



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 tray and contains white rice, yellow corn, green beans, and other vegetables. The background is blurred, showing more of the kitchen or dining area.

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

WEIGHT LOSS

Monday
06

APR 2026

Regular Plan

320kcal 34g
Calories Protein
19g 12g
Carbs Fat

LUNCH

Large Plan

480kcal 51g
Calories Protein
29g 18g
Carbs Fat

Baked Peri Peri Barramundi



with Cauliflower Rice and French Beans

Regular Plan

465kcal 48g 32g 16g
Calories Protein Carbs Fat

Large Plan

695kcal 48g 72g 24g
Calories Protein Carbs Fat

"Yu Xiang" Minced Chicken and Tofu



with Brown Rice, Scrambled Tomato Eggs, and Cucumber Salad

DINNER

Carrot Cake with Cashew Frosting



SNACK

Regular Plan

210kcal 5g 25g 10g
Calories Protein Carbs Fat

Large Plan

210kcal 5g 25g 10g
Calories Protein Carbs Fat

Images are for illustration only.

Baked Lemon Dill Salmon



with Quinoa, Edamame and Roasted Cauliflower, Mint Yogurt

LUNCH

Regular Plan

430kcal 38g 36g 15g
Calories Protein Carbs Fat

Large Plan

645kcal 57g 54g 23g
Calories Protein Carbs Fat

Tuesday
07

APR 2026

Beef Bulgogi



with Brown Rice, kimchi and Spinach

DINNER

Regular Plan

285kcal 29g 38g 13g
Calories Protein Carbs Fat

Large Plan

560kcal 42g 55g 19g
Calories Protein Carbs Fat

Roasted Mix Nuts



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.

Wednesday 08

APR 2026

Regular Plan

425kcal
Calories

39g
Protein

38g
Carbs

13g
Fat

Large Plan

640kcal
Calories

59g
Protein

57g
Carbs

20g
Fat

LUNCH

Clay Pot Style Chicken & Shiitake Rice



with Scrambled Egg and Garlic Nai Bai

Regular Plan

410kcal
Calories

31g
Protein

38g
Carbs

15g
Fat

Large Plan

595kcal
Calories

45g
Protein

55g
Carbs

22g
Fat

DINNER

Harissa Baked Tilapia



With Alio Oil Fusilli, Eggplant Caponata and Green Peas

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



Images are for illustration only.

Coconut Curry Chicken



with Brown Rice, and Mixed Veggies

LUNCH

Regular Plan

445kcal
Calories

31g
Protein

44g
Carbs

16g
Fat

Large Plan

645kcal
Calories

45g
Protein

64g
Carbs

23g
Fat

Thursday 09

APR 2026

Baked Gochujang Chicken



With Roasted Potato and Broccoli

DINNER

Regular Plan

435kcal
Calories

36g
Protein

41g
Carbs

14g
Fat

Large Plan

630kcal
Calories

52g
Protein

59g
Carbs

20g
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

420kcal
Calories 33g
Protein
43g 13g
Carbs Fat

Large Plan

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

LUNCH

Butter Chicken



with Coconut Basmati Rice and Garlic Sweet Snap Peas

Regular Plan

400kcal 33g 36g 14g
Calories Protein Carbs Fat

Large Plan

585kcal 48g 52g 20g
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 33g 36g 15g
Calories Protein Carbs Fat

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

Regular Plan

425kcal 31g 41g 15g
Calories Protein Carbs Fat

Large Plan

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

Peanut Butter Chocolate Cookie



SNACK

Regular Plan

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

Large Plan

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

Images are for illustration only.

Tuesday

14

APR 2026

Regular Plan

445kcal
Calories

33g
Protein

44g
Carbs

15g
Fat

Large Plan

640kcal
Calories

48g
Protein

64g
Carbs

22g
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

430kcal
Calories

36g
Protein

42g
Carbs

13g
Fat

Large Plan

620kcal
Calories

52g
Protein

61g
Carbs

19g
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

445kcal
Calories

36g
Protein

42g
Carbs

15g
Fat

Large Plan

650kcal
Calories

52g
Protein

61g
Carbs

22g
Fat

Wednesday

15

APR 2026

Herb Chicken



with Sweet Potato, Mix Salad, Avocado and Tomato Salad

DINNER

Regular Plan

395kcal
Calories

35g
Protein

38g
Carbs

15g
Fat

Large Plan

590kcal
Calories

53g
Protein

65g
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

425kcal
Calories 35g
Protein

38g
Carbs 15g
Fat

Large Plan

620kcal
Calories 51g
Protein

55g
Carbs 22g
Fat

LUNCH

Harissa Prawns and Chickpeas



with Couscous, Saute Zucchini and Green Peas

Regular Plan

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

Large Plan

635kcal 52g 61g 20g
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



Images are for illustration only.

