

Balanced Menu

A close-up photograph of a chef's hand using a metal garnish tool to place a slice of red chili pepper on a dish. The dish is served in a black tray and consists of white rice, yellow corn, green beans, and other vegetables. The background is blurred, showing more of the kitchen or dining area.

Dear guests

As a chef deeply passionate about both culinary excellence and personal well-being, I embarked on a mission to redefine the conventional approach to weight loss. Inspired by the desire to debunk the myth that healthy eating equals bland or uninspiring meals, I set out to create a menu that marries the elegance of gourmet cuisine with the principles of nutrition.

My journey toward developing this menu was fueled by a dedication to innovation and a commitment to accessibility. Drawing upon my culinary expertise and collaborating with nutritionists, I meticulously curated a selection of recipes that prioritize wholesome ingredients, balanced flavors, and portion control.

This Weight Loss Menu stands out amidst a sea of fad diets and quick-fix solutions by offering a sustainable approach to weight management. By focusing on the art of cooking and the science of nutrition, we empower individuals to cultivate a healthy relationship with food, one delicious meal at a time.

Together, let's savor the joy of gourmet dining while nurturing our bodies from within.

- Chef Ken

Monday
01

JUL 2024

LUNCH

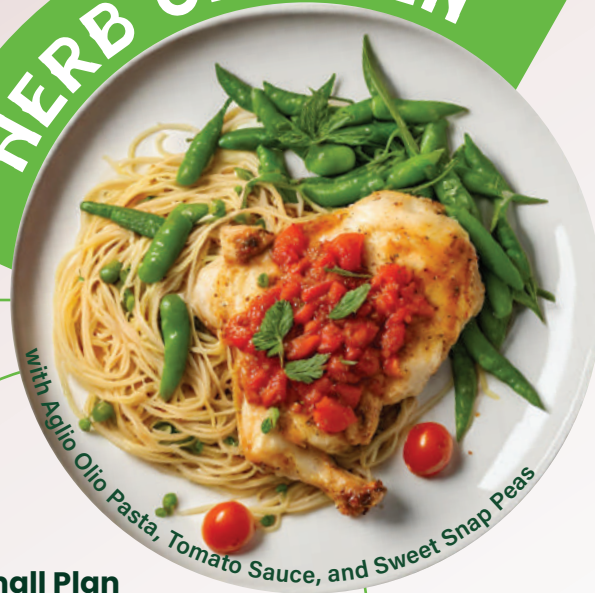
Small Plan

720kcal
Calories 54g
Protein
72g 24g
Carbs Fat

Medium Plan

890kcal
Calories 67g
Protein
89g 30g
Carbs Fat

HERB CHICKEN



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

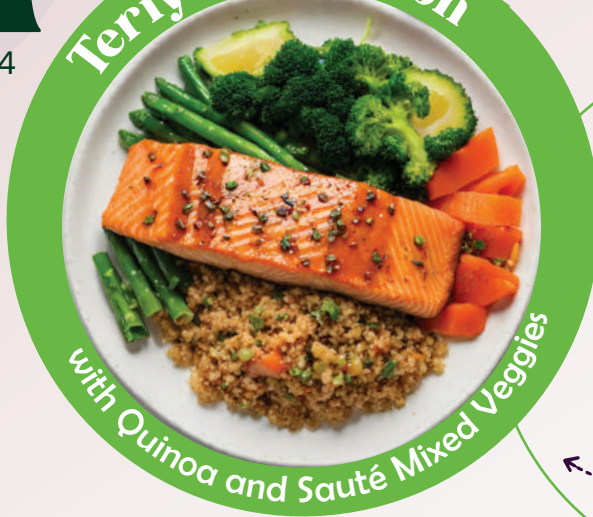
Small Plan

555kcal 45g 53g 18g
Calories Protein Carbs Fat

Medium Plan

795kcal 64g 76g 26g
Calories Protein Carbs Fat

Teriyaki Salmon



with Quinoa and Sauté Mixed Veggies

SNACK

Small Plan

120kcal 6g 6g 8g
Calories Protein Carbs Fat

Medium Plan

120kcal 6g 6g 8g
Calories Protein Carbs Fat

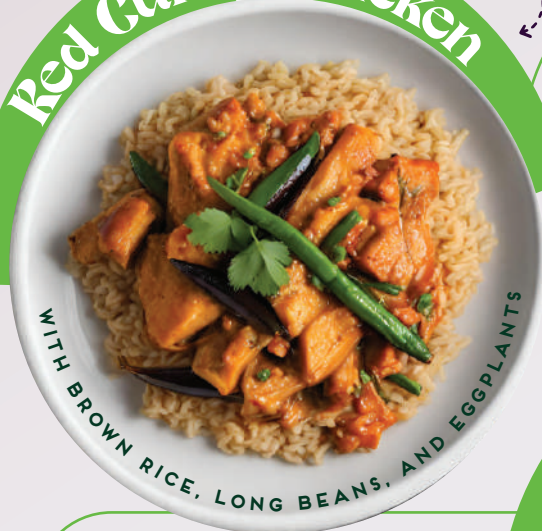
Cumin Carrot Soup



DINNER

LUNCH

Red Curry Chicken



WITH BROWN RICE, LONG BEANS, AND EGGPLANTS

Small Plan

685kcal 47g 74g 23g
Calories Protein Carbs Fat

Medium Plan

910kcal 62g 98g 30g
Calories Protein Carbs Fat

Tuesday
02

JUL 2024

