



Weight Loss Menu

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 white rice, yellow corn, green beans, and other vegetables. The background is softly 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

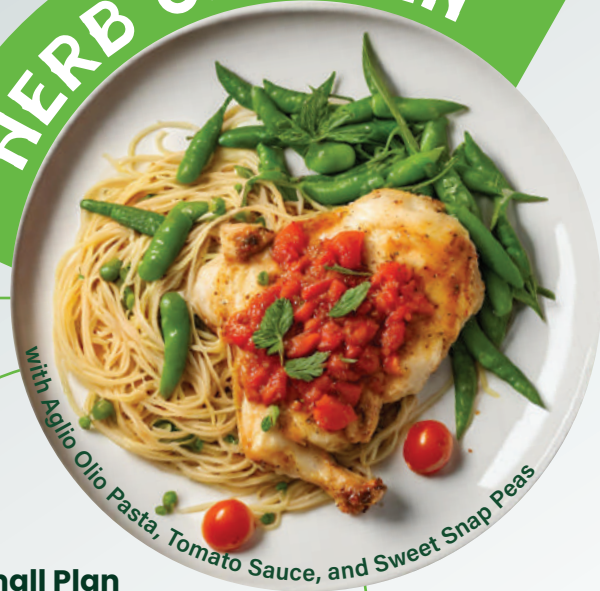
WEIGHT LOSS

Monday
01

JUL 2024

LUNCH

HERB CHICKEN



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

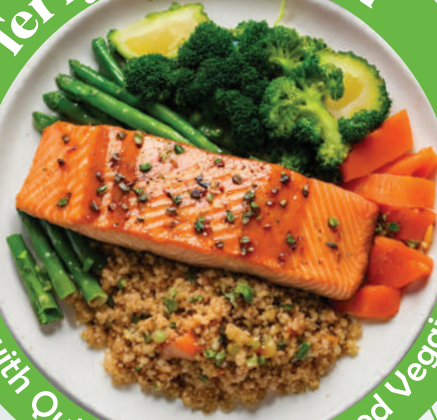
Small Plan

480kcal
Calories
48g
Carbs
36g
Protein
16g
Fat

Medium Plan

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

Teriyaki Salmon



with Quinoa and Sauté Mixed Veggies

SNACK

Small Plan

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

Medium Plan

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

Small Plan

395kcal
Calories
32g
Protein
38g
Carbs
13g
Fat

Medium Plan

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

DINNER

Cumin Carrot Soup



Red Curry Chicken



WITH BROWN RICE, LONG BEANS, AND EGGPLANTS

LUNCH

Small Plan

455kcal
Calories
31g
Protein
49g
Carbs
15g
Fat

Medium Plan

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

Tuesday
02

JUL 2024

Small Plan

360kcal
Calories
36g
Protein
34g
Carbs
9g
Fat

Medium Plan

540kcal
Calories
54g
Protein
51g
Carbs
14g
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

