

High Protein 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

HIGH PROTEIN

Monday
06

APR 2026

Regular Plan

325kcal
Calories

39g
Protein

14g
Carbs

LUNCH

Large Plan

500kcal
Calories

61g
Protein

21g
Carbs

13g
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

Regular Plan

455kcal
Calories

40g
Protein

36g
Carbs

17g
Fat

Large Plan

375kcal
Calories

58g
Protein

54g
Carbs

25g
Fat

DINNER

Carrot Cake with Cashew Frosting



SNACK

Regular Plan

210kcal
Calories

5g
Protein

25g
Carbs

10g
Fat

Large Plan

210kcal
Calories

5g
Protein

25g
Carbs

10g
Fat

Images are for illustration only.

Baked Lemon Dill Salmon



With Quinoa, Edamame and Roasted Cauliflower, Mint Yogurt

LUNCH

Regular Plan

430kcal
Calories

46g
Protein

27g
Carbs

16g
Fat

Large Plan

650kcal
Calories

68g
Protein

41g
Carbs

24g
Fat

Tuesday
07

APR 2026

Beef Bulgogi



With Brown Rice, kimchi and Spinach

DINNER

Regular Plan

375kcal
Calories

35g
Protein

29g
Carbs

14g
Fat

Large Plan

545kcal
Calories

50g
Protein

41g
Carbs

20g
Fat

Roasted Mix Nuts



Regular Plan

185kcal
Calories

8g
Protein

20g
Carbs

8g
Fat

Large Plan

185kcal
Calories

8g
Protein

20g
Carbs

8g
Fat

SNACK

Images are for illustration only.

Wednesday 08

APR 2026

Regular Plan

425kcal
Calories
29g
Carbs
47g
Protein
15g
Fat

Large Plan

635kcal
Calories
43g
Carbs
70g
Protein
20g
Fat

LUNCH

Clay Pot Style Chicken & Shiitake Rice



with Scrambled Egg and Garlic Nai Bai

Harissa Baked Tilapia



with Alio Oil Fusilli, Eggplant Caponata and Green Pea

Regular Plan

390kcal
Calories
38g
Protein
31g
Carbs
13g
Fat

Large Plan

585kcal
Calories
58g
Protein
46g
Carbs
19g
Fat

DINNER

Gluten Free Banana Bread



SNACK

Regular Plan

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

Large Plan

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

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Coconut Curry Chicken



with Brown Rice, and Mixed Veggies

LUNCH

Regular Plan

440kcal
Calories
39g
Protein
33g
Carbs
17g
Fat

Large Plan

645kcal
Calories
64g
Protein
42g
Carbs
24g
Fat

Thursday 09

APR 2026

Baked Gochujang Chicken



with Roasted Potato and Broccoli

DINNER

Regular Plan

450kcal
Calories
43g
Protein
36g
Carbs
15g
Fat

Large Plan

620kcal
Calories
63g
Protein
41g
Carbs
23g
Fat

SNACK

Banana Oat Pancake With Apple Chutney



Regular Plan

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

Large Plan

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

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Friday 10

APR 2026

Regular Plan

425kcal
Calories 40g
Protein

36g
Carbs 14g
Fat

Large Plan

615kcal
Calories 59g
Protein

48g
Carbs 20g
Fat

LUNCH

Butter Chicken



with Coconut Basmati Rice and Garlic Sweet Snap Peas

Regular Plan

405kcal 40g 29g 15g
Calories Protein Carbs Fat

Large Plan

585kcal 57g 39g 22g
Calories Protein Carbs Fat

Yakiniku Prawns and Tofu



with Sweet Potato Noodles, Braised Cabbage and Carrot

DINNER

SNACK

Regular Plan

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

Large Plan

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

Hazelnut and Chocolate Granola Bar



Images are for illustration only.

Chicken Rissoles



with Stroganoff Sauce, French Beans and Mashed Cauliflower

LUNCH

Regular Plan

410kcal 40g 27g 16g
Calories Protein Carbs Fat

Large Plan

590kcal 57g 39g 23g
Calories Protein Carbs Fat

Monday 13

APR 2026

Gong Bao Chicken



with Mix Veggie and Egg Fried Rice, Cucumber salad

DINNER

Regular Plan

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

Large Plan

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

Peanut Butter Chocolate Cookie



Regular Plan

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

Large Plan

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

SNACK

Images are for illustration only.

