### High Protein Menu





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



**Regular Plan** 325kcal

39g Protei 13g Fat 14g

### Large Plan

500kcal

Deri Barramuna.

TAME" MINICED CHICKELL THE with Brown Rice Strambled Tomato Eggs, and Cucumber Sold

**Regular Plan** 

With Cauliflower Rice and French Roses
36g 170 455kcal

Large Plan

675kcal 58g 54g Carbs 25g

Mark Dinner

carrot Cake

Images are for illustration only.

210kcal 5g

25g Carbs

10g

Large Plan

210kcal 5g 25g Carbs 10g

EMON DILL SALMO OUTHON, EDAMAME, ROASTED CAULIFLOWER.

### **Regular Plan**

430kcal 46g Proteir 27g Carbs **16g** Fat

### **Large Plan**

650kcal 41g Carbs 24g Fat juesday.

**DEC 2025** 

**Regular Plan** 

14g 375kcal 35g Protei 29g Carbs

Large Plan

545kcal **50g** Protein 20g

BEEF BUILGOG with Brown Rice, Kimchi, and Spinach

DINNER

Regular Plan

180kcal 6g 7g
Colories Protein Carbs 14g **Large Plan** 

180kcal 8g 20g SNACK



425kcal 47g Proteir 29g Carbs 14g Fat

### Large Plan

635kcal







### **Regular Plan**

390kcal 38g Proteir 13g Fat

### Large Plan

585kcal 58g 46g

K... DINNER

175kcal 5g 16g Carbs 10g Large Plan

175kcal 5g 16g Carbs

TEN FREE BANANA PREE 19g Fat

Images are for illustration only.



### **Regular Plan**

440kcal 33g Carbs **17g** Fat 39g

### **Large Plan**

645kcal 42g Carbs 24g Fat



ON CURRY CHICKE Will Brown Rice and Mix Joseph

### **Regular Plan**

450kcal 43g Proteir 36g Carbs **15g** Fat

### Large Plan

620kcal 63g Protein **23g** Fat



DINNER

gar of the Day



### **Regular Plan**

115kcal 2g 2g

### **Large Plan**

115kcal 2g 22g 2g SNACK

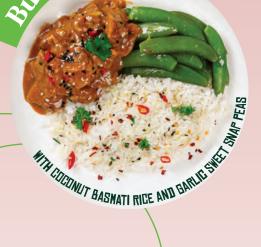


435kcal 42g Proteir 36g Carbs 14g Fat

### Large Plan

625kcal

Butter Chicken





**Regular Plan** 

445kcal 40g 29g Carbs 19g Fat

Large Plan

640kcal 39g Carbs 57g 28g

K... DINNER

MINI CHIFFON CAKED

**Regular Plan** 

100kcal 3g 9g Carbs Large Plan

100kcal 3g 9g Carbs

Images are for illustration only.

LUNCH

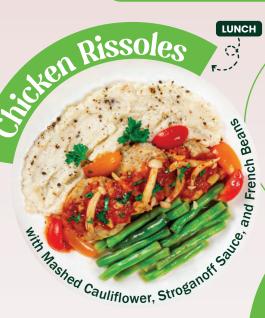




Large Plan

590kcal 39g Carbs 23g Fat Nonday.

**DEC 2025** 



### **Regular Plan**

405kcal Calories 37g Protein 31g Carbs **15g** Fat

Large Plan

**54g** Protein 620kcal 45g Carbs 25g



**16g** Fat

O/ DINNER

620kca Calories

Chocolate

Colories

**Regular Plan** 

180kcal 4g 16g **Large Plan** 

180kcal 4g 16g SNACK

ruesday.
23 **DEC 2025** 

**Regular Plan** 

440kcal 42g Proteir 16g Fat 33g

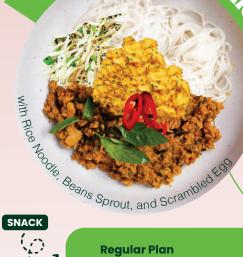
### Large Plan

625kcal

48g 23g Fat







**Regular Plan** 

420kcal 43g Proteir 32g Carbs 14g Fat

**Large Plan** 

630kcal 46g Carbs 63g

DINNER

22g

Images are for illustration only. **Regular Plan** 

125kcal 4g

11g Fat

Large Plan

125kcal 4g

3g Carbs



casin spiced Tilapia

LUNCH

### Regular Plan

440kcal 43g Protein 32g Carbs 16g Fat

Large Plan

645kcal Calories 61g Protein 46g Carbs 24g Fat



**DEC 2025** 

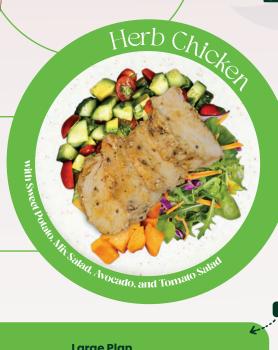


### **Regular Plan**

380kcal 42g Protein 32g Carbs 9g Fat

Large Plan

595kcal 66g Protein 42g Carbs 18g Fat



DINNER

PARMESAN BISCH

GH PROTEIN

**Regular Plan** 

150kcal 4g 15g Large Plan

150kcal 4g 15g 8g Fat SNACK



## LUNCH RORS TERIVARICATION TO THE RESIDENCE OF THE RESIDEN

### Regular Plan

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

### Large Plan

650kcal 70g 43g 22g Protein Carbs Fat

With Brown Roasy Capsicum and French Beans

Quanta Curry Chicken MITTE CONUT BASMATI RICE, CURRY CAUTHOWER AND CONTRACTOR OF THE PROPERTY OF TH

### DINNER

### **Regular Plan**

370kcal 27g 13g Protein Carbs Fat

Large Plan

Loty Chocolate Bround

56g 19g 555kcal 41g Calories Protein Carbs Fat

**SNACK** 

### **Regular Plan**

185kcal **8g** Protein

20g 8g Large Plan

185kcal 8g Protein 20g 8g



430kca1 41g Proteir 32g Carbs 16g Fat

Large Plan

645kcal 61g Protein

47g Carbs 24g Fat





**Regular Plan** 

390kcal 43g Proteir 21g Carbs 15g Fat

**Large Plan** 

585kcal 65g Protein 32g Carbs 22g Fat

K... DINNER

Images are for illustration only.