LUNCH

Roasted Teriyaki Chicken Thigh



with Brown rice, Roast Capsicum and French Beans

Regular Plan

435kcal 39g 38g 14g
Calories Protein Carbs Fat

Large Plan

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

Friday 17

APR 2026

Regular Plan

375kcal 31g 36g 12g
Calories Protein Carbs Fat

Large Plan

565kcal 47g 54g 18g
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

440kcal
Calories 34g
Protein
42g 15g
Carbs Fat

Large Plan

660kcal
Calories 51g
Protein
63g 23g
Carbs Fat

LUNCH

Peri Peri Chicken



With Mushroom Barley Risotto and Braised Purple Cabbage

Salmon Chicken Ball



with Cauliflower Rice and Edamame

Regular Plan

380kcal 36g 28g 14g
Calories Protein Carbs Fat

Large Plan

575kcal 54g 42g 21g
Calories Protein Carbs Fat

DINNER

Gluten Free Banana Bread



SNACK

Regular Plan

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

Large Plan

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

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Creamy Chicken Lasagne



with Greek Salad

LUNCH

Regular Plan

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

Large Plan

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

Tuesday 21

APR 2026

Honey Miso Prawns



with Pumpkin Millet, Spicy Eggplants and Garlic Okra

DINNER

Regular Plan

375kcal 29g 38g 12g
Calories Protein Carbs Fat

Large Plan

545kcal 42g 55g 17g
Calories Protein Carbs Fat

Overnight Oats with Roasted Apple and Chia Seed



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.

Wednesday 22

APR 2026

Regular Plan

425kcal
Calories
42g
Carbs
31g
Protein
15g
Fat

Large Plan

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

LUNCH

Gong Bao Chicken



With Brown Rice, Scramble Tomato Eggs, Cucumber

Baked Harissa Tilapia



With Roasted Potato, French Beans

Regular Plan

405kcal
Calories
36g
Protein
38g
Carbs
12g
Fat

Large Plan

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

DINNER

Tofu Chocolate Brownie



SNACK

Regular Plan

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

Large Plan

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

Images are for illustration only.

Rendang Chicken



With Brown Rice, Curry Roasted Cauliflower

LUNCH

Regular Plan

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

Large Plan

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

Thursday 23

APR 2026

Salmon Spinach Pie



With arugula and Pumpkin salad

DINNER

Regular Plan

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

Large Plan

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

Peanut Butter Chocolate Energy Bites



SNACK

Regular Plan

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

Large Plan

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

Images are for illustration only.

Friday
24

APR 2026

LUNCH

Regular Plan

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

Large Plan

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

Roasted Tumeric Chicken



With Brown Rice and Roasted Curry Cauliflower

Baked Gochujang Chicken



With Steam Sweet Potato and Roasted Broccoli

Regular Plan

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

Large Plan

610kcal 54g 62g 17g
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

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LUNCH

Yakiniku Salmon



With Brown Rice, Kimchi and Edamame

Regular Plan

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

Large Plan

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

Monday
27

APR 2026

Basil Minced Chicken



With Cauliflower Rice and Soy Egg

Regular Plan

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

Large Plan

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

DINNER

Peanut Butter Cookie



Regular Plan

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

Large Plan

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

SNACK

Images are for illustration only.

Tuesday

28

APR 2026

LUNCH

Regular Plan

435kcal
Calories

38g
Protein

41g
Carbs

13g
Fat

Large Plan

630kcal
Calories

59g
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

Regular Plan

395kcal
Calories

36g
Protein

36g
Carbs

12g
Fat

Large Plan

575kcal
Calories

52g
Protein

52g
Carbs

17g
Fat

Hazelnut and Chocolate Granola Bar



DINNER

SNACK

Regular Plan

190kcal
Calories

5g
Protein

24g
Carbs

8g
Fat

Large Plan

190kcal
Calories

5g
Protein

24g
Carbs

8g
Fat

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Herb Chicken



With Kale Pesto Pasta, Braised Purple Cabbage

LUNCH

Regular Plan

460kcal
Calories

36g
Protein

41g
Carbs

17g
Fat

Large Plan

670kcal
Calories

52g
Protein

59g
Carbs

25g
Fat

Wednesday

29

APR 2026

Regular Plan

365kcal
Calories

32g
Protein

35g
Carbs

11g
Fat

Large Plan

550kcal
Calories

48g
Protein

53g
Carbs

17g
Fat

Ma Po Tofu With Minced Chicken



With Brown Rice, Scramble Tomato Egg and Cucumber

DINNER

Carrot Cake with Cashew Frosting



Regular Plan

175kcal
Calories

5g
Protein

16g
Carbs

10g
Fat

Large Plan

175kcal
Calories

5g
Protein

16g
Carbs

10g
Fat

SNACK

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