



# Balanced Menu



YoloPlans

A close-up photograph of a chef's hand using a metal garnish tool to place a sliced red chili pepper onto a dish. The dish appears to be a bowl of quinoa or rice mixed with corn and other vegetables, served in a dark bowl. The background is softly 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  
25  
AUG 2025

A top-down view of a light blue ceramic bowl filled with a meal. The bowl contains a base of fluffy brown rice. On top of the rice are several components: a portion of bright yellow scrambled eggs mixed with red tomato pieces; a pile of sliced cucumbers and tomatoes; and a serving of golden-brown, saucy chicken pieces garnished with fresh green cilantro leaves. The bowl is set against a light green background with a curved green banner at the top containing the text "YU XIANG" CHICKEN AND TOFU. A curved green banner at the bottom of the bowl contains the text "with Brown Rice, Scrambled Tomato Eggs, and Cucumber Salad".

**Large Plan**

<b>705kcal</b> Calories	<b>47g</b> Protein
<b>72g</b> Carbs	<b>26g</b> Fat

**LUNCH**

# Baked Peri Peri Barramundi



A top-down view of a white plate containing a baked fish fillet with a golden-brown, herb-crusted skin. The fish is garnished with fresh green herbs. To the left of the fish is a pile of bright green French beans. Below the beans is a portion of cauliflower rice, also garnished with herbs. To the right of the fish is a portion of red lentils. The plate is set against a dark background.

with Cauliflower Rice and French Beans

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

**Large Plan**  
**175kcal** **5g** **16g** **10g**  
 Calories Protein Carbs Fat

**BAKED LEMON DILL SALMON**

**LUNCH**

WITH QUINOA, EDAMAME, ROASTED CAULIFLOWER, AND MINT YOGHURT

**645kcal** **57g** **54g** **23g**  
Calories Protein Carbs Fat

Tuesday  
26  
AUG 2025

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

A top-down view of a white bowl filled with Korean Beef Bulgogi. The bowl is surrounded by a thick green circular border. Inside the bowl, there is a serving of white rice on the left, a sunny-side-up egg in the center, a pile of shredded orange carrots on the right, and a portion of dark green spinach at the bottom right. The beef strips are browned and coated in a dark sauce, topped with white sesame seeds. The green border contains the text 'BEEF BULGOGI' in white, bold, uppercase letters at the top, and 'with Brown Rice, Kimchi, Shredded Carrot, and Spinach' in white, lowercase letters at the bottom.

<b>185kcal</b>	<b>8g</b>	<b>20g</b>	<b>8g</b>
Calories	Protein	Carbs	Fat

BALANCED - BALANCED - BALANCED - BALANCED - BALANCED - BALANCED - BALANCED

Wednesday  
**27**  
AUG 2025

LUNCH

Clay Pot Style Chicken



with Shiitake Rice, Scramble Egg and Garlic Nai Bai

Large Plan

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

HARISSA BAKED TILAPIA



with Aglio Olio Fusilli, Eggplant Caponata, and Green Peas

Large Plan

600kcal	48g	62g	18g
Calories	Protein	Carbs	Fat

DINNER

SNACK

Large Plan

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

GLUTEN FREE BANANA BREAD



LUNCH

COCONUT CURRY CHICKEN



with Brown Rice and Mix Veggies

Large Plan

645kcal	45g	64g	23g
Calories	Protein	Carbs	Fat

Thursday  
**28**  
AUG 2025

BAKED GOCHUJANG CHICKEN



WITH ROASTED POTATO, ROASTED CAPSICUM, AND BROCCOLI

DINNER

Large Plan

630kcal	52g	59g	20g
Calories	Protein	Carbs	Fat

SNACK

Chocolate Hazelnut Energy Bites



Large Plan

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

Images are for  
illustration only.

Friday  
29  
AUG 2025

LUNCH

### Large Plan

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

## Butter Chicken



WITH COCONUT BASMATI RICE, CUMIN, AND GARLIC ROASTED MIX VEGGIES (CABBAGE, ZUCCHINI, AND RED ONION)

## YAKINIKU PRAWNS AND TOFU



With Sweet Potato Noodles, Braised Cabbage, and Carrot

### Large Plan

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

DINNER

SNACK

### Large Plan

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

## MANGO CHIA SEEDS PUDDING



LUNCH

## Chicken Rissoles



With Mashed Cauliflower, Stroganoff Sauce, and French Beans

### Large Plan

595kcal	48g	52g	22g
Calories	Protein	Carbs	Fat

Monday  
01

SEP 2025

## Gong Bao Chicken



With Mix Veggie, Fry Egg Rice, Toasted Cashew Nuts, and Cucumber Salad

DINNER

### Large Plan

615kcal	45g	59g	22g
Calories	Protein	Carbs	Fat

SNACK

## Peanut Butter Chocolate Cookie



### Large Plan

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

Images are for  
illustration only.

