

Balanced 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 rectangular pan and contains white rice, yellow corn, 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

BALANCED

Monday
04
MAY 2026

LUNCH

Herb Chicken



with Aglio Olio Pasta, Tomato Sauce and Sweet Snap Peas

Large Plan

680kcal	57g
Calories	Protein
69g	20g
Carbs	Fat

Teriyaki Salmon



with Quinoa, Sauté Mixed Veggies

Large Plan

550kcal	43g	53g	18g
Calories	Protein	Carbs	Fat

Cumin Carrot Soup



DINNER

SNACK

Large Plan

155kcal	8g	8g	10g
Calories	Protein	Carbs	Fat

Images are for illustration only.

LUNCH

Green Curry Chicken



with Brown Rice, Long Beans and Eggplants

Large Plan

685kcal	47g	74g	23g
Calories	Protein	Carbs	Fat

Tuesday
05
MAY 2026

Chicken Balls



with Cauliflower Rice, Spinach Egg

DINNER

Large Plan

540kcal	54g	51g	14g
Calories	Protein	Carbs	Fat

Tofu Chocolate Brownie



Large Plan

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

SNACK

Images are for illustration only.

Wednesday 06

MAY 2026

LUNCH

Large Plan

670kcal
Calories

67g
Carbs

52g
Protein

22g
Fat

Yakiniku Minced Chicken



With Brown Rice, Edamame and Kimchi

Peri Peri Chicken



With Roasted Potato, Herb Veggies

Large Plan

610kcal
Calories

54g
Protein

59g
Carbs

17g
Fat

DINNER

Peanut Butter Chocolate Energy Bites



SNACK

Large Plan

125kcal
Calories

4g
Protein

2g
Carbs

11g
Fat

Images are for illustration only.

LUNCH

Large Plan

610kcal
Calories

52g
Protein

55g
Carbs

20g
Fat

Basil Minced Chicken



With Brown Rice, Scrambled Egg and Kailan

Thursday 07

MAY 2026

DINNER

Baked Dukkah Spiced Sea Bass



With Couscous, Eggplant Caponata and Broccoli

Large Plan

590kcal
Calories

54g
Protein

53g
Carbs

18g
Fat

SNACK

Large Plan

180kcal
Calories

6g
Protein

7g
Carbs

14g
Fat

Roasted Mix Nuts



Images are for illustration only.

Friday 08

MAY 2026

LUNCH

Beef Patties



With Mashed Sweet Potato, Green Peas and Coriander Lime Juice

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

Tumeric Chicken



With Brown Rice and Lady Finger

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

DINNER

Peanut Butter Chocolate Cookie



SNACK

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

Images are for illustration only.

LUNCH

Peranakan Curry Chicken



with Basmati Rice, Cauliflower and Lady Finger

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

Monday 11

MAY 2026

Beef Meatballs



With Mashed Potatoes, Tomato Sauce, Saute Green Peas and Carrots

DINNER

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

SNACK

Peanut Butter Chocolate Energy Bites



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

Images are for illustration only.

Tuesday

12

MAY 2026

LUNCH

Large Plan

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

Sambal Seafood and Tofu



With Brown Rice and Shanghai Green

Tomato Soup



With Cajun Chicken, Avocado and Mixed Beans, Feta Cheese

Large Plan

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

Tofu Chocolate Brownie



DINNER

SNACK

Large Plan

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

Images are for illustration only.

Mala Chicken



With Brown Rice and Honey Soy Mixed Veggies

LUNCH

Large Plan

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

Wednesday

13

MAY 2026

Herb Chicken



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

DINNER

Large Plan

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

Carrot Cake with Cashew Frosting



Large Plan

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

SNACK

Images are for illustration only.

Thursday

14

MAY 2026

Fresh Herb and Lemon Barramundi Fish

With Roasted Potatoes, French Beans



Large Plan

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

LUNCH

Yuxiang Roasted Chicken and Shiitake

With Brown Rice and Bok Choy



Large Plan

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

DINNER

Pumpkin Parmesan Biscuit



SNACK

Large Plan

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

Images are for illustration only.

