



# 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. 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



# BALANCED

Monday  
30  
JUN 2025

LUNCH

## Large Plan

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

## Teriyaki Chicken



with Brown Rice and Roast Veggies

## HERB CHICKEN



with Kale Quinoa Salad and Baked Pumpkin

## Large Plan

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

DINNER

SNACK

## Large Plan

120kcal	6g	6g	8g
Calories	Protein	Carbs	Fat

## Chocolate Hazelnut Energy Bites



Images are for illustration only.

LUNCH

## Turmeric Chicken Nasi Lemak



with Coconut Basmati Rice, Hard Boiled Egg, and Cucumber

## Large Plan

665kcal	52g	59g	23g
Calories	Protein	Carbs	Fat

Tuesday  
01  
JUL 2025

## Large Plan

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

## Tomato Baked Tilapia



with Brown Rice Noodles and Braised Mix Veggies

DINNER

## Carrot Cake with Cashew Frosting



## Large Plan

175kcal	8g	18g	8g
Calories	Protein	Carbs	Fat

SNACK

Images are for illustration only.

# Wednesday 02

JUL 2025

## Green Curry Chicken

with Basmati Rice, Eggplants, and Long Beans

### Large Plan

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

### LUNCH

## Beef Patties

WITH AGLIO OLIO PASTA, TOMATO SAUCE, AND MIXED VEGGIES

### Large Plan

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

### DINNER

## GLUTEN FREE BANANA BREAD

### SNACK

### Large Plan

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

Images are for illustration only.

## CHICKEN THIGH CHUNKS

WITH BROWN RICE PAELLA, PRAWNS, SQUIDS, AND GARLIC GREEN PEAS

### LUNCH

### Large Plan

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

# Thursday 03

JUL 2025

## PERI PERI CHICKEN

With Roasted Potato and Broccoli

### Large Plan

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

### DINNER

### SNACK

## TOFU CHOCOLATE BROWNIE

### Large Plan

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

Images are for illustration only.



