

High Protein Menu



YoloPlans

A close-up photograph of a chef's hand using a metal garnishing tool to place a slice of red chili pepper onto a dish. The dish appears to be a bowl of quinoa or rice mixed with corn and other vegetables. The background is blurred, showing more of the kitchen environment.

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
25
AUG 2025

LUNCH

Regular Plan

460kcal	39g
Calories	Protein
36g	18g
Carbs	Fat

Large Plan

720kcal	56g
Calories	Protein
54g	31g
Carbs	Fat

Baked peri Peri Barramundi



with Cauliflower Rice and French Beans

Regular Plan

360kcal	40g	29g	9g
Calories	Protein	Carbs	Fat

Large Plan

510kcal	56g	41g	14g
Calories	Protein	Carbs	Fat

DINNER

"HU XIANG" CHICKEN AND TOFU



SNACK

Regular Plan

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

Large Plan

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

Pumpkin Parmesan Biscuit



Images are for illustration only.

LUNCH

BAKED LEMON DILL SALMON



WITH QUINOA, EDAMAME, ROASTED CAULIFLOWER, AND MINT YOGHURT

Regular Plan

430kcal	46g	27g	16g
Calories	Protein	Carbs	Fat

Large Plan

650kcal	68g	41g	24g
Calories	Protein	Carbs	Fat

Tuesday
26
AUG 2025

BEEF BULGOGI



with Brown Rice, Kimchi, Shredded Carrot, and Spinach

DINNER

Regular Plan

395kcal	35g	29g	16g
Calories	Protein	Carbs	Fat

Large Plan

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

ROASTED MIX NUTS



Regular Plan

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

Large Plan

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

SNACK

Images are for illustration only.

Wednesday
27
AUG 2025

Regular Plan

425kcal
Calories
29g
Carbs
47g
Protein
14g
Fat

Large Plan

635kcal
Calories
43g
Carbs
70g
Protein
20g
Fat

LUNCH

Clay Pot Style Chicken



Regular Plan

390kcal
Calories
38g
Protein
31g
Carbs
13g
Fat

Large Plan

585kcal
Calories
58g
Protein
46g
Carbs
19g
Fat

HARISSA BAKED TILAPIA



SNACK

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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



LUNCH

COCONUT CURRY CHICKEN



Regular Plan

440kcal
Calories
39g
Protein
33g
Carbs
17g
Fat

Large Plan

625kcal
Calories
53g
Protein
48g
Carbs
24g
Fat

Thursday
28
AUG 2025

Regular Plan

430kcal
Calories
43g
Protein
31g
Carbs
15g
Fat

Large Plan

610kcal
Calories
63g
Protein
45g
Carbs
20g
Fat

BAKED GOCHUJANG CHICKEN



DINNER

Chocolate Hazelnut Energy Bites



SNACK

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illustration only.

Regular Plan

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

Large Plan

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

Friday
29
AUG 2025

Regular Plan

4345kcal
Calories
36g
Carbs
42g
Protein
14g
Fat

Large Plan

625kcal
Calories
51g
Carbs
61g
Protein
20g
Fat

LUNCH

Butter Chicken



Regular Plan

445kcal
Calories
40g
Protein
29g
Carbs
19g
Fat

Large Plan

640kcal
Calories
57g
Protein
39g
Carbs
28g
Fat

DINNER

YAKINIKU PRAWNS AND Tofu



SNACK

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Regular Plan

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

Large Plan

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

MANGO CHIA SEEDS PUDDING



Chicken Rissoles



LUNCH

Regular Plan

410kcal
Calories
40g
Protein
27g
Carbs
16g
Fat

Large Plan

590kcal
Calories
57g
Protein
39g
Carbs
23g
Fat

Monday
01
SEP 2025

Gong Bao Chicken



DINNER

Regular Plan

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

Large Plan

620kcal
Calories
54g
Protein
45g
Carbs
25g
Fat

SNACK

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Peanut Butter Chocolate Cookie



Regular Plan

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

Large Plan

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

- HIGH PROTEIN - HIGH PROTEIN

Tuesday

02

SEP 2025

Regular Plan

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

Large Plan

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

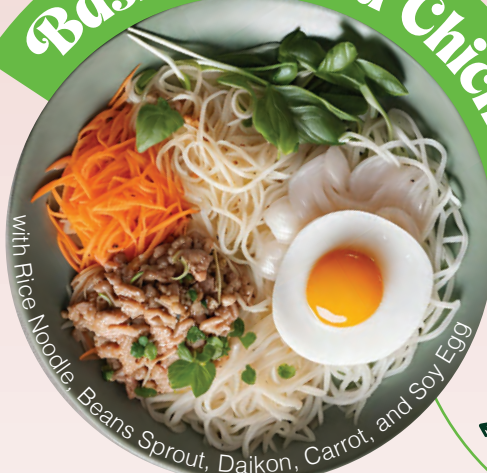
LUNCH

BEEF CHILLI CON CARNE



WITH BASMATI RICE AND MIX VEGGIES

Basil Minced Chicken



with Rice Noodle, Beans Sprout, Daikon, Carrot, and Soy Egg

Regular Plan

420kcal
Calories
43g
Protein
32g
Carbs
14g
Fat

Large Plan

630kcal
Calories
63g
Protein
46g
Carbs
22g
Fat

DINNER

SNACK

Images are for illustration only.

