

Balanced Menu



YoloPlans

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 features white rice, yellow corn, green beans, and sliced red and green chili peppers. The chef is carefully placing a slice of red chili on top. The background is softly blurred, showing other kitchen items and ingredients.

Dear guests

In the bustling world of culinary artistry, where flavors dance and ingredients harmonize, lies the heart of our philosophy: the Balanced Menu. As a seasoned chef, I've embarked on a journey to redefine gourmet cuisine, making health-conscious choices not only accessible but utterly irresistible. Join me as we explore the intricate fusion of culinary excellence and nutritional wisdom.

In a landscape inundated with culinary indulgences, the quest for balance becomes paramount. The Balanced Menu emerges as a beacon of culinary innovation, marrying the realms of health and taste seamlessly.

Embracing the ethos of calorie consciousness, our menu transcends mere sustenance, offering a symphony of flavors meticulously calibrated to nourish both body and soul. Every dish is a testament to our unwavering commitment to crafting culinary masterpieces that tantalize the taste buds while respecting the boundaries of a calorie-conscious lifestyle.

Let's savor the delights of a Balanced Menu—a testament to the notion that healthy living and gastronomic pleasure need not be mutually exclusive.

- Chef Ken

BALANCED

Monday
06

APR 2026

LUNCH

Large Plan

480kcal
Calories

51g
Protein

29g
Carbs

18g
Fat

Baked Peri Peri Barramundi



with Cauliflower Rice and French Beans

"Yu Xiang" Minced Chicken and Tofu



With Brown Rice, Scrambled Tomato Eggs, and Cucumber Salad

Large Plan

695kcal
Calories

48g
Protein

72g
Carbs

24g
Fat

DINNER

Carrot Cake with Cashew Frosting



SNACK

Large Plan

210kcal
Calories

5g
Protein

25g
Carbs

10g
Fat

Images are for illustration only.

LUNCH

Large Plan

645kcal
Calories

57g
Protein

54g
Carbs

23g
Fat

Baked Lemon Dill Salmon



With Quinoa, Edamame and Roasted Cauliflower, Mint Yogurt

Tuesday
07

APR 2026

Beef Bulgogi



With Brown Rice, kimchi and Spinach

DINNER

Large Plan

560kcal
Calories

42g
Protein

55g
Carbs

19g
Fat

Roasted Mix Nuts



Large Plan

185kcal
Calories

8g
Protein

20g
Carbs

8g
Fat

SNACK

Images are for illustration only.

Wednesday 08

APR 2026

LUNCH

Large Plan
640kcal
Calories
59g
Protein
57g
Carbs
20g
Fat

Clay Pot Style Chicken & Shiitake Rice



with Scrambled Egg and Garlic Nai Bai

Harissa Baked Tilapia



with Alio Oil Fusilli, Eggplant Caponata and Green Peas

Large Plan
595kcal
Calories
45g
Protein
55g
Carbs
22g
Fat

DINNER

Gluten Free Banana Bread



SNACK

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

Images are for illustration only.

LUNCH

Coconut Curry Chicken



with Brown Rice, and Mixed Veggies

Large Plan
645kcal
Calories
45g
Protein
64g
Carbs
23g
Fat

Thursday 09

APR 2026

Baked Gochujang Chicken



with Roasted Potato and Broccoli

DINNER

Large Plan
630kcal
Calories
52g
Protein
59g
Carbs
20g
Fat

SNACK

Large Plan
120kcal
Calories
4g
Protein
13g
Carbs
6g
Fat

Banana Oat Pancake With Apple Chutney



Images are for illustration only.

Friday 10

APR 2026

LUNCH

Butter Chicken



with Coconut Basmati Rice and Garlic Sweet Snap Peas

Large Plan

630kcal	50g
Calories	Protein
65g	20g
Carbs	Fat

Yakiniku Prawns and Tofu



with Sweet Potato Noodles, Braised Cabbage and Carrot

Large Plan

585kcal	48g	52g	20g
Calories	Protein	Carbs	Fat

Hazelnut and Chocolate Granola Bar



DINNER

SNACK

Large Plan

190kcal	5g	24g	8g
Calories	Protein	Carbs	Fat

Images are for illustration only.

LUNCH

Chicken Rissoles



with Stroganoff Sauce, French Beans and Mashed Cauliflower

Large Plan

595kcal	45g	59g	22g
Calories	Protein	Carbs	Fat

Monday 13

APR 2026

Gong Bao Chicken



with Mix Veggie and Egg Fried Rice, Cucumber salad

DINNER

Large Plan

615kcal	45g	59g	22g
Calories	Protein	Carbs	Fat

Peanut Butter Chocolate Cookie



Large Plan

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

SNACK

Images are for illustration only.

Tuesday

14

APR 2026

LUNCH

Beef Chilli Con Carne



with Brown Rice, Saute Green Peas

Large Plan

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

Basil Minced Chicken



with Rice Noodles, Beans Sprout and Scrambled Egg

Large Plan

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

DINNER

Peanut Butter Chocolate Energy Bites



SNACK

Large Plan

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

Images are for illustration only.

