

# 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 on a dish. The dish is served in a black rectangular pan and contains a bed of white rice 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!

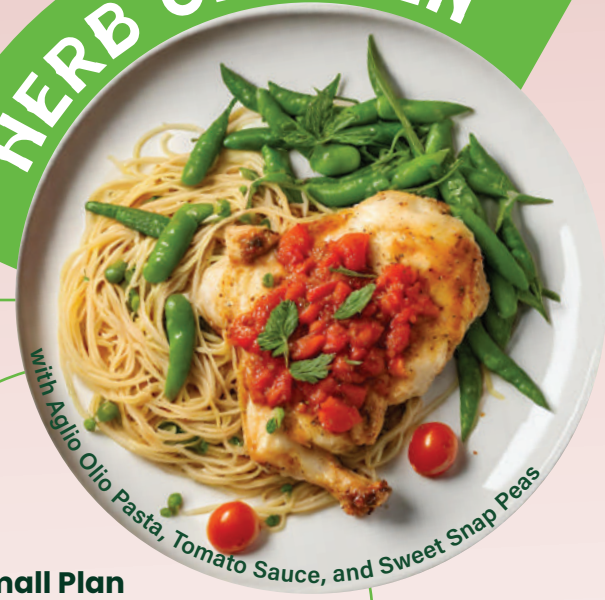
- Chef Ken

# HIGH PROTEIN

Monday  
**01**  
JUL 2024

LUNCH

## HERB CHICKEN



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

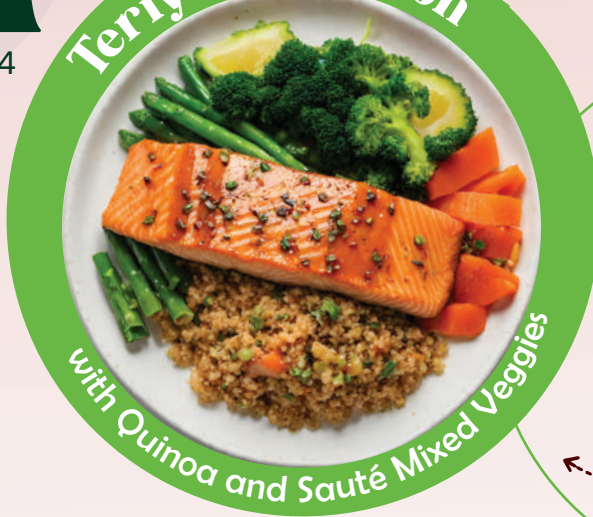
### Small Plan

470kcal  
Calories  
36g  
Carbs  
43g  
Protein  
17g  
Fat

### Medium Plan

695kcal  
Calories  
52g  
Carbs  
65g  
Protein  
25g  
Fat

## Teriyaki Salmon



With Quinoa and Sauté Mixed Veggies

SNACK

### Small Plan

415kcal  
Calories  
41g  
Protein  
29g  
Carbs  
15g  
Fat

### Medium Plan

590kcal  
Calories  
58g  
Protein  
40g  
Carbs  
22g  
Fat

DINNER

## Cumin Carrot Soup



### Small Plan

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

### Medium Plan

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

LUNCH

## Red Curry Chicken



With Brown Rice, Long Beans, and Eggplants

### Small Plan

440kcal  
Calories  
37g  
Protein  
37g  
Carbs  
16g  
Fat

### Medium Plan

655kcal  
Calories  
56g  
Protein  
55g  
Carbs  
24g  
Fat

Tuesday  
**02**  
JUL 2024

### Small Plan

380kcal  
Calories  
48g  
Protein  
26g  
Carbs  
9g  
Fat

### Medium Plan

545kcal  
Calories  
65g  
Protein  
38g  
Carbs  
15g  
Fat

## Salmon Chicken Balls



With Cauliflower Rice and Spinach Egg

DINNER

## 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 03

JUL 2024

LUNCH

### Small Plan

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

### Medium Plan

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

## Yakniku Minced Beef



With Brown Rice, Edamame, and Kimchi

## PERI PERI CHICKEN



with Roasted Potato and Herb Veggies

### Small Plan

415kcal  
Calories  
44g  
Protein  
31g  
Carbs  
13g  
Fat

### Medium Plan

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

DINNER

## PEANUT BUTTER CHOCOLATE ENERGY BITES



SNACK

### 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

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

### Medium Plan

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

# Thursday 04

JUL 2024

## BAKED LEMONGRASS BARRAMUNDI



with Cajun Roasted Sweet Potato and Broccoli

DINNER

### Small Plan

390kcal  
Calories  
43g  
Protein  
26g  
Carbs  
13g  
Fat

### Medium Plan

585kcal  
Calories  
65g  
Protein  
39g  
Carbs  
19g  
Fat

## Low Fat Cheesecake



SNACK

### Small Plan

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

### Medium Plan

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

# Friday 05

JUL 2024

### Small Plan

425kcal  
Calories      38g  
Protein  
33g  
Carbs          16g  
Fat

### Medium Plan

635kcal  
Calories      59g  