Tuesday  
02

SEP 2025

### Large Plan

640kcal  
Calories

48g  
Protein

64g  
Carbs

22g  
Fat

LUNCH

## BEEF CHILLI CON CARNE



WITH BASMATI RICE AND MIX VEGGIES

## Basil Minced Chicken



with Rice Noodle, Beans Sprout, Daikon, Carrot, and Soy Egg

### Large Plan

620kcal  
Calories

52g  
Protein

61g  
Carbs

19g  
Fat

DINNER

SNACK

### Large Plan

125kcal  
Calories

4g  
Protein

3g  
Carbs

11g  
Fat

## PEANUT BUTTER CHOCOLATE ENERGY BITES



Images are for  
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## Cajun Spiced Tilapia



WITH TOMATO PASTA AND SAUTÉ MIX VEGGIES

LUNCH

### Large Plan

685kcal  
Calories

49g  
Protein

67g  
Carbs

25g  
Fat

## Herb Chicken



with Steam Sweet Potato, Mix Leafy Salad, and Avocado Tomato

DINNER

### Large Plan

535kcal  
Calories

48g  
Protein

53g  
Carbs

15g  
Fat

## PUMPKIN PARMESAN BISQUIT



### Large Plan

175kcal  
Calories

5g  
Protein

16g  
Carbs

10g  
Fat

SNACK

Wednesday  
03

SEP 2025

Images are for  
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# Thursday

# 04

SEP 2025

LUNCH

## Large Plan

620kcal  
Calories

51g  
Protein

55g  
Carbs

22g  
Fat

## Thai Style Tofu and Prawns

With Sweet Potato Noodles, Scrambled Egg, Long Beans, and Toasted Cashew Nuts

## Roasted Teriyaki Chicken Thigh Cubes

With Brown Rice, Roast Capsicum, and French Beans

## Large Plan

630kcal  
Calories

57g  
Protein

55g  
Carbs

20g  
Fat

DINNER

SNACK

## Large Plan

145kcal  
Calories

5g  
Protein

20g  
Carbs

5g  
Fat

## Overnight Oats with Roasted Apple and Chia Seeds



LUNCH

## Lemongrass Soy Chicken

With Brown Rice Noodle, Cabbage, Carrot, and Toasted Peanuts

## Large Plan

665kcal  
Calories

54g  
Protein

63g  
Carbs

21g  
Fat

# Friday

# 05

SEP 2025

## Peranakan Curry Chicken and Chickpeas

With Coconut Basmati Rice, Curry Cauliflower, and Garlic Okra

DINNER

## Large Plan

565kcal  
Calories

47g  
Protein

54g  
Carbs

18g  
Fat

## Tofu Chocolate Brownie



## Large Plan

185kcal  
Calories

8g  
Protein

20g  
Carbs

8g  
Fat

SNACK

Images are for illustration only.

Monday  
08

SEP 2025

Large Plan

660kcal  
Calories

51g  
Protein

63g  
Carbs

23g  
Fat

LUNCH

PERI PERI CHICKEN

with Mushroom Barley Risotto and Braised Purple Cabbage

SALMON CHICKEN BALL

with Cauliflower Rice and Edamame

Large Plan

575kcal  
Calories

54g  
Protein

42g  
Carbs

21g  
Fat

DINNER

SNACK

Large Plan

175kcal  
Calories

5g  
Protein

16g  
Carbs

10g  
Fat

GLUTEN FREE BANANA BREAD



Images are for  
illustration only.

LUNCH

CREAMY CHICKEN LASAGNA

with Greek Salad

Large Plan

660kcal  
Calories

53g  
Protein

62g  
Carbs

23g  
Fat

Tuesday  
09

SEP 2025

Large Plan

545kcal  
Calories

42g  
Protein

55g  
Carbs

17g  
Fat

OVERNIGHT OATS WITH APPLE AND MIX NUTS

Large Plan

185kcal  
Calories

8g  
Protein

20g  
Carbs

8g  
Fat

Honey Miso Prawns

WITH PUMPKIN MILLET, SPICY EGGPLANTS, AND GARLIC OKRA

DINNER

SNACK

Images are for  
illustration only.

