

High Protein Menu



YoloPlans



Dear guests

As a chef, I've always been passionate about creating dishes that are not only delicious but also nourish the body. But lately, I've seen a growing need for a different kind of culinary experience: one that prioritizes protein while keeping carbohydrates in check. That's why I'm thrilled to introduce my High Protein Menu – a concept I call "healthy gourmet made easy."

This menu isn't just about deprivation. It's about fueling your body for peak performance, whether you're a dedicated athlete or simply seeking a healthier lifestyle. By focusing on high-quality protein sources and limiting carbohydrates, we can create a plan that helps you burn fat while retaining lean muscle mass.

This isn't your average "high protein" fare. We'll be using fresh, seasonal ingredients to craft gourmet dishes that are bursting with flavor. Forget bland chicken breasts and tasteless salads. We'll be exploring a world of textures and tastes, all while keeping your protein goals in mind.

So, are you ready to embark on a culinary adventure that will transform your body and tantalize your taste buds? Let's get started!

- Chef Ken

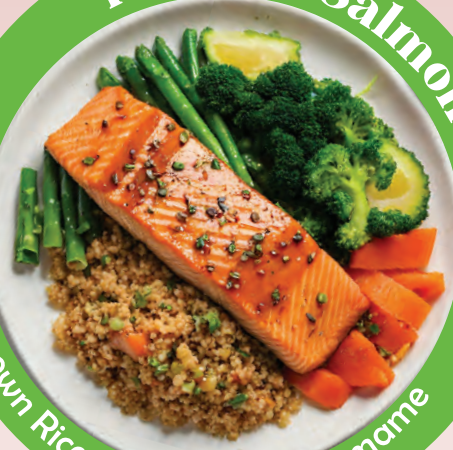
HIGH PROTEIN

Monday
10
MAR 2025

LUNCH

Teriyaki Salmon

With Brown Rice, Kimchi, and Edamame



Regular Plan

450kcal
Calories

40g
Protein

33g
Carbs

18g
Fat

Large Plan

675kcal
Calories

59g
Protein

50g
Carbs

27g
Fat

HERB CHICKEN



With Kale Quinoa Salad and Baked Pumpkin

Regular Plan

415kcal
Calories

50g
Protein

26g
Carbs

13g
Fat

Large Plan

605kcal
Calories

73g
Protein

37g
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

Chocolate Hazelnut Energy Bites



LUNCH

Turmeric Chicken Nasi Lemak

With Coconut Basmati Rice, Hard Boiled Egg, and Cucumber



Regular Plan

455kcal
Calories

46g
Protein

31g
Carbs

17g
Fat

Large Plan

660kcal
Calories

66g
Protein

45g
Carbs

24g
Fat

Tuesday

11

MAR 2025

Regular Plan

365kcal
Calories

38g
Protein

27g
Carbs

12g
Fat

Large Plan

550kcal
Calories

58g
Protein

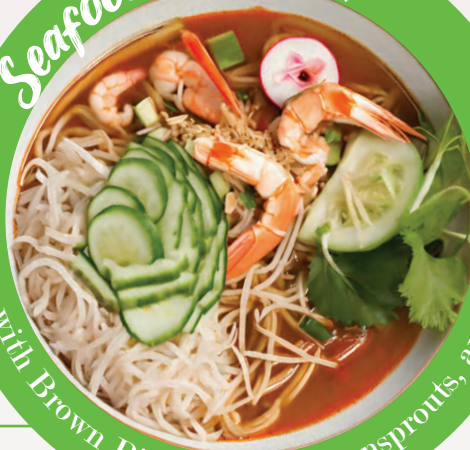
41g
Carbs

17g
Fat

DINNER

Seafood Tom Yam

With Brown Rice Noodles, Beansprouts, and Cucumber



Carrot Cake with Cashew Frosting



Regular Plan

175kcal
Calories

8g
Protein

18g
Carbs

8g
Fat

Large Plan

175kcal
Calories

8g
Protein

18g
Carbs

8g
Fat

SNACK

Wednesday
12
 MAR 2025

Regular Plan

385kcal
 Calories
 29g
 Carbs
 42g
 Protein
 12g
 Fat

Large Plan

590kcal
 Calories
 41g
 Carbs
 61g
 Protein
 20g
 Fat

Beef Patties



LUNCH

Green Curry Chicken



Regular Plan

445kcal
 Calories
 43g
 Protein
 33g
 Carbs
 16g
 Fat

Large Plan

645kcal
 Calories
 63g
 Protein
 48g
 Carbs
 23g
 Fat

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



DINNER

CHICKEN THIGH CHUNKS



LUNCH

Regular Plan

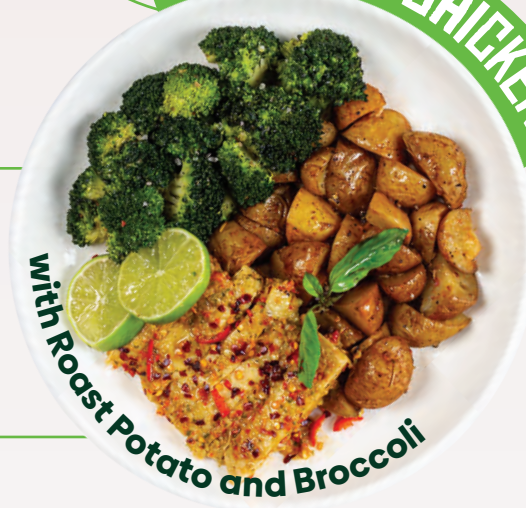
410kcal
 Calories
 39g
 Protein
 31g
 Carbs
 15g
 Fat

Large Plan

580kcal
 Calories
 53g
 Protein
 45g
 Carbs
 21g
 Fat

Thursday
13
 MAR 2025

PERI PERI CHICKEN



DINNER

Regular Plan

405kcal
 Calories
 45g
 Protein
 31g
 Carbs
 12g
 Fat

Large Plan

625kcal
 Calories
 65g
 Protein
 46g
 Carbs
 20g
 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

