

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

Monday
10
FEB 2025

LUNCH

HERB CHICKEN



with Aglio Olio Pasta, Tomato Sauce, and Sweet Snap Peas

Large Plan

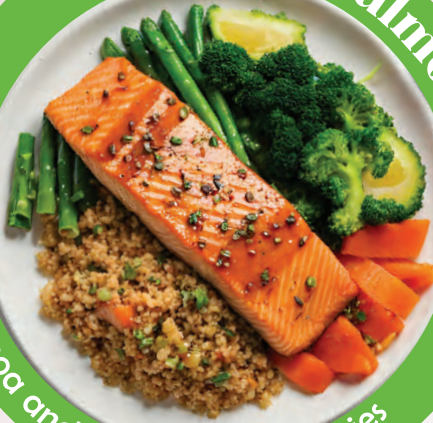
720kcal
Calories

54g
Protein

72g
Carbs

24g
Fat

Teriyaki Salmon



with Quinoa and Sauté Mixed Veggies

Large Plan

555kcal
Calories

45g
Protein

53g
Carbs

18g
Fat

DINNER

Cumin Carrot Soup



SNACK

Large Plan

120kcal
Calories

6g
Protein

6g
Carbs

8g
Fat

LUNCH

Red Curry Chicken



WITH BROWN RICE, LONG BEANS, AND EGGPLANTS

Large Plan

685kcal
Calories

47g
Protein

74g
Carbs

23g
Fat

Tuesday



FEB 2025

Salmon Chicken Balls



with Cauliflower Rice and Spinach Egg

DINNER

Large Plan

540kcal
Calories

54g
Protein

51g
Carbs

14g
Fat

TOFU CHOCOLATE BROWNIE



Large Plan

185kcal
Calories

8g
Protein

20g
Carbs

8g
Fat

SNACK

Friday

14

FEB 2025

LUNCH

Beef Patties



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

Large Plan

635kcal
Calories 46g
Protein
64g
Carbs 22g
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