465kcal
Calories 36g
Protein
46g 15g
Carbs Fat

Medium Plan

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

Yakniku Minced Beef



With Brown Rice, Edamame, and Kimchi

Small Plan

420kcal 37g 41g 12g
Calories Protein Carbs Fat

Medium Plan

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

PERI PERI CHICKEN



with Roasted Potato and Herb Veggies

SNACK

Small Plan

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

Medium Plan

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

PEANUT BUTTER CHOCOLATE ENERGY BITES



DINNER

LUNCH

Basil Minced Chicken



with Brown Rice, Soy Egg, and Kaulan

Small Plan

440kcal 36g 42g 14g
Calories Protein Carbs Fat

Medium Plan

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

Thursday 04

JUL 2024

BAKED LEMONGRASS BARRAMUNDI



with Cajun Roasted Sweet Potato and Broccoli

DINNER

Small Plan

390kcal 36g 35g 12g
Calories Protein Carbs Fat

Medium Plan

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

Low Fat Cheesecake



SNACK

Small Plan

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

Medium Plan

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

Friday
05

JUL 2024

Small Plan

440kcal
Calories 32g
Protein
44g 15g
Carbs Fat

Medium Plan

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

LUNCH

Lamb Kofta



WITH COUSCOUS, MINT YOGHURT, CUCUMBER, AND TOMATO SALAD

Turmeric Chicken



WITH BROWN RICE AND LADY FINGER

Small Plan

385kcal 32g 39g 11g
Calories Protein Carbs Fat

Medium Plan

575kcal 48g 59g 17g
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

455kcal 34g 46g 15g
Calories Protein Carbs Fat

Medium Plan

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

Monday
08

JUL 2024

Beef Meatballs



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

DINNER

Small Plan

420kcal 36g 38g 14g
Calories Protein Carbs Fat

Medium Plan

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

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

SNACK

Tuesday

09

JUL 2024

LUNCH

Small Plan

445kcal
Calories
44g
Carbs
33g
Protein
15g
Fat

Medium Plan

665kcal
Calories
66g
Carbs
50g
Protein
23g
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

370kcal
Calories
35g
Protein
22g
Carbs
16g
Fat

Medium Plan

560kcal
Calories
53g
Protein
33g
Carbs
24g
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

460kcal
Calories
36g
Protein
45g
Carbs
15g
Fat

Medium Plan

665kcal
Calories
52g
Protein
65g
Carbs
22g
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

LUNCH

Small Plan

445kcal
Calories 32g
Protein 45g
Carbs 15g
Fat

Medium Plan

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

Yuxiang Minced Chicken



With Brown Rice, Saute Mushroom, and Bok Choy

Small Plan

430kcal 38g 38g 14g
Calories Protein Carbs Fat

Medium Plan

645kcal 57g 57g 21g
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

PISTACHIO AND DATES ENERGY BITES



DINNER

GREEN CURRY CHICKEN

LUNCH



With Basmati Rice, Eggplants, and Long Beans

Small Plan

475kcal 36g 47g 16g
Calories Protein Carbs Fat

Medium Plan

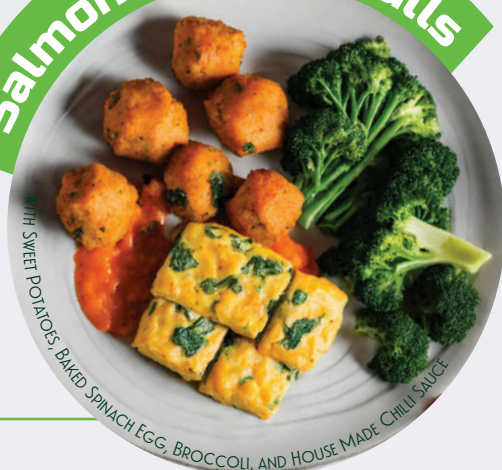
690kcal 52g 68g 23g
Calories Protein Carbs Fat

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

Small Plan

385kcal 31g 34g 14g
Calories Protein Carbs Fat

Medium Plan

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

Small Plan

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

Medium Plan

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

SNACK

Monday
15

JUL 2024

LUNCH

Small Plan

470kcal
Calories 31g
Protein
48g
Carbs 17g
Fat

Medium Plan

705kcal
Calories 47g
Protein
72g
Carbs 26g
Fat

BEEF AND RED KIDNEY BEANS CHILLI CON CARNE



with Brown Rice and Saute Green Peas

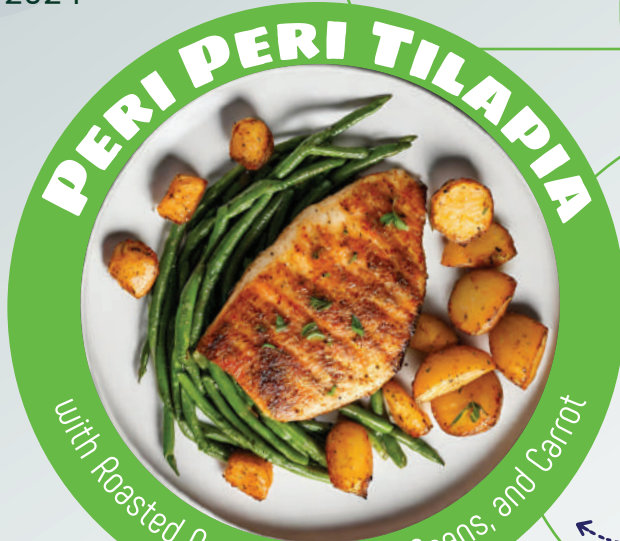
Small Plan

360kcal
Calories 32g
Protein 38g
Carbs 9g
Fat

Medium Plan

525kcal
Calories 46g
Protein 55g
Carbs 13g
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 BAD CHICKEN