GH PROT

**Regular Plan** 

175kcal 2g Calories Protein

21g Carbs 9g Fat Large Plan

175kcal 2g

21g Carbs







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

Large Plan

650kcal 63g 46g Carbs **24g** Fat ruesday **DEC 2025** 

Misoprial



14g Fat 380kcal 35g Protei 29g Carbs

**Large Plan** 

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



SNACK

**Regular Plan** 

185kcal 8g

with Greek Salad

WITH PUMPKIN MILLET SOICH FEGGELANTS, AND GARNIC ORD 185kcal 8g 20g 8g Fat



415kcal 37g 32g 16g Calories Protein Carbs Fat

### Large Plan

625kcal 56g 47g 24g
Calories Protein Carbs Fat

# Nith Brown Pice Scramble Tomato Eggs

BAKED HARISSA

with Roasted Polidio, Tiench Beans, and Tomato Stew Mix Beans

### DINNER

### **Regular Plan**

400kcal 43g 29g 13g Calories Protein Carbs Fat

Large Plan

600kcal 68g 41g 18g
Calories Protein Carbs Fat

SNACK

### **Regular Plan**

170kcal 8g Calories Protein 14g 9g

Carbs Fa



### Large Plan

170kcal 8g Calories Protein 14g 9g

Carbs Fat





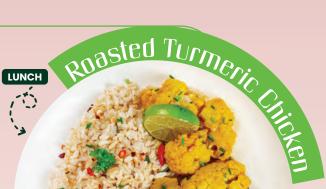
435kcal 37g Proteir 36g Carbs 16g Fat

### Large Plan

615kcal

23g 48g





ENGHILLANG CHICKEN STEAM SWEET POTATO AND ROASIE R.

with Brown Roasted Curry Cauliflower

### Large Plan

695kcal 46g Carbs 65g 28g

DINNER



Images are for illustration only.

160kcal 7g

6g Carbs

12g Fat

**Large Plan** 

160kcal 7g 6g Carbs 12g Fat



Adhinku Salmon Erich Brown Rice, Kimchi Salad, and the

### **Regular Plan**

33g Carbs 430kcal 40g Proteir 16g Fat

### Large Plan

625kcal Calories 48g Carbs 23g Fat



**Regular Plan** 

405kcal Calories 37g 31g Carbs **15g** Fat

Large Plan

620kcal 54g 45g Carbs 25g



DINNER

Pedrut Butter Cookies

**Regular Plan** 

160kcal 7g 12g **Large Plan** 

160kcal 7g 12g SNACK



415kcal 42g Protein 31g Carbs 14g Fat

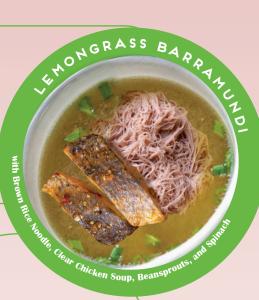
Large Plan

600kcal

45g Carbs 20g











**Regular Plan** 

395kcal Calories 27g Carbs 13g Fat

Large Plan

575kcal 64g Protein 39g Carbs **18g** Fat

C... DINNER

HERB CHICKEN

Images are for illustration only.

**Regular Plan** 

190kcal 5g

9g

**Large Plan** 

190kcal 5g 22g Carbs

9g Fat

ND CHOCOLATE CA

**Regular Plan** 

455kcal **18g** Fat 43g Protein 31g Carbs

Large Plan

edneso

**JAN 2026** 

With Kale Pesto Pasta and Braised Purity

### **Regular Plan**

38g Protein 26g Carbs **12g** Fat 365kcal

Large Plan

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

Skcal 619 Protein CARD MINCAS CARE with Brown Recognition of the Pomato Egg, and Cucumber

DINNER

SNACK

Images are for illustration only.

**Regular Plan** 

175kcal 5g 16g 10g **Large Plan** 175kcal 5g

10g 16g

shursday **JAN 2026** 

**Regular Plan** 

440kcal 39g Proteir 16g Fat 35g Carbs

Large Plan

630kcal

LUNCH

Chicken Page//o



Buked Teriyaki Chik

**Regular Plan** 

400kcal 41g Protein 26g Carbs **15g** Fat

**Large Plan** 

600kcal 61g Protein 39g Carbs **22g** Fat

K... DINNER

SNACK

LAN CURRY BEEN

Images are for illustration only. **Regular Plan** 

170kcal 8g

14g

WITH PRAWNS, SQUID, AND ERFEINERS

9g Fat

Large Plan 170kcal 8g

14g Carbs 9g CLUTEN FREE BANANA BAR

LUNCH

K--

**Regular Plan** 445kcal 43g Protei 31g Carbs **17g** Fat

Large Plan

650kcal Calories 63g Protei 45g Carbs **24g** Fat griday **JAN 2026** 



Regul 41P' 28g Carbs 410kcal 42g **15g** Fat

**Large Plan** 

595kcal 40g Carbs 61g Protein **21g** Fat



Q DINNER

STOPEN PARMESAN BISCULL

**Regular Plan** 

150kcal 4g 15g 8g Large Plan

150kcal 4g 15g 8g Fat SNACK