

# 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 is served in a black rectangular pan and consists of a bed of white rice or quinoa, topped with yellow corn, green beans, and other vegetables. The background is softly 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  
**30**  
JUN 2025

## 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 Roast Veggies

## Regular Plan

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

## Large Plan

605kcal  
Calories  
73g  
Protein  
37g  
Carbs  
18g  
Fat

DINNER

## HERB CHICKEN



with Kale Quinoa Salad and Baked Pumpkin

SNACK

Images are for illustration only.

## Regular Plan

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

## Large Plan

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

## Peanut Butter Chocolate Energy Bites



## Turmeric Chicken Nasi Lemak



with Coconut Basmati Rice, Hard Boiled Egg, and Cucumber

LUNCH

## Regular Plan

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

## Large Plan

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

Tuesday  
**01**  
JUL 2025

## 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

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

## Large Plan

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

SNACK

Images are for illustration only.

## Tomato Baked Tilapia



with Brown Rice Noodles and Braised Mix Veggies

DINNER

# Wednesday 02

JUL 2025

## Regular Plan

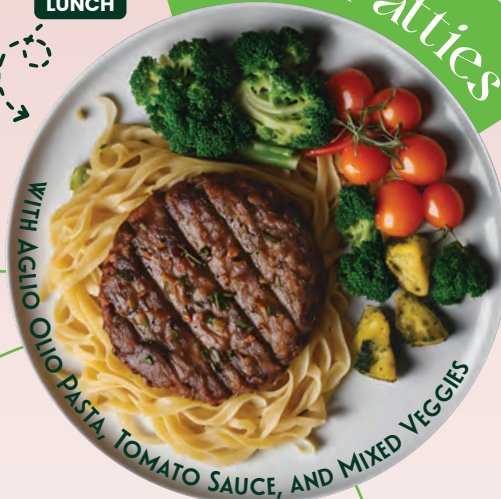
385kcal  
Calories  
29g  
Carbs  
42g  
Protein  
12g  
Fat

## Large Plan

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

LUNCH

## Beef Patties



## Regular Plan

445kcal  
Calories  
43g  
Protein  
33g  
Carbs  
16g  
Fat

## Large Plan

645kcal  
Calories  
63g  
Protein  
48g  
Carbs  
23g  
Fat

## Green Curry Chicken



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



LUNCH

## CHICKEN THIGH CHUNKS



## Regular Plan

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

## Large Plan

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

# Thursday 03

JUL 2025

## Regular Plan

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

## Large Plan

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

## PERI PERI CHICKEN



DINNER

## TOFU CHOCOLATE 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  
04

JUL 2025

Regular Plan

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

Large Plan

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

LUNCH

yakiniku Minced Beef



With Brown Rice, Edamame, and Kimchi

Chicken Mushroom Stew



WITH SOBA NOODLES AND GARLIC KAILAN

Regular Plan

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

Large Plan

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

DINNER

Pistachio and Dates Energy Bites



SNACK

Images are for illustration only.

Regular Plan

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

Large Plan

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

GONG BAO CHICKEN



With Brown Rice, Spicy Eggplant, and Cucumber Salad

LUNCH

Regular Plan

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

Large Plan

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

Monday  
07

JUL 2025

HARISSA ROASTED TILAPIA



With Roasted Potato and French Beans

DINNER

Regular Plan

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

Large Plan

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

Pistachios and Dates Energy Bites



SNACK

Images are for illustration only.

Regular Plan

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

Large Plan

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

Tuesday  
08  
JUL 2025

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

Regular Plan

395kcal  
Calories  
47g  
Protein  
21g  
Carbs  
14g  
Fat

Large Plan

590kcal  
Calories  
70g  
Protein  
32g  
Carbs  
20g  
Fat

DINNER

Herb Chicken



With Cauliflower Rice and Spinach Egg

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



LUNCH

Beef Bolognese



With Pasta, Mixed Mushrooms, and Green Peas

Regular Plan

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

Large Plan

695kcal  
Calories  
61g  
Protein  
52g  
Carbs  
27g  
Fat

Wednesday  
09  
JUL 2025

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

OATMEAL COOKIE



Regular Plan

145kcal  
Calories  
5g  
Protein  
9g  
Carbs  
10g  
Fat

Large Plan

145kcal  
Calories  
5g  
Protein  
9g  
Carbs  
10g  
Fat

SNACK

Images are for illustration only.