Salmon Chicken Balls



With Cauliflower Rice and Spinach Egg

DINNER

Small Plan

540kcal 54g 51g 14g
Calories Protein Carbs Fat

Medium Plan

705kcal 70g 66g 18g
Calories Protein Carbs Fat

TOFU CHOCOLATE BROWNIE



SNACK

Small Plan

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

Medium Plan

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

Wednesday 03

JUL 2024

LUNCH

Small Plan

670kcal
Calories
67g
Carbs
52g
Protein
22g
Fat

Medium Plan

880kcal
Calories
87g
Carbs
68g
Protein
29g
Fat

Yakniku Minced Beef



With Brown Rice, Edamame, and Kimchi

PERI PERI CHICKEN



with Roasted Potato and Herb Veggies

Small Plan

610kcal
Calories
54g
Protein
59g
Carbs
17g
Fat

Medium Plan

800kcal
Calories
70g
Protein
78g
Carbs
23g
Fat

DINNER

SNACK

PEANUT BUTTER CHOCOLATE ENERGY BITES



Small Plan

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

Medium Plan

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

LUNCH

Basil Minced Chicken



with Brown Rice, Soy Egg, and Kaulan

Small Plan

635kcal
Calories
52g
Protein
61g
Carbs
20g
Fat

Medium Plan

830kcal
Calories
68g
Protein
80g
Carbs
27g
Fat

Thursday 04

JUL 2024

BAKED LEMONGRASS BARRAMUNDI



with Cajun Roasted Sweet Potato and Broccoli

Small Plan

590kcal
Calories
54g
Protein
53g
Carbs
18g
Fat

Medium Plan

785kcal
Calories
72g
Protein
70g
Carbs
24g
Fat

DINNER

Low Fat Cheesecake



Small Plan

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

Medium Plan

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

SNACK

Friday
05

JUL 2024

Small Plan

635kcal
Calories 46g
Protein
64g
Carbs 22g
Fat

Medium Plan

855kcal
Calories 62g
Protein
86g
Carbs 29g
Fat

LUNCH

Lamb Kofta



WITH COUSCOUS, MINT YOGHURT, CUCUMBER, AND TOMATO SALAD

Turmeric Chicken



WITH BROWN RICE AND LADY FINGER

Small Plan

575kcal 48g 59g 17g
Calories Protein Carbs Fat

Medium Plan

765kcal 64g 78g 22g
Calories Protein Carbs Fat

DINNER

PEANUT BUTTER CHOCOLATE COOKIE



SNACK

Small Plan

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

Medium Plan

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

LUNCH

Peranakan Curry Chicken



With Basmati Rice, Cauliflower, and Lady Finger

Small Plan

660kcal 49g 67g 22g
Calories Protein Carbs Fat

Medium Plan

795kcal 60g 81g 26g
Calories Protein Carbs Fat

Monday
08

