



Weight Loss Menu

A close-up photograph of a chef's hand using a silver knife to garnish a dish. The dish is served in a black rectangular pan and consists of white rice, green beans, red chili peppers, and yellow corn. The chef is garnishing with a slice of red chili. The background is blurred, showing other dishes and a kitchen setting.

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
29

JUL 2024

LUNCH

Regular Plan

460kcal
Calories

33g
Protein

44g
Carbs

17g
Fat

Large Plan

690kcal
Calories

50g
Protein

66g
Carbs

26g
Fat

Teriyaki Salmon



with Brown Rice, Kimchi, and Edamame

Regular Plan

410kcal
Calories

42g
Protein

34g
Carbs

12g
Fat

Large Plan

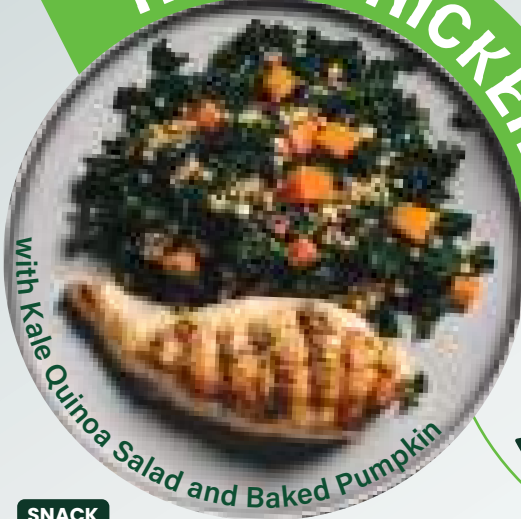
595kcal
Calories

61g
Protein

49g
Carbs

17g
Fat

HERB CHICKEN



with Kale Quinoa Salad and Baked Pumpkin

SNACK

DINNER

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

460kcal
Calories

38g
Protein

41g
Carbs

16g
Fat

Large Plan

665kcal
Calories

55g
Protein

59g
Carbs

23g
Fat

Turmeric Chicken Nasi Lemak



with Coconut Basmati Rice, Hard Boiled Egg, and Cucumber

Regular Plan

370kcal
Calories

32g
Protein

36g
Carbs

11g
Fat

Large Plan

555kcal
Calories

48g
Protein

54g
Carbs

17g
Fat

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

Tuesday
30

JUL 2024

Wednesday
31
 JUL 2024

Regular Plan

385kcal
 Calories
 38g Carbs
 33g Protein
 11g Fat

LUNCH

Beef Meatball



WITH AGLIO OLIO PASTA AND MIXED VEGGIES

Large Plan

555kcal
 Calories
 55g Carbs
 48g Protein
 16g Fat

Green Curry Chicken



with Basmati Rice, Eggplants, and Long Beans

Regular Plan

455kcal
 Calories
 36g Protein
 44g Carbs
 15g Fat

Large Plan

660kcal
 Calories
 52g Protein
 64g Carbs
 22g Fat

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

CHICKEN THIGH CHUNKS



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

Regular Plan

415kcal
 Calories
 41g Carbs
 31g Protein
 14g Fat

Large Plan

600kcal
 Calories
 59g Carbs
 45g Protein
 20g Fat

Thursday
01

AUG 2024

Regular Plan

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

Large Plan

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

PERI PERI CHICKEN



with Roasted Potato and Herb Veggies

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

465kcal
Calories 36g
Protein

46g 15g
Carbs Fat

Large Plan

670kcal
Calories 52g
Protein

67g 22g
Carbs Fat

LUNCH

Yakiniku Minced Beef

With Brown Rice, Edamame, and Kimchi



Regular Plan

415kcal 33g 41g 13g
Calories Protein Carbs Fat

Large Plan

600kcal 48g 59g 19g
Calories Protein Carbs Fat

Lemongrass Barramundi Fish



With Rice Noodles, Bean Sprouts, 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