Thursday  
10

JUL 2025

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 and Garlic Okra

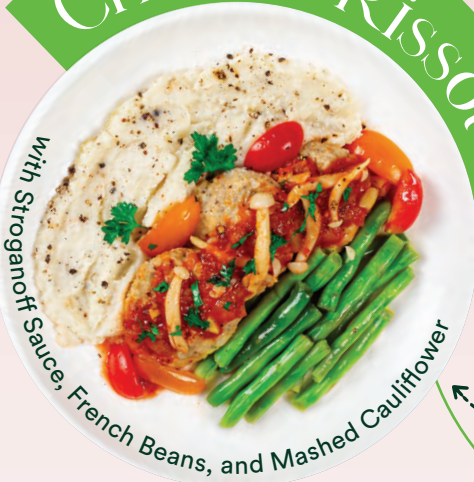
Regular Plan

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

Large Plan

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

Chicken Rissoles



with Stroganoff Sauce, French Beans, and Mashed Cauliflower

DINNER

SNACK

Images are for  
illustration only.

Regular Plan

190kcal  
Calories  
6g  
Protein  
12g  
Carbs  
13g  
Fat

Large Plan

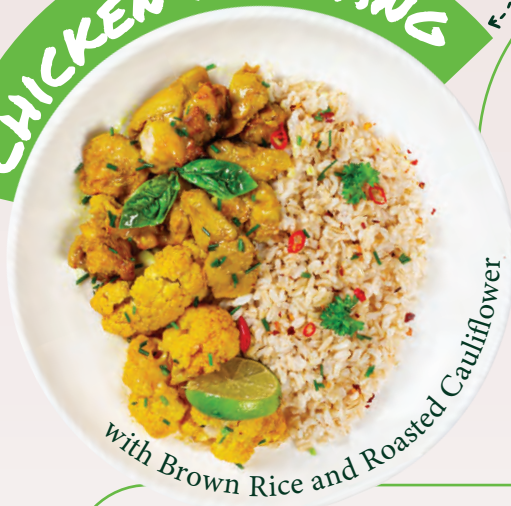
190kcal  
Calories  
6g  
Protein  
12g  
Carbs  
13g  
Fat

ALMOND OATS ENERGY BAR



LUNCH

CHICKEN RENDANG



with Brown Rice and Roasted Cauliflower

Regular Plan

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

Large Plan

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

Friday

11

JUL 2025

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



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

- HIGH PROTEIN - HIGH PROTEIN

Monday  
14

JUL 2025

## Teriyaki Salmon



with Quinoa and Sauté Mixed Veggies

SNACK

Images are for  
illustration only.

### Regular Plan

470kcal  
Calories

36g  
Carbs

43g  
Protein

17g  
Fat

### Large Plan

685kcal  
Calories

52g  
Carbs

65g  
Protein

24g  
Fat

LUNCH

## HERB CHICKEN



with Aglio Olio Pasta, Tomato Sauce, and Sweet Snap Peas

### Regular Plan

415kcal  
Calories

41g  
Protein

29g  
Carbs

15g  
Fat

### Large Plan

590kcal  
Calories

58g  
Protein

40g  
Carbs

22g  
Fat

DINNER

## Pistachio and Dates Energy Bites



### Regular Plan

120kcal  
Calories

4g  
Protein

4g  
Carbs

10g  
Fat

### Large Plan

120kcal  
Calories

4g  
Protein

6g  
Carbs

10g  
Fat

## Red Curry Chicken



WITH BROWN RICE, LONG BEANS, AND EGGPLANTS

LUNCH

### Regular Plan

445kcal  
Calories

44g  
Protein

32g  
Carbs

16g  
Fat

### Large Plan

650kcal  
Calories

63g  
Protein

47g  
Carbs

23g  
Fat

Tuesday  
15

JUL 2025

## Salmon Chicken Balls



with Cauliflower Rice and Spinach Egg

DINNER

## TOFU CHOCOLATE 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



# Wednesday 16 JUL 2025

## Regular Plan

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

## Large Plan

665kcal  
Calories  
50g  
Carbs  
63g  
Protein  
24g  
Fat

LUNCH

## Yakniku Minced Beef



## Regular Plan

420kcal  
Calories  
46g  
Protein  
31g  
Carbs  
13g  
Fat

## Large Plan

600kcal  
Calories  
64g  
Protein  
45g  
Carbs  
18g  
Fat

## PERI PERI CHICKEN



With Roasted Potato and Herb Veggies

SNACK

Images are for illustration only.

## Regular Plan

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

## Large Plan

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

## PEANUT BUTTER CHOCOLATE ENERGY BITES



## Basil Minced Chicken



with Basmati Rice, Scramble Egg, and Long Beans

LUNCH

## Regular Plan

440kcal  
Calories  
46g  
Protein  
32g  
Carbs  
15g  
Fat

## Large Plan

635kcal  
Calories  
63g  
Protein  
47g  
Carbs  
22g  
Fat

# Thursday 17 JUL 2025

## BAKED LEMONGRASS BARRAMUNDI



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

Images are for illustration only.

