

# High Protein 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 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



HIGH PROTEIN

Monday  
12  
JAN 2026

Images are for illustration only.

Teriyaki Salmon



Regular Plan

470kcal  
Calories  
36g  
Carbs  
43g  
Protein  
17g  
Fat

Large Plan

695kcal  
Calories  
52g  
Carbs  
65g  
Protein  
25g  
Fat

LUNCH

Herb Chicken



Regular Plan

415kcal  
Calories  
41g  
Protein  
29g  
Carbs  
15g  
Fat

Large Plan

590kcal  
Calories  
65g  
Protein  
52g  
Carbs  
22g  
Fat

DINNER

Cumin Carrot Soup



SNACK

Regular Plan

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

Large Plan

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

Green Curry Chicken



LUNCH

Regular Plan

440kcal  
Calories  
37g  
Protein  
37g  
Carbs  
16g  
Fat

Large Plan

655kcal  
Calories  
56g  
Protein  
55g  
Carbs  
24g  
Fat

Tuesday  
13  
JAN 2026

Chicken Balls



DINNER

Regular Plan

380kcal  
Calories  
48g  
Protein  
26g  
Carbs  
9g  
Fat

Large Plan

545kcal  
Calories  
65g  
Protein  
38g  
Carbs  
15g  
Fat

Tofu Chocolate Brownie



Regular Plan

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

Large Plan

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

SNACK

Images are for illustration only.

Wednesday  
**14**  
JAN 2026

### Regular Plan

455kcal  
Calories  
35g  
Carbs  
43g  
Protein  
16g  
Fat

### Large Plan

665kcal  
Calories  
50g  
Carbs  
63g  
Protein  
24g  
Fat

LUNCH

## Yakiniku Minced Chicken



With Brown Rice, Edamame and Kimchi

## Peri Peri Chicken



With Roasted Potato, Herb Veggies

### Regular Plan

415kcal  
Calories  
44g  
Protein  
31g  
Carbs  
13g  
Fat

### Large Plan

600kcal  
Calories  
64g  
Protein  
45g  
Carbs  
18g  
Fat

DINNER

SNACK

### Regular Plan

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

### Large Plan

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

## Peanut Butter Chocolate Energy Bites



Images are for  
illustration only.

LUNCH

## Basil Minced Chicken



With Brown Rice, Scrambled Egg and Kailan

### Regular Plan

420kcal  
Calories  
43g  
Protein  
29g  
Carbs  
15g  
Fat

### Large Plan

635kcal  
Calories  
63g  
Protein  
47g  
Carbs  
22g  
Fat

Thursday  
**15**  
JAN 2026

### Regular Plan

390kcal  
Calories  
43g  
Protein  
29g  
Carbs  
15g  
Fat

### Large Plan

585kcal  
Calories  
65g  
Protein  
39g  
Carbs  
22g  
Fat

DINNER

## Baked Dukkah Spiced Sea Bass



With Couscous, Eggplant Caponata and Broccoli

## Roasted Mix Nuts



### Regular Plan

180kcal  
Calories  
6g  
Protein  
7g  
Carbs  
14g  
Fat

### Large Plan

180kcal  
Calories  
6g  
Protein  
7g  
Carbs  
14g  
Fat

SNACK

Images are for  
illustration only.



Friday  
16  
JAN 2026

### Regular Plan

435kcal  
Calories  
31g  
Carbs  
34g  
Protein  
20g  
Fat

### Large Plan

585kcal  
Calories  
39g  
Carbs  
65g  
Protein  
19g  
Fat

LUNCH

## Beef Patties



## Tumeric Chicken



### Regular Plan

390kcal  
Calories  
41g  
Protein  
31g  
Carbs  
12g  
Fat

### Large Plan

580kcal  
Calories  
61g  
Protein  
44g  
Carbs  
18g  
Fat

DINNER

## Peanut Butter Chocolate Cookie



SNACK

### Regular Plan

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

### Large Plan

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

LUNCH

## Peranakan Curry Chicken



### Regular Plan

445kcal  
Calories  
41g  
Protein  
35g  
Carbs  
16g  
Fat

### Large Plan

660kcal  
Calories  
64g  
Protein  
50g  
Carbs  
23g  
Fat

Monday  
19  
JAN 2026

## Beef Meatballs



DINNER

### Regular Plan

420kcal  
Calories  
43g  
Protein  
29g  
Carbs  
15g  
Fat

### Large Plan

655kcal  
Calories  
66g  
Protein  
41g  
Carbs  
25g  
Fat

## Peanut Butter Chocolate Energy Bites



### Regular Plan

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

### Large Plan

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

SNACK

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PROTEIN - HIGH PROTEIN - HIGH PROTEIN

