

The background of the entire page is a deep blue color. Overlaid on this background is a circular arrangement of various food items, including vegetables and fruits, rendered in a lighter blue, sketch-like style. The items include broccoli, cauliflower, bell peppers, tomatoes, avocados, mushrooms, and leafy greens, all arranged in a circular pattern around the central text.

Weight Loss Menu



YoloPlans



Dear guests

As a chef deeply passionate about both culinary excellence and personal well-being, I embarked on a mission to redefine the conventional approach to weight loss. Inspired by the desire to debunk the myth that healthy eating equals bland or uninspiring meals, I set out to create a menu that marries the elegance of gourmet cuisine with the principles of nutrition.

My journey toward developing this menu was fueled by a dedication to innovation and a commitment to accessibility. Drawing upon my culinary expertise and collaborating with nutritionists, I meticulously curated a selection of recipes that prioritize wholesome ingredients, balanced flavors, and portion control.

This Weight Loss Menu stands out amidst a sea of fad diets and quick-fix solutions by offering a sustainable approach to weight management. By focusing on the art of cooking and the science of nutrition, we empower individuals to cultivate a healthy relationship with food, one delicious meal at a time.

Together, let's savor the joy of gourmet dining while nurturing our bodies from within.

- Chef Ken

WEIGHT LOSS

Monday
30
JUN 2025

HERB CHICKEN



with Kale Quinoa Salad and Baked Pumpkin

SNACK

Regular Plan			
460kcal	33g		
Calories	Protein		
44g	17g		
Carbs	Fat		

Large Plan			
690kcal	50g		
Calories	Protein		
66g	26g		
Carbs	Fat		

LUNCH

Teriyaki Chicken



with Brown Rice and Roast Veggies

Regular Plan			
410kcal	42g	34g	12g
Calories	Protein	Carbs	Fat

Large Plan			
595kcal	61g	49g	17g
Calories	Protein	Carbs	Fat

Chocolate Hazelnut Energy Bites



DINNER

Regular Plan			
120kcal	6g	6g	8g
Calories	Protein	Carbs	Fat

Large Plan			
120kcal	6g	6g	8g
Calories	Protein	Carbs	Fat

Images are for illustration only.

LUNCH

Turmeric Chicken Nasi Lemak



with Coconut Basmati Rice, Hard Boiled Egg, and Cucumber

Regular Plan			
460kcal	38g	41g	16g
Calories	Protein	Carbs	Fat

Large Plan			
665kcal	52g	59g	23g
Calories	Protein	Carbs	Fat

Tuesday
01
JUL 2025

DINNER

Tomato Baked Tilapia



with Brown Rice Noodles and Braised Mix Veggies

Regular Plan			
370kcal	32g	36g	11g
Calories	Protein	Carbs	Fat

Large Plan			
555kcal	48g	54g	17g
Calories	Protein	Carbs	Fat

Carrot Cake with Cashew Frosting



SNACK

Regular Plan			
175kcal	8g	18g	8g
Calories	Protein	Carbs	Fat

Large Plan			
175kcal	8g	18g	8g
Calories	Protein	Carbs	Fat

Images are for illustration only.

Wednesday 02 JUL 2025

Regular Plan

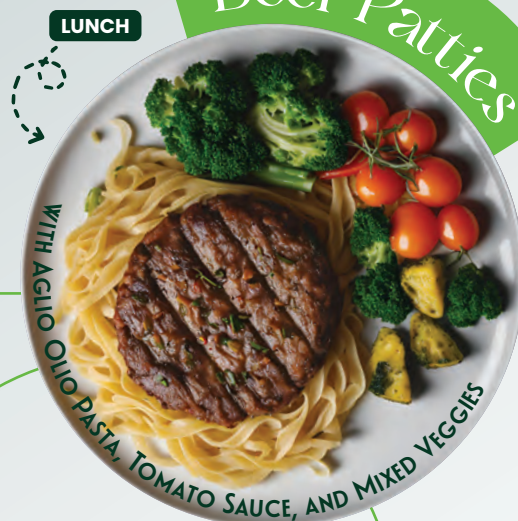
385kcal	33g
Calories	Protein
38g	11g
Carbs	Fat

Large Plan

555kcal	48g
Calories	Protein
55g	16g
Carbs	Fat

LUNCH

Beef Patties



Regular Plan

455kcal	36g	44g	15g
Calories	Protein	Carbs	Fat

Large Plan

660kcal	52g	64g	22g
Calories	Protein	Carbs	Fat

Green Curry Chicken



WITH BASMATI RICE, EGGPLANTS, AND LONG BEANS

SNACK

Images are for illustration only.