Friday

14

MAR 2025

Regular Plan

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

Large Plan

655kcal
Calories 63g
Protein
50g
Carbs 23g
Fat

LUNCH

Yakiniku Minced Beef



WITH BROWN RICE, EDAMAME, AND KIMCHI



Lemongrass Barramundi



WITH RICE NOODLES, BEANSPROUTS, SPINACH, AND CLEAR CHICKEN SOUP

Regular Plan

420kcal 44g 31g 14g
Calories Protein Carbs Fat

Large Plan

610kcal 64g 45g 20g
Calories Protein Carbs Fat

DINNER

SNACK

Pistachio and Dates Energy Bites



Regular Plan

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

Large Plan

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

Gong Bao Chicken



with Brown Rice, Spicy Eggplant, and Cucumber Salad

LUNCH

Regular Plan

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

Large Plan

670kcal 63g 51g 24g
Calories Protein Carbs Fat

Monday

17

MAR 2025

HARISSA ROASTED TILAPIA



with Roasted Potato and French Beans

DINNER

Regular Plan

425kcal 47g 31g 13g
Calories Protein Carbs Fat

Large Plan

605kcal 65g 45g 18g
Calories Protein Carbs Fat

SNACK

Peanut Butter Chocolate Energy Bites



Regular Plan

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

Large Plan

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

Tuesday
18

MAR 2025

Regular Plan

425kcal
Calories
36g
Carbs
44g
Protein
12g
Fat

Large Plan

630kcal
Calories
52g
Carbs
64g
Protein
18g
Fat

LUNCH

Honey Miso Salmon



With Quinoa and Broccoli

Herb Chicken



With Cauliflower Rice and Spinach Egg

Regular Plan

395kcal
Calories
47g
Protein
21g
Carbs
14g
Fat

Large Plan

590kcal
Calories
70g
Protein
32g
Carbs
20g
Fat

DINNER

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



Beef Bolognese



With Pasta, Mixed Mushrooms, and Green Peas

LUNCH

Regular Plan

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

Large Plan

695kcal
Calories
61g
Protein
52g
Carbs
27g
Fat

Wednesday
19

MAR 2025

Lemongrass Chicken



With Rice Vermicelli and Mixed Veggies Salad

DINNER

Regular Plan

395kcal
Calories
44g
Protein
29g
Carbs
12g
Fat

Large Plan

560kcal
Calories
57g
Protein
42g
Carbs
18g
Fat

OATMEAL COOKIE



Regular Plan

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

Large Plan

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

SNACK

Thursday 20

MAR 2025

Regular Plan

455kcal
Calories 44g
Protein
32g
Carbs 17g
Fat

Large Plan

680kcal
Calories 67g
Protein
47g
Carbs 25g
Fat

LUNCH

Peranakan Curry Beef and Pumpkin



with Coconut Basmati Rice and Garlic Okra

Regular Plan

350kcal 38g 24g 12g
Calories Protein Carbs Fat

Large Plan

525kcal 56g 35g 18g
Calories Protein Carbs Fat

Ma Po Tofu



With Rice Noodles and Beansprouts

DINNER

SNACK

ALMOND OATS ENERGY BAR



Regular Plan

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

Large Plan

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

CHICKEN RENDANG



with Brown Rice and Roasted Cauliflower

LUNCH

Regular Plan

390kcal 40g 29g 13g
Calories Protein Carbs Fat

Large Plan

595kcal 62g 39g 21g
Calories Protein Carbs Fat

Friday 21

MAR 2025

Peri Peri Barramundi



with Cajun Sweet Potato and Broccoli

DINNER

Regular Plan

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