Tuesday  
20

JAN 2026

### Regular Plan

430kcal  
Calories  
33g  
Carbs

40g  
Protein  
16g  
Fat

### LUNCH

### Large Plan

650kcal  
Calories  
50g  
Carbs

59g  
Protein  
24g  
Fat

## Sambal Seafood and Tofu



With Brown Rice and Shanghai Green

### Regular Plan

385kcal  
Calories

42g  
Protein

17g  
Carbs

17g  
Fat

### Large Plan

580kcal  
Calories

63g  
Protein

25g  
Carbs

25g  
Fat

## Tomato Soup



With Cajun Chicken, Avocado and Mixed Beans, Feta Cheese

## Tofu Chocolate Brownie



### SNACK

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illustration only.

### Large Plan

185kcal  
Calories

8g  
Protein

20g  
Carbs

8g  
Fat

### Large Plan

185kcal  
Calories

8g  
Protein

20g  
Carbs

8g  
Fat

## Mala Chicken



With Brown Rice and Honey Soy Mixed Veggies

### LUNCH

### Regular Plan

450kcal  
Calories

43g  
Protein

34g  
Carbs

16g  
Fat

### Large Plan

655kcal  
Calories

63g  
Protein

49g  
Carbs

23g  
Fat

Wednesday  
21

JAN 2026

## Herb Chicken



With Roasted Herb Veggies Quinoa Salad, Pomegranate, Honey Citrus Dressing

### DINNER

### Regular Plan

375kcal  
Calories

44g  
Protein

21g  
Carbs

13g  
Fat

### Large Plan

535kcal  
Calories

52g  
Protein

41g  
Carbs

18g  
Fat

## Carrot Cake with Cashew Frosting



### Regular Plan

185kcal  
Calories

8g  
Protein

20g  
Carbs

8g  
Fat

### Large Plan

185kcal  
Calories

8g  
Protein

20g  
Carbs

8g  
Fat

### SNACK

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Thursday  
22

JAN 2026

Regular Plan

425kcal  
Calories  
32g  
Carbs  
39g  
Protein  
16g  
Fat

Large Plan

620kcal  
Calories  
46g  
Carbs  
56g  
Protein  
24g  
Fat

LUNCH

“Yuxiang” Roasted Chicken and Shiitake

with Brown Rice and Bok Choy

Regular Plan

435kcal  
Calories  
47g  
Protein  
29g  
Carbs  
15g  
Fat

Large Plan

630kcal  
Calories  
66g  
Protein  
41g  
Carbs  
22g  
Fat

Fresh Herb and Lemon Barramundi Fish

with Roasted Potatoes, French Beans

DINNER

SNACK

Regular Plan

150kcal  
Calories  
3g  
Protein  
16g  
Carbs  
8g  
Fat

Large Plan

150kcal  
Calories  
3g  
Protein  
16g  
Carbs  
8g  
Fat

Pumpkin Parmesan Biscuit

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illustration only.