Regular Plan

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

Large Plan

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

GLUTEN FREE BANANA BREAD



LUNCH

CHICKEN THIGH CHUNKS



Regular Plan

415kcal	31g
Calories	Protein
41g	14g
Carbs	Fat

Large Plan

600kcal	45g
Calories	Protein
59g	20g
Carbs	Fat

Thursday 03 JUL 2025

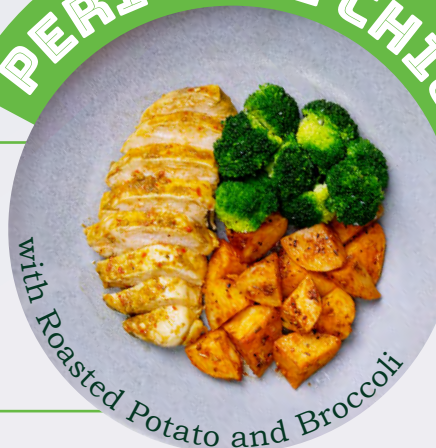
Regular Plan

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

Large Plan

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

PERI PERI CHICKEN



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.

Friday
04

JUL 2025

Regular Plan

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

Large Plan

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

LUNCH

yakiniku Minced Beef



With Brown Rice, Edamame, and Kimchi

Regular Plan

415kcal
Calories
33g
Protein
41g
Carbs
13g
Fat

Large Plan

600kcal
Calories
48g
Protein
59g
Carbs
19g
Fat

DINNER

Chicken Mushroom Stew



WITH SOBA NOODLES AND GARLIC KAILAN

SNACK

Images are for
illustration only.

Regular Plan

120kcal
Calories
4g
Protein
8g
Carbs
8g
Fat

Large Plan

120kcal
Calories
4g
Protein
8g
Carbs
8g
Fat

Pistachio and Dates Energy Bites



GONG BAO CHICKEN



With Brown Rice, Spicy Eggplant, and Cucumber Salad

LUNCH

Regular Plan

465kcal
Calories
36g
Protein
47g
Carbs
15g
Fat

Large Plan

675kcal
Calories
52g
Protein
68g
Carbs
22g
Fat

Monday
07

JUL 2025

HARISSA ROASTED TILAPIA



With Roasted Potato and French Beans

DINNER

Regular Plan

410kcal
Calories
34g
Protein
41g
Carbs
12g
Fat

Large Plan

590kcal
Calories
49g
Protein
59g
Carbs
17g
Fat

Peanut Butter Chocolate Energy Bites



Regular Plan

120kcal
Calories
4g
Protein
2g
Carbs
11g
Fat

Large Plan

120kcal
Calories
4g
Protein
2g
Carbs
11g
Fat

SNACK

Images are for
illustration only.

Tuesday
08
JUL 2025

Regular Plan

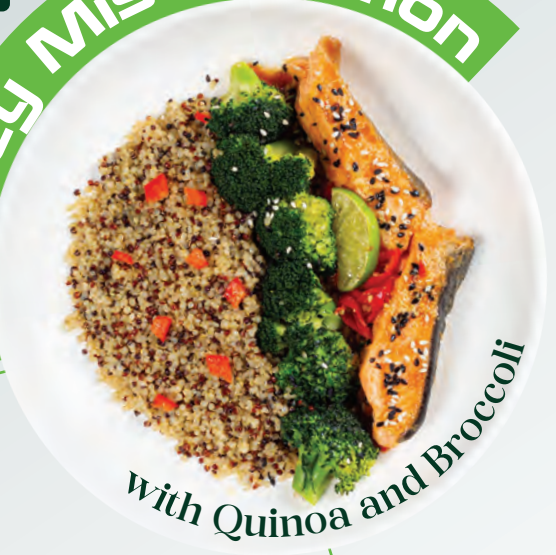
440kcal
Calories
48g
Carbs
37g
Protein
11g
Fat

Large Plan

635kcal
Calories
70g
Carbs
54g
Protein
16g
Fat

LUNCH

Honey Miso Salmon



With Quinoa and Broccoli

Regular Plan

385kcal
Calories
39g
Protein
28g
Carbs
13g
Fat

Large Plan

580kcal
Calories
59g
Protein
42g
Carbs
20g
Fat

DINNER

Herb Chicken



With Cauliflower Rice and Spinach Egg

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

GLUTEN FREE BANANA BREAD



Beef Bolognese



WITH PASTA, MIXED MUSHROOMS, AND GREEN PEAS

LUNCH

Regular Plan

475kcal
Calories
34g
Protein
46g
Carbs
17g
Fat

Large Plan

710kcal
Calories
51g
Protein
69g
Carbs
26g
Fat

Wednesday
09
JUL 2025

Lemongrass Chicken



With Rice Vermicelli and Mixed Veggies Salad

DINNER

Regular Plan

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

Large Plan

555kcal
Calories
46g
Protein
57g
Carbs
16g
Fat

OATMEAL COOKIE



SNACK

Regular Plan

145kcal
Calories
5g
Protein
9g
Carbs
10g
Fat

Large Plan

145kcal
Calories
5g
Protein
9g
Carbs
10g
Fat

Images are for illustration only.