Large Plan

620kcal 63g 43g 22g
Calories Protein Carbs Fat

Tofu Chocolate Brownie



Regular Plan

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

Large Plan

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

SNACK

Monday 24

MAR 2025

Regular Plan

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

Large Plan

685kcal
Calories 65g
Protein
52g
Carbs 24g
Fat

LUNCH

HERB CHICKEN



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

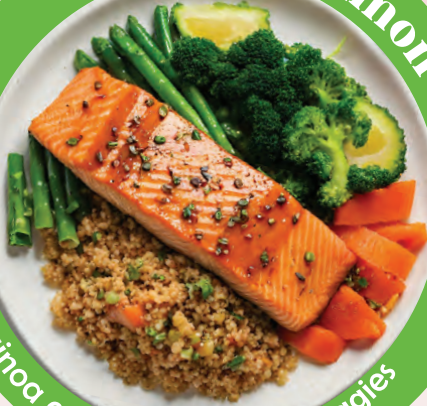
Regular Plan

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

Large Plan

590kcal
Calories 58g 40g 22g
Protein Carbs Fat

Teriyaki Salmon



with Quinoa and Sauté Mixed Veggies

DINNER

SNACK

Regular Plan

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

Large Plan

120kcal 4g 6g 10g
Calories Protein Carbs Fat

Pistachio and Dates Energy Bites



Red Curry Chicken



WITH BROWN RICE, LONG BEANS, AND EGGPLANTS

LUNCH

Regular Plan

445kcal 44g 32g 16g
Calories Protein Carbs Fat

Large Plan

650kcal 63g 47g 23g
Calories Protein Carbs Fat

Tuesday 25

MAR 2025

Salmon Chicken Balls



with Cauliflower Rice and Spinach Egg

DINNER

Regular Plan

385kcal 48g 20g 13g
Calories Protein Carbs Fat

Large Plan

560kcal 66g 50g 24g
Calories Protein Carbs Fat

TOFU CHOCOLATE BROWNIE



SNACK

Regular Plan

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

Large Plan

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

Wednesday 26

MAR 2025

Regular Plan

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

Large Plan

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

LUNCH

Yakniku Minced Beef



With Brown Rice, Edamame, and Kimchi

Regular Plan

420kcal 46g 31g 13g
Calories Protein Carbs Fat

Large Plan

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

DINNER

PERI PERI CHICKEN



With Roasted Potato and Herb Veggies

SNACK

Regular Plan

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

Large Plan

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

PEANUT BUTTER CHOCOLATE ENERGY BITES



Basil Minced Chicken



with Brown Rice, Soy Egg, and Kailan

LUNCH

Regular Plan

440kcal 46g 32g 15g
Calories Protein Carbs Fat

Large Plan

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

Thursday 27

MAR 2025

BAKED LEMONGRASS BARRAMUNDI



With Cajun Roasted Sweet Potato and Broccoli

Regular Plan

395kcal 41g 26g 14g
Calories Protein Carbs Fat

Large Plan

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

DINNER

Carrot Cake with Cashew Frosting



Regular Plan

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

Large Plan

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

SNACK

Friday 28

MAR 2025

Regular Plan

445kcal
Calories 35g
Protein
32g
Carbs 20g
Fat

Large Plan

685kcal
Calories 59g
Protein
47g
Carbs 29g
Fat

LUNCH

Beef Patties

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



Turmeric Chicken



WITH BROWN RICE AND LADY FINGER

Regular Plan

380kcal 46g 28g 9g
Calories Protein Carbs Fat

Large Plan

535kcal 61g 40g 15g
Calories Protein Carbs Fat

DINNER

SNACK



PEANUT BUTTER CHOCOLATE COOKIE



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