LUNCH

Green Curry Chicken

with Brown Rice, Long Beans and Eggplants

Regular Plan

465kcal  
Calories  
43g  
Protein  
35g  
Carbs  
17g  
Fat

Large Plan

675kcal  
Calories  
63g  
Protein  
51g  
Carbs  
24g  
Fat

Friday  
23

JAN 2026

Regular Plan

385kcal  
Calories  
37g  
Protein  
26g  
Carbs  
15g  
Fat

Large Plan

555kcal  
Calories  
54g  
Protein  
37g  
Carbs  
21g  
Fat

Salmon Chicken Balls

with Sweet Potatoes, Baked Spinach Egg and Broccoli

DINNER

SNACK

Overnight Oats with Apple and Mix Nuts

Regular Plan

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

Large Plan

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

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Monday  
26

JAN 2026

### Regular Plan

460kcal  
Calories  
36g  
Carbs  
39g  
Protein  
18g  
Fat

### Large Plan

720kcal  
Calories  
54g  
Carbs  
56g  
Protein  
31g  
Fat

LUNCH

## Beef Chilli Con Carne



with Brown Rice, Saute Green Peas

### Regular Plan

360kcal  
Calories  
40g  
Protein  
29g  
Carbs  
9g  
Fat

### Large Plan

510kcal  
Calories  
56g  
Protein  
41g  
Carbs  
14g  
Fat

DINNER

## Peri Peri Tilapia



with Roasted Potatoes, French Beans and Carrot

SNACK

### Regular Plan

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

### Large Plan

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

## Gluten Free Banana Bread



Images are for  
illustration only.

## Gong Bao Chicken



with Brown Rice, Spicy Eggplant, Garlic Choy Sum

LUNCH

### Regular Plan

435kcal  
Calories  
42g  
Protein  
31g  
Carbs  
16g  
Fat

### Large Plan

650kcal  
Calories  
63g  
Protein  
46g  
Carbs  
24g  
Fat

Tuesday  
27

JAN 2026

## Basil Minced Chicken



with Rice Noodles and Honey Soy Mixed Veggies

DINNER

### Regular Plan

395kcal  
Calories  
35g  
Protein  
29g  
Carbs  
16g  
Fat

### Large Plan

575kcal  
Calories  
50g  
Protein  
41g  
Carbs  
23g  
Fat

## Tofu Chocolate Brownie



SNACK

### Regular Plan

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

### Large Plan

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

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Wednesday  
28  
JAN 2026

Regular Plan			
455kcal	47g		
Calories	Protein		
36g	14g		
Carbs	Fat		
Large Plan			
680kcal	70g		
Calories	Protein		
54g	20g		
Carbs	Fat		

LUNCH

Nasi Lemak (Tumeric Chicken)



with Basmati Rice, Boiled Egg and Cucumber

Honey Miso Barramundi



with Cauliflower Rice, Saute Edamame

Regular Plan			
385kcal	43g	16g	17g
Calories	Protein	Carbs	Fat
Large Plan			
560kcal	63g	23g	24g
Calories	Protein	Carbs	Fat

DINNER

Coconut and Cranberry Bar



SNACK

Regular Plan				Large Plan			
170kcal	4g	27g	5g	170kcal	4g	27g	5g
Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat

Images are for illustration only.

Seafood Tom Yam



with Brown Rice Noodles, Bean Sprouts and Long Beans

LUNCH

Regular Plan			
430kcal	39g	33g	16g
Calories	Protein	Carbs	Fat
Large Plan			
610kcal	53g	48g	23g
Calories	Protein	Carbs	Fat

Thursday  
29  
JAN 2026

Herb Chicken Breast



with Aglio Olio Pasta and Roasted Veggies with Tomato

DINNER

Regular Plan			
400kcal	43g	31g	12g
Calories	Protein	Carbs	Fat
Large Plan			
625kcal	65g	46g	20g
Calories	Protein	Carbs	Fat

Peanut Butter Chocolate Cookie



Regular Plan				Large Plan			
160kcal	7g	6g	12g	160kcal	7g	6g	12g
Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat

SNACK

Images are for illustration only.

Friday  
30  
JAN 2026

LUNCH

### Regular Plan

435kcal 42g  
Calories Protein  
36g 14g  
Carbs Fat

### Large Plan

625kcal 61g  
Calories Protein  
51g 20g  
Carbs Fat

## Roasted Teriyaki Chicken

With Brown Rice, Stew Tofu with Bitter Gourd and Red Capsicum

### Regular Plan

445kcal 40g 29g 19g  
Calories Protein Carbs Fat

### Large Plan

640kcal 57g 39g 28g  
Calories Protein Carbs Fat

## Zesty Moroccan Chicken Breast

With Quinoa with Roasted Pumpkin and Carrots Salad, Broccoli

DINNER

SNACK

### Regular Plan

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

### Large Plan

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

## Banana Oat Pancake With Apple Chutney

Images are for illustration only.

