

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
17
NOV 2025

LUNCH

Regular Plan

460kcal
Calories

39g
Protein

36g
Carbs

18g
Fat

Large Plan

720kcal
Calories

56g
Protein

54g
Carbs

31g
Fat

NASI LEMAK



with Coconut Basmati Rice, Cucumber, and Egg

Regular Plan

360kcal
Calories

40g
Protein

29g
Carbs

9g
Fat

Large Plan

510kcal
Calories

56g
Protein

41g
Carbs

14g
Fat

Honey Miso Prawn



with Aglio Olio Linguine and Sauté Veggie

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



Images are for illustration only.

LUNCH

Health Kicked Chicken Rice



WITH LEMONGRASS CHICKEN, BROWN RICE, CHOY SUM, AND CHILI SAUCE

Regular Plan

410kcal
Calories

38g
Protein

31g
Carbs

15g
Fat

Large Plan

615kcal
Calories

58g
Protein

46g
Carbs

22g
Fat

Tuesday
18
NOV 2025

ROASTED GOCHUJANG CHICKEN



with Basmati Rice and Broccoli

DINNER

Regular Plan

405kcal
Calories

35g
Protein

30g
Carbs

16g
Fat

Large Plan

585kcal
Calories

50g
Protein

44g
Carbs

23g
Fat

ROASTED MIX NUTS



Regular Plan

200kcal
Calories

6g
Protein

8g
Carbs

16g
Fat

Large Plan

200kcal
Calories

6g
Protein

8g
Carbs

16g
Fat

SNACK

Images are for illustration only.

Wednesday 19 NOV 2025

Regular Plan

400kcal
Calories

31g
Carbs

38g
Protein

14g
Fat

Large Plan

600kcal
Calories

46g
Carbs

58g
Protein

20g
Fat

LUNCH

Baked Dukkah-Crusted Sea Bass

with Tomato Couscous, Eggplant Caponata, and Green Peas

Regular Plan

415kcal
Calories

37g
Protein

29g
Carbs

17g
Fat

Large Plan

595kcal
Calories

54g
Protein

41g
Carbs

24g
Fat

GONG BAO CHICKEN

with Brown Rice and Shanghai Greens

DINNER

SNACK

Regular Plan

185kcal
Calories

8g
Protein

20g
Carbs

8g
Fat

Large Plan

185kcal
Calories

8g
Protein

20g
Carbs

8g
Fat

CHOCOLATE TOFU BROWNIE

Images are for illustration only.

TERIYAKI SALMON

with Brown Rice, Kimchi, and Edamame

LUNCH

Regular Plan

430kcal
Calories

39g
Protein

33g
Carbs

16g
Fat

Large Plan

610kcal
Calories

53g
Protein

48g
Carbs

23g
Fat

Thursday 20 NOV 2025

Regular Plan

430kcal
Calories

46g
Protein

31g
Carbs

14g
Fat

Large Plan

645kcal
Calories

68g
Protein

46g
Carbs

21g
Fat

HERB CHICKEN

with Kale Pesto Pasta and Cajun Mix Veggies

DINNER

Peanut Butter Chocolate Energy Bites

SNACK

Regular Plan

125kcal
Calories

4g
Protein

3g
Carbs

11g
Fat

Large Plan

125kcal
Calories

4g
Protein

3g
Carbs

11g
Fat

Images are for illustration only.

Friday
21
NOV 2025

Regular Plan

420kcal
Calories 42g
Protein
32g 14g
Carbs Fat

Large Plan

600kcal
Calories 61g
Protein
45g 20g
Carbs Fat

LUNCH

Peñ Peñ Chicken



WITH ROASTED POTATO AND BROCCOLI

Regular Plan

395kcal 37g 26g 16g
Calories Protein Carbs Fat

Large Plan

610kcal 56g 41g 25g
Calories Protein Carbs Fat



Peranakan Beef Curry and Pumpkin
with Basmati Rice, Curry Cauliflower, and Okra

DINNER

SNACK



CARROT CAKE WITH CASHEW FROSTING CAKE

Images are for illustration only.

