

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
09

FEB 2026

Regular Plan

450kcal
Calories
33g
Carbs

LUNCH

40g
Protein
18g
Fat

Large Plan

675kcal
Calories
50g
Carbs

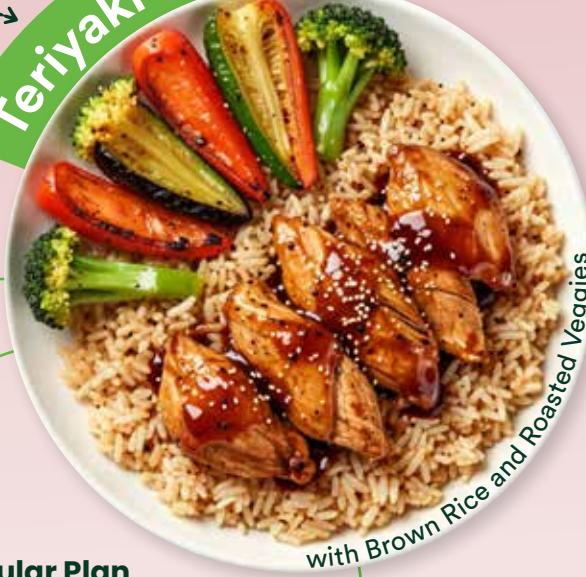
59g
Protein
27g
Fat

Herb Chicken



with Kale Quinoa Salad and Baked Pumpkin

Teriyaki Chicken



with Brown Rice and Roasted Veggies

Regular Plan

415kcal
Calories
26g
Carbs

50g
Protein
13g
Fat

Large Plan

605kcal
Calories
37g
Carbs

3g
Protein
18g
Fat

Roasted Mix Nuts



SNACK

Regular Plan

130kcal
Calories

4g
Protein

2g
Carbs

12g
Fat

Large Plan

130kcal
Calories

4g
Protein

2g
Carbs

12g
Fat

Nasi Lemak (Tumeric Chicken)



with Coconut Basmati Rice, Hard Boiled Egg, Cucumber
and Sambal

LUNCH

Regular Plan

445kcal
Calories

43g
Protein

31g
Carbs

17g
Fat

Large Plan

650kcal
Calories

63g
Protein

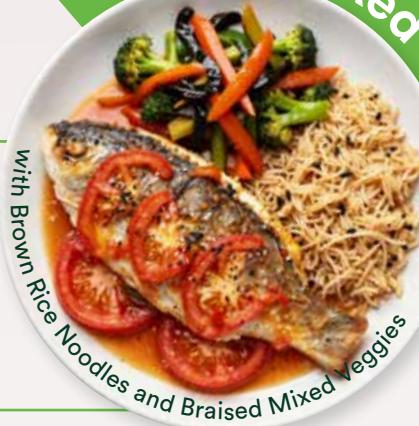
45g
Carbs

24g
Fat

Tuesday
10

FEB 2026

Tomato Baked Tilapia



with Brown Rice Noodles and Braised Mixed Veggies

DINNER

Regular Plan

365kcal
Calories

38g
Protein

27g
Carbs

12g
Fat

Large Plan

550kcal
Calories

58g
Protein

41g
Carbs

17g
Fat

Carrot Cake with Cashew Frosting



Regular Plan

180kcal
Calories

8g
Protein

18g
Carbs

8g
Fat

Large Plan

180kcal
Calories

8g
Protein

18g
Carbs

8g
Fat

SNACK

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illustration only.

Wednesday

11

FEB 2026

Green Curry Chicken



with Basmati Rice, Long Beans and Eggplants

Regular Plan

385kcal
Calories
29g
Carbs

LUNCH

Large Plan

590kcal
Calories
41g
Carbs

Beef Patties



with Aglio Olio Pasta, Tomato Sauce and Mixed Veggies

Regular Plan

445kcal
Calories
43g
Protein
31g
Carbs
15g
Fat

Large Plan

645kcal
Calories
63g
Protein
45g
Carbs
21g
Fat

Gluten Free Banana Bread



DINNER

SNACK

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Brown Rice Paella



with Chicken Thigh Chunks, Prawns and Squids, Garlic Green Peas

LUNCH

Regular Plan

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

Large Plan

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

Thursday

12

FEB 2026

Peri Peri Chicken



With Roast Potato and Broccoli

DINNER

Regular Plan

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

Large Plan

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

Hazelnut and Chocolate Granola Bar



Regular Plan

190kcal
Calories
5g
Protein
24g
Carbs
8g
Fat

Large Plan

190kcal
Calories
5g
Protein
24g
Carbs
8g
Fat

SNACK

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Friday
13
FEB 2026



Regular Plan

455kcal
Calories
35g
Carbs

LUNCH

43g
Protein
16g
Fat

Large Plan

655kcal
Calories
50g
Carbs

63g
Protein
23g
Fat

Yakiniku Mixed Beef



Regular Plan

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

Large Plan

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



SNACK

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illustration only.