JUL 2024

Beef Meatballs



With Mashed Potatoes, Tomato Sauce, Saute Green Peas, and Carrot

DINNER

Small Plan

610kcal 52g 55g 20g
Calories Protein Carbs Fat

Medium Plan

760kcal 65g 68g 25g
Calories Protein Carbs Fat

PEANUT BUTTER CHOCOLATE ENERGY BITES



Small Plan

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

Medium Plan

240kcal 6g 8g 16g
Calories Protein Carbs Fat

SNACK

Tuesday

09

JUL 2024

LUNCH

Small Plan

665kcal
Calories

50g
Protein

66g
Carbs

23g
Fat

Medium Plan

885kcal
Calories

66g
Protein

88g
Carbs

30g
Fat

Sambal Prawns and Squids



WITH BROWN RICE, TOFU, AND SHANGHAI GREEN

Cajun Chicken



with Tomato Soup, Avocado, Mixed Beans, and Feta Cheese

Small Plan

560kcal
Calories

53g
Protein

33g
Carbs

24g
Fat

Medium Plan

725kcal
Calories

68g
Protein

43g
Carbs

31g
Fat

DINNER

SNACK

Small Plan

185kcal
Calories

8g
Protein

20g
Carbs

8g
Fat

Medium Plan

185kcal
Calories

8g
Protein

20g
Carbs

8g
Fat

TOFU CHOCOLATE BROWNIE



LUNCH

YAKINIKU MINCED BEEF



WITH RICE NOODLES, KIMCHI, AND EDAMAME

Small Plan

665kcal
Calories

52g
Protein

65g
Carbs

22g
Fat

Medium Plan

895kcal
Calories

70g
Protein

88g
Carbs

29g
Fat

Wednesday

10

JUL 2024

Herb Chicken



With Roasted Herb Quinoa Salad, Pomegranate, and Honey Citrus Dressing

DINNER

CARROT CAKE



with Cashew Frosting

Small Plan

180kcal
Calories

8g
Protein

19g
Carbs

8g
Fat

Medium Plan

180kcal
Calories

8g
Protein

19g
Carbs

8g
Fat

SNACK

Thursday



JUL 2024

Small Plan

640kcal
Calories
46g
Protein
65g
Carbs
22g
Fat

Medium Plan

775kcal
Calories
56g
Protein
79g
Carbs
26g
Fat

LUNCH

Yuxiang Minced Chicken



With Brown Rice, Saute Mushroom, and Bok Choy

Small Plan

645kcal
Calories
57g
Protein
57g
Carbs
21g
Fat

Medium Plan

775kcal
Calories
68g
Protein
68g
Carbs
25g
Fat

Lemon Barramundi Fish



With Fresh Herb, Roasted Potatoes, and French Beans

SNACK

Small Plan

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

Medium Plan

240kcal
Calories
8g
Protein
8g
Carbs
20g
Fat

PISTACHIO AND DATES ENERGY BITES



DINNER

GREEN CURRY CHICKEN



With Basmati Rice, Eggplants, and Long Beans

LUNCH

Small Plan

690kcal
Calories
52g
Protein
68g
Carbs
23g
Fat

Medium Plan

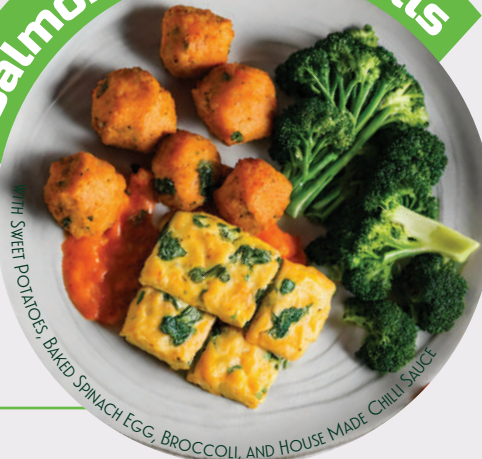
930kcal
Calories
70g
Protein
92g
Carbs
31g
Fat