Regular Plan

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

Large Plan

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



Lemon and Dill Salmon
with Roasted Potato, Herb Veggies, and Tomato

LUNCH

Regular Plan

415kcal 40g 29g 16g
Calories Protein Carbs Fat

Large Plan

605kcal 57g 42g 23g
Calories Protein Carbs Fat

Monday
24
NOV 2025

Butter Chicken



With Basmati Rice and Sweet Snap Peas

DINNER

Regular Plan

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

Large Plan

605kcal 56g 46g 22g
Calories Protein Carbs Fat



Peanut Butter Cookies

SNACK

Regular Plan

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

Large Plan

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

Images are for illustration only.

Tuesday
25
NOV 2025

Regular Plan

450kcal
Calories
33g
Carbs
42g
Protein
17g
Fat

Large Plan

655kcal
Calories
48g
Carbs
61g
Protein
24g
Fat

LUNCH

Roast Yuxiang Chicken and Mushroom



WITH BROWN RICE, SPICY EGGPLANTS, AND KAILAN

Regular Plan

450kcal
Calories
49g
Protein
21g
Carbs
19g
Fat

Large Plan

615kcal
Calories
71g
Protein
30g
Carbs
23g
Fat

Salmon Chicken Balls



With Cauliflower Rice and Edamame

DINNER

BANANA OAT PANCAKE WITH APPLE CHUTNEY



SNACK

Regular Plan

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

Large Plan

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

Images are for illustration only.

LUNCH

BASIL MINGED CHICKEN



WITH BROWN RICE, SCRAMBLED EGG, AND GARLIC LONG BEANS

Regular Plan

430kcal
Calories
37g
Protein
31g
Carbs
18g
Fat

Large Plan

640kcal
Calories
61g
Protein
45g
Carbs
24g
Fat

Wednesday
26
NOV 2025

NOV 2025

Regular Plan

385kcal
Calories
42g
Protein
26g
Carbs
13g
Fat

Large Plan

580kcal
Calories
63g
Protein
42g
Carbs
18g
Fat

Cajun Orange Chicken



With Roasted Sweet Potato and Broccoli

DINNER

PUMPKIN PARMESAN BISCUIT



Regular Plan

170kcal
Calories
8g
Protein
14g
Carbs
9g
Fat

Large Plan

170kcal
Calories
8g
Protein
14g
Carbs
9g
Fat

SNACK

Images are for illustration only.

Thursday 27

NOV 2025

Regular Plan

420kcal
Calories
25g
Carbs
42g
Protein
17g
Fat

Large Plan

615kcal
Calories
35g
Carbs
62g
Protein
25g
Fat

LUNCH

Morocco Spiced Chicken



With Pumpkin Carrot Quinoa Salad and French Beans

Regular Plan

410kcal
Calories
47g
Protein
23g
Carbs
15g
Fat

Large Plan

595kcal
Calories
68g
Protein
32g
Carbs
22g
Fat

Yakiniku Minced Beef



With Sweet Potato Noodle, Beansprouts, and Kimchi

DINNER

SNACK

Images are for illustration only.