LUNCH

## Yakiniku Minced Beef

With Sweet Potato Noodles, Kimchi Salad and Edamame

### Regular Plan

430kcal 40g 33g 16g  
Calories Protein Carbs Fat

### Large Plan

625kcal 57g 48g 23g  
Calories Protein Carbs Fat

Monday  
02  
JAN 2026

## Gong Bao Chicken

With Brown Rice, Spicy Eggplant, Garlic Bok Choy

DINNER

### Regular Plan

405kcal 37g 31g 16g  
Calories Protein Carbs Fat

### Large Plan

620kcal 54g 45g 25g  
Calories Protein Carbs Fat

## Peanut Butter Chocolate Cookie



### Regular Plan

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

### Large Plan

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

SNACK

Images are for illustration only.



Tuesday  
03  
FEB 2026

### Regular Plan

405kcal  
Calories  
31g  
Carbs  
42g  
Protein  
13g  
Fat

### Large Plan

595kcal  
Calories  
45g  
Carbs  
63g  
Protein  
18g  
Fat

LUNCH

## Herb Chicken



With Roasted Potato, French Beans, Harissa Sauce

### Regular Plan

420kcal  
Calories  
43g  
Protein  
32g  
Carbs  
14g  
Fat

### Large Plan

645kcal  
Calories  
65g  
Protein  
47g  
Carbs  
22g  
Fat

## Beef Bolognese



With Pasta, Mixed Mushrooms and Green Peas

DINNER

SNACK

### Regular Plan

150kcal  
Calories  
4g  
Protein  
15g  
Carbs  
8g  
Fat

### Large Plan

150kcal  
Calories  
4g  
Protein  
15g  
Carbs  
8g  
Fat

## Pumpkin Parmesan Biscuit



Images are for  
illustration only.

LUNCH

### Regular Plan

460kcal  
Calories  
41g  
Protein  
35g  
Carbs  
18g  
Fat

### Large Plan

660kcal  
Calories  
61g  
Protein  
50g  
Carbs  
24g  
Fat

## Rendang Chicken



With Coconut Basmati Rice, Roasted Cauliflower

### Regular Plan

355kcal  
Calories  
38g  
Protein  
26g  
Carbs  
11g  
Fat

### Large Plan

560kcal  
Calories  
58g  
Protein  
42g  
Carbs  
18g  
Fat

Wednesday  
04  
FEB 2026

## Fresh Herb and Lemon Tilapia



With Cayenne Roasted Sweet Potato, Herb Veggies

DINNER

## Gluten Free Banana Bread



### Regular Plan

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

### Large Plan

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

SNACK

Images are for  
illustration only.

Thursday  
05

FEB 2026

Regular Plan

440kcal  
Calories  
35g  
Carbs  
39g  
Protein  
16g  
Fat

Large Plan

630kcal  
Calories  
44g  
Carbs  
61g  
Protein  
24g  
Fat

LUNCH

Chicken Balls



With Cauliflower Rice, Spinach Egg and Broccoli

Peri Peri Chicken



With Mushroom Barley Risotto and Braised Purple Cabbage

Regular Plan

405kcal  
Calories  
47g  
Protein  
21g  
Carbs  
15g  
Fat

Large Plan

605kcal  
Calories  
70g  
Protein  
32g  
Carbs  
22g  
Fat

DINNER

Overnight Oats with Apple and Mix Nuts



SNACK

Regular Plan

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

Large Plan

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

Images are for illustration only.

Beef Patties



With Mashed Sweet Potato, Green Peas and Coriander Lime Juice

LUNCH

Regular Plan

465kcal  
Calories  
40g  
Protein  
32g  
Carbs  
20g  
Fat

Large Plan

675kcal  
Calories  
57g  
Protein  
47g  
Carbs  
29g  
Fat

Friday  
06

FEB 2026

Basil Minced Chicken



With Brown Rice, Scrambled Egg and Kailan

DINNER

Regular Plan

400kcal  
Calories  
42g  
Protein  
26g  
Carbs  
15g  
Fat

Large Plan

585kcal  
Calories  
61g  
Protein  
37g  
Carbs  
21g  
Fat

Peanut Butter Chocolate Energy Bites



Regular Plan

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

Large Plan

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

SNACK

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