

# 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  
09  
FEB 2026

Regular Plan

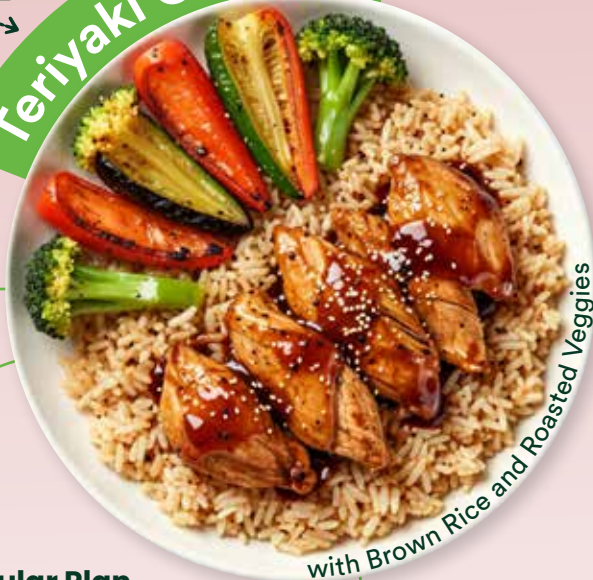
450kcal  
Calories  
33g  
Carbs  
40g  
Protein  
18g  
Fat

Large Plan

675kcal  
Calories  
50g  
Carbs  
59g  
Protein  
27g  
Fat

LUNCH

Teriyaki Chicken



with Brown Rice and Roasted Veggies

Regular Plan

415kcal  
Calories  
50g  
Protein  
26g  
Carbs  
13g  
Fat

Large Plan

605kcal  
Calories  
3g  
Protein  
37g  
Carbs  
18g  
Fat

DINNER

Herb Chicken



with Kale Quinoa Salad and Baked Pumpkin

SNACK

Regular Plan

130kcal  
Calories  
4g  
Protein  
2g  
Carbs  
12g  
Fat

Large Plan

130kcal  
Calories  
4g  
Protein  
2g  
Carbs  
12g  
Fat

Roasted Mix Nuts



Images are for illustration only.

Nasi Lemak (Tumeric Chicken)



with Coconut Basmati Rice, Hard Boiled Egg, Cucumber

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

Images are for illustration only.



Wednesday  
**11**  
FEB 2026

### Regular Plan

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

### Large Plan

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

LUNCH

## 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

## Green Curry Chicken



With Basmati Rice, Long Beans and Eggplants

DINNER

## Gluten Free Banana Bread



SNACK

### Regular Plan

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

### Large Plan

175kcal  
Calories  
5g  
Protein  
46g  
Carbs  
10g  
Fat

Images are for  
illustration only.

## 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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illustration only.



Friday  
13  
FEB 2026

### Regular Plan

455kcal  
Calories  
35g  
Carbs  
43g  
Protein  
16  
Fat

### Large Plan

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

LUNCH

## Yakiniku Mixed Beef



with Brown Rice, Edamame and Kimchi

## Chicken Mushroom Stew



with Soba Noodle and Garlic Kailan

### Regular Plan

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

### Large Plan

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

DINNER

## Pumpkin Parmesan Biscuit



SNACK

Images are for  
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



with Brown Rice, Spicy Eggplant, Cucumber Salad

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



with Roasted Potato, French Beans

DINNER

### Regular Plan

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

### Large Plan

605kcal  
Calories  
65g  
Protein  
45g  
Carbs  
18g  
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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illustration only.

PROTEIN - HIGH PROTEIN - HIGH PROTEIN



Tuesday  
17  
FEB 2026

Regular Plan

425kcal  
Calories  
36g  
Carbs

44g  
Protein  
12g  
Fat

LUNCH

Large Plan

630kcal  
Calories  
52g  
Carbs

64g  
Protein  
18g  
Fat

Honey Miso Salmon



with Quinoa and Broccoli

Cauliflower Rice



with Herb Chicken and Spinach Egg

Regular Plan

395kcal  
Calories

47g  
Protein

21g  
Carbs

14g  
Fat

Large Plan

590kcal  
Calories

70g  
Protein

32g  
Carbs

20g  
Fat

DINNER

Gluten Free Banana Bread



SNACK

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illustration only.

