

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

Friday 20

DEC 2024

PERANAKAN BEEF CURRY



with Pumpkin, Basmati Rice, Curry Cauliflower, and Okra

SNACK

Large Plan

610kcal	51g
Calories	Protein
59g	19g
Carbs	Fat

LUNCH

PERI PERI CHICKEN



with Roasted Potato and Broccoli

Large Plan

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

DINNER

CARROT CAKE WITH CASHEW FROSTING

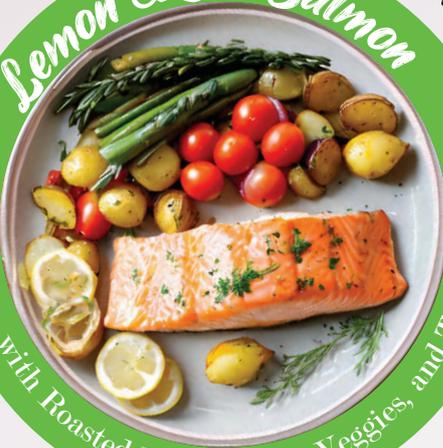


Large Plan

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

LUNCH

LEMON & DILL SALMON



with Roasted Potato, Herb Veggies, and Tomato

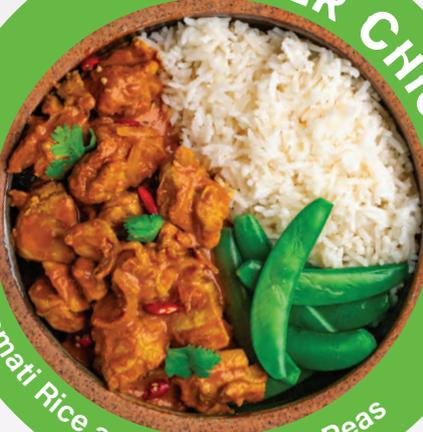
Large Plan

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

Monday 23

DEC 2024

BUTTER CHICKEN



with Basmati Rice and Sweet Snap Peas

DINNER

Large Plan

610kcal	47g	62g	20g
Calories	Protein	Carbs	Fat

SNACK

PEANUT BUTTER COOKIES



Large Plan

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

Tuesday 24

DEC 2024

LUNCH



Large Plan

640kcal
Calories

48g
Protein

64g
Carbs

22g
Fat



Large Plan

625kcal
Calories

55g
Protein

52g
Carbs

22g
Fat

DINNER



SNACK



Large Plan

120kcal
Calories

6g
Protein

6g
Carbs

8g
Fat

LUNCH



Large Plan

640kcal
Calories

45g
Protein

59g
Carbs

25g
Fat

Wednesday 25

DEC 2024



Large Plan

580kcal
Calories

53g
Protein

53g
Carbs

18g
Fat

DINNER



SNACK



Large Plan

170kcal
Calories

8g
Protein

14g
Carbs

9g
Fat

Friday 03

JAN 2025

Fresh Herb Barramundi



with Sweet Potato, Broccoli, and Harrisia Sauce

SNACK



Large Plan

590kcal
Calories

49g
Protein

57g
Carbs

18g
Fat

LUNCH



Kung Pao Chicken



With Brown Rice, Bok Choy, and Pickle Veggies

Large Plan

675kcal
Calories

54g
Protein

54g
Carbs

27g
Fat

DINNER



Pistachio Energy Bites



Large Plan

120kcal
Calories

4g
Protein

8g
Carbs

8g
Fat

Beef Bolognese



With Aglio Oil Pasta, Mix Mushroom, and Green Peas