LUNCH

Peranakan Curry Chicken



With Basmati Rice, Cauliflower, and Lady Finger

Large Plan

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

Monday
17

FEB 2025

Beef Meatballs



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

DINNER

Large Plan

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

Peanut Butter Chocolate Energy Bites



Large Plan

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

SNACK

Tuesday
18

FEB 2025

LUNCH

Sambal Prawns and Squids

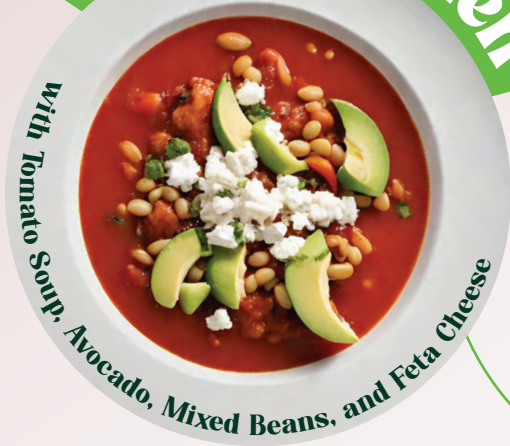


WITH BROWN RICE, TOFU, AND SHANGHAI GREEN

Large Plan

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

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

LUNCH

YAKINIKU MINCED BEEF



WITH RICE NOODLES, KIMCHI, AND EDAMAME

Large Plan

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

Wednesday
19

FEB 2025

Herb Chicken



WITH Roasted Herb Veggies, Quinoa Salad, Pomegranate, and Honey Citrus Dressing

Large Plan

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

DINNER

CARROT CAKE



with Cashew Frosting

Large Plan

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

SNACK

Thursday 20

FEB 2025

LUNCH

Yuxiang Minced Chicken



With Brown Rice, Saute Mushroom, and Bok Choy

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

Lemon Barramundi Fish



With Fresh Herb, Roasted Potatoes, and French Beans

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

DINNER

SNACK

PISTACHIO AND DATES ENERGY BITES



Large Plan
120kcal
Calories
4g
Protein
4g
Carbs
18g
Fat

GREEN CURRY CHICKEN



With Basmati Rice, Eggplants, and Long Beans

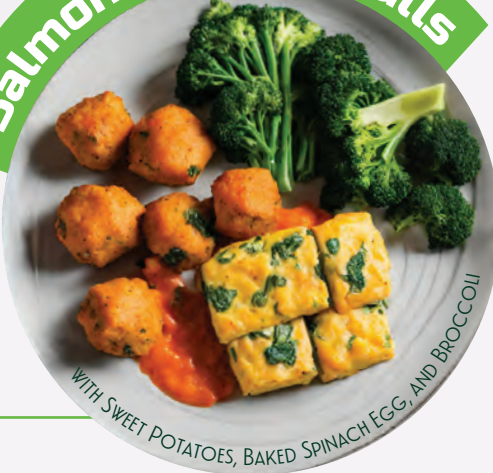
LUNCH

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

Friday 21

FEB 2025

Salmon Chicken Balls



WITH SWEET POTATOES, BAKED SPINACH EGG, AND BROCCOLI

DINNER

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

Overnight Oats



With Roasted Apple and Chia Seeds

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

SNACK

Monday 24

FEB 2025

LUNCH

Large Plan

785kcal
Calories

47g
Protein

72g
Carbs

26g
Fat

BEEF CHILLI CON CARNE



with Brown Rice and Sauté Green Peas

PERI PERI TILAPIA



with Roasted Potatoes, French Beans, and Carrot

Large Plan

525kcal
Calories

46g
Protein

55g
Carbs

13g
Fat

DINNER

GLUTEN FREE BANANA BREAD



SNACK

Large Plan

175kcal
Calories

5g
Protein

16g
Carbs

10g
Fat

LUNCH

GONG BAD CHICKEN



with Brown Rice, Spicy Eggplant, and Garlic Choy Sum

Large Plan

660kcal
Calories

53g
Protein

62g
Carbs

23g
Fat

Tuesday 25

FEB 2025

Basil Minced Chicken



WITH RICE NOODLES, SHREDDED CUCUMBER, AND CARROT

Large Plan

560kcal
Calories

42g
Protein

55g
Carbs

19g
Fat

DINNER

TOFU CHOCOLATE BROWNIE



Large Plan

185kcal
Calories

8g
Protein

20g
Carbs

8g
Fat

SNACK

Wednesday 26

FEB 2025

LUNCH

Turmeric Chicken Nasi Lemak



with Basmati Rice, Boiled Egg, and Cucumber

Large Plan

700kcal
Calories

59g
Protein

72g
Carbs

20g
Fat

BAKED HONEY MISO SALMON



with Cauliflower Rice and Saute Edamame

Large Plan

540kcal
Calories

52g
Protein

38g
Carbs

23g
Fat

DINNER

CARROT CAKE



SNACK

Large Plan

170kcal
Calories

8g
Protein

14g
Carbs

9g
Fat

LUNCH

Seafood Tom Yam



with Brown Rice Noodles, Beansprouts, and Long Beans

Large Plan

630kcal
Calories

45g
Protein

64g
Carbs

22g
Fat

Thursday 27

FEB 2025

HERB CHICKEN BREAST



with Spaghetti Aglio Olio, Roasted Veggies, and Tomato

Large Plan

610kcal
Calories

54g
Protein

62g
Carbs

17g
Fat

DINNER

Peanut Butter Chocolate Cookie



Large Plan

160kcal
Calories

7g
Protein

6g
Carbs

12g
Fat

SNACK

Friday
28

FEB 2025

LUNCH

Lemongrass Barramundi



with Brown Rice, Stew Tofu, Bittergourd, and Red Capsicum

Large Plan

645kcal
Calories

51g
Protein

68g
Carbs

19g
Fat

Coconut Chicken



WITH QUINOA, CAULIFLOWER, AND SWEET POTATOES

Large Plan

635kcal
Calories

48g
Protein

52g
Carbs

26g
Fat

DINNER

Pistachio Dates Energy Bites



SNACK

Large Plan

120kcal
Calories

4g
Protein

8g
Carbs

8g
Fat

Beef Bulgogi



with Sweet Potato Noodles, Spinach and Shredded Carrot

LUNCH

Large Plan

640kcal
Calories

48g
Protein

64g
Carbs

22g
Fat

Monday
03

MAR 2025

GONG BAD CHICKEN



with Brown Rice, Spicy Eggplant, and Garlic Boy Choy

DINNER

Large Plan

585kcal
Calories

45g
Protein

59g
Carbs

19g
Fat

SNACK

Peanut Butter Chocolate Cookie



Large Plan

160kcal
Calories

7g
Protein

6g
Carbs

12g
Fat

Tuesday

04

MAR 2025

Large Plan

640kcal
Calories

48g
Protein

64g
Carbs

23g
Fat

LUNCH



Beef Bolognese



WITH PASTA, MIXED MUSHROOMS, AND GREEN PEAS

Large Plan

620kcal
Calories

52g
Protein

61g
Carbs

19g
Fat

DINNER

SNACK

Large Plan

130kcal
Calories

3g
Protein

21g
Carbs

4g
Fat

MANGO CHIA SEEDS PUDDING



LUNCH

CHICKEN RENDANG



Large Plan

685kcal
Calories

49g
Protein

67g
Carbs

25g
Fat

Wednesday

05

MAR 2025

Large Plan

535kcal
Calories

48g
Protein

53g
Carbs

15g
Fat

Fresh Herb and Lemon Barramundi Fish



DINNER

GLUTEN FREE BANANA BREAD



Large Plan

175kcal
Calories

5g
Protein

16g
Carbs

10g
Fat

SNACK

Thursday 06

MAR 2025

Large Plan

645kcal
Calories

53g
Protein

59g
Carbs

23g
Fat

LUNCH



PERI PERI CHICKEN



Large Plan

590kcal
Calories

59g
Protein

42g
Carbs

21g
Fat

DINNER

CARROT CAKE



SNACK

Large Plan

170kcal
Calories

8g
Protein

14g
Carbs

9g
Fat

Beef Patties



LUNCH

Large Plan

690kcal
Calories

52g
Protein

68g
Carbs

23g
Fat

Friday 07

MAR 2025

Basil Minced Chicken



DINNER

Large Plan

585kcal
Calories

51g
Protein

49g
Carbs

20g
Fat

Peanut Butter Chocolate Energy Bites



SNACK

Large Plan

125kcal
Calories

4g
Protein

3g
Carbs

11g
Fat