

# Weight Loss Menu



YoloPlans

# 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

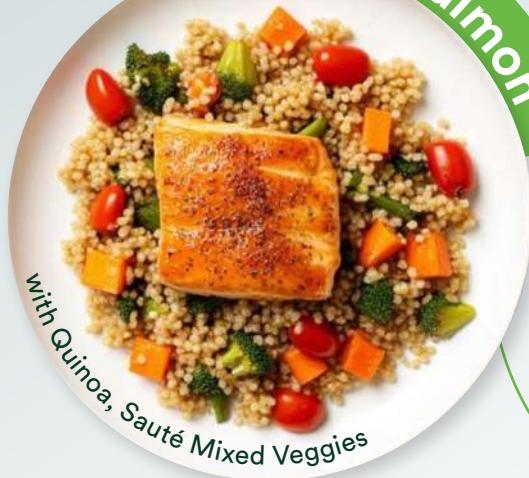
480kcal  
Calories  
48g Carbs

LUNCH

## Large Plan

720kcal  
Calories  
72g Carbs

## Teriyaki Salmon



## Herb Chicken



## Regular Plan

395kcal  
Calories  
32g Protein

## Large Plan

555kcal  
Calories  
45g Protein

DINNER



SNACK

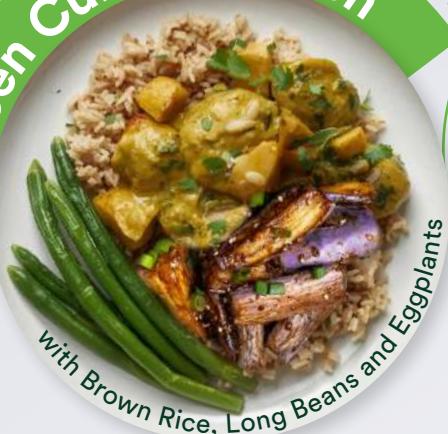
## Regular Plan

120kcal  
Calories  
6g Protein

## Large Plan

120kcal  
Calories  
6g Protein

## Green Curry Chicken



LUNCH

## Regular Plan

455kcal  
Calories  
31g Protein

## Large Plan

685kcal  
Calories  
47g Protein

Tuesday  
13  
JAN 2026

## Chicken Balls



DINNER

## Regular Plan

360kcal  
Calories  
36g Protein

## Large Plan

540kcal  
Calories  
54g Protein

## 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

**LUNCH**

**Large Plan**

670kcal  
Calories  
67g  
Carbs

**Peri Peri Chicken**



with Roasted Potato, Herb Veggies

**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**

**Peanut Butter Chocolate Energy Bites**



**SNACK**

Images are for  
illustration only.

**Regular Plan**

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

**Large Plan**

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

**Basil Minced Chicken**



with Brown Rice, Scrambled Egg and Kailan

Thursday  
15  
JAN 2026

**Regular Plan**

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

**Large Plan**

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

**Baked Dukkah Spiced Sea Bass**



with Couscous, Eggplant Caponata and Broccoli

**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**

Images are for  
illustration only.

Friday  
16

JAN 2026

**Regular Plan**

445kcal  
Calories  
41g  
Carbs

**LUNCH**

**Large Plan**

650kcal  
Calories  
59g  
Carbs

**Tumeric Chicken**

with Brown Rice and Lady Finger

**Beef Patties**



**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



**Peranakan Curry Chicken**

with Basmati Rice, Cauliflower and Lady Finger

**Regular Plan**

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

**Large Plan**

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

**LUNCH**

Monday  
19

JAN 2026

**Beef Meatballs**

with Mashed Potatoes, Tomato Sauce, Sauté Green Peas and Carrots

**Regular Plan**

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

**Large Plan**

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

**DINNER**



**Regular Plan**

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

**Large Plan**

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

**SNACK**

Images are for illustration only.

Tuesday  
20

JAN 2026

**Regularan**

445kcal  
Calories  
44g  
Carbs

33g  
Protein

15g  
Fat

**Large Plan**

665kcal  
Calories  
66g  
Carbs

50g  
Protein

23g  
Fat

**Tomato Soup**

With Cajun Chicken, Avocado and Mixed Beans, Feta Cheese

**LUNCH**

**Sambal Seafood and Tofu**

with Brown Rice and Shanghai Green

**Regular Plan**

370kcal  
Calories  
35g  
Protein

22g  
Carbs  
16g  
Fat

**Large Plan**

560kcal  
Calories  
53g  
Protein

33g  
Carbs  
24g  
Fat

**Tofu Chocolate Brownie**



**DINNER**

**SNACK**

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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**



