

The background is a dark blue gradient with a circular pattern of white line art illustrations of various vegetables and fruits, including broccoli, cauliflower, bell peppers, tomatoes, and leafy greens.

# Weight Loss Menu



**YoloPlans**

A close-up photograph of a chef's hand using a metal garnishing tool to place a sliced red chili pepper onto a dish. The dish appears to be a bowl of rice or quinoa topped with green beans and other vegetables. The background is softly blurred, showing more of the kitchen environment.

# 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  
12  
JAN 2026

Regular Plan

480kcal  
Calories

36g  
Protein

48g  
Carbs

16g  
Fat

Large Plan

720kcal  
Calories

54g  
Protein

72g  
Carbs

24g  
Fat

LUNCH

Herb Chicken



with Aglio Olio Pasta, Tomato Sauce and Sweet Snap Peas

Regular Plan

395kcal  
Calories

32g  
Protein

49g  
Carbs

15g  
Fat

Large Plan

555kcal  
Calories

45g  
Protein

53g  
Carbs

18g  
Fat

DINNER

Teriyaki Salmon



with Quinoa, Sauté Mixed Veggies

SNACK

Regular Plan

120kcal  
Calories

6g  
Protein

6g  
Carbs

8g  
Fat

Large Plan

120kcal  
Calories

6g  
Protein

6g  
Carbs

8g  
Fat

Cumin Carrot Soup



Images are for illustration only.

Green Curry Chicken



with Brown Rice, Long Beans and Eggplants

LUNCH

Regular Plan

455kcal  
Calories

31g  
Protein

48g  
Carbs

15g  
Fat

Large Plan

685kcal  
Calories

47g  
Protein

74g  
Carbs

23g  
Fat

Tuesday  
13  
JAN 2026

Chicken Balls



with Cauliflower Rice, Spinach Egg

DINNER

Regular Plan

360kcal  
Calories

36g  
Protein

34g  
Carbs

9g  
Fat

Large Plan

540kcal  
Calories

54g  
Protein

51g  
Carbs

14g  
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

Images are for illustration only.



Wednesday  
**14**  
JAN 2026

### Regular Plan

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

### Large Plan

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

LUNCH

## Yakiniku Minced Chicken



With Brown Rice, Edamame and Kimchi

### Regular Plan

420kcal  
Calories  
37g  
Protein  
46g  
Carbs  
12g  
Fat

### Large Plan

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

DINNER

## Peri Peri Chicken



With Roasted Potato, 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



Images are for  
illustration only.

LUNCH

## Basil Minced Chicken



With Brown Rice, Scrambled Egg and Kailan

### Regular Plan

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

### Large Plan

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

Thursday  
**15**  
JAN 2026

## Baked Dukkah Spiced Sea Bass



With Couscous, Eggplant Caponata and Broccoli

DINNER

### Regular Plan

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

### Large Plan

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

## Roasted Mix Nuts



### Regular Plan

180kcal  
Calories  
6g  
Protein  
7g  
Carbs  
14g  
Fat

### Large Plan

180kcal  
Calories  
6g  
Protein  
7g  
Carbs  
14g  
Fat

SNACK

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illustration only.



Friday  
16  
JAN 2026

### Regular Plan

445kcal  
Calories  
41g  
Carbs  
28g  
Protein  
19g  
Fat

### Large Plan

650kcal  
Calories  
59g  
Carbs  
41g  
Protein  
28g  
Fat

LUNCH

## Beef Patties



## Tumeric Chicken



### Regular Plan

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

### Large Plan

575kcal  
Calories  
48g  
Protein  
59g  
Carbs  
17g  
Fat

DINNER

## Peanut Butter Chocolate Cookie



SNACK

### Regular Plan

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

### Large Plan

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

LUNCH

## Peranakan Curry Chicken



### Regular Plan

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

### Large Plan

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

Monday  
19  
JAN 2026

## Beef Meatballs



DINNER

### Regular Plan

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

### Large Plan

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

## 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

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illustration only.