Thursday
10

JUL 2025

Regular Plan

460kcal
Calories
42g
Carbs
37g
Protein
16g
Fat

Large Plan

690kcal
Calories
63g
Carbs
56g
Protein
24g
Fat

LUNCH

Peranakan Curry Beef and Pumpkin



with Coconut Basmati Rice and Garlic Okra

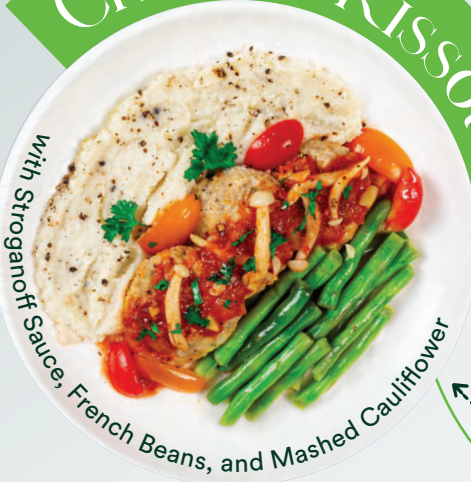
Regular Plan

350kcal
Calories
36g
Protein
27g
Carbs
11g
Fat

Large Plan

510kcal
Calories
52g
Protein
39g
Carbs
16g
Fat

Chicken Rissoles



with Stroganoff Sauce, French Beans, and Mashed Cauliflower

DINNER

SNACK

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Regular Plan

190kcal
Calories
6g
Protein
12g
Carbs
13g
Fat

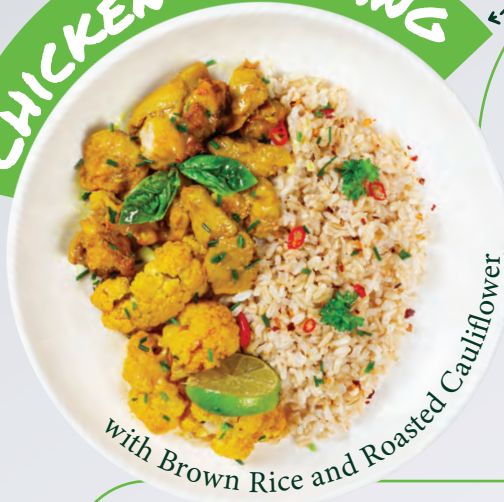
Large Plan

190kcal
Calories
6g
Protein
12g
Carbs
13g
Fat

ALMOND OATS ENERGY BAR



CHICKEN RENDANG



with Brown Rice and Roasted Cauliflower

LUNCH

Regular Plan

405kcal
Calories
33g
Protein
41g
Carbs
12g
Fat

Large Plan

590kcal
Calories
48g
Protein
59g
Carbs
18g
Fat

Friday

11

JUL 2025

Cajun Orange Chicken



with Cajun Sweet Potato and Broccoli

DINNER

Regular Plan

415kcal
Calories
33g
Protein
41g
Carbs
13g
Fat

Large Plan

620kcal
Calories
50g
Protein
62g
Carbs
20g
Fat

TOFU CHOCOLATE BROWNIE



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

Monday
14

JUL 2025

Teriyaki Salmon



with Quinoa and Sauté Mixed Veggies

SNACK

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illustration only.