Cajun Spiced Tilapia



with Tomato Pasta and Saute Mix Veggies

LUNCH

Large Plan

650kcal	52g	61g	22g
Calories	Protein	Carbs	Fat

Wednesday

15

APR 2026

Herb Chicken



with Sweet Potato, Mix Salad, Avocado and Tomato Salad

DINNER

Large Plan

590kcal	53g	65g	14g
Calories	Protein	Carbs	Fat

SNACK

Pumpkin Parmesan Biscuit



Large Plan

150kcal	7g	13g	8g
Calories	Protein	Carbs	Fat

Images are for illustration only.

Thursday 16

APR 2026

LUNCH

Large Plan

620kcal	51g
Calories	Protein
55g	22g
Carbs	Fat

Harissa Prawns and Chickpeas



with Couscous, Saute Zucchini and Green Peas

Lemongrass Soy Chicken



with Brown Rice Noodle, Cabbage and Carrot

Large Plan

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

DINNER

Overnight Oats with Apple and Mix Nuts



SNACK

Large Plan

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

Images are for illustration only.

LUNCH

Large Plan

650kcal	59g	61g	20g
Calories	Protein	Carbs	Fat

Friday 17

APR 2026

Roasted Teriyaki Chicken Thigh



with Brown rice, Roast Capsicum and French Beans

Peranakan Curry Chicken



with Coconut Basmati Rice, Curry Cauliflower and Garlic Okra

Large Plan

565kcal	47g	54g	18g
Calories	Protein	Carbs	Fat

DINNER

Tofu Chocolate Brownie



Large Plan

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

SNACK

Images are for illustration only.

Monday 20

APR 2026

Salmon Chicken Ball



with Cauliflower Rice and Edamame

SNACK

LUNCH

Large Plan

660kcal
Calories

51g
Protein

63g
Carbs

23g
Fat

Peri Peri Chicken



With Mushroom Barley Risotto and Braised Purple Cabbage

Large Plan

575kcal
Calories

54g
Protein

42g
Carbs

21g
Fat

DINNER

Gluten Free Banana Bread



Large Plan

175kcal
Calories

5g
Protein

16g
Carbs

10g
Fat

Images are for illustration only.

Creamy Chicken Lasagne



with Greek Salad

LUNCH

Large Plan

660kcal
Calories

53g
Protein

62g
Carbs

23g
Fat

Tuesday 21

APR 2026

Honey Miso Prawns



with Pumpkin Millet, Spicy Eggplants and Garlic Okra

DINNER

Large Plan

545kcal
Calories

42g
Protein

55g
Carbs

17g
Fat

SNACK

Large Plan

185kcal
Calories

8g
Protein

20g
Carbs

8g
Fat

Images are for illustration only.

Wednesday 22

APR 2026

LUNCH

Gong Bao Chicken



With Brown Rice, Scramble Tomato Eggs, Cucumber

Large Plan

640kcal	47g
Calories	Protein
63g	23g
Carbs	Fat

Baked Harissa Tilapia



With Roasted Potato, French Beans

Large Plan

585kcal	52g	55g	17g
Calories	Protein	Carbs	Fat

DINNER

Tofu Chocolate Brownie



SNACK

Large Plan

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

Images are for illustration only.

LUNCH

Rendang Chicken



With Brown Rice, Curry Roasted Cauliflower

Large Plan

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

Thursday 23

APR 2026

Salmon Spinach Pie



With arugula and Pumpkin salad

Large Plan

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

DINNER

Peanut Butter Chocolate Energy Bites



Large Plan

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

SNACK

Images are for illustration only.

Tuesday 28

APR 2026

LUNCH

Large Plan

630kcal Calories	55g Protein
59g Carbs	19g Fat

Lemongrass Barramundi



With Brown Rice Noodle, Clear Chicken Soup, Beansprouts, and Spinach

Chicken Ball



With Mashed Potato, Eggplant Caponata and Broccoli

Large Plan

575kcal Calories	52g Protein	52g Carbs	17g Fat
----------------------------	-----------------------	---------------------	-------------------

DINNER

Hazelnut and Chocolate Granola Bar



SNACK

Large Plan

190kcal Calories	5g Protein	24g Carbs	8g Fat
----------------------------	----------------------	---------------------	------------------

Images are for illustration only.

Herb Chicken



With Kale Pesto Pasta, Braised Purple Cabbage

LUNCH

Large Plan

670kcal Calories	52g Protein	59g Carbs	25g Fat
----------------------------	-----------------------	---------------------	-------------------

Wednesday 29

APR 2026

Large Plan

550kcal Calories	48g Protein	53g Carbs	17g Fat
----------------------------	-----------------------	---------------------	-------------------

DINNER

Ma Po Tofu With Minced Chicken



With Brown Rice, Scramble Tomato Egg and Cucumber

SNACK

Large Plan

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

Images are for illustration only.