**SNACK**

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**Regular Plan**

185kcal  
Calories  
8g  
Protein

20g  
Carbs  
8g  
Fat

**Large Plan**

185kcal  
Calories  
8g  
Protein

20g  
Carbs  
8g  
Fat

Thursday  
22

JAN 2026



**LUNCH**

**Regular Plan**

430kcal  
Calories  
42g  
Carbs

32g  
Protein  
15g  
Fat

**Large Plan**

625kcal  
Calories  
61g  
Carbs

46g  
Protein  
22g  
Fat



**Regular Plan**

430kcal  
Calories  
42g  
Carbs

32g  
Protein  
15g  
Fat

**Large Plan**

625kcal  
Calories  
55g  
Protein

55g  
Carbs  
20g  
Fat



**DINNER**

**SNACK**

**Regular Plan**

150kcal  
Calories  
3g  
Protein

16g  
Carbs  
8g  
Fat

**Large Plan**

150kcal  
Calories  
3g  
Protein

16g  
Carbs  
8g  
Fat

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**LUNCH**

**Regular Plan**

475kcal  
Calories  
36g  
Protein

47g  
Carbs  
16g  
Fat

**Large Plan**

690kcal  
Calories  
52g  
Protein

68g  
Carbs  
23g  
Fat

**Friday**  
**23**  
JAN 2026



**SNACK**

**Regular Plan**

385kcal  
Calories  
31g  
Protein

34g  
Carbs  
14g  
Fat

**Large Plan**

560kcal  
Calories  
45g  
Protein

49g  
Carbs  
20g  
Fat



**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

LUNCH

**Regular Plan**

470kcal  
Calories  
48g  
Carbs

31g  
Protein  
17g  
Fat

**Large Plan**

705kcal  
Calories  
72g  
Carbs

47g  
Protein  
26g  
Fat

Peri Peri Tilapia



with Roasted Potatoes, French Beans and Carrot

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

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

Gong Bao Chicken



with Brown Rice, Spicy Eggplant, Garlic Choy Sums

Tuesday  
27

LUNCH

**Regular Plan**

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

**Large Plan**

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

Basil Minced Chicken



with Rice Noodles and Honey Soy Mixed Veggies

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illustration only.

**Regular Plan**

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

**Large Plan**

560kcal  
Calories  
42g  
Protein  
55g  
Carbs  
19g  
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

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Wednesday  
28  
JAN 2026

**Regular Plan**  
465kcal  
Calories  
48g  
Carbs

**Large Plan**  
700kcal  
Calories  
72g  
Carbs

LUNCH

Nasi Lemak (Tumeric Chicken)



Honey Miso Barramundi



with Cauliflower Rice, Sauté 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

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

With Brown Rice, Stew Tofu with Bitter Gourd and Red Capsicum

LUNCH

Regular Plan

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

Large Plan

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

Zesty Moroccan Chicken Breast



with Quinoa with Roasted Pumpkin and Carrots Salad, Broccoli

Roasted Teriyaki Chicken



Regular Plan

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

Large Plan

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

DINNER



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SNACK

Regular Plan

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

Large Plan

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

Yakiniku Minced Beef



with Sweet Potato Noodles, Kimchi Salad and Edamame

LUNCH

Regular Plan

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

Large Plan

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

Monday  
02  
JAN 2026

Gong Bao Chicken



Regular Plan

160kcal  
Calories

7g  
Protein

6g  
Carbs

12g  
Fat

Large Plan

160kcal  
Calories

7g  
Protein

6g  
Carbs

12g  
Fat

Peanut Butter Chocolate Cookie



Regular Plan

160kcal  
Calories

7g  
Protein

6g  
Carbs

12g  
Fat

SNACK

Images are for  
illustration only.

Tuesday  
03

FEB 2026

Beef Bolognese



with Pasta, Mixed Mushrooms and Green Peas

Regular Plan

415kcal  
Calories  
41g  
Carbs

LUNCH

Large Plan  
605kcal  
Calories  
59g  
Carbs

Herb Chicken



Regular Plan

430kcal  
Calories  
36g  
Protein  
42g  
Carbs  
13g  
Fat

Large Plan

645kcal  
Calories  
54g  
Protein  
63g  
Carbs  
20g  
Fat

Pumpkin Parmesan Biscuit



DINNER

SNACK

Regular Plan

150kcal  
Calories  
4g  
Protein  
15g  
Carbs  
8g  
Fat

Large Plan

150kcal  
Calories  
4g  
Protein  
15g  
Carbs  
8g  
Fat

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 Cajun Roasted Sweet Potato, Herb Veggies

Regular Plan

360kcal  
Calories  
32g  
Protein  
35g  
Carbs  
10g  
Fat

Large Plan

535kcal  
Calories  
48g  
Protein  
53g  
Carbs  
15g  
Fat

Gluten Free Banana Bread



DINNER

SNACK

Images are for  
illustration only.

Regular Plan

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

Large Plan

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

Thursday  
05

FEB 2026

Peri Peri Chicken



with Mushroom Barley Risotto and Braised Purple Cabbage

Regular Plan

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

Large Plan

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

LUNCH



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

DINNER



Friday  
06

FEB 2026

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

Basil Minced Chicken



with Brown Rice, Scrambled Egg and Kailan

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



SNACK

Images are for illustration only.

Regular Plan

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

Large Plan

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