With Brown Rice, Spicy Eggplant, and Garlic Choy Sum

Small Plan

440kcal
Calories 35g
Protein 41g
Carbs 15g
Fat

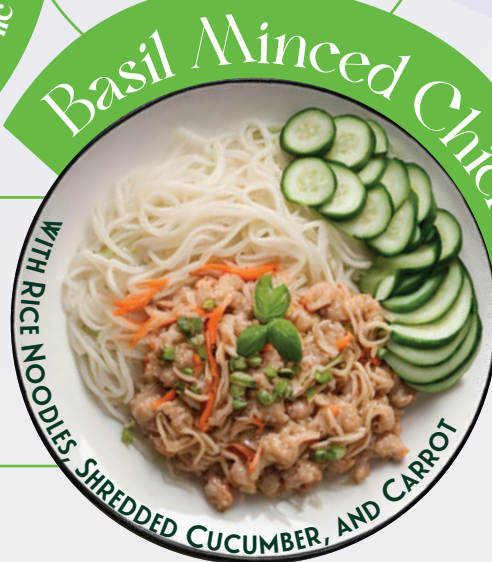
Medium Plan

660kcal
Calories 53g
Protein 62g
Carbs 23g
Fat

Tuesday
16

JUL 2024

Basil Minced Chicken



WITH RICE NOODLES, SHREDDED CUCUMBER, AND CARROT

DINNER

Small Plan

385kcal
Calories 29g
Protein 38g
Carbs 13g
Fat

Medium Plan

560kcal
Calories 42g
Protein 55g
Carbs 19g
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

465kcal
Calories
48g
Carbs
39g
Protein
13g
Fat

Medium Plan

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

LUNCH

Turmeric Chicken Nasi Lemak



with Basmati Rice, Boiled Egg, and Cucumber

Small Plan

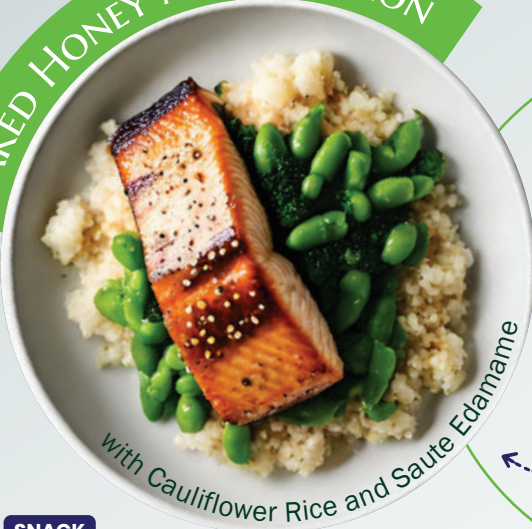
370kcal
Calories
36g
Protein
21g
Carbs
16g
Fat