Regular Plan

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

Large Plan

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

GLUTEN FREE BANANA BREAD



LEMONGRASS BARRAMUNDI



With Brown Rice, Honey Soy Tofu, and Shanghai Greens

LUNCH

Regular Plan

455kcal
Calories
43g
Protein
32g
Carbs
17g
Fat

Large Plan

655kcal
Calories
63g
Protein
47g
Carbs
24g
Fat

Friday 28

NOV 2025

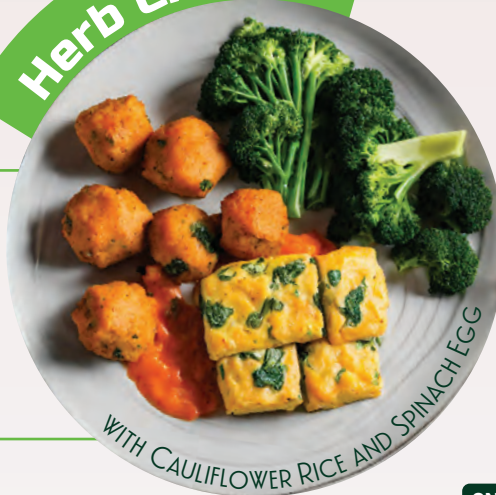
Regular Plan

415kcal
Calories
46g
Protein
26g
Carbs
15g
Fat

Large Plan

605kcal
Calories
66g
Protein
37g
Carbs
21g
Fat

Herb Chicken



WITH CAULIFLOWER RICE AND SPINACH EGG

DINNER

SNACK

Peanut Butter Chocolate Energy Bites



Regular Plan

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

Large Plan

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

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Monday 01

DEC 2025

Regular Plan

435kcal
Calories 39g
Protein
32g
Carbs 17g
Fat

Large Plan

635kcal
Calories 56g
Protein
47g
Carbs 25g
Fat

LUNCH



PERI PERI TILAPIA FISH



with Roasted Potato, French Beans, and Carrots

Regular Plan

420kcal
Calories 40g 29g 16g
Protein Carbs Fat

Large Plan

600kcal
Calories 59g 41g 22g
Protein Carbs Fat

YAKINIKU MINCED BEEF



with Brown Rice, Kimchi, and Edamame

DINNER



SNACK



PUMPKIN PARMESAN BISCUIT



Regular Plan

150kcal 4g 16g 8g
Calories Protein Carbs Fat

Large Plan

150kcal 4g 16g 8g
Calories Protein Carbs Fat

Images are for illustration only.

RENDANG CHICKEN



with Brown Rice and Curry Roasted Cauliflower

LUNCH



Regular Plan

420kcal 42g 32g 14g
Calories Protein Carbs Fat

Large Plan

630kcal 63g 48g 20g
Calories Protein Carbs Fat

Tuesday 02

DEC 2025

Regular Plan

430kcal 44g 25g 17g
Calories Protein Carbs Fat

Large Plan

610kcal 64g 36g 23g
Calories Protein Carbs Fat

Cajun Spice Chicken



WITH PUMPKIN QUINOA SALAD AND SWEET SNAP PEAS

DINNER



SNACK



OVERNIGHT OATS WITH ROASTED APPLE AND CHIA SEEDS



Regular Plan

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

Large Plan

145kcal 8g 20g 5g
Calories Protein Carbs Fat

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Wednesday 03

DEC 2025

Regular Plan

400kcal
Calories 37g
Protein 32g
Carbs 14g
Fat

Large Plan

595kcal
Calories 56g
Protein 47g
Carbs 20g
Fat

LUNCH

Green Curry Chicken



MEDITERRANEAN CHICKEN STEW



Regular Plan

395kcal
Calories 40g
Protein 23g
Carbs 16g
Fat

Large Plan

590kcal
Calories 59g
Protein 35g
Carbs 24g
Fat

DINNER

ROASTED MIX NUTS



SNACK

Images are for illustration only.

Regular Plan

200kcal
Calories 6g
Protein 8g
Carbs 16g
Fat

Large Plan

200kcal
Calories 6g
Protein 8g
Carbs 16g
Fat

LUNCH

Roasted Teriyaki Chicken Thigh Cubes



Regular Plan

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

Large Plan

615kcal
Calories 58g
Protein 46g
Carbs 22g
Fat

Thursday 04

DEC 2025

Regular Plan

395kcal
Calories 38g
Protein 28g
Carbs 15g
Fat

Large Plan

605kcal
Calories 58g
Protein 42g
Carbs 23g
Fat

BEEF PATTIES



DINNER

Tofu Brownie



SNACK

Images are for illustration only.

Regular Plan

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

Large Plan

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

Friday

05

DEC 2025

Regular Plan

415kcal
Calories 42g
Protein
31g
Carbs 14g
Fat

Large Plan

595kcal
Calories 59g
Protein
43g
Carbs 21g
Fat

LUNCH

Kung Pao Chicken



With Brown Rice, Spicy Eggplant, and Cucumber Salad

Regular Plan

460kcal 43g 29g 19g
Calories Protein Carbs Fat

Large Plan

675kcal 65g 41g 28g
Calories Protein Carbs Fat

DINNER

Herb Baked Barramundi



WITH ROAST POTATO, BROCCOLI, AND HARISSA SAUCE

SNACK

Banana Oat Pancake With Apple



Regular Plan

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

Large Plan

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

Images are for illustration only.