Protein  
48g  
Carbs          23g  
Fat

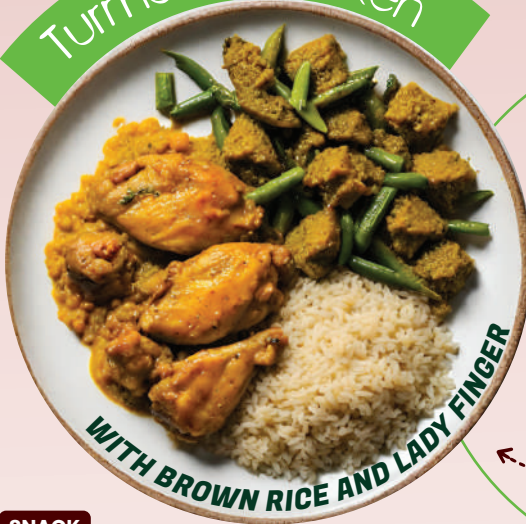
LUNCH

## Lamb Kofta



WITH COUSCOUS, MINT YOGHURT, CUCUMBER, AND TOMATO SALAD

## Turmeric Chicken



WITH BROWN RICE AND LADY FINGER

### Small Plan

390kcal    41g    31g    12g  
Calories    Protein    Carbs    Fat

### Medium Plan

580kcal    61g    44g    18g  
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

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

### Medium Plan

660kcal    64g    50g    23g  
Calories    Protein    Carbs    Fat

# Monday 08

JUL 2024

## Beef Meatballs



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

DINNER

### Small Plan

420kcal    43g    29g    15g  
Calories    Protein    Carbs    Fat

### Medium Plan

655kcal    66g    41g    25g  
Calories    Protein    Carbs    Fat

SNACK

## Peanut Butter Chocolate Energy Bites



### Small Plan

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

### Medium Plan

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

- HIGH PROTEIN - HIGH PROTEIN

# Tuesday

# 09

JUL 2024

LUNCH

### Small Plan

430kcal  
Calories

40g  
Protein

33g  
Carbs

16g  
Fat

### Medium Plan

650kcal  
Calories

59g  
Protein

50g  
Carbs

24g  
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

385kcal  
Calories

42g  
Protein

17g  
Carbs

17g  
Fat

### Medium Plan

580kcal  
Calories

63g  
Protein

25g  
Carbs

25g  
Fat

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

450kcal  
Calories

43g  
Protein

34g  
Carbs

16g  
Fat

### Medium Plan

655kcal  
Calories

63g  
Protein

49g  
Carbs

23g  
Fat

# Wednesday

# 10

JUL 2024

## Herb Chicken



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

DINNER

### Small Plan

375kcal  
Calories

44g  
Protein

21g  
Carbs

13g  
Fat

### Medium Plan

535kcal  
Calories

52g  
Protein

41g  
Carbs

18g  
Fat

## 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

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

### Medium Plan

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

LUNCH

## Yuxiang Minced Chicken



With Brown Rice, Saute Mushroom, and Bok Choy

### Small Plan

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

### Medium Plan

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

## Lemon Barramundi Fish



With Fresh Herb, Roasted Potatoes, and French Beans

SNACK

### Small Plan

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

### Medium Plan

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

DINNER

## PISTACHIO AND DATES ENERGY BITES



## GREEN CURRY CHICKEN



With Basmati Rice, Eggplants, and Long Beans

LUNCH

### Small Plan

465kcal 43g 35g 17g  
Calories Protein Carbs Fat

### Medium Plan

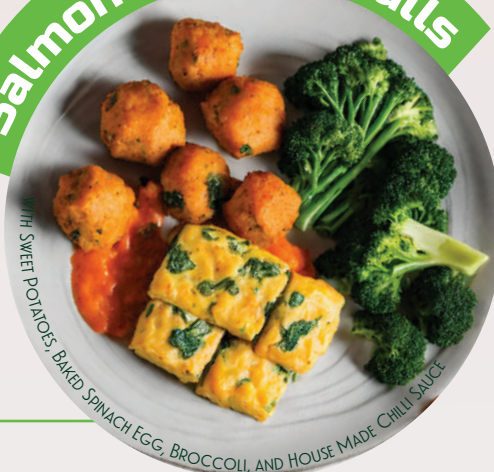
675kcal 63g 51g 24g  
Calories Protein Carbs Fat