Regular Plan

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

Large Plan

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

PEANUT BUTTER CHOCOLATE ENERGY BITES



Cajun Spiced Tilapia



WITH TOMATO PASTA AND SAUTÉ MIX VEGGIES

LUNCH

Regular Plan

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

Large Plan

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

Wednesday

03

SEP 2025

Herb Chicken



With Steam Sweet Potato, Mix Leafy Salad, and Avocado Tomato

DINNER

Regular Plan

355kcal
Calories
38g
Protein
26g
Carbs
11g
Fat

Large Plan

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

PUMPKIN PARMESAN BISQUIT



Regular Plan

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

Large Plan

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

SNACK

Images are for illustration only.

Thursday
04

SEP 2025

Regular Plan

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

Large Plan

615kcal
Calories
61g
Protein
41g
Carbs
23g
Fat

LUNCH

Thai Style Tofu and Prawns



Regular Plan

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

Large Plan

630kcal
Calories
68g
Protein
41g
Carbs
21g
Fat

Roasted Teriyaki Chicken Thigh Cubes



DINNER

SNACK

Regular Plan

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

Large Plan

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

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Overnight Oats with Roasted Apple and Chia Seeds



Lemongrass Soy Chicken



LUNCH

Regular Plan

430kcal
Calories
43g
Protein
32g
Carbs
15g
Fat

Large Plan

645kcal
Calories
65g
Protein
47g
Carbs
22g
Fat

Friday
05

SEP 2025

Peranakan Curry Chicken and Chickpeas



DINNER

Regular Plan

370kcal
Calories
37g
Protein
27g
Carbs
13g
Fat

Large Plan

555kcal
Calories
56g
Protein
41g
Carbs
19g
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

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- HIGH PROTEIN - HIGH PROTEIN

Monday
08

SEP 2025

Regular Plan

430kcal	41g
Calories	Protein
32g	16g
Carbs	Fat

Large Plan

645kcal	61g
Calories	Protein
47g	24g
Carbs	Fat

LUNCH

PERI PERI CHICKEN

with Mushroom Barley Risotto and Braised Purple Cabbage

SALMON CHICKEN BALL

with Cauliflower Rice and Edamame

Regular Plan

390kcal	43g	21g	15g
Calories	Protein	Carbs	Fat

Large Plan

585kcal	65g	32g	22g
Calories	Protein	Carbs	Fat

DINNER

GLUTEN FREE BANANA BREAD

SNACK

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Regular Plan

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

Large Plan

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

LUNCH

CREAMY CHICKEN LASAGNA

with Greek Salad

Regular Plan

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

Large Plan

650kcal	63g	46g	24g
Calories	Protein	Carbs	Fat

Tuesday
09

SEP 2025

Regular Plan

380kcal	35g	29g	14g
Calories	Protein	Carbs	Fat

Large Plan

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

Honey Miso Prawns

WITH PUMPKIN MILLET, SPICY EGGPLANTS, AND GARLIC OKRA

DINNER

OVERNIGHT OATS WITH APPLE AND MIX NUTS

SNACK

Regular Plan

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

Large Plan

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

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Wednesday

10

SEP 2025

Regular Plan

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

Large Plan

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

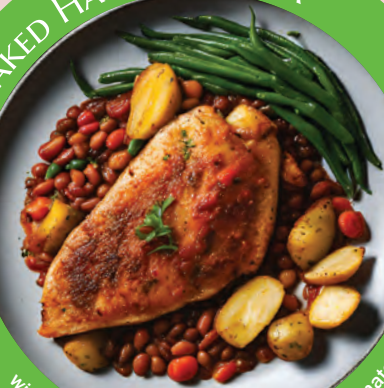
LUNCH

Gong Bao Chicken

with Brown Rice, Scramble Tomato Eggs, and Cucumber



BAKED HARISSA TILAPIA



with Roasted Potato, French Beans, and Tomato Stew Mix Beans

Regular Plan

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

Large Plan

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

SNACK

Images are for illustration only.