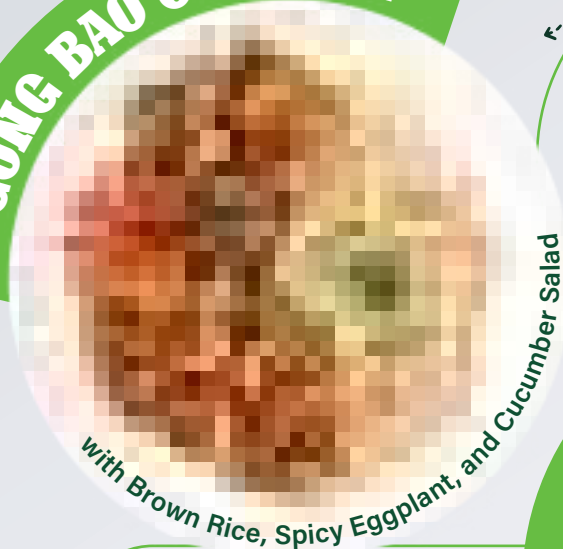


DINNER

Monday
05

AUG 2024

GONG BAO CHICKEN



With Brown Rice, Spicy Eggplant, and Cucumber Salad

LUNCH

Regular Plan

465kcal 36g 47g 15g
Calories Protein Carbs Fat

Large Plan

675kcal 52g 68g 22g
Calories Protein Carbs Fat

Regular Plan

410kcal 34g 41g 12g
Calories Protein Carbs Fat

Large Plan

590kcal 49g 59g 17g
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

440kcal
Calories 37g
Protein 48g
Carbs 11g
Fat

Large Plan

635kcal
Calories 54g
Protein 70g
Carbs 16g
Fat

LUNCH



Honey Miso Salmon

With Quinoa and Broccoli

Regular Plan

385kcal
Calories 39g
Protein 28g
Carbs 13g
Fat

Large Plan

580kcal
Calories 59g
Protein 42g
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

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

Large Plan

710kcal
Calories 51g
Protein 69g
Carbs 26g
Fat

Wednesday
07

AUG 2024

Regular Plan

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

Large Plan

555kcal
Calories 46g
Protein 57g
Carbs 16g
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