Regular Plan

480kcal
Calories

48g
Carbs

36g
Protein

16g
Fat

Large Plan

720kcal
Calories

72g
Carbs

54g
Protein

24g
Fat

LUNCH

HERB CHICKEN



Regular Plan

395kcal
Calories

32g
Protein

38g
Carbs

13g
Fat

Large Plan

555kcal
Calories

45g
Protein

53g
Carbs

18g
Fat

DINNER

Pistachio and Dates Energy Bites



Regular Plan

120kcal
Calories

4g
Protein

4g
Carbs

10g
Fat

Large Plan

120kcal
Calories

4g
Protein

4g
Carbs

10g
Fat

Red Curry Chicken



WITH BROWN RICE, LONG BEANS, AND EGGPLANTS

LUNCH

Regular Plan

450kcal
Calories

37g
Protein

42g
Carbs

15g
Fat

Large Plan

675kcal
Calories

56g
Protein

63g
Carbs

23g
Fat

Tuesday
15

JUL 2025

Salmon Chicken Balls



with Cauliflower Rice and Spinach Egg

DINNER

Regular Plan

370kcal
Calories

39g
Protein

26g
Carbs

12g
Fat

Large Plan

550kcal
Calories

59g
Protein

39g
Carbs

18g
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 16 JUL 2025

Regular Plan

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

Large Plan

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

LUNCH

Yakniku Minced Beef



Regular Plan

420kcal
Calories
37g
Protein
41g
Carbs
12g
Fat

Large Plan

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

PERI PERI CHICKEN



With Roasted Potato and Herb Veggies

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

PEANUT BUTTER CHOCOLATE ENERGY BITES



Basil Minced Chicken



with Basmati Rice, Scramble Egg, and Long Beans

LUNCH

Regular Plan

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

Large Plan

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

Thursday 17 JUL 2025

BAKED LEMONGRASS BARRAMUNDI



DINNER

Regular Plan

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

Large Plan

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

Carrot Cake with Cashew Frosting



Regular Plan

180kcal
Calories
8g
Protein
19g
Carbs
8g
Fat

Large Plan

180kcal
Calories
8g
Protein
19g
Carbs
8g
Fat

SNACK

Images are for illustration only.

Friday
18
JUL 2025

Regular Plan

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

Large Plan

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

LUNCH

Beef Patties

WITH MASHED SWEET POTATO, GREEN PEAS, AND CORIANDER LIME SAUCE

Regular Plan

345kcal
Calories
32g
Protein
34g
Carbs
9g
Fat

Large Plan

535kcal
Calories
50g
Protein
53g
Carbs
14g
Fat

Turmeric Chicken

WITH BROWN RICE AND LADY FINGER

SNACK

Images are for
illustration only.

Regular Plan

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

Large Plan

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

PEANUT BUTTER CHOCOLATE COOKIE



LUNCH

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

Monday
21
JUL 2025

Chicken Patties

with Mashed potatoes, Tomato Sauce, Sauté Green Peas, and Carrot

DINNER

Regular Plan

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

Large Plan

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

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

Peanut Butter Chocolate Energy Bites



Tuesday
22

JUL 2025

Cajun Chicken



WITH TOMATO SOUP, AVOCADO, MIXED BEANS, AND FETA CHEESE

SNACK

Images are for illustration only.

Regular Plan

435kcal
Calories
44g
Carbs
33g
Protein
14g
Fat

Large Plan

650kcal
Calories
66g
Carbs
50g
Protein
21g
Fat

LUNCH

Sambal Seafood and Tofu



WITH BROWN RICE AND SHANGHAI GREEN

Regular Plan

385kcal
Calories
38g
Protein
22g
Carbs
16g
Fat

Large Plan

575kcal
Calories
57g
Protein
33g
Carbs
24g
Fat

DINNER

TOFU CHOCOLATE BROWNIE



Regular 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 MIX VEGGIES

LUNCH

Regular Plan

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

Large Plan

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

Wednesday
23

JUL 2025

Herb Chicken



WITH ROASTED HERB VEGGIES QUINOA SALAD

DINNER

Regular Plan

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

Large Plan

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

SNACK

Images are for illustration only.

Regular Plan

180kcal
Calories
8g
Protein
19g
Carbs
8g
Fat

Large Plan

180kcal
Calories
8g
Protein
19g
Carbs
8g
Fat

CARROT CAKE WITH CASHEW FROSTING



Thursday
24

JUL 2025

Regular Plan

445kcal
Calories
45g
Carbs
32g
Protein
15g
Fat

Large Plan

640kcal
Calories
65g
Carbs
46g
Protein
22g
Fat

LUNCH

Yuziang Minced Chicken



With Sweet Potato Noodles, Sauté Mushroom, and Bok Choy

Regular Plan

430kcal
Calories
38g
Protein
38g
Carbs
14g
Fat

Large Plan

645kcal
Calories
57g
Protein
57g
Carbs
21g
Fat

Lemon Barramundi Fish



With Fresh Herb, Roasted Potatoes, and French Beans

SNACK

Images are for
illustration only.

Regular Plan

120kcal
Calories
4g
Protein
4g
Carbs
10g
Fat

Large Plan

120kcal
Calories
4g
Protein
4g
Carbs
10g
Fat

PISTACHIO AND DATES ENERGY BITES



GREEN CURRY CHICKEN



With Basmati Rice, Eggplants, and Long Beans

LUNCH

Regular Plan

450kcal
Calories
32g
Protein
47g
Carbs
15g
Fat

Large Plan

655kcal
Calories
46g
Protein
68g
Carbs
22g
Fat

Friday
25

JUL 2025

Regular Plan

405kcal
Calories
36g
Protein
34g
Carbs
14g
Fat

Large Plan

590kcal
Calories
52g
Protein
49g
Carbs
20g
Fat

Overnight Oats



With Roasted Apple and Chia Seeds

Chicken Balls



With Sweet Potatoes, Baked Spinach Egg, Broccoli, and House Made Chili Sauce

DINNER

SNACK

Images are for
illustration only.

Regular Plan

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

Large Plan

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