Friday  
18  
JUL 2025

### Regular Plan

445kcal

Calories

32g

Carbs

35g

Protein

20g

Fat

### Large Plan

685kcal

Calories

47g

Carbs

59g

Protein

29g

Fat

LUNCH

## Beef Patties

WITH MASHED SWEET POTATO, GREEN PEAS, AND CORIANDER LIME SAUCE

### Regular Plan

380kcal

Calories

46g

Protein

28g

Carbs

9g

Fat

### Large Plan

535kcal

Calories

61g

Protein

40g

Carbs

15g

Fat

## Turmeric Chicken



WITH BROWN RICE AND LADY FINGER

DINNER

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

## PEANUT BUTTER CHOCOLATE COOKIE



## Peranakan Curry Chicken



with Basmati Rice, Cauliflower, and Lady Finger

LUNCH

### Regular Plan

445kcal

Calories

41g

Protein

35g

Carbs

16g

Fat

### Large Plan

650kcal

Calories

61g

Protein

50g

Carbs

23g

Fat

Monday  
21  
JUL 2025

## Chicken Patties



with Mashed potatoes, Tomato Sauce, Sauté 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

SNACK

Images are for illustration only.

### Regular Plan

125kcal

Calories

4g

Protein

2g

Carbs

11g

Fat

### Large Plan

125kcal

Calories

4g

Protein

2g

Carbs

11g

Fat

## Peanut Butter Chocolate Energy Bites





Tuesday  
22

JUL 2025

## Cajun Chicken



WITH TOMATO SOUP, AVOCADO, MIXED BEANS, AND FETA CHEESE

SNACK

Images are for illustration only.

### 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

### Regular Plan

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

### Large Plan

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

DINNER

## TOFU CHOCOLATE BROWNIE



### Regular Plan

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

### Large Plan

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

LUNCH

## MALA CHICKEN



WITH BROWN RICE AND HONEY SOY MIX VEGGIES

### Regular Plan

375kcal  
Calories  
44g  
Protein  
21g  
Carbs  
13g  
Fat

### Large Plan

565kcal  
Calories  
58g  
Protein  
41g  
Carbs  
19g  
Fat

### Regular Plan

450kcal  
Calories  
43g  
Protein  
34g  
Carbs  
16g  
Fat

### Large Plan

655kcal  
Calories  
63g  
Protein  
49g  
Carbs  
23g  
Fat

## Herb Chicken



WITH ROASTED HERB VEGGIES QUINOA SALAD

DINNER

Wednesday  
23

JUL 2025

SNACK

Images are for illustration only.

### Regular Plan

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

### Large Plan

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

Thursday  
24

JUL 2025

### Regular Plan

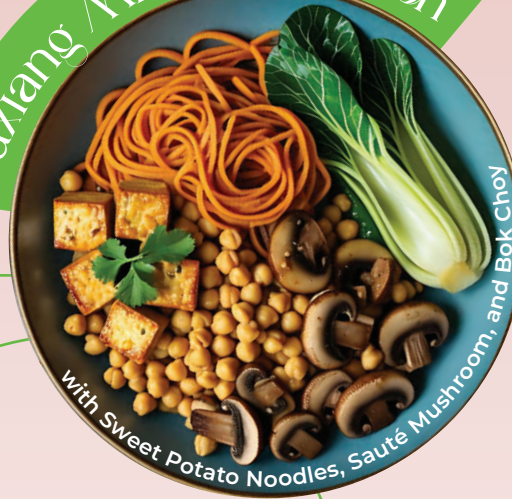
440kcal  
Calories  
35g  
Carbs  
39g  
Protein  
16g  
Fat

### Large Plan

635kcal  
Calories  
49g  
Carbs  
56g  
Protein  
24g  
Fat

LUNCH

## Yuziang Minced Chicken



With Sweet Potato Noodles, Sauté Mushroom, and Bok Choy

### Regular Plan

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

### Large Plan

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

## Lemon Barramundi Fish



With Fresh Herb, Roasted Potatoes, and French Beans

SNACK

Images are for  
illustration only.

### Regular Plan

120kcal  
Calories  
4g  
Protein  
4g  
Carbs  
10g  
Fat

### Large Plan

120kcal  
Calories  
4g  
Protein  
4g  
Carbs  
10g  
Fat

## PISTACHIO AND DATES ENERGY BITES



## GREEN CURRY CHICKEN



With Basmati Rice, Eggplants, and Long Beans

LUNCH

### Regular Plan

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

### Large Plan

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

Friday  
25

JUL 2025

### Regular Plan

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

### Large Plan

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

## Overnight Oats



With Roasted Apple and Chia Seeds

## Chicken Balls



With Sweet Potatoes, Baked Spinach Egg, Broccoli, and House Made Chili Sauce

DINNER

SNACK

Images are for  
illustration only.

### Regular Plan

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

### Large Plan

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