480kcal
Calories

36g
Protein

48g
Carbs

16g
Fat

Large Plan

720kcal
Calories

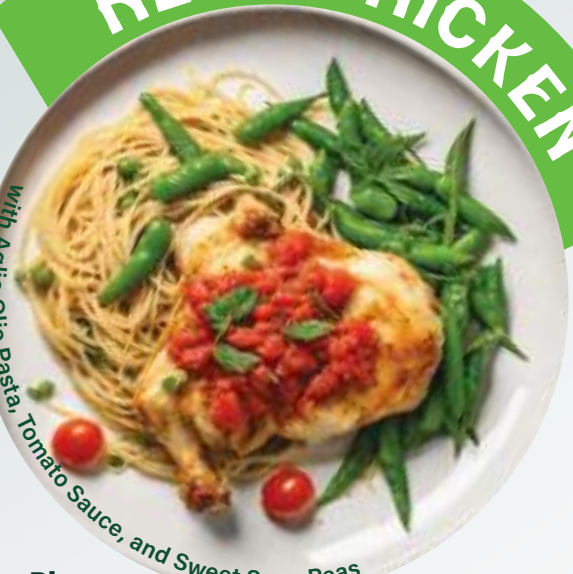
54g
Protein

72g
Carbs

24g
Fat

HERB CHICKEN

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



Regular Plan

395kcal
Calories

32g
Protein

38g
Carbs

13g
Fat

Large Plan

555kcal
Calories

45g
Protein

53g
Carbs

18g
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

450kcal
Calories

37g
Protein

42g
Carbs

15g
Fat

Large Plan

675kcal
Calories

56g
Protein

63g
Carbs

23g
Fat

Tuesday

13

AUG 2024

Salmon Chicken Balls

with Cauliflower Rice and Spinach Egg



DINNER

Regular Plan

370kcal
Calories

39g
Protein

26g
Carbs

12g
Fat

Large Plan

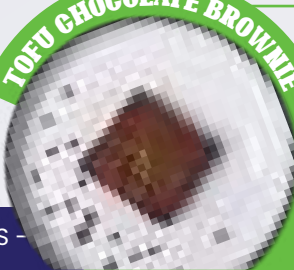
550kcal
Calories

59g
Protein

39g
Carbs

18g
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

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

Large Plan

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

Yakniku Minced Beef

with Brown Rice, Edamame, and Kimchi

Regular Plan

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

Large Plan

610kcal
 Calories
 54g
 Protein
 59g
 Carbs
 17g
 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
 36g
 Protein
 42g
 Carbs
 14g
 Fat

Large Plan

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

Thursday
15
 AUG 2024

Regular Plan

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

Large Plan

590kcal
 Calories
 54g
 Protein
 53g
 Carbs
 18g
 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

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

LUNCH

Lamb Kofta

WITH CAUCASIAN MINT YOGHURT, CUCUMBER, AND TOMATO SALAD



Large Plan

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

Turmeric Chicken



WITH BROWN RICE AND LADY FINGER

Regular Plan

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

Large Plan

575kcal
Calories
48g
Protein
59g
Carbs
17g
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



LUNCH

Regular Plan

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

Large Plan

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

Monday
19
AUG 2024

Peranakan Curry Chicken



with Basmati Rice, Cauliflower, and Lady Finger

Regular Plan

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

Large Plan

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

Beef Meatballs



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

DINNER

PEANUT BUTTER CHOCOLATE ENERGY BITES



Regular Plan

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

Large Plan

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

SNACK

Tuesday 20

AUG 2024

Regular Plan

435kcal
Calories

33g
Protein

44g
Carbs

14g
Fat

Large Plan

650kcal
Calories

50g
Protein

66g
Carbs

21g
Fat

LUNCH

Sambal Prawns and Squids



Regular Plan

385kcal
Calories

38g
Protein

22g
Carbs

16g
Fat

Large Plan

575kcal
Calories

57g
Protein

33g
Carbs

24g
Fat

Cajun Chicken



SNACK

Regular Plan

185kcal
Calories

8g
Protein

20g
Carbs

8g
Fat

Large Plan

185kcal
Calories

8g
Protein

20g
Carbs

8g
Fat

DINNER

TOFU CHOCOLATE BROWNIE



Wednesday 21

AUG 2024

LUNCH

YAKINIKU MINCED BEEF



Regular Plan

460kcal
Calories

36g
Protein

45g
Carbs

15g
Fat

Large Plan

665kcal
Calories

52g
Protein

65g
Carbs

22g
Fat

Herb Chicken



DINNER

Regular Plan

370kcal
Calories

37g
Protein

28g
Carbs

12g
Fat

Large Plan

535kcal
Calories

54g
Protein

41g
Carbs

17g
Fat

CARROT CAKE



Regular Plan

180kcal
Calories

8g
Protein

19g
Carbs

8g
Fat

Large Plan

180kcal
Calories

8g
Protein

19g
Carbs

8g
Fat

SNACK

Thursday 22

AUG 2024

Regular Plan

445kcal
Calories

32g
Protein

45g
Carbs

15g
Fat

Large Plan

640kcal
Calories

46g
Protein

65g
Carbs

22g
Fat

LUNCH

Yuxiang Minced Chicken



With Brown Rice, Saute Mushroom, and Bok Choy

Regular Plan

430kcal
Calories

38g
Protein

38g
Carbs

14g
Fat

Large Plan

645kcal
Calories

57g
Protein

57g
Carbs

21g
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

450kcal
Calories

32g
Protein

47g
Carbs

15g
Fat

Large Plan

655kcal
Calories

46g
Protein

68g
Carbs

22g
Fat

Friday 23

AUG 2024

Regular Plan

405kcal
Calories

36g
Protein

34g
Carbs

14g
Fat

Large Plan

590kcal
Calories

52g
Protein

49g
Carbs

20g
Fat

Salmon Chicken Balls



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

DINNER

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