

High Protein Menu



YoloPlans

A close-up photograph of a chef's hand using a metal knife to garnish a dish. The dish is served in a black rectangular pan and contains white rice, yellow corn, green beans, and sliced red and green peppers. The chef is wearing a white chef's hat and a white apron. The background is blurred, showing a kitchen setting with various ingredients and dishes.

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
29
JUL 2024

LUNCH

Regular Plan

450kcal
Calories

40g
Protein

33g
Carbs

18g
Fat

Large Plan

675kcal
Calories

59g
Protein

50g
Carbs

27g
Fat

Teriyaki Salmon



with Brown Rice, Kimchi, and Edamame

Regular Plan

415kcal
Calories

50g
Protein

26g
Carbs

13g
Fat

Large Plan

605kcal
Calories

73g
Protein

37g
Carbs

18g
Fat

HERB CHICKEN



with Kale Quinoa Salad and Baked Pumpkin

DINNER

SNACK

Regular Plan

120kcal
Calories

6g
Protein

6g
Carbs

8g
Fat

Large Plan

120kcal
Calories

6g
Protein

6g
Carbs

8g
Fat

Chocolate Hazelnut Energy Bites



LUNCH

Regular Plan

455kcal
Calories

46g
Protein

31g
Carbs

17g
Fat

Large Plan

660kcal
Calories

66g
Protein

45g
Carbs

24g
Fat

Turmeric Chicken Nasi Lemak



with Coconut Basmati Rice, Hard Boiled Egg, and Cucumber

Regular Plan

365kcal
Calories

38g
Protein

27g
Carbs

12g
Fat

Large Plan

550kcal
Calories

58g
Protein

41g
Carbs

17g
Fat

Tuesday
30
JUL 2024

Seafood Tom Yam



with Brown Rice Noodles, Beansprouts, and Cucumber

DINNER

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

Wednesday
31
JUL 2024

Regular Plan

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

Large Plan

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

LUNCH

Beef Meatball



WITH AGLIO OILIO PASTA AND MIXED VEGGIES

Regular Plan

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

Large Plan

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

Green Curry Chicken



with Basmati Rice, Eggplants, and Long Beans

SNACK

Regular Plan

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

Large Plan

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

DINNER

GLUTEN FREE BANANA BREAD



CHICKEN THIGH CHUNKS



WITH BROWN RICE PAELLA, PRAWNS, SOUPS, AND SIDE SALAD

LUNCH

Regular Plan

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

Large Plan

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

Thursday
01
AUG 2024

PERI PERI CHICKEN



with Roasted Potato and Herb Veggies

Regular Plan

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

Large Plan

625kcal
Calories
65g
Protein
46g
Carbs
20g
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