Regular Plan

135kcal
Calories
3g
Protein
15g
Carbs
7g
Fat

Large Plan

135kcal
Calories
3g
Protein
15g
Carbs
7g
Fat

Gong Bao Chicken



LUNCH

Regular Plan

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

Large Plan

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

Monday
16
FEB 2026

Harissa Roasted Tilapia



Regular Plan

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

Large Plan

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

DINNER

Peanut Butter Chocolate Energy Bites



Regular Plan

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

Large Plan

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

SNACK

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illustration only.

Tuesday
17
FEB 2026

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

Cauliflower Rice



with Herb Chicken and Spinach Egg

Regular Plan

395kcal
Calories
21g
Carbs

47g
Protein
14g
Fat

Large Plan

590kcal
Calories
32g
Carbs

70g
Protein
20g
Fat

DINNER

Gluten Free Banana Bread



SNACK

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illustration only.

Beef Bolognese



with Pasta, Mixed Mushrooms and Green Peas

LUNCH

Regular Plan

460kcal
Calories
35g
Carbs

41g
Protein
18g
Fat

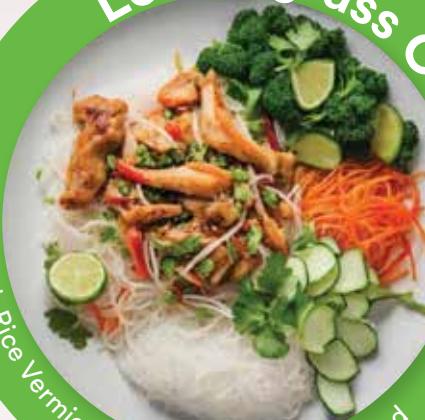
Large Plan

695kcal
Calories
52g
Carbs

64g
Protein
27g
Fat

Wednesday
18
FEB 2026

Lemongrass Chicken



with Rice Vermicelli and Mixed Veggies Salad

Regular Plan

395kcal
Calories
29g
Carbs

44g
Protein
12g
Fat

Large Plan

560kcal
Calories
42g
Carbs

57g
Protein
18g
Fat

Peanut Butter Chocolate Cookie



DINNER

SNACK

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illustration only.

Regular Plan

155kcal
Calories
4g
Carbs

5g
Protein
13g
Fat

Large Plan

155kcal
Calories
4g
Carbs

5g
Protein
13g
Fat

Thursday
19
FEB 2026

Regular Plan
455kcal
Calories
32g
Carbs

Large Plan
680kcal
Calories
47g
Carbs

LUNCH



Peranakan Curry Beef and Pumpkin
with Coconut Basmati Rice, Garlic Okra

Chicken Rissoles



with Stroganoff Sauce, French Beans and Mashed Cauliflower

Regular Plan

335kcal
Calories
38g
Protein
20g
Carbs
12g
Fat

Large Plan

530kcal
Calories
63g
Protein
29g
Carbs
18g
Fat

DINNER

Apple and Chia Seeds Oatmeal



SNACK

Regular Plan

175kcal
Calories
6g
Protein
24g
Carbs
6g
Fat

Large Plan

175kcal
Calories
6g
Protein
24g
Carbs
6g
Fat

Chicken Rendang



with Brown Rice, Roasted Cauliflower

Regular Plan

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

Large Plan

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

Friday
20
FEB 2026

Cajun Orange Chicken



with Cajun Sweet Potato and Broccoli

Regular Plan

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

Large Plan

620kcal
Calories
63g
Protein
43g
Carbs
22g
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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Monday
23