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Tuesday  
20  
JAN 2026

### Regularan

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

### Large Plan

665kcal  
Calories  
66g  
Carbs  
50g  
Protein  
23g  
Fat

LUNCH

## Sambal Seafood and Tofu



With Brown Rice and Shanghai Green

## Tomato Soup



With Cajun Chicken, Avocado and Mixed Beans, Feta Cheese

### Regular Plan

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

### Large Plan

560kcal  
Calories  
53g  
Protein  
33g  
Carbs  
24g  
Fat

DINNER

## Tofu Chocolate Brownie



SNACK

Images are for  
illustration only.

### Large Plan

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

### Large Plan

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

## Mala Chicken



With Brown Rice and Honey Soy Mixed Veggies

LUNCH

### Regular Plan

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

### Large Plan

665kcal  
Calories  
52g  
Protein  
65g  
Carbs  
22g  
Fat

Wednesday  
21  
JAN 2026

## Herb Chicken



With Roasted Herb Veggies Quinoa Salad, Pomegranate, Honey Citrus Dressing

DINNER

### Regular Plan

370kcal  
Calories  
37g  
Protein  
28g  
Carbs  
12g  
Fat

### Large Plan

535kcal  
Calories  
54g  
Protein  
41g  
Carbs  
17g  
Fat

## Carrot Cake with Cashew Frosting



### Regular Plan

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

### Large Plan

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

SNACK

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illustration only.



Thursday  
22

JAN 2026

Regular Plan

430kcal  
Calories  
42g  
Carbs  
32g  
Protein  
15g  
Fat

Large Plan

625kcal  
Calories  
61g  
Carbs  
46g  
Protein  
22g  
Fat

LUNCH

“Yuxiang” Roasted Chicken and Shiitake

with Brown Rice and Bok Choy

Regular Plan

430kcal  
Calories  
32g  
Protein  
42g  
Carbs  
15g  
Fat

Large Plan

625kcal  
Calories  
55g  
Protein  
55g  
Carbs  
20g  
Fat

Fresh Herb and Lemon Barramundi Fish

with Roasted Potatoes, French Beans

DINNER

SNACK

Regular Plan

150kcal  
Calories  
3g  
Protein  
16g  
Carbs  
8g  
Fat

Large Plan

150kcal  
Calories  
3g  
Protein  
16g  
Carbs  
8g  
Fat

Pumpkin Parmesan Biscuit

Images are for  
illustration only.

LUNCH

Green Curry Chicken

with Brown Rice, Long Beans and Eggplants

Regular Plan

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

Large Plan

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

Friday  
23

JAN 2026

Regular Plan

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

Large Plan

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

Salmon Chicken Balls

with Sweet Potatoes, Baked Spinach Egg and Broccoli

DINNER

SNACK

Overnight Oats with Apple and Mix Nuts

Regular Plan

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

Large Plan

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

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Monday  
26

JAN 2026

Regular Plan

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

Large Plan

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

LUNCH

Beef Chilli Con Carne



with Brown Rice, Saute Green Peas

Regular Plan

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

Large Plan

525kcal  
Calories  
46g  
Protein  
55g  
Carbs  
13g  
Fat

DINNER

Peri Peri Tilapia



with Roasted Potatoes, French Beans and Carrot

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



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illustration only.

Gong Bao Chicken



with Brown Rice, Spicy Eggplant, Garlic Choy Sum

LUNCH

Regular Plan

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

Large Plan

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

Tuesday  
27

JAN 2026

Basil Minced Chicken



with Rice Noodles and Honey Soy Mixed Veggies

DINNER

Regular Plan

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

Large Plan

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

Tofu Chocolate Brownie



SNACK

Regular Plan

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

Large Plan

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

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Wednesday  
28  
JAN 2026

Regular Plan

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

Large Plan

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

LUNCH

Nasi Lemak (Tumeric Chicken)



with Basmati Rice, Boiled Egg and Cucumber

Honey Miso Barramundi



with Cauliflower Rice, Saute Edamame

Regular Plan

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

Large Plan

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

DINNER

Coconut and Cranberry Bar



SNACK

Regular Plan

170kcal  
Calories  
4g  
Protein  
27g  
Carbs  
5g  
Fat

Large Plan

170kcal  
Calories  
4g  
Protein  
27g  
Carbs  
5g  
Fat

Images are for illustration only.