# Wednesday

# 10

SEP 2025

LUNCH

## Large Plan

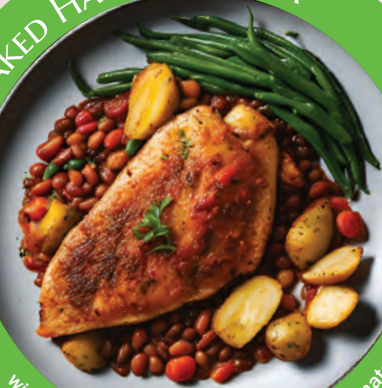
640kcal	47g
Calories	Protein
63g	23g
Carbs	Fat

## Gong Bao Chicken

with Brown Rice, Scramble Tomato Eggs, and Cucumber



## BAKED HARISSA TILAPIA



with Roasted Potato, French Beans, and Tomato Stew Mix Beans

## Large Plan

585kcal	52g	55g	17g
Calories	Protein	Carbs	Fat

## TOFU BROWNIE



DINNER

SNACK

## Large Plan

170kcal	8g	14g	9g
Calories	Protein	Carbs	Fat

Images are for illustration only.

LUNCH

## Roasted Turmeric Chicken



with Brown Rice and Roasted Curry Cauliflower

## Large Plan

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

# Thursday

SEP 2025

## BAKED GOCHUJANG CHICKEN



with Steam Sweet Potato and Roasted Broccoli

DINNER

## Large Plan

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

## Roasted Mix Nuts



## Large Plan

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

SNACK

Images are for illustration only.

SEP 2025

**LUNCH**

<b>645kcal</b> Calories	<b>51g</b> Protein
<b>68g</b> Carbs	<b>19g</b> Fat



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



## DINNER

## SNACK

<b>120kcal</b>	<b>4g</b>	<b>8g</b>	<b>8g</b>
Calories	Protein	Carbs	Fat



## LUNCH



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

**DINNER**

## SEP 2025

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

**SNACK**

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

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SEP 2025

**625kcal**  
Calories

**48g**  
Protein



## A close-up photograph of a white plate containing a meal. In the foreground, there are several pieces of grilled salmon, showing a golden-brown sear and garnished with finely chopped green herbs. Behind the salmon are roasted potato wedges, which are golden and slightly charred. To the right of the potatoes is a portion of steamed broccoli florets. The plate is set against a dark background. On the left edge of the plate, the words "WITH ME" are visible in a green, sans-serif font.

**635kcal**  
Calories

**52g**  
Protein

**61g**  
Carbs

**20g**  
Fat

100%

100%



Healthy

with Kale Pesto Pasta and Braised Purple Cabbage

**670kcal**  
Calories

**52g**  
Protein

**59g**  
Carbs

**25g**  
Fat

with Brown Rice, Scramble Tomato Egg, and Cucumber

175kcal  
Calories

**5g**  
Prote

**16g**  
Carbs

**10g**  
Fat

Images are for illustration only.

# Thursday 18 SEP 2025

LUNCH

## Large Plan

645kcal  
Calories

53g  
Protein

59g  
Carbs

23g  
Fat

## Baked Teriyaki Chicken

with Roasted Potato, Roasted Capsicum, and French Beans

## Brown Rice Chicken Paella



WITH PRAWNS, SQUID, AND GREEN PEAS

## Large Plan

605kcal  
Calories

51g  
Protein

53g  
Carbs

21g  
Fat

DINNER

SNACK

## Large Plan

170kcal  
Calories

8g  
Protein

14g  
Carbs

9g  
Fat

## GLUTEN FREE BANANA BREAD



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illustration only.

LUNCH

## PERANAKAN CURRY BEEF



with Coconut Basmati Rice, Curry Cauliflower, and Okra

## Large Plan

655kcal  
Calories

52g  
Protein

59g  
Carbs

23g  
Fat

# Friday 19 SEP 2025

## Cajun Orange Chicken



with Sweet Potato and Broccoli

DINNER

## Large Plan

610kcal  
Calories

51g  
Protein

57g  
Carbs

20g  
Fat

## MANGO CHIA SEEDS PUDDING



## Large Plan

130kcal  
Calories

3g  
Protein

21g  
Carbs

4g  
Fat

SNACK

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