Regular Plan

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

Large Plan

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

TOFU BROWNIE



LUNCH

Roasted Turmeric Chicken

with Brown Rice and Roasted Curry Cauliflower



Regular Plan

430kcal
Calories
39g
Protein
33g
Carbs
16g
Fat

Large Plan

610kcal
Calories
53g
Protein
48g
Carbs
23g
Fat

Thursday



SEP 2025

Regular Plan

400kcal
Calories
43g
Protein
31g
Carbs
12g
Fat

Large Plan

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

Roasted Mix Nuts



BAKED GOCHUJANG CHICKEN

with Steam Sweet Potato and Roasted Broccoli



DINNER

SNACK

Regular Plan

160kcal
Calories
7g
Protein
6g
Carbs
12g
Fat

Large Plan

160kcal
Calories
7g
Protein
6g
Carbs
12g
Fat

Images are for illustration only.

Friday
12
SEP 2025

Regular Plan

435kcal
Calories
36g
Carbs
42g
Protein
14g
Fat

Large Plan

625kcal
Calories
51g
Carbs
61g
Protein
20g
Fat

LUNCH

Rendang Chicken

With Basmati Rice, Braised Cabbage, and Mushroom

Regular Plan

445kcal
Calories
40g
Protein
29g
Carbs
19g
Fat

Large Plan

640kcal
Calories
57g
Protein
39g
Carbs
28g
Fat

DINNER

Salmon Spinach Pie



WITH ARUGULA AND PUMPKIN SALAD

SNACK

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Regular Plan

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

Large Plan

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

Pistachio Energy Bites



Yakiniku Salmon

LUNCH



With Brown Rice, Kimchi Salad, and Edamame

Regular Plan

430kcal
Calories
40g
Protein
33g
Carbs
16g
Fat

Large Plan

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

Monday
15
SEP 2025

BASIL MINCED CHICKEN



With Cauliflower Rice and Soy Egg

DINNER

Regular Plan

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

Large Plan

620kcal
Calories
54g
Protein
45g
Carbs
25g
Fat

Peanut Butter Cookies



SNACK

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Regular Plan

160kcal
Calories
7g
Protein
6g
Carbs
12g
Fat

Large Plan

160kcal
Calories
7g
Protein
6g
Carbs
12g
Fat

Tuesday
16
SEP 2025

Regular Plan

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

Large Plan

630kcal	61g
Calories	Protein
45g	23g
Carbs	Fat

LUNCH

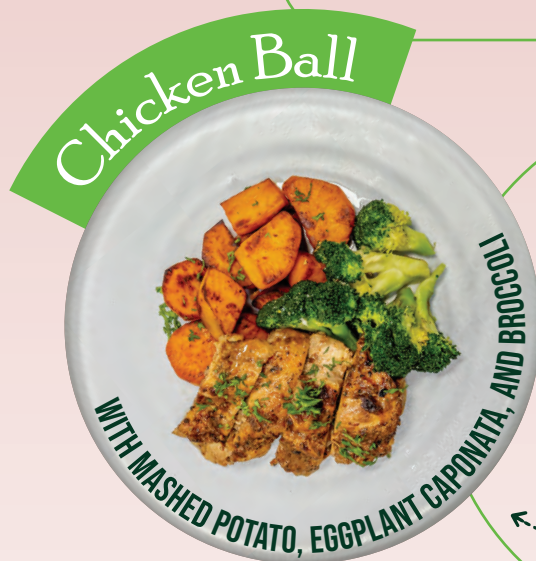


Regular Plan

430kcal	43g	32g	15g
Calories	Protein	Carbs	Fat

Large Plan

630kcal	64g	46g	21g
Calories	Protein	Carbs	Fat



SNACK

Regular Plan

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

Large Plan

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



LUNCH



Regular Plan

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

Large Plan

655kcal	61g	45g	26g
Calories	Protein	Carbs	Fat



DINNER

Regular Plan

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

Large Plan

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



Regular Plan

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

Large Plan

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

SNACK

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illustration only.

Wednesday
17
SEP 2025

Thursday

18

SEP 2025

Regular Plan

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

Large Plan

630kcal	61g
Calories	Protein
44g	24g
Carbs	Fat

LUNCH

Baked Teriyaki Chicken

with Roasted Potato, Roasted Capsicum, and French Beans

Brown Rice Chicken Paella



WITH PRAWNS, SQUID, AND GREEN PEAS

Regular Plan

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

Large Plan

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

DINNER

SNACK

Regular Plan

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

Large Plan

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

GLUTEN FREE BANANA BREAD



LUNCH

PERANAKAN CURRY BEEF

with Coconut Basmati Rice, Curry Cauliflower, and Okra

Regular Plan

445kcal	43g	31g	17g
Calories	Protein	Carbs	Fat

Large Plan

650kcal	63g	45g	24g
Calories	Protein	Carbs	Fat

Friday

19

SEP 2025

Cajun Orange Chicken



with Sweet Potato and Broccoli

Regular Plan

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

Large Plan

605kcal	61g	42g	21g
Calories	Protein	Carbs	Fat

DINNER

Mango Chia Seeds Pudding



Regular Plan

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

Large Plan

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

SNACK

Images are for illustration only.

- HIGH PROTEIN - HIGH PROTEIN