plan

690kcal	50g
Calories	Protein
66g	26g
Carbs	Fat

Teriyaki Chicken



Herb Chicken



Large Plan

595kcal	61g	49g	17g
Calories	Protein	Carbs	Fat

DINNER

SNACK

Large Plan

130kcal	4g	2g	12g
Calories	Protein	Carbs	Fat

Roasted Mix Nuts



Images are for illustration only.

LUNCH

Large Plan

655kcal	52g	59g	23g
Calories	Protein	Carbs	Fat

Nasi Lemak (Tumeric Chicken)



Tomato Baked Tilapia



DINNER

SNACK

Large Plan

555kcal	48g	54g	17g
Calories	Protein	Carbs	Fat

Carrot Cake with Cashew Frosting



Large Plan

180kcal	8g	18g	8g
Calories	Protein	Carbs	Fat

Images are for illustration only.

Wednesday
11
FEB 2026

LUNCH

Beef Patties



With Aglio Olio Pasta, Tomato Sauce and Mixed Veggies

Large Plan

555kcal	48g
Calories	Protein
55g	16g
Carbs	Fat

Green Curry Chicken



With Basmati Rice, Long Beans and Eggplants

Large Plan

660kcal	52g	64g	22g
Calories	Protein	Carbs	Fat

DINNER

SNACK

Large Plan

175kcal	5g	46g	10g
Calories	Protein	Carbs	Fat

Gluten Free Banana Bread



LUNCH

Brown Rice Paella



With Chicken Thigh Chunks, Prawns and Squids, Garlic Green Peas

Large Plan

600kcal	45g	59g	20g
Calories	Protein	Carbs	Fat

Peri Peri Chicken



With Roast Potato and Broccoli

DINNER

Large Plan

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

Hazelnut and Chocolate Granola Bar



Large Plan

190kcal	5g	24g	8g
Calories	Protein	Carbs	Fat

SNACK

Images are for illustration only.

Friday
13
FEB 2026

Large Plan

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

LUNCH

Yakiniku Mixed Beef



with Brown Rice, Edamame and Kimchi

Chicken Mushroom Stew



With Soba Noodle and Garlic Kailan

Large Plan

600kcal	48g	59g	19g
Calories	Protein	Carbs	Fat

DINNER

SNACK

Large Plan

135kcal	3g	15g	7g
Calories	Protein	Carbs	Fat

Pumpkin Parmesan Biscuit



Images are for
illustration only.

Gong Bao Chicken



with Brown Rice, Spicy Eggplant, Cucumber Salad

LUNCH

Large Plan

675kcal	52g	68g	22g
Calories	Protein	Carbs	Fat

Harissa Roasted Tilapia



with Roasted Potato, French Beans

DINNER

SNACK

Large Plan

675kcal	52g	68g	22g
Calories	Protein	Carbs	Fat

Peanut Butter Chocolate Energy Bites



Large Plan

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

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Monday
16
FEB 2026

Tuesday
17
FEB 2026

LUNCH

Large Plan

635kcal	54g
Calories	Protein
70g	16g
Carbs	Fat

Honey Miso Salmon



with Quinoa and Broccoli

Cauliflower Rice



with Herb Chicken and Spinach Egg

Large Plan

580kcal	59g	42g	20g
Calories	Protein	Carbs	Fat

DINNER

SNACK

Large Plan

175kcal	5g	46g	10g
Calories	Protein	Carbs	Fat

Gluten Free Banana Bread



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illustration only.