SNACK

Friday 02

AUG 2024

Regular Plan

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

Large Plan

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

LUNCH

Yakiniku Minced Beef

With Brown Rice, Edamame, and Kimchi



Regular Plan

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

Large Plan

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

Lemongrass Barramundi Fish

With RICE NOODLES, BEANSPROUTS, SPINACH, AND CLEAR CHICKEN BROTH



SNACK

Regular Plan

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

Large Plan

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

Pistachio and Dates Energy Bites



GONG BAO CHICKEN

With Brown Rice, Spicy Eggplant, and Cucumber Salad



LUNCH

Regular Plan

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

Large Plan

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

Monday 05

AUG 2024

Regular Plan

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

Large Plan

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

HARISSA ROASTED TILAPIA

With Roasted Potato and French Beans



DINNER

Pistachios and Dates Energy Bites



Regular Plan

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

Large Plan

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

SNACK

Tuesday
06

AUG 2024

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

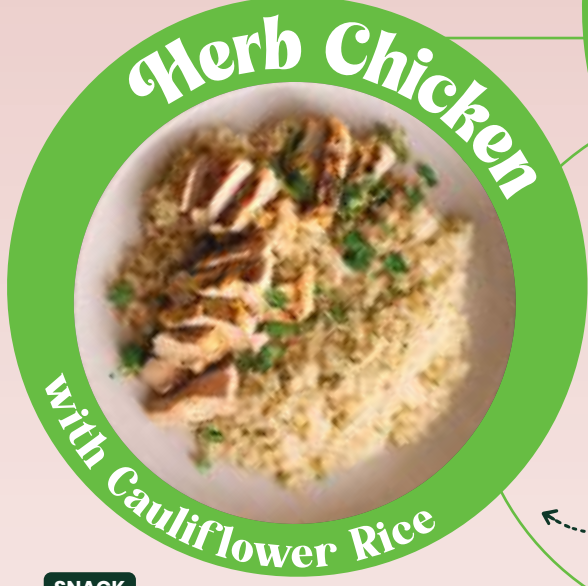
Regular Plan

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

Large Plan

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

DINNER



Herb Chicken

With Cauliflower Rice

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

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
07

AUG 2024

Regular Plan

395kcal
Calories
44g
Protein
29g
Carbs
12g
Fat

Large Plan

560kcal
Calories
57g
Protein
42g
Carbs
18g
Fat



Lemongrass Chicken

With Rice Vermicelli and Mixed Veggies Salad

DINNER

OATMEAL COOKIE



Regular Plan

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

Large Plan

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

SNACK

Monday
12

AUG 2024

LUNCH

Regular Plan

470kcal
Calories

43g
Protein

36g
Carbs

17g
Fat

Large Plan

685kcal
Calories

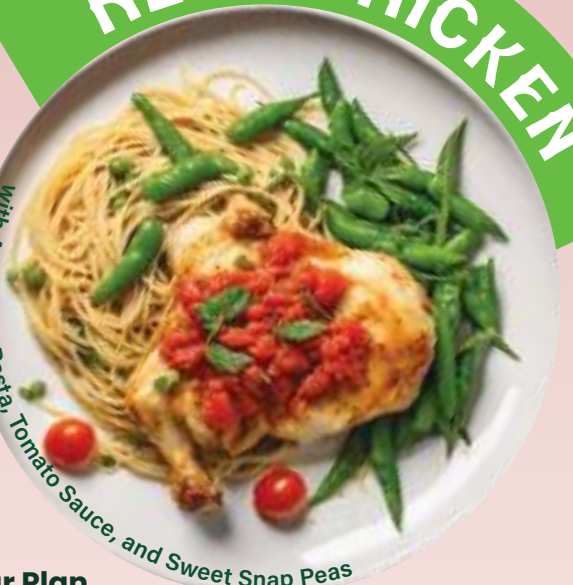
65g
Protein

52g
Carbs

24g
Fat

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

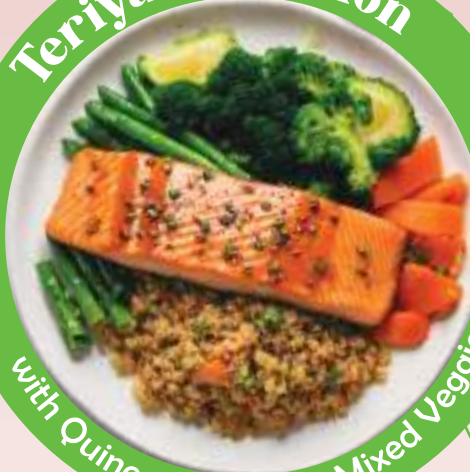
58g
Protein

40g
Carbs

22g
Fat

Teriyaki Salmon

with Quinoa and Sauté Mixed Veggies



DINNER

SNACK

Regular Plan

120kcal
Calories

4g
Protein

3g
Carbs

10g
Fat

Large Plan

120kcal
Calories

4g
Protein

3g
Carbs

10g
Fat

Chocolate Hazelnut Energy Bites



Red Curry Chicken

WITH BROWN RICE, LONG BEANS, AND EGGPLANTS



Regular Plan

445kcal
Calories

44g
Protein

32g
Carbs

16g
Fat

Large Plan

650kcal
Calories

63g
Protein

47g
Carbs

23g
Fat

Tuesday

13

AUG 2024

Salmon Chicken Balls

with Cauliflower Rice and Spinach Egg



DINNER

Regular Plan

385kcal
Calories

48g
Protein

20g
Carbs

13g
Fat

Large Plan

560kcal
Calories

66g
Protein

29g
Carbs

20g
Fat

TOFU CHOCOLATE BROWNIE



Regular Plan

185kcal
Calories

8g
Protein

20g
Carbs

8g
Fat

Large Plan

185kcal
Calories

8g
Protein

20g
Carbs

8g
Fat

SNACK

Wednesday
14
 AUG 2024

LUNCH

Regular Plan

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

Large Plan

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

Yakniku Minced Beef

With Brown Rice, Edamame, and Kimchi

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