Friday

12

JUL 2024

Salmon Chicken Balls



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

DINNER

Overnight Oats



With Roasted Apple and Chia Seeds

Small Plan

560kcal
Calories
45g
Protein
49g
Carbs
20g
Fat

Medium Plan

735kcal
Calories
59g
Protein
65g
Carbs
27g
Fat

Small Plan

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

Medium Plan

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

SNACK

Monday 15

JUL 2024

LUNCH

Small Plan

705kcal
Calories

47g
Protein

72g
Carbs

26g
Fat

Medium Plan

915kcal
Calories

60g
Protein

94g
Carbs

33g
Fat

BEEF AND RED KIDNEY BEANS CHILLI CON CARNE



With Brown Rice and Saute Green Peas

Small Plan

525kcal
Calories

46g
Protein

55g
Carbs

13g
Fat

Medium Plan

705kcal
Calories

62g
Protein

74g
Carbs

18g
Fat

PERI PERI TILAPIA



With Roasted Potatoes, French Beans, and Carrot

SNACK

Small Plan

175kcal
Calories

5g
Protein

16g
Carbs

10g
Fat

Medium Plan

175kcal
Calories

5g
Protein

16g
Carbs

10g
Fat

GLUTEN FREE BANANA BREAD



DINNER

LUNCH

GONG BAO CHICKEN



With Brown Rice, Spicy Eggplant, and Garlic Choy Sum

Small Plan

660kcal
Calories

53g
Protein

62g
Carbs

23g
Fat

Medium Plan

880kcal
Calories

70g
Protein

82g
Carbs

30g
Fat

Tuesday 16

JUL 2024

Basil Minced Chicken



WITH RICE NOODLES, SHREDDED CUCUMBER, AND CARROT

DINNER

Small Plan

560kcal
Calories

42g
Protein

55g
Carbs

19g
Fat

Medium Plan

730kcal
Calories

55g
Protein

72g
Carbs

25g
Fat

TOFU CHOCOLATE BROWNIE



Small Plan

185kcal
Calories

8g
Protein

20g
Carbs

8g
Fat

Medium Plan

185kcal
Calories

8g
Protein

20g
Carbs

8g
Fat

SNACK

Wednesday
17
JUL 2024

Small Plan

700kcal
Calories
72g
Carbs
59g
Protein
20g
Fat

Medium Plan

885kcal
Calories
91g
Carbs
74g
Protein
25g
Fat

LUNCH

Turmeric Chicken Nasi Lemak



with Basmati Rice, Boiled Egg, and Cucumber

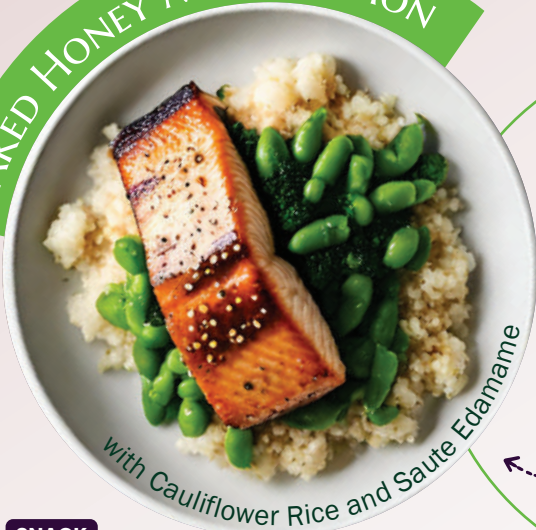
Small Plan

540kcal
Calories
52g
Protein
30g
Carbs
16g
Fat

Medium Plan

705kcal
Calories
68g
Protein
40g
Carbs
30g
Fat

BAKED HONEY MISO SALMON



with Cauliflower Rice and Saute Edamame

SNACK

Small Plan

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

Medium Plan

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

LOW FAT CHEESECAKE



Seafood Tom Yam



with Brown Rice Noodles, Beansprouts, and Long Beans

LUNCH

Small Plan

630kcal
Calories
45g
Protein
64g
Carbs
22g
Fat

Medium Plan

825kcal
Calories
59g
Protein
84g
Carbs
29g
Fat

Thursday
18
JUL 2024

Small Plan

610kcal
Calories
54g
Protein
62g
Carbs
17g
Fat

Medium Plan

815kcal
Calories
72g
Protein
82g
Carbs
22g
Fat

HERB CHICKEN BREAST



with Spaghetti Aglio Olio, Roasted Veggies, and Tomato

DINNER

Peanut Butter Chocolate Cookie



Small Plan

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

Medium Plan

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

SNACK

Friday
19

JUL 2024

LUNCH

Small Plan

645kcal
Calories 51g
Protein
68g
Carbs 19g
Fat

Medium Plan

880kcal
Calories 63g
Protein
85g
Carbs 23g
Fat

Lemongrass Barramundi



with Brown Rice, Stew Tofu, Bittergourd, and Red Capsicum

Small Plan

635kcal 48g 52g 26g
Calories Protein Carbs Fat

Medium Plan

765kcal 58g 63g 32g