Green Curry Chicken

With Brown Rice, Long Beans and Eggplants



LUNCH

Large Plan

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

Friday

15

MAY 2026

Salmon Chicken Balls

With Sweet Potatoes, Baked Spinach Egg and Broccoli



DINNER

Large Plan

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

SNACK

Overnight Oats with Apple and Mix Nuts



Large Plan

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

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Monday
18

MAY 2026

LUNCH

Beef Chilli Con Carne



with Brown Rice, Saute Green Peas

Large Plan

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

Peri Peri Tilapia



with Roasted Potatoes, French Beans and Carrot

Large Plan

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

DINNER

SNACK

Large Plan

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

Gluten Free Banana Bread



Images are for illustration only.

LUNCH

Gong Bao Chicken



with Brown Rice, Spicy Eggplant, Garlic Choy Soy

Large Plan

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

Tuesday
19

MAY 2026

Basil Minced Chicken



with Rice Noodles and Honey Soy Mixed Veggies

Large Plan

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

DINNER

Tofu Chocolate Brownie



Large Plan

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

SNACK

Images are for illustration only.

Wednesday 20

MAY 2026

LUNCH

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

Nasi Lemak (Turmeric Chicken)



with Basmati Rice, Boiled Egg and Cucumber

Honey Miso Barramundi



with Cauliflower Rice, Saute Edamame

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

DINNER

Coconut and Cranberry Bar



SNACK

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

Images are for illustration only.

LUNCH

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

Thursday 21

MAY 2026

Seafood Tom Yam



with Brown Rice Noodles, Bean Sprouts and Long Beans

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

Herb Chicken Breast



with Aglio Olio Pasta and Roasted Veggies with Tomato

DINNER

SNACK

Peanut Butter Chocolate Cookie



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

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Friday
22

MAY 2026

LUNCH

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

Roasted Teriyaki Chicken



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

Zesty Moroccan Chicken Breast



With Quinoa with Roasted Pumpkin and Carrots Salad, Broccoli, and Carrots

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

DINNER

Banana Oat Pancake With Apple Chutney



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

SNACK

Images are for illustration only.

LUNCH

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

Yakiniku Minced Beef



With Sweet Potato Noodles, Kimchi Salad and Edamame

Monday
25

MAY 2026

Gong Bao Chicken



With Brown Rice, Spicy Eggplant, Garlic Bok Choy

DINNER

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

Peanut Butter Chocolate Cookie



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

SNACK

Images are for illustration only.

Tuesday 26

MAY 2026

LUNCH

Large Plan

605kcal Calories	52g Protein
59g Carbs	17g Fat

Herb Chicken



With Roasted Potato, French Beans, Harissa Sauce

Beef Bolognese



With Pasta, Mixed Mushrooms and Green Peas

Large Plan

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

Pumpkin Parmesan Biscuit



SNACK

Large Plan

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

Rendang Chicken



With Coconut Basmati Rice, Roasted Cauliflower

Large Plan

685kcal Calories	49g Protein	67g Carbs	25g Fat
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Wednesday 27

MAY 2026

Large Plan

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

Fresh Herb and Lemon Tilapia



With Cajun Roasted Sweet Potato, Herb Veggies

SNACK

Large Plan

175kcal Calories	5g Protein	16g Carbs	10g Fat
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Thursday 28

MAY 2026

LUNCH

Large Plan

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

Chicken Balls



With Cauliflower Rice, Spinach Egg and Broccoli

Peri Peri Chicken



With Mushroom Barley Risotto and Braised Purple Cabbage

Large Plan

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

DINNER

Overnight Oats with Apple and Mix Nuts



SNACK

Large Plan

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

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LUNCH

Large Plan

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

Friday 29

MAY 2026

Beef Patties



With Mashed Sweet Potato, Green Peas and Coriander Lime Juice

Large Plan

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

Basil Minced Chicken



With Brown Rice, Scrambled Egg and Kailan

DINNER

Peanut Butter Chocolate Energy Bites



Large Plan

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

SNACK

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