

High Protein 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

HIGH PROTEIN

Monday
12
JAN 2026

Regular Plan

470kcal
Calories
36g Carbs

LUNCH

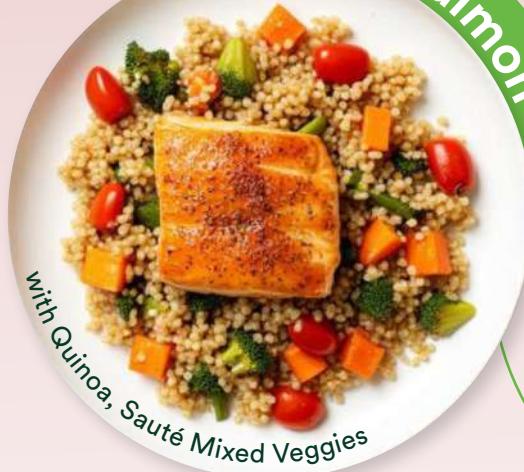
43g Protein
17g Fat

Large Plan

695kcal
Calories
52g Carbs

65g Protein
25g Fat

Teriyaki Salmon



with Quinoa, Sauté Mixed Veggies

Herb Chicken



with Aglio Olio Pasta, Tomato Sauce and Sweet Snap Peas

Regular Plan

415kcal
Calories
29g Carbs

41g Protein
15g Fat

Large Plan

590kcal
Calories
52g Carbs

65g Protein
22g Fat

Cumin Carrot Soup



SNACK

Regular Plan

120kcal
Calories
6g Carbs

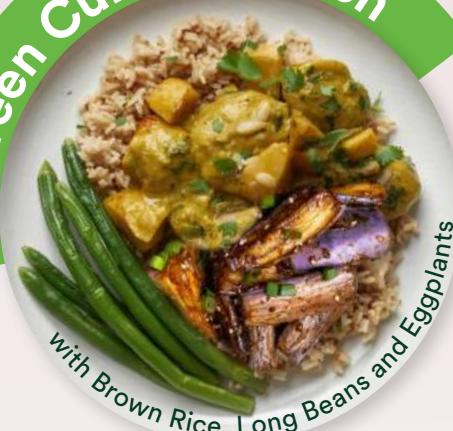
6g Protein
8g Fat

Large Plan

120kcal
Calories
6g Carbs

6g Protein
8g Fat

Green Curry Chicken



with Brown Rice, Long Beans and Eggplants

LUNCH

Regular Plan

440kcal
Calories
37g Carbs

37g Protein
16g Fat

Large Plan

655kcal
Calories
55g Carbs

56g Protein
24g Fat

Tuesday
13
JAN 2026

Chicken Balls



with Cauliflower Rice, Spinach Egg

DINNER

Regular Plan

380kcal
Calories
26g Carbs

48g Protein
9g Fat

Large Plan

545kcal
Calories
38g Carbs

65g Protein
15g Fat

Tofu Chocolate Brownie



Regular Plan

185kcal
Calories
20g Carbs

8g Protein
8g Fat

Large Plan

185kcal
Calories
20g Carbs

8g Protein
8g Fat

SNACK

Images are for illustration only.

Wednesday
14
JAN 2026

Regular Plan

455kcal
Calories
35g
Carbs

LUNCH

Large Plan

665kcal
Calories
50g
Carbs

Peri Peri Chicken



with Roasted Potato, Herb Veggies

Yakiniku Minced Chicken



with Brown Rice, Edamame and Kimchi

Regular Plan

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

Large Plan

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

DINNER

Peanut Butter Chocolate Energy Bites



SNACK

Images are for
illustration only.

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

Baked Dukkah Spiced Sea Bass



with Couscous, Eggplant Caponata and Broccoli

DINNER

Regular Plan

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

Large Plan

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

Roasted Mix Nuts



Regular Plan

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

Large Plan

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

SNACK

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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



Regular Plan

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

Large Plan

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

DINNER

SNACK

Regular Plan

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

Large Plan

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



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Regular Plan

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

Large Plan

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

Monday
19
JAN 2026



Regular Plan

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

Large Plan

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

DINNER



Regular Plan

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

Large Plan

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

SNACK

Images are for illustration only.

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

Tomato Soup

With Cajun Chicken, Avocado and Mixed Beans, Feta Cheese

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

Tofu Chocolate Brownie



DINNER

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

Wednesday
21

JAN 2026

Regular Plan

450kcal
Calories
43g
Protein
34g
Carbs
16g
Fat

Large Plan

655kcal
Calories
63g
Protein
49g
Carbs
23g
Fat

Herb Chicken



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

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

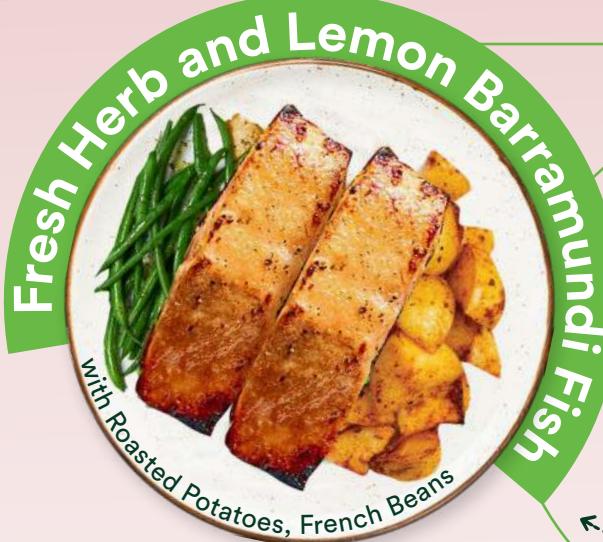
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ROTEIN - HIGH PROTEIN - HIGH PROTEIN