# 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

SNACK

### Small Plan

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

### Medium Plan

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

Monday  
15

JUL 2024

LUNCH

**Small Plan**

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

**Medium Plan**

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

BEEF AND RED KIDNEY BEANS CHILLI CON CARNE



with Brown Rice and Saute Green Peas

**Small Plan**

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

**Medium Plan**

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

PERI PERI TILAPIA



with Roasted Potatoes, French Beans, and Carrot

DINNER

GLUTEN FREE BANANA BREAD



SNACK

**Small Plan**

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

**Medium Plan**

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

LUNCH

GONG BAD CHICKEN



with Brown Rice, Spicy Eggplant, and Garlic Choy Sum

**Small Plan**

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

**Medium Plan**

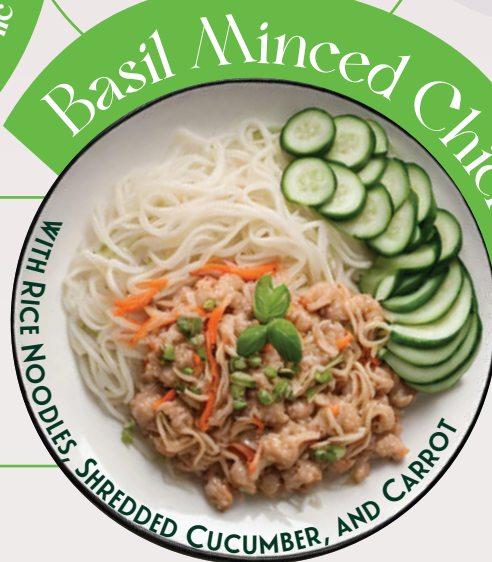
650kcal      63g      46g      24g  
Calories      Protein      Carbs      Fat

Tuesday

16

JUL 2024

Basil Minced Chicken



WITH RICE NOODLES, SHREDDED CUCUMBER, AND CARROT

DINNER

**Small Plan**

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

**Medium Plan**

575kcal      50g      41g      23g  
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