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



DINNER

LUNCH

Basil Minced Chicken



With Brown Rice, Soy Egg, and Kailan

Regular Plan

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

Large Plan

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

Thursday
15
 AUG 2024

Regular Plan

395kcal
 Calories
 41g
 Protein
 26g
 Carbs
 14g
 Fat

Large Plan

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

BAKED LEMONGRASS BARRAMUNDI



With Cajun Roasted Sweet Potato and Broccoli

DINNER

Low Fat Cheesecake



Regular Plan

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

Large Plan

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

SNACK

Friday
16
AUG 2024

Regular Plan

415kcal
Calories
33g
Carbs
35g
Protein
16g
Fat

Large Plan

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

LUNCH

Lamb Kofta

WITH LEBNESE HLEEM, MINT YOGHURT, CUCUMBER, AND TOMATO SALAD



Turmeric Chicken



WITH BROWN RICE AND LADY FINGER

Regular Plan

410kcal
Calories
46g
Protein
31g
Carbs
12g
Fat

Large Plan

580kcal
Calories
61g
Protein
44g
Carbs
18g
Fat

DINNER

SNACK

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
19
AUG 2024

Beef Meatballs



with Mashed Potatoes, Tomato Sauce, Saute 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

PEANUT BUTTER CHOCOLATE ENERGY BITES



Regular Plan

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

Large Plan

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

SNACK

Tuesday 20

AUG 2024

LUNCH

Regular Plan

425kcal
Calories 40g
Protein
33g
Carbs 15g
Fat

Large Plan

635kcal
Calories 59g
Protein
50g
Carbs 22g
Fat

Sambal Prawns and Squids
WITH BROWN RICE, TOFU, AND SHANGHAI GREEN



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



Regular Plan

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

Large Plan

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

DINNER

SNACK

Regular Plan

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

Large Plan

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

TOFU CHOCOLATE BROWNIE



LUNCH

YAKINIKU MINCED BEEF
WITH RICE NOODLES, KIMCHI, AND EDAMAME



Regular Plan

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

Large Plan

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

Wednesday 21

AUG 2024

Herb Chicken
with Roasted Herb Veggies, Quinoa Salad, Pomegranate, and Honey Citrus Dressing



Regular Plan

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

Large Plan

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

DINNER

CARROT CAKE
with Cashew Frosting



Regular Plan

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

Large Plan

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

SNACK

Thursday 22

AUG 2024

Regular Plan

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

Large Plan

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

LUNCH

Yuxiang Minced Chicken



With Brown Rice, Saute 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

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



DINNER

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 23

AUG 2024

Salmon Chicken Balls



WITH SWEET POTATOES, BAKED SPINACH EGG, BROCCOLI, AND HOUSE MADE CHILLI SAUCE

DINNER

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

Regular Plan

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

Large Plan

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

SNACK