Seafood Tom Yam



with Brown Rice Noodles, Bean Sprouts and Long Beans

LUNCH

Regular Plan

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

Large Plan

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

Thursday  
29  
JAN 2026

Herb Chicken Breast



with Aglio Olio Pasta and Roasted Veggies with Tomato

DINNER

Regular Plan

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

Large Plan

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

Peanut Butter Chocolate Cookie



Regular Plan

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

Large Plan

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

SNACK

Images are for illustration only.



Friday  
30  
JAN 2026

LUNCH

### Regular Plan

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

### Large Plan

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

## Roasted Teriyaki Chicken



### Regular Plan

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

### Large Plan

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

## Zesty Moroccan Chicken Breast



DINNER

SNACK

### Regular Plan

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

### Large Plan

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

## Banana Oat Pancake With Apple Chutney



LUNCH

## Yakiniku Minced Beef



### Regular Plan

445kcal 33g 44g 45g  
Calories Protein Carbs Fat

### Large Plan

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

Monday  
02  
JAN 2026

## Gong Bao Chicken



DINNER

### Regular Plan

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

### Large Plan

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

## Peanut Butter Chocolate 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

# 03

FEB 2026

## Regular Plan

415kcal  
Calories

41g  
Carbs

36g  
Protein

12g  
Fat

## Large Plan

605kcal  
Calories

59g  
Carbs

52g  
Protein

17g  
Fat

LUNCH

## Herb Chicken



With Roasted Potato, French Beans, Harissa Sauce

## Regular Plan

430kcal  
Calories

36g  
Protein

42g  
Carbs

13g  
Fat

## Large Plan

645kcal  
Calories

54g  
Protein

63g  
Carbs

20g  
Fat

## Beef Bolognese



With Pasta, Mixed Mushrooms and Green Peas

DINNER

SNACK

## Regular Plan

150kcal  
Calories

4g  
Protein

15g  
Carbs

8g  
Fat

## Large Plan

150kcal  
Calories

4g  
Protein

15g  
Carbs

8g  
Fat

## Pumpkin Parmesan Biscuit



Images are for illustration only.

## Rendang Chicken



With Coconut Basmati Rice, Roasted Cauliflower

LUNCH

## Regular Plan

475kcal  
Calories

34g  
Protein

46g  
Carbs

17g  
Fat

## Large Plan

685kcal  
Calories

49g  
Protein

67g  
Carbs

25g  
Fat

# Wednesday

# 04

FEB 2026

## Fresh Herb and Lemon Tilapia



With Cayenne Roasted Sweet Potato, Herb Veggies

DINNER

## Regular Plan

360kcal  
Calories

32g  
Protein

35g  
Carbs

10g  
Fat

## Large Plan

535kcal  
Calories

48g  
Protein

53g  
Carbs

15g  
Fat

## Gluten Free Banana Bread



## Regular Plan

175kcal  
Calories

5g  
Protein

16g  
Carbs

10g  
Fat

## Large Plan

175kcal  
Calories

5g  
Protein

16g  
Carbs

10g  
Fat

SNACK

Images are for illustration only.



Thursday  
05

FEB 2026

### Regular Plan

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

LUNCH

### Large Plan

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

## Chicken Balls



With Cauliflower Rice, Spinach Egg and Broccoli

### Regular Plan

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

### Large Plan

590kcal  
Calories  
59g  
Protein  
42g  
Carbs  
21g  
Fat

## Peri Peri Chicken



With Mushroom Barley Risotto and Braised Purple Cabbage

DINNER

SNACK

Images are for illustration only.

### Regular Plan

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

### Large Plan

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

## Overnight Oats with Apple and Mix Nuts



## Beef Patties



With Mashed Sweet Potato, Green Peas and Coriander Lime Juice

LUNCH

### Regular Plan

475kcal  
Calories  
33g  
Protein  
43g  
Carbs  
19g  
Fat

### Large Plan

690kcal  
Calories  
48g  
Protein  
62g  
Carbs  
28g  
Fat

Friday  
06

FEB 2026

## Basil Minced Chicken



With Brown Rice, Scrambled Egg and Kailan

DINNER

### Regular Plan

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

### Large Plan

585kcal  
Calories  
51g  
Protein  
49g  
Carbs  
20g  
Fat

## 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

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