Tuesday

14

APR 2026

Regular Plan

440kcal
Calories

42g
Protein

35g
Carbs

16g
Fat

Large Plan

625kcal
Calories

57g
Protein

48g
Carbs

23g
Fat

LUNCH

Beef Chilli Con Carne



with Brown Rice, Saute Green Peas

Basil Minced Chicken



with Rice Noodles, Beans Sprout and Scrambled Egg

Regular Plan

420kcal
Calories

43g
Protein

32g
Carbs

14g
Fat

Large Plan

620kcal
Calories

54g
Protein

45g
Carbs

25g
Fat

DINNER

Peanut Butter Chocolate Energy Bites



SNACK

Regular Plan

125kcal
Calories

4g
Protein

2g
Carbs

11g
Fat

Large Plan

125kcal
Calories

4g
Protein

2g
Carbs

11g
Fat

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Cajun Spiced Tilapia



with Tomato Pasta and Saute Mix Veggies

LUNCH

Regular Plan

465kcal
Calories

43g
Protein

38g
Carbs

16g
Fat

Large Plan

630kcal
Calories

63g
Protein

46g
Carbs

22g
Fat

Wednesday

15

APR 2026

Herb Chicken



with Sweet Potato, Mix Salad, Avocado and Tomato Salad

DINNER

Regular Plan

380kcal
Calories

42g
Protein

32g
Carbs

9g
Fat

Large Plan

580kcal
Calories

66g
Protein

48g
Carbs

14g
Fat

Pumpkin Parmesan Biscuit



Regular Plan

150kcal
Calories

7g
Protein

13g
Carbs

8g
Fat

Large Plan

150kcal
Calories

7g
Protein

13g
Carbs

8g
Fat

SNACK

Images are for illustration only.

Thursday 16

APR 2026

Regular Plan

440kcal
Calories 39g
Protein

35g
Carbs 16g
Fat

Large Plan

615kcal
Calories 61g
Protein

41g
Carbs 23g
Fat

LUNCH

Harissa Prawns and Chickpeas



with Couscous, Saute Zucchini and Green Peas

Regular Plan

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

Large Plan

625kcal 63g 46g 21g
Calories Protein Carbs Fat

Lemongrass Soy Chicken



with Brown Rice Noodle, Cabbage and Carrot

DINNER

SNACK

Regular Plan

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

Large Plan

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

Overnight Oats with Apple and Mix Nuts



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LUNCH

Roasted Teriyaki Chicken Thigh



with Brown rice, Roast Capsicum and French Beans

Regular Plan

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

Large Plan

650kcal 70g 43g 22g
Calories Protein Carbs Fat

Friday 17

APR 2026

Regular Plan

370kcal 37g 27g 13g
Calories Protein Carbs Fat

Large Plan

555kcal 56g 41g 19g
Calories Protein Carbs Fat

Peranakan Curry Chicken



with Coconut Basmati Rice, Curry Cauliflower and Garlic Okra

DINNER

Tofu Chocolate Brownie



Regular Plan

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

Large Plan

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

SNACK

Images are for illustration only.

Monday 20

APR 2026

Regular Plan

430kcal
Calories

41g
Protein

32g
Carbs

16g
Fat

Large Plan

645kcal
Calories

61g
Protein

47g
Carbs

24g
Fat

LUNCH

Peri Peri Chicken



With Mushroom Barley Risotto and Braised Purple Cabbage

Salmon Chicken Ball



with Cauliflower Rice and Edamame

Regular Plan

390kcal
Calories

43g
Protein

21g
Carbs

15g
Fat

Large Plan

585kcal
Calories

65g
Protein

32g
Carbs

22g
Fat

DINNER

Gluten Free Banana Bread



SNACK

Regular Plan

175kcal
Calories

5g
Protein

16g
Carbs

10g
Fat

Large Plan

175kcal
Calories

5g
Protein

16g
Carbs

10g
Fat

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LUNCH

Creamy Chicken Lasagne



with Greek Salad

Regular Plan

435kcal
Calories

42g
Protein

31g
Carbs

16g
Fat

Large Plan

650kcal
Calories

63g
Protein

46g
Carbs

24g
Fat

Tuesday 21

APR 2026

Honey Miso Prawns



with Pumpkin Millet, Spicy Eggplants and Garlic Okra

DINNER

Regular Plan

380kcal
Calories

35g
Protein

29g
Carbs

16g
Fat

Large Plan

575kcal
Calories

50g
Protein

41g
Carbs

23g
Fat

Regular Plan

185kcal
Calories

8g
Protein

20g
Carbs

8g
Fat

185kcal
Calories

8g
Protein

20g
Carbs

8g
Fat

SNACK

Overnight Oats with Roasted Apple and Chia Seed



Regular Plan

185kcal
Calories

8g
Protein

20g
Carbs

8g
Fat

185kcal
Calories

8g
Protein

20g
Carbs

8g
Fat

Images are for illustration only.