Regular Plan

175kcal  
Calories

5g  
Protein

16g  
Carbs

10g  
Fat

Large Plan

175kcal  
Calories

5g  
Protein

46g  
Carbs

10g  
Fat

Beef Bolognese



with Pasta, Mixed Mushrooms and Green Peas

LUNCH

Regular Plan

460kcal  
Calories

41g  
Protein

35g  
Carbs

18g  
Fat

Large Plan

695kcal  
Calories

64g  
Protein

52g  
Carbs

27g  
Fat

Wednesday  
18  
FEB 2026

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

Peanut Butter Chocolate Cookie



Regular Plan

155kcal  
Calories

5g  
Protein

4g  
Carbs

13g  
Fat

Large Plan

155kcal  
Calories

5g  
Protein

4g  
Carbs

13g  
Fat

SNACK

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Thursday  
19  
FEB 2026

Regular Plan

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

Large Plan

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

LUNCH

Peranakan Curry Beef and Pumpkin



with Coconut Basmati Rice, Garlic Okra

Regular Plan

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

Large Plan

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

DINNER

Chicken Rissoles



with Stroganoff Sauce, French Beans and Mashed Cauliflower

SNACK

Regular Plan

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

Large Plan

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

Apple and Chia Seeds Oatmeal



LUNCH

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

Regular Plan

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

Large Plan

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

Cajun Orange Chicken



with Cajun Sweet Potato and Broccoli

DINNER

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

Regular Plan

470kcal  
Calories

43g  
Protein

36g  
Carbs

17g  
Fat

Large Plan

685kcal  
Calories

52g  
Protein

52g  
Carbs

24g  
Fat

LUNCH

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

Teriyaki Salmon



With Quinoa, Saute Mixed Veggies

SNACK

Regular Plan

120kcal  
Calories

4g  
Protein

13g  
Carbs

6g  
Fat

Large Plan

120kcal  
Calories

4g  
Protein

13g  
Carbs

6g  
Fat

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Banana Oat Pancake With Apple Chutney



Red Curry Chicken



With Brown Rice, Long Beans and Eggplant

LUNCH

Regular Plan

445kcal  
Calories

44g  
Protein

32g  
Carbs

16g  
Fat

Large Plan

650kcal  
Calories

63g  
Protein

47g  
Carbs

23g  
Fat

Tuesday  
24

JAN 2026

Salmon Chicken Balls



With Cauliflower Rice and Spinach Egg

DINNER

Regular Plan

385kcal  
Calories

48g  
Protein

20g  
Carbs

13g  
Fat

Large Plan

560kcal  
Calories

66g  
Protein

29g  
Carbs

20g  
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  
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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

LUNCH

Yakiniku Mixed Beef



with Brown Rice, Edamame and Kimchi

Peri Peri Chicken



with Roast Potato and Broccoli

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

Images are for illustration only.

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

DINNER

Regular Plan

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

Large Plan

585kcal  
Calories  
65g  
Protein  
39g  
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

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Friday  
27  
FEB 2026

LUNCH

### Regular Plan

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

### Large Plan

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

## Beef Patties

With Mashed Sweet Potato, Green Peas and Coriander Lime Juice

## Tumeric 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

### Regular Plan

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

### Large Plan

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

## Peanut Butter Chocolate Cookie



Images are for illustration only.

LUNCH

## Peranakan Curry Chicken



With Basmati Rice, Cauliflower and Lady Finger

### Regular Plan

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

### Large Plan

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

Monday  
02  
MAR 2026

## Chicken Patties



With Mashed Potatoes, Tomato Saucen 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

Images are for illustration only.

ROTEIN - HIGH PROTEIN - HIGH PROTEIN



Tuesday  
03  
MAR 2026

Regular Plan

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

Large Plan

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

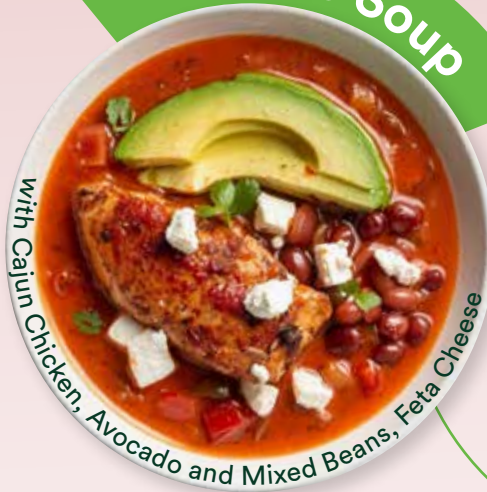
LUNCH

Sambal Seafood and Tofu



with Brown Rice and Shanghai Green

Tomato Soup



With Cajun Chicken, Avocado and Mixed Beans, Feta Cheese

Regular Plan

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

Large Plan

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

DINNER

Hazelnut 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

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illustration only.

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  
59g  
Protein  
25g  
Carbs  
25g  
Fat

Wednesday  
04  
MAR 2026

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

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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

Yuxiang Minced Chicken



With Sweet Potato Noodles and Saute Mushroom with Bok Choy

Regular Plan

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

Large Plan

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

DINNER

Fresh Herb and Lemon Barramundi Fish



With Roasted Potatoes, French Beans

SNACK

Regular Plan

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

Large Plan

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

Pumpkin Parmesan Biscuit



Images are for illustration only.

Friday  
06  
MAR 2026

LUNCH

Regular Plan

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

Large Plan

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

Green Curry Chicken



With Basmati Rice, Long Beans and Eggplants

Regular Plan

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

Large Plan

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

Chicken Balls



With Cauliflower Rice, Spinach Egg and Broccoli, Homemade Chili

DINNER

Apple and Chia Seeds Oatmeal



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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