LUNCH



Large Plan

635kcal
Calories

50g
Protein

59g
Carbs

23g
Fat

Monday 06

JAN 2025

Red Curry Chicken



With Brown Rice, Roasted Cauliflower, and Garlic Okra

DINNER



Large Plan

585kcal
Calories

45g
Protein

59g
Carbs

19g
Fat

SNACK



Carrot Cake with Cashew Frosting Cake



Large Plan

175kcal
Calories

8g
Protein

18g
Carbs

8g
Fat

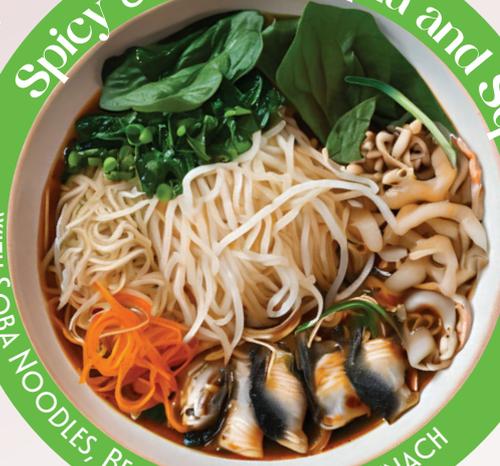
Tuesday
07

JAN 2025

LUNCH

Spicy & Sour Tilapia and Squid Stew

WITH SOBA NOODLES, BEAN SPROUTS, AND SPINACH



Large Plan

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

Lemon and Fresh Herb Chicken Breast

with Quinoa, Baked Pumpkin, Tomato, and Avocado



Large Plan

625kcal	52g	55g	22g
Calories	Protein	Carbs	Fat

MANGO CHIA SEEDS PUDING



DINNER

SNACK

Large Plan

130kcal	3g	21g	4g
Calories	Protein	Carbs	Fat

Herb Chicken

with Roasted Potatoes, French Beans, and Harissa Sauce



LUNCH

Large Plan

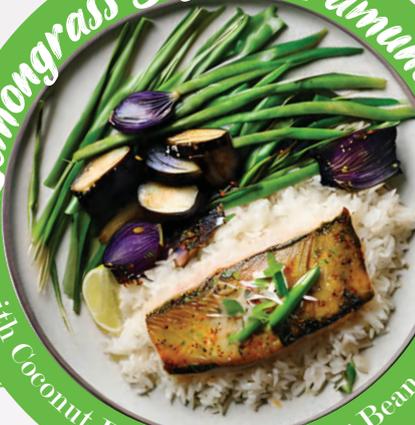
660kcal	52g	67g	20g
Calories	Protein	Carbs	Fat

Wednesday
08

JAN 2025

Lemongrass Soy Barramundi

with Coconut Basmati Rice, Long Bean, and Eggplants



DINNER

Large Plan

630kcal	46g	59g	23g
Calories	Protein	Carbs	Fat

CHOCOLATE HAZELNUT ENERGY BITES



Large Plan

120kcal	4g	8g	8g
Calories	Protein	Carbs	Fat

SNACK

Thursday 09

JAN 2025

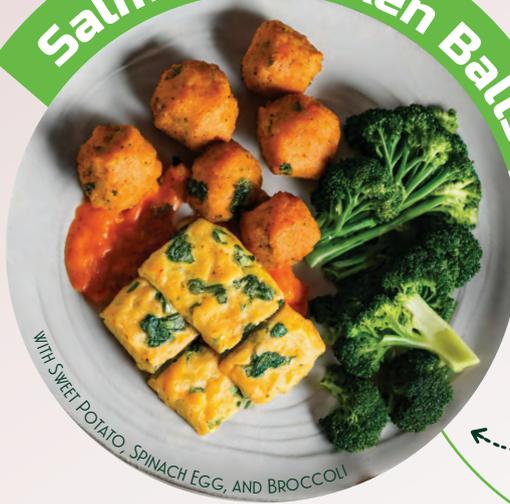
LUNCH



Large Plan

640kcal	57g
Calories	Protein
59g	20g
Carbs	Fat

Salmon Chicken Balls



Large Plan

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

DINNER

PEANUT BUTTER COOKIES



SNACK

Large Plan

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

HARISSA PRAWNS

LUNCH



Large Plan

590kcal	51g	56g	18g
Calories	Protein	Carbs	Fat

Friday 10

JAN 2025

Ma La Chicken



Large Plan

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

DINNER

Banana Bread



Large Plan

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

SNACK