# 17

JUL 2024

### Small Plan

455kcal  
Calories

47g  
Protein

36g  
Carbs

14g  
Fat

### Medium Plan

680kcal  
Calories

70g  
Protein

54g  
Carbs

20g  
Fat

LUNCH

## Turmeric Chicken Nasi Lemak



with Basmati Rice, Boiled Egg, and Cucumber

### Small Plan

385kcal  
Calories

43g  
Protein

16g  
Carbs

17g  
Fat

### Medium Plan

560kcal  
Calories

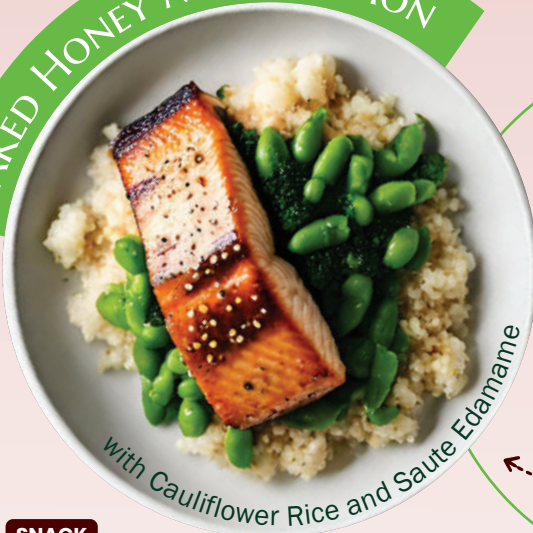
63g  
Protein

23g  
Carbs

24g  
Fat

DINNER

## 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

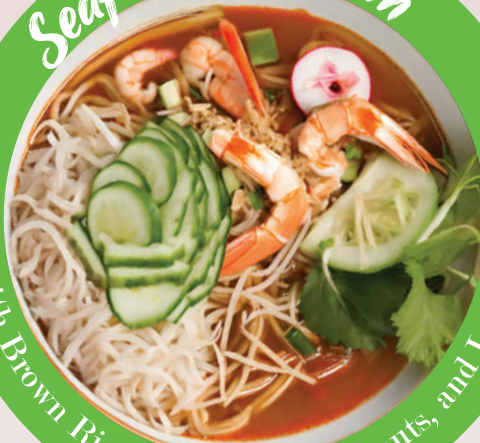
14g  
Carbs

9g  
Fat

## LOW FAT CHEESECAKE



## Seafood Tom Yam



with Brown Rice Noodles, Beansprouts, and Long Beans

LUNCH

### Small Plan

430kcal  
Calories

39g  
Protein

33g  
Carbs

16g  
Fat

### Medium Plan

610kcal  
Calories

53g  
Protein

48g  
Carbs

23g  
Fat

# Thursday

# 18

JUL 2024

## HERB CHICKEN BREAST



with Spaghetti Aglio Olio, Roasted Veggies, and Tomato

DINNER

### Small Plan

400kcal  
Calories

43g  
Protein

31g  
Carbs

12g  
Fat

### Medium Plan

625kcal  
Calories

65g  
Protein

46g  
Carbs

20g  
Fat

## Peanut Butter Chocolate Cookie



SNACK

### Small Plan

160kcal  
Calories

7g  
Protein

6g  
Carbs

12g  
Fat

### Medium Plan

160kcal  
Calories

7g  
Protein

6g  
Carbs

12g  
Fat

# Friday 19

JUL 2024

### Small Plan

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

### Medium Plan

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

LUNCH

## Lemongrass Barramundi



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

### Small Plan

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

### Medium Plan

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

## Coconut Chicken



WITH QUINOA, CAULIFLOWER, AND SWEET POTATOES

SNACK

### Small Plan

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

### Medium Plan

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

## Chocolate Hazelnut Energy Bites



LUNCH

## Beef Bulgogi



with Sweet Potato Noodles, Spinach and Shredded Carrot

### Small Plan

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

### Medium Plan

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

# Monday 22

JUL 2024

### Small Plan

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

### Medium Plan

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

## GONG BAD CHICKEN



with Brown Rice, Spicy Eggplant, and Garlic Boy Choy

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

# Tuesday 23

JUL 2024

LUNCH

### Small Plan

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

### Medium Plan

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

HERB CHICKEN



With Roasted Potato, French Beans, and Harissa Sauce

### Small Plan

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

### Medium Plan

630kcal    63g    46g    22g  
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



LUNCH

CHICKEN RENDANG



with Coconut Basmati Rice and Roasted Cauliflower

### Small Plan

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

### Medium Plan

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

# Wednesday 24

JUL 2024

### Small Plan

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

### Medium Plan

560kcal    58g    42g    18g  
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

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

### Medium Plan

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



### Small Plan

485kcal  
Calories  
47g  
Protein  
21g  
Carbs  
15g  
Fat

### Medium Plan

605kcal  
Calories  
70g  
Protein  
32g  
Carbs  
22g  
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

465kcal  
Calories  
43g  
Protein  
35g  
Carbs  
17g  
Fat

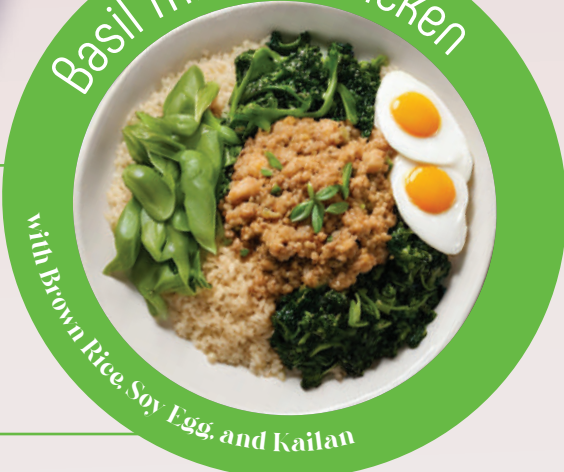
### Medium Plan

675kcal  
Calories  
63g  
Protein  
51g  
Carbs  
24g  
Fat

# Friday 26

JUL 2024

## Basil Minced Chicken



With Brown Rice, Soy Egg, and Kailan

DINNER

### Small Plan

400kcal  
Calories  
42g  
Protein  
26g  
Carbs  
15g  
Fat

### Medium Plan

585kcal  
Calories  
61g  
Protein  
37g  
Carbs  
21g  
Fat

## Peanut Butter Chocolate Energy Bites



### Small Plan

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

### Medium Plan

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

SNACK