Medium Plan

540kcal
Calories
52g
Protein
30g
Carbs
23g
Fat

DINNER

BAKED HONEY MISO SALMON



with Cauliflower Rice and Saute Edamame

SNACK

Small Plan

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

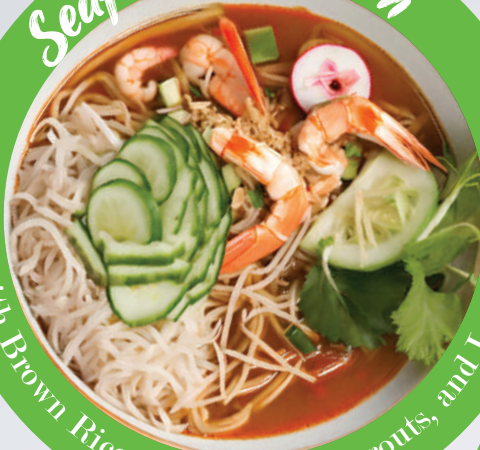
Medium Plan

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

435kcal
Calories
31g
Protein
44g
Carbs
15g
Fat

Medium Plan

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

Thursday
18
JUL 2024

HERB CHICKEN BREAST



with Spaghetti Aglio Olio, Roasted Veggies, and Tomato

DINNER

Small Plan

405kcal
Calories
36g
Protein
41g
Carbs
11g
Fat

Medium Plan

610kcal
Calories
54g
Protein
62g
Carbs
17g
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

445kcal
Calories 35g
Protein
47g
Carbs 13g
Fat

Medium Plan

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

LUNCH

Lemongrass Barramundi



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

Small Plan

440kcal 33g 36g 18g
Calories Protein Carbs Fat

Medium Plan

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

Coconut Chicken



WITH QUINOA, CAULIFLOWER, AND SWEET POTATOES

SNACK

Small Plan

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

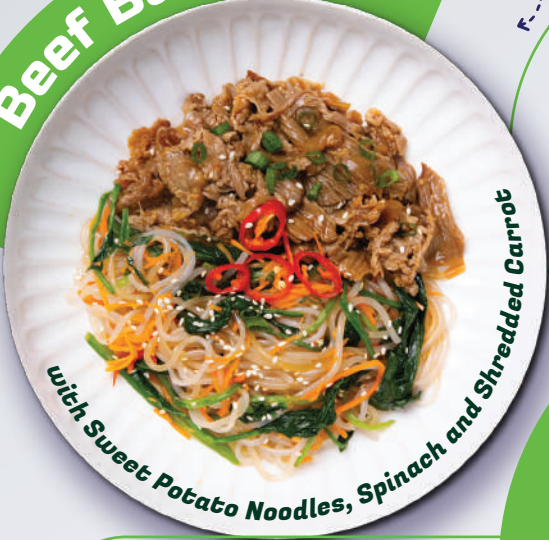
Medium Plan

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

Chocolate Hazelnut Energy Bites



Beef Bulgogi



with Sweet Potato Noodles, Spinach and Shredded Carrot

LUNCH

Small Plan

445kcal 33g 44g 15g
Calories Protein Carbs Fat

Medium Plan

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

Monday 22

JUL 2024

Small Plan

405kcal 31g 41g 13g
Calories Protein Carbs Fat

Medium Plan

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

GONG BAD CHICKEN



with Brown Rice, Spicy Eggplant, and Garlic Boy Choy

DINNER

Peanut Butter Chocolate Cookie



Small Plan

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

Medium Plan

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

SNACK

Tuesday 23

JUL 2024

LUNCH

Small Plan

445kcal
Calories 33g
Protein
44g 15g
Carbs Fat

Medium Plan

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

HERB CHICKEN



With Roasted Potato, French Beans, and Harissa Sauce

Small Plan

430kcal 36g 42g 13g
Calories Protein Carbs Fat

Medium Plan

620kcal 52g 61g 19g
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

475kcal 34g 46g 17g
Calories Protein Carbs Fat

Medium Plan

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

Wednesday 24

JUL 2024

Small Plan

360kcal 32g 35g 10g
Calories Protein Carbs Fat

Medium Plan

535kcal 48g 53g 15g
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

430kcal
Calories
39g
Carbs
35g
Protein
15g
Fat

Medium Plan

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

Salmon Chicken Balls



Small Plan

395kcal
Calories
39g
Protein
28g
Carbs
14g
Fat

Medium Plan

590kcal
Calories
59g
Protein
42g
Carbs
21g
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

475kcal
Calories
36g
Protein
47g
Carbs
16g
Fat

Medium Plan

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

Friday 26

JUL 2024

Basil Minced Chicken



With Brown Rice, Soy Egg, and Kailan

DINNER

Small Plan

400kcal
Calories
35g
Protein
34g
Carbs
14g
Fat

Medium Plan

585kcal
Calories
51g
Protein
49g
Carbs
20g
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