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



Regular Plan

435kcal
Calories

47g
Protein

29g
Carbs

15g
Fat

Large Plan

630kcal
Calories

66g
Protein

41g
Carbs

22g
Fat



DINNER

SNACK

Regular Plan

150kcal
Calories

3g
Protein

16g
Carbs

8g
Fat

Large Plan

150kcal
Calories

3g
Protein

16g
Carbs

8g
Fat

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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

DINNER



Regular Plan

145kcal
Calories

5g
Protein

20g
Carbs

5g
Fat

Large Plan

145kcal
Calories

5g
Protein

20g
Carbs

5g
Fat

SNACK

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Monday
26

JAN 2026

LUNCH

Regular Plan

460kcal
Calories
36g
Carbs

39g
Protein
18g
Fat

Large Plan

720kcal
Calories
54g
Carbs

56g
Protein
31g
Fat

Peri Peri Tilapia



with Roasted Potatoes, French Beans and Carrot

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

Gluten Free Banana Bread



SNACK

Regular Plan

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

Large Plan

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

Gong Bao Chicken



with Brown Rice, Spicy Eggplant, Garlic Choy Siong, and Cashews

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

Regular Plan

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

Large Plan

575kcal
Calories
50g
Protein
41g
Carbs
23g
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

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Wednesday
28
JAN 2026

Regular Plan
455kcal
Calories
36g
Carbs

47g
Protein
14g
Fat

Large Plan
680kcal
Calories
54g
Carbs

70g
Protein
20g
Fat

Honey Miso Barramundi



with Cauliflower Rice, Sauté Edamame

Nasi Lemak (Tumeric Chicken)



with Basmati Rice, Boiled Egg and Cucumber

Regular Plan

385kcal
Calories
43g
Protein
16g
Carbs
17g
Fat

Large Plan

560kcal
Calories
63g
Protein
23g
Carbs
24g
Fat

Coconut and Cranberry Bar



SNACK

Regular Plan

170kcal
Calories
4g
Protein
27g
Carbs
5g
Fat

Large Plan

170kcal
Calories
4g
Protein
27g
Carbs
5g
Fat

Seafood Tom Yam



with Brown Rice Noodles, Bean Sprouts and Long Beans

LUNCH

Regular Plan

430kcal
Calories
39g
Protein
33g
Carbs
16g
Fat

Large Plan

610kcal
Calories
53g
Protein
48g
Carbs
23g
Fat

**Thursday
29**
JAN 2026

Herb Chicken Breast



with Aglio Olio Pasta and Roasted Veggies with Tomato

Regular Plan

160kcal
Calories

7g
Protein

6g
Carbs

12g
Fat

Large Plan

160kcal
Calories

7g
Protein

6g
Carbs

12g
Fat

Peanut Butter Chocolate Cookie



Regular Plan

400kcal
Calories
43g
Protein
31g
Carbs
12g
Fat

Large Plan

625kcal
Calories
65g
Protein
46g
Carbs
20g
Fat

SNACK

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Friday
30

JAN 2026



LUNCH
Regular Plan

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

Large Plan

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



Regular Plan

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

Large Plan

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



DINNER

SNACK

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LUNCH

Regular Plan

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

Large Plan

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

Monday
02
JAN 2026



DINNER

Regular Plan

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

Large Plan

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



SNACK

Images are for
illustration only.

Regular Plan

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

Large Plan

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

Tuesday
03

FEB 2026

Beef Bolognese



with Pasta, Mixed Mushrooms and Green Peas

Regular Plan

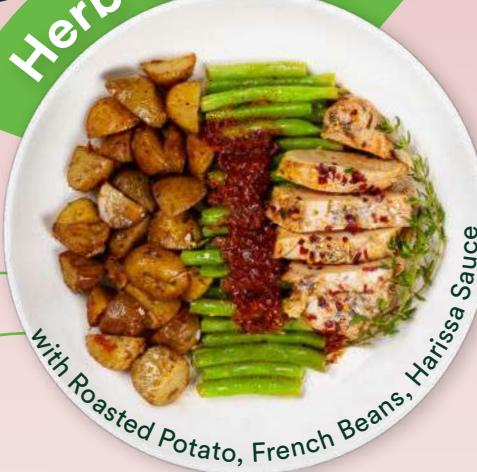
405kcal
Calories
31g Carbs
42g Protein
13g Fat

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

Pumpkin Parmesan Biscuit



DINNER

SNACK

Regular Plan

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

Large Plan

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

Rendang Chicken



with Coconut Basmati Rice, Roasted Cauliflower

Regular Plan

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

Large Plan

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

Wednesday
04

FEB 2026

Fresh Herb and Lemon Tilapia



with Cajun Roasted Sweet Potato, Herb Veggies

Regular Plan

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

Large Plan

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

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

Peri Peri Chicken



with Mushroom Barley Risotto and Braised Purple Cabbage

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

Regular Plan

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

Large Plan

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

DINNER



Overnight Oats with Apple and Mix Nuts

SNACK

Images are for illustration only.

Beef Patties



with Mashed Sweet Potato, Green Peas and Coriander Lime Juice

LUNCH

Regular Plan

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

Large Plan

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

Friday
06

FEB 2026

Basil Minced Chicken



with Brown Rice, Scrambled Egg and Kailan

Regular Plan

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

Large Plan

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

DINNER



Peanut Butter Chocolate Energy Bites

SNACK

Images are for illustration only.

Regular Plan

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

Large Plan

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