Beef Bolognese

LUNCH



With Aglio Olio Pasta, Mix Mushroom, and Green Peas

Regular Plan

415kcal 40g 29g 16g
Calories Protein Carbs Fat

Large Plan

625kcal 59g 44g 24g
Calories Protein Carbs Fat

Monday

08

DEC 2025

CHICKEN MADRAS CURRY



With Brown Rice, Roasted Cauliflower, and Garlic Okra

DINNER

Regular Plan

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

Large Plan

590kcal 54g 45g 22g
Calories Protein Carbs Fat

SNACK

Carrot Cake with Cashew Frosting Cake



Regular Plan

175kcal 8g 18g 8g
Calories Protein Carbs Fat

Large Plan

175kcal 8g 18g 8g
Calories Protein Carbs Fat

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Tuesday

09

DEC 2025

Regular Plan

440kcal
Calories 42g
Protein
33g 16g
Carbs Fat

Large Plan

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

LUNCH



Regular Plan

415kcal
Calories 42g 29g 15g
Protein Carbs Fat

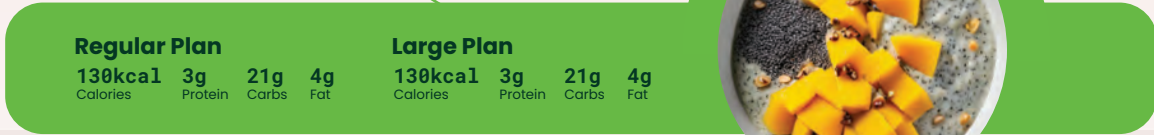
Large Plan

630kcal
Calories 61g 42g 24g
Protein Carbs Fat

DINNER

SNACK

Images are for illustration only.



Regular Plan

130kcal
Calories 3g 21g 4g
Protein Carbs Fat

Large Plan

130kcal
Calories 3g 21g 4g
Protein Carbs Fat



LUNCH

Regular Plan

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

Large Plan

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

Wednesday

10

DEC 2025

Regular Plan
440kcal
Calories 38g 31g 18g
Protein Carbs Fat

Large Plan
635kcal
Calories 56g 42g 27g
Protein Carbs Fat



DINNER



SNACK

Regular Plan

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

Large Plan

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

Images are for illustration only.

- HIGH PROTEIN - HIGH PROTEIN

Thursday



DEC 2025

Regular Plan

420kcal
Calories 39g
Protein 35g
Carbs 14g
Fat

Large Plan

605kcal
Calories 61g
Protein 44g
Carbs 20g
Fat

LUNCH

Yakiniku Minced Chicken



with Sweet Potato Noodles, Beansprouts, and Kimchi

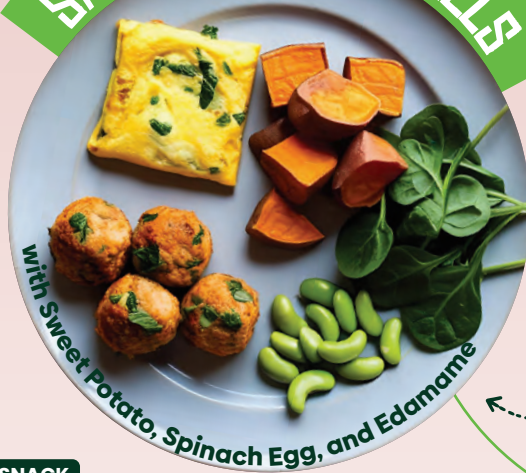
Regular Plan

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

Large Plan

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

SALMON CHICKEN BALLS



With Sweet Potato, Spinach Egg, and Edamame

SNACK

Images are for illustration only.

Regular Plan

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

Large Plan

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

DINNER

PEANUT BUTTER COOKIES



Lemon Dill Baked Salmon



WITH QUINOA AND TOMATO Herb Veggies

LUNCH

Regular Plan

390kcal
Calories 41g
Protein 28g
Carbs 13g
Fat

Large Plan

580kcal
Calories 61g
Protein 42g
Carbs 19g
Fat

Friday

12

DEC 2025

Ma La Chicken



With Brown Rice and Honey Soy Mix Veggies

DINNER

Regular Plan

435kcal
Calories 42g
Protein 29g
Carbs 17g
Fat

Large Plan

630kcal
Calories 61g
Protein 41g
Carbs 24g
Fat

SNACK

Banana Bread



Regular Plan

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

Large Plan

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

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