Wednesday 22

APR 2026

Regular Plan

415kcal
Calories 37g
Protein
29g 13g
Carbs Fat

Large Plan

625kcal 56g
Calories Protein
47g 24g
Carbs Fat

LUNCH

Gong Bao Chicken



With Brown Rice, Scramble Tomato Eggs, Cucumber

Baked Harissa Tilapia



with Roasted Potato, French Beans

Regular Plan

400kcal 43g 29g 13g
Calories Protein Carbs Fat

Large Plan

600kcal 68g 41g 18g
Calories Protein Carbs Fat

DINNER

Tofu Chocolate Brownie



SNACK

Regular Plan

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

Large Plan

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

Images are for illustration only.

Rendang Chicken



with Brown Rice, Curry Roasted Cauliflower

LUNCH

Regular Plan

420kcal 39g 35g 14g
Calories Protein Carbs Fat

Large Plan

595kcal 53g 51g 20g
Calories Protein Carbs Fat

Thursday 23

APR 2026

Salmon Spinach Pie



with arugula and Pumpkin salad

DINNER

Regular Plan

435kcal 40g 27g 19g
Calories Protein Carbs Fat

Large Plan

565kcal 57g 39g 20g
Calories Protein Carbs Fat

Peanut Butter Chocolate Energy Bites



Regular Plan

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

Large Plan

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

SNACK

Images are for illustration only.

Friday 24

APR 2026

LUNCH

Regular Plan

435kcal
Calories 37g
Protein
36g
Carbs 16g
Fat

Large Plan

615kcal
Calories 54g
Protein
48g
Carbs 23g
Fat

Roasted Tumeric Chicken



Baked Gochujang Chicken



Regular Plan

395kcal 43g 29g 12g
Calories Protein Carbs Fat

Large Plan

695kcal 65g 46g 28g
Calories Protein Carbs Fat

DINNER

Roasted Mix Nuts



SNACK

Regular Plan

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

Large Plan

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

Images are for illustration only.

Yakiniku Salmon



LUNCH

Regular Plan

430kcal 40g 31g 14g
Calories Protein Carbs Fat

Large Plan

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

Monday 27

APR 2026

Basil Minced Chicken



DINNER

Regular Plan

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

Large Plan

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

Peanut Butter Cookie



SNACK

Regular Plan

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

Large Plan

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

Images are for illustration only.

Tuesday

28

APR 2026

LUNCH

Regular Plan

415kcal
Calories 42g
Protein
31g
Carbs 14g
Fat

Large Plan

600kcal
Calories 61g
Protein
45g
Carbs 25g
Fat

Lemongrass Barramundi



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

Chicken Ball



With Mashed Potato, Eggplant Caponata and Broccoli

Regular Plan

395kcal 43g 27g 13g
Calories Protein Carbs Fat

Large Plan

600kcal 61g 45g 20g
Calories Protein Carbs Fat

Hazelnut and Chocolate Granola Bar



DINNER

SNACK

Regular Plan

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

Large Plan

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

Images are for illustration only.

Herb Chicken



With Kale Pesto Pasta, Braised Purple Cabbage

LUNCH

Regular Plan

455kcal 43g 31g 18g
Calories Protein Carbs Fat

Large Plan

655kcal 61g 45g 26g
Calories Protein Carbs Fat

Wednesday

29

APR 2026

Regular Plan

365kcal 38g 26g 12g
Calories Protein Carbs Fat

Large Plan

560kcal 58g 42g 18g
Calories Protein Carbs Fat

Ma Po Tofu With Minced Chicken



With Brown Rice, Scramble Tomato Egg and Cucumber

DINNER

Carrot Cake with Cashew Frosting



Regular Plan

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

Large Plan

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

SNACK

Images are for illustration only.