Calories Protein Carbs Fat

Coconut Chicken



WITH QUINOA, CAULIFLOWER, AND SWEET POTATOES

SNACK

Small Plan

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

Medium Plan

240kcal 8g 16g 16g
Calories Protein Carbs Fat

Chocolate Hazelnut Energy Bites



LUNCH

Beef Bulgogi



with Sweet Potato Noodles, Spinach and Shredded Carrot

Small Plan

640kcal 48g 64g 22g
Calories Protein Carbs Fat

Medium Plan

820kcal 61g 81g 28g
Calories Protein Carbs Fat

Monday
22

JUL 2024

GONG BAD CHICKEN



with Brown Rice, Spicy Eggplant, and Garlic Boy Choy

DINNER

Small Plan

585kcal 45g 59g 19g
Calories Protein Carbs Fat

Medium Plan

730kcal 56g 74g 23g
Calories Protein Carbs Fat

Peanut Butter Chocolate Cookie



Small Plan

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

Medium Plan

240kcal 6g 18g 16g
Calories Protein Carbs Fat

SNACK

Tuesday 23

JUL 2024

LUNCH

Small Plan

640kcal
Calories 48g
Protein
64g 23g
Carbs Fat

Medium Plan

840kcal
Calories 63g
Protein
84g 29g
Carbs Fat

HERB CHICKEN



With Roasted Potato, French Beans, and Harissa Sauce

Small Plan

620kcal 52g 61g 19g
Calories Protein Carbs Fat

Medium Plan

815kcal 68g 80g 25g
Calories Protein Carbs Fat

Beef Bolognese



WITH PASTA, MIXED MUSHROOMS, AND GREEN PEAS

SNACK

Small Plan

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

Medium Plan

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

MANGO CHIA SEEDS PUDDING



DINNER

LUNCH

CHICKEN RENDANG



with Coconut Basmati Rice and Roasted Cauliflower

Small Plan

685kcal 49g 67g 25g
Calories Protein Carbs Fat

Medium Plan

920kcal 66g 90g 33g
Calories Protein Carbs Fat

Wednesday 24

JUL 2024

Small Plan

535kcal 48g 53g 15g
Calories Protein Carbs Fat

Medium Plan

700kcal 62g 68g 20g
Calories Protein Carbs Fat

Fresh Herb and Lemon Barramundi Fish



With Cajun Roasted Sweet Potato and Herb Veggies

DINNER

GLUTEN FREE BANANA BREAD



Small Plan

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

Medium Plan

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

SNACK

Thursday 25

JUL 2024

LUNCH

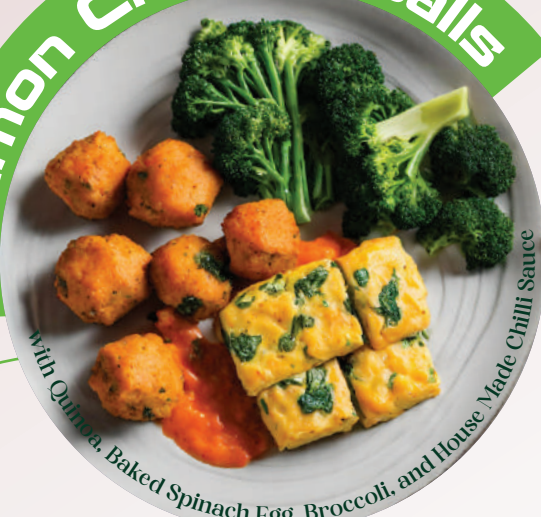
Small Plan

645kcal
Calories
59g
Carbs
53g
Protein
23g
Fat

Medium Plan

840kcal
Calories
76g
Carbs
68g
Protein
29g
Fat

Salmon Chicken Balls



Small Plan

590kcal
Calories
59g
Protein
42g
Carbs
21g
Fat

Medium Plan

790kcal
Calories
78g
Protein
56g
Carbs
28g
Fat

PERI PERI CHICKEN



With Cauliflower Rice and Braised Purple Cabbage

SNACK

Small Plan

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

Medium Plan

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

LOW FAT CHEESECAKE



LUNCH

Lamb Kofta



WITH COUSCOUS, MINT YOGHURT, CUCUMBER AND TOMATO SALAD

Small Plan

690kcal
Calories
52g
Protein
68g
Carbs
23g
Fat

Medium Plan

835kcal
Calories
63g
Protein
82g
Carbs
28g
Fat

Friday 26

JUL 2024

Basil Minced Chicken



With Brown Rice, Soy Egg, and Kailan

DINNER

Small Plan

585kcal
Calories
51g
Protein
49g
Carbs
20g
Fat

Medium Plan

785kcal
Calories
61g
Protein
60g
Carbs
25g
Fat

Peanut Butter Chocolate Energy Bites



Small Plan

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

Medium Plan

250kcal
Calories
8g
Protein
6g
Carbs
22g
Fat

SNACK