Beef Bolognese



with Pasta, Mixed Mushrooms and Green Peas

LUNCH

Large Plan

710kcal	51g	69g	26g
Calories	Protein	Carbs	Fat

Wednesday
18
FEB 2026

Lemongrass Chicken



with Rice Vermicelli and Mixed Veggies Salad

DINNER

Large Plan

555kcal	46g	57g	16g
Calories	Protein	Carbs	Fat

Peanut Butter Chocolate Cookie



Large Plan

155kcal	5g	4g	13g
Calories	Protein	Carbs	Fat

SNACK

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Thursday
19
FEB 2026

LUNCH

Large Plan

690kcal	56g
Calories	Protein
63g	24g
Carbs	Fat

Peranakan Curry Beef and Pumpkin

with Coconut Basmati Rice, Garlic Okra

Chicken Rissoles



with Stroganoff Sauce, French Beans and Mashed Cauliflower

Large Plan

510kcal	52g	39g	16g
Calories	Protein	Carbs	Fat

DINNER

SNACK

Large Plan

175kcal	6g	24g	6g
Calories	Protein	Carbs	Fat

Apple and Chia Seeds Oatmeal



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LUNCH

Large Plan

510kcal	48g	59g	18g
Calories	Protein	Carbs	Fat

Chicken Rendang



with Brown Rice, Roasted Cauliflower

Friday
20

FEB 2026

Large Plan

620kcal	50g	62g	20g
Calories	Protein	Carbs	Fat

Cajun Orange Chicken

with Cajun Sweet Potato and Broccoli

DINNER

Tofu Chocolate Brownie

SNACK

Large Plan

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

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Monday
23

FEB 2026

LUNCH

Herb Chicken



With Aglio Olio Pasta, Tomato Sauce, Sweet Snap Peas

Large Plan

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

Teriyaki Salmon



With Quinoa, Saute Mixed Veggies

Large Plan

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

DINNER

SNACK

Large Plan

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

Banana Oat Pancake With Apple Chutney



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illustration only.

LUNCH

Red Curry Chicken



With Brown Rice, Long Beans and Eggplant

Large Plan

675kcal	56g	63g	23g
Calories	Protein	Carbs	Fat

Salmon Chicken Balls



With Cauliflower Rice and Spinach Egg

DINNER

Large Plan

550kcal	59g	39g	18g
Calories	Protein	Carbs	Fat

Tofu Chocolate Brownie



Large Plan

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

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Tuesday
24

JAN 2026

Wednesday
25

FEB 2026

LUNCH

Large Plan

670kcal	52g
Calories	Protein
61g	22g
Carbs	Fat

Yakiniku Mixed Beef



with Brown Rice, Edamame and Kimchi

Peri Peri Chicken



with Roast Potato and Broccoli

Large Plan

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

DINNER

Peanut Butter Chocolate Energy Bites



SNACK

Large Plan

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

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Basil Minced Chicken



with Basmati Rice, Scrambled Egg and Kailan

LUNCH

Large Plan

635kcal	52	61g	20g
Calories	Protein	Carbs	Fat

Thursday
26

FEB 2026

Baked Lemongrass Barramundi



with Cajun Roasted Sweet Potato, Broccoli

DINNER

Large Plan

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

Carrot Cake with Cashew Frosting



Large Plan

180kcal	8g	18g	8g
Calories	Protein	Carbs	Fat

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Friday
27
FEB 2026

LUNCH

Large Plan

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

Beef Patties

With Mashed Sweet Potato, Green Peas and Coriander Lime Juice

Tumeric Chicken



With Brown Rice and Lady Finger

Large Plan

535kcal	50g	53g	14g
Calories	Protein	Carbs	Fat

DINNER

SNACK

Large Plan

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

Peanut Butter Chocolate Cookie



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LUNCH

Peranakan Curry Chicken



With Basmati Rice, Cauliflower and Lady Finger

Large Plan

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

Monday
02
MAR 2026

Chicken Patties



With Mashed Potatoes, Tomato Saucen Saute Green Peas and Carrot

DINNER

Large Plan

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

SNACK

Peanut Butter Chocolate Energy Bites



Large Plan

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

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Tuesday
03
MAR 2026

LUNCH

Large Plan

650kcal	50g
Calories	Protein
66g	21g
Carbs	Fat

Sambal Seafood and Tofu



with Brown Rice and Shanghai Green

Tomato Soup



with Cajun Chicken, Avocado and Mixed Beans, Feta Cheese

Large Plan

575kcal	57g	33g	24g
Calories	Protein	Carbs	Fat

DINNER

SNACK

Large Plan

190kcal	5g	24g	8g
Calories	Protein	Carbs	Fat

Hazelnut and Chocolate Granola Bar



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Mala Chicken



with Brown Rice and Honey Soy Mixed Veggies

LUNCH

Large Plan

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

Wednesday
04
MAR 2026

Herb Chicken



with Roasted Herb Veggies Quinoa Salad

DINNER

Large Plan

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

Carrot Cake with Cashew Frosting



Large Plan

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

SNACK

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Thursday
05
MAR 2026

LUNCH

Large Plan

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

Yuxiang Minced Chicken

With Sweet Potato Noodles and Saute Mushroom with Bok Choy



Fresh Herb and Lemon Barramundi Fish



With Roasted Potatoes, French Beans

Large Plan

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

DINNER

SNACK

Large Plan

135kcal	3g	15g	7g
Calories	Protein	Carbs	Fat

Pumpkin Parmesan Biscuit



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Friday
06
MAR 2026

Green Curry Chicken



With Basmati Rice, Long Beans and Eggplants

LUNCH

Large Plan

655kcal	46g	68g	22g
Calories	Protein	Carbs	Fat

Chicken Balls



With Cauliflower Rice, Spinach Egg and Broccoli, Homemade Chilli

DINNER

Large Plan

590kcal	52g	49g	20g
Calories	Protein	Carbs	Fat

Apple and Chia Seeds Oatmeal



Large Plan

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

SNACK

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