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

LUNCH

Peranakan Curry Chicken



with Basmati Rice, Cauliflower, and Lady Finger

Regular Plan

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

Large Plan

650kcal 61g 50g 23g
Calories Protein Carbs Fat

Monday 31

MAR 2025

Chicken Balls



with Mashed Potatoes, Tomato Sauce, Saute Green Peas, and Carrot

DINNER

Regular Plan

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

Large Plan

625kcal 66g 41g 22g
Calories Protein Carbs Fat

Peanut Butter Chocolate Energy Bites



Regular Plan

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

Large Plan

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

SNACK



Tuesday
01

APR 2025

Regular Plan

425kcal
Calories
33g
Carbs
40g
Protein
15g
Fat

Large Plan

635kcal
Calories
50g
Carbs
59g
Protein
22g
Fat

LUNCH



Sambal Prawns and Squids



WITH BROWN RICE, TOFU, AND SHANGHAI GREEN

Cajun Chicken



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

Regular Plan

400kcal
Calories
46g
Protein
17g
Carbs
17g
Fat

Large Plan

580kcal
Calories
64g
Protein
25g
Carbs
25g
Fat

DINNER

SNACK



Regular Plan

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

Large Plan

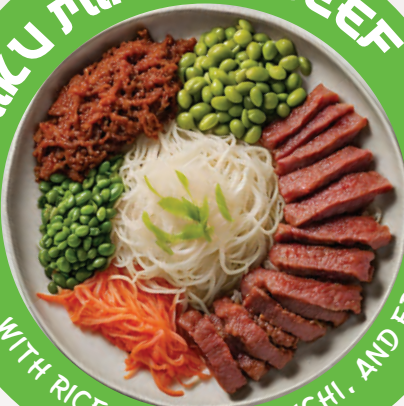
185kcal
Calories
8g
Protein
20g
Carbs
8g
Fat

TOFU CHOCOLATE BROWNIE



LUNCH

YAKINIKU MINCED BEEF



WITH RICE NOODLES, KIMCHI, AND EDAMAME

Regular Plan

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

Large Plan

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

Wednesday
02

APR 2025

Herb Chicken



With Roasted Herb Veggies Quinoa Salad

DINNER

Regular Plan

375kcal
Calories
44g
Protein
21g
Carbs
13g
Fat

Large Plan

565kcal
Calories
58g
Protein
41g
Carbs
19g
Fat

CARROT CAKE WITH CASHEW FROSTING



Regular Plan

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

Large Plan

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

SNACK



Thursday 03

APR 2025

Regular Plan

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

Large Plan

635kcal
Calories
49g
Carbs
56g
Protein
24g
Fat

LUNCH

Yuxiang Minced Chicken



With Brown Rice, Saute Mushroom, and Bok Choy

Regular Plan

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

Large Plan

645kcal
Calories
68g
Protein
43g
Carbs
22g
Fat

Lemon Barramundi Fish



With Fresh Herb, Roasted Potatoes, and French Beans

DINNER

SNACK

Regular Plan

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

Large Plan

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

PISTACHIO AND DATES ENERGY BITER



GREEN CURRY CHICKEN



With Basmati Rice, Eggplants, and Long Beans

LUNCH

Regular Plan

435kcal
Calories
38g
Protein
35g
Carbs
16g
Fat

Large Plan

635kcal
Calories
56g
Protein
51g
Carbs
23g
Fat

Friday 04

APR 2025

Regular Plan

420kcal
Calories
43g
Protein
26g
Carbs
16g
Fat

Large Plan

615kcal
Calories
63g
Protein
37g
Carbs
24g
Fat

Salmon Chicken Balls



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

DINNER

Overnight Oats



With Roasted Apple and Chia Seeds

SNACK

Regular Plan

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

Large Plan

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