Friday  
04

JUL 2025

LUNCH

### Large Plan

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

yakiniku Minced Beef

With Brown Rice, Edamame, and Kimchi

Chicken Mushroom Stew



WITH SOBA NOODLES AND GARLIC KAILAN

### Large Plan

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

DINNER

SNACK

### Large Plan

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

Pistachio and Dates Energy Bites



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GONG BAO CHICKEN

LUNCH

### Large Plan

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



With Brown Rice, Spicy Eggplant, and Cucumber Salad

Monday  
07

JUL 2025

### Large Plan

590kcal	49g	59g	17g
Calories	Protein	Carbs	Fat

HARISSA ROASTED TILAPIA



With Roasted Potato and French Beans

DINNER

Peanut Butter Chocolate Energy Bites

### Large Plan

120kcal	4g	2g	11g
Calories	Protein	Carbs	Fat

SNACK

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Tuesday  
08  
JUL 2025

LUNCH

### Large Plan

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

## Honey Miso Salmon



With Quinoa and Broccoli

### Large Plan

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

## Herb Chicken



With Cauliflower Rice and Spinach Egg

DINNER

SNACK

### Large Plan

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

## GLUTEN FREE BANANA BREAD



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LUNCH

## Beef Bolognese



WITH PASTA, MIXED MUSHROOMS, AND GREEN PEAS

### Large Plan

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

Wednesday  
09  
JUL 2025

## Lemongrass Chicken



With Rice Vermicelli and Mixed Veggies Salad

DINNER

### Large Plan

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

## OATMEAL COOKIE



### Large Plan

145kcal	5g	9g	10g
Calories	Protein	Carbs	Fat

SNACK

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Thursday  
10

JUL 2025

LUNCH

Peranakan Curry Beef and Pumpkin

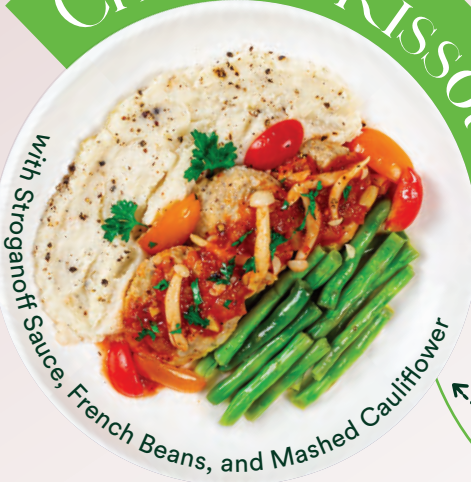


with Coconut Basmati Rice and Garlic Okra

Large Plan

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

Chicken Risssoles



with Stroganoff Sauce, French Beans, and Mashed Cauliflower

Large Plan

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

DINNER

ALMOND OATS ENERGY BAR



SNACK

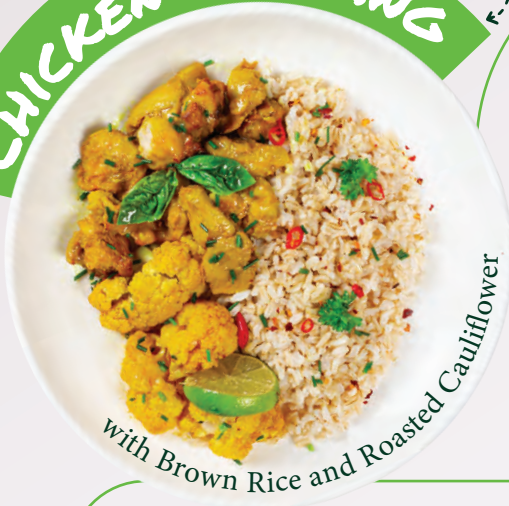
Large Plan

190kcal	6g	12g	13g
Calories	Protein	Carbs	Fat

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LUNCH

CHICKEN RENDANG



with Brown Rice and Roasted Cauliflower

Large Plan

590kcal	48g	59g	18g
Calories	Protein	Carbs	Fat

Friday

11

JUL 2025

Cajun Orange Chicken



with Cajun Sweet Potato and Broccoli

DINNER

Large Plan

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

TOFU CHOCOLATE BROWNIE



Large Plan

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

SNACK

Images are for illustration only.

Monday  
14

JUL 2025

## Teriyaki Salmon



with Quinoa and Sauté Mixed Veggies

SNACK

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illustration only.

### Large Plan

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

LUNCH

## HERB CHICKEN



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

### Large Plan

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

DINNER

## Pistachio and Dates Energy Bites



### Large Plan

120kcal	4g	4g	10g
Calories	Protein	Carbs	Fat

## Red Curry Chicken



WITH BROWN RICE, LONG BEANS, AND EGGPLANTS

LUNCH

### Large Plan

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

Tuesday  
15

JUL 2025

## Salmon Chicken Balls



with Cauliflower Rice and Spinach Egg

DINNER

### Large Plan

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

## TOFU CHOCOLATE BROWNIE



SNACK

### Large Plan

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

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# Wednesday 16 JUL 2025

## Large Plan

670kcal  
Calories

52g  
Protein

67g  
Carbs

22g  
Fat

LUNCH

## Yakniku Minced Beef



## Large Plan

610kcal  
Calories

54g  
Protein

59g  
Carbs

17g  
Fat

DINNER

## PERI PERI CHICKEN



With Roasted Potato and Herb Veggies

SNACK

## Large Plan

125kcal  
Calories

4g  
Protein

2g  
Carbs

11g  
Fat

## PEANUT BUTTER CHOCOLATE ENERGY BITES



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illustration only.

LUNCH

## Basil Minced Chicken



with Basmati Rice, Scramble Egg, and Long Beans

## Large Plan

635kcal  
Calories

52g  
Protein

61g  
Carbs

20g  
Fat

# Thursday 17 JUL 2025

## BAKED LEMONGRASS BARRAMUNDI



DINNER

## Large Plan

590kcal  
Calories

54g  
Protein

53g  
Carbs

18g  
Fat

## Carrot Cake with Cashew Frosting



## Large Plan

180kcal  
Calories

8g  
Protein

19g  
Carbs

8g  
Fat

SNACK

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Friday  
18  
JUL 2025

## Turmeric Chicken



WITH BROWN RICE AND LADY FINGER

### Large Plan

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

LUNCH

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

## Beef Patties



### 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



## Chicken Patties



WITH MASHED POTATOES, TOMATO SAUCE, SAUTÉ GREEN PEAS, AND CARROT

DINNER

### Large Plan

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

SNACK

### Large Plan

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

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Monday  
21  
JUL 2025

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# Tuesday 22 JUL 2025

## Cajun Chicken



with Tomato Soup, Avocado, Mixed Beans, and Feta Cheese

### Large Plan

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

### LUNCH



WITH BROWN RICE AND SHANGHAI GREEN

### Large Plan

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

### DINNER

## TOFU CHOCOLATE BROWNIE



### SNACK

### Large Plan

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

Images are for illustration only.

## MALA CHICKEN



WITH BROWN RICE AND HONEY SOY MIX VEGGIES

### LUNCH

### Large Plan

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

## Herb Chicken



WITH ROASTED HERB VEGGIES QUINOA SALAD

### DINNER

### Large Plan

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

### Large Plan

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

### SNACK



CARROT CAKE WITH CASHEW FROSTING

Images are for illustration only.

# Wednesday 23 JUL 2025



Thursday  
24

JUL 2025

### Large Plan

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

LUNCH

## Yuziang Minced Chicken



with Sweet Potato Noodles, Sauté Mushroom, and Bok Choy

### Large Plan

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

DINNER

## Lemon Barramundi Fish



with Fresh Herb, Roasted Potatoes, and French Beans

SNACK

### Large Plan

120kcal	4g	4g	10g
Calories	Protein	Carbs	Fat

## PISTACHIO AND DATES ENERGY BITES



Images are for illustration only.

## GREEN CURRY CHICKEN



with Basmati Rice, Eggplants, and Long Beans

LUNCH

### Large Plan

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

Friday  
25

JUL 2025

## Chicken Balls



with Sweet Potatoes, Baked Spinach Egg, Broccoli, and House Made Chili Sauce

DINNER

## Overnight Oats



with Roasted Apple and Chia Seeds

### Large Plan

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

SNACK

### Large Plan

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

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