FEB 2026

LUNCH

Regular Plan

470kcal
Calories
36g
Carbs

43g
Protein
17g
Fat

Large Plan

685kcal
Calories
52g
Carbs

52g
Protein
24g
Fat

Teriyaki Salmon



With Quinoa, Saute Mixed Veggies

Herb Chicken



With Aglio Olio Pasta, Tomato Sauce, Sweet Snap Peas

Regular Plan

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

Large Plan

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

DINNER



SNACK

Regular Plan

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

Large Plan

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

Red Curry Chicken



Regular Plan

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

Large Plan

560kcal
Calories
66g
Protein
29g
Carbs
20g
Fat

LUNCH

Regular Plan

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

Large Plan

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

Salmon Chicken Balls



SNACK

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Tuesday
24

JAN 2026

Tofu Chocolate Brownie



Regular Plan

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

Large Plan

Large Plan

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

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Wednesday
25

FEB 2026

Regular Plan

455kcal
Calories
35g
Carbs

43g
Protein
16g
Fat

Large Plan

665kcal
Calories
50g
Carbs

63g
Protein
24g
Fat

Peri Peri Chicken



with Roast Potato and Broccoli

LUNCH

Yakiniku Mixed Beef



with Brown Rice, Edamame and Kimchi

Regular Plan

420kcal
Calories

46g
Protein

31g
Carbs

13g
Fat

Large Plan

600kcal
Calories

64g
Protein

45g
Carbs

18g
Fat

DINNER

Peanut Butter Chocolate Energy Bites



SNACK

Regular Plan

125kcal
Calories

4g
Protein

2g
Carbs

11g
Fat

Large Plan

125kcal
Calories

4g
Protein

2g
Carbs

11g
Fat

Basil Minced Chicken



with Basmati Rice, Scrambled Egg and Kailan

LUNCH

Regular Plan

440kcal
Calories

46g
Protein

32g
Carbs

15g
Fat

Large Plan

635kcal
Calories

63g
Protein

47g
Carbs

22g
Fat

Thursday
26

FEB 2026

Baked Lemongrass Barramundi



with Cajun Roasted Sweet Potato, Broccoli

Carrot Cake with Cashew Frosting



Regular Plan

395kcal
Calories

41g
Protein

26g
Carbs

14g
Fat

Large Plan

585kcal
Calories

65g
Protein

39g
Carbs

19g
Fat

SNACK

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Regular Plan

180kcal
Calories

8g
Protein

19g
Carbs

8g
Fat

Large Plan

180kcal
Calories

8g
Protein

19g
Carbs

8g
Fat

Friday
27

FEB 2026

LUNCH

Regular Plan

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

Large Plan

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

Tumeric Chicken



with Brown Rice and Lady Finger

Beef Patties



With Mashed Sweet Potato, Green Peas and Coriander Lime Juice

Regular Plan

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

Large Plan

535kcal
Calories
61g
Protein
40g
Carbs
15g
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

Peranakan Curry Chicken



with Basmati Rice, Cauliflower and Lady Finger

Monday
02
MAR 2026

LUNCH

Regular Plan

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

Large Plan

650kcal
Calories
64g
Protein
50g
Carbs
23g
Fat

Chicken Patties



With Mashed Potatoes, Tomato Saucen, Sauted Green Peas and Carrot

DINNER

Regular Plan

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

Large Plan

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

Peanut Butter Chocolate Energy Bites



Regular Plan

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

Large Plan

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

SNACK

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Tuesday
03

MAR 2026

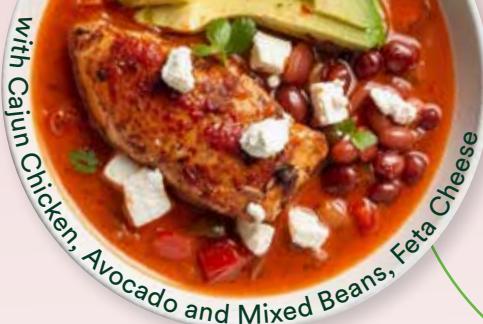
Regular Plan

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

LUNCH

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

Tomato Soup



With Cajun Chicken, Avocado and Mixed Beans, Feta Cheese

Sambal Seafood and Tofu



With Brown Rice and Shanghai Green

Regular Plan

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

Large Plan

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



Hazel/nut and Chocolate Granola Bar

SNACK

Regular Plan

190kcal
Calories
5g
Protein
24g
Carbs
8g
Fat

Large Plan

190kcal
Calories
5g
Protein
24g
Carbs
8g
Fat

Mala Chicken



With Brown Rice and Honey Soy Mixed Veggies

Wednesday
04
MAR 2026

Herb Chicken



With Roasted Herb Veggies Quinoa Salad

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



DINNER

SNACK

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illustration only.

Regular Plan

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

Large Plan

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

Thursday
05

MAR 2026



Regular Plan

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

Large Plan

635kcal
Calories
49g Carbs
59g Protein
24g Fat

LUNCH



Regular Plan

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

Large Plan

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

DINNER



SNACK

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LUNCH

Regular Plan

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

Large Plan

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

Friday
06

MAR 2026



DINNER

Regular Plan

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

Large Plan

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



SNACK

Images are for illustration only.

Regular Plan

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

Large Plan

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