

# High Protein Menu



**YoloPlans**

A close-up photograph of a chef's hand using a silver knife to garnish a dish. The dish is served in a black rectangular pan and consists of white rice topped with yellow corn, green beans, and sliced red and green chili peppers. The chef is carefully placing a slice of red chili on top. The background is softly blurred, showing other kitchen items and ingredients.

# 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

# HIGH PROTEIN

Monday  
**04**  
MAY 2026

LUNCH

<b>Regular Plan</b>	
445kcal Calories	46g Protein
35g Carbs	14g Fat
<b>Large Plan</b>	
665kcal Calories	68g Protein
52g Carbs	20g Fat

Herb Chicken



with Aglio Olio Pasta, Tomato Sauce and Sweet Snap Peas

Teriyaki Salmon



with Quinoa, Sauté Mixed Veggies

<b>Regular Plan</b>			
415kcal Calories	41g Protein	29g Carbs	15g Fat
<b>Large Plan</b>			
590kcal Calories	65g Protein	52g Carbs	22g Fat

DINNER

Cumin Carrot Soup



SNACK

<b>Regular Plan</b>				<b>Large Plan</b>			
155kcal Calories	8g Protein	8g Carbs	10g Fat	155kcal Calories	8g Protein	8g Carbs	10g Fat

Images are for illustration only.

Green Curry Chicken



with Brown Rice, Long Beans and Eggplants

LUNCH

<b>Regular Plan</b>			
440kcal Calories	37g Protein	37g Carbs	16g Fat
<b>Large Plan</b>			
655kcal Calories	56g Protein	55g Carbs	24g Fat

Tuesday  
**05**  
MAY 2026

Chicken Balls



with Cauliflower Rice, Spinach Egg

DINNER

<b>Regular Plan</b>			
380kcal Calories	48g Protein	26g Carbs	9g Fat
<b>Large Plan</b>			
545kcal Calories	65g Protein	38g Carbs	15g Fat

Tofu Chocolate Brownie



<b>Regular Plan</b>				<b>Large Plan</b>			
185kcal Calories	8g Protein	20g Carbs	8g Fat	185kcal Calories	8g Protein	20g Carbs	8g Fat

SNACK

Images are for illustration only.

# Wednesday 06

MAY 2026

### Regular Plan

455kcal  
Calories

43g  
Protein

35g  
Carbs

16g  
Fat

### Large Plan

665kcal  
Calories

63g  
Protein

50g  
Carbs

24g  
Fat

LUNCH

## Yakiniku Minced Chicken



with Brown Rice, Edamame and Kimchi

### Regular Plan

415kcal  
Calories

44g  
Protein

31g  
Carbs

13g  
Fat

### Large Plan

600kcal  
Calories

64g  
Protein

45g  
Carbs

18g  
Fat

## Peri Peri Chicken



with Roasted Potato, Herb Veggies

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

Images are for illustration only.

LUNCH

## Basil Minced Chicken



with Brown Rice, Scrambled Egg and Kailan

### Regular Plan

420kcal  
Calories

43g  
Protein

29g  
Carbs

15g  
Fat

### Large Plan

635kcal  
Calories

63g  
Protein

47g  
Carbs

22g  
Fat

# Thursday 07

MAY 2026

### Regular Plan

390kcal  
Calories

43g  
Protein

29g  
Carbs

15g  
Fat

### Large Plan

585kcal  
Calories

65g  
Protein

39g  
Carbs

22g  
Fat

## Baked Dukkah Spiced Sea Bass



with Couscous, Eggplant Caponata and Broccoli

DINNER

## 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

# 08

MAY 2026

### Regular Plan

435kcal  
Calories

34g  
Protein

31g  
Carbs

20g  
Fat

LUNCH

## Beef Patties



With Mashed Sweet Potato, Green Peas and Coriander Lime Juice

### Large Plan

650kcal  
Calories

59g  
Protein

45g  
Carbs

16g  
Fat

## Tumeric Chicken



With Brown Rice and Lady Finger

### Regular Plan

390kcal  
Calories

41g  
Protein

31g  
Carbs

12g  
Fat

### Large Plan

580kcal  
Calories

61g  
Protein

44g  
Carbs

18g  
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

Images are for illustration only.

LUNCH

## Peranakan Curry Chicken



With Basmati Rice, Cauliflower and Lady Finger

### Regular Plan

445kcal  
Calories

41g  
Protein

35g  
Carbs

16g  
Fat

### Large Plan

660kcal  
Calories

64g  
Protein

50g  
Carbs

23g  
Fat

# Monday

# 11

MAY 2026

## Beef Meatballs



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

DINNER

### Regular Plan

430kcal  
Calories

40g  
Protein

33g  
Carbs

16g  
Fat

### Large Plan

655kcal  
Calories

66g  
Protein

41g  
Carbs

25g  
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

Images are for illustration only.

# Tuesday

# 12

MAY 2026

### Regular Plan

430kcal  
Calories  
33g  
Carbs  
40g  
Protein  
16g  
Fat

### Large Plan

650kcal  
Calories  
50g  
Carbs  
59g  
Protein  
24g  
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

385kcal  
Calories  
42g  
Protein  
17g  
Carbs  
17g  
Fat

### Large Plan

580kcal  
Calories  
63g  
Protein  
25g  
Carbs  
25g  
Fat

DINNER

## Tofu Chocolate Brownie



SNACK

### Large Plan

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

### Large Plan

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

Images are for illustration only.

## Mala Chicken



With Brown Rice and Honey Soy Mixed Veggies

LUNCH

### Regular Plan

450kcal  
Calories  
43g  
Protein  
34g  
Carbs  
16g  
Fat

### Large Plan

655kcal  
Calories  
63g  
Protein  
49g  
Carbs  
23g  
Fat

# Wednesday

# 13

MAY 2026

### Regular Plan

375kcal  
Calories  
44g  
Protein  
21g  
Carbs  
13g  
Fat

### Large Plan

535kcal  
Calories  
52g  
Protein  
41g  
Carbs  
18g  
Fat

## Herb Chicken



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

DINNER

## Carrot Cake with Cashew Frosting



### Regular Plan

185kcal  
Calories  
8g  
Protein  
19g  
Carbs  
8g  
Fat

### Large Plan

185kcal  
Calories  
8g  
Protein  
19g  
Carbs  
8g  
Fat

SNACK

Images are for illustration only.

# Thursday 14

MAY 2026

### Regular Plan

425kcal  
Calories    39g  
Protein

32g  
Carbs        16g  
Fat

### Large Plan

620kcal  
Calories    56g  
Protein

46g  
Carbs        24g  
Fat

LUNCH



with Brown Rice and Bok Choy



with Roasted Potatoes, French Beans

### Regular Plan

435kcal    47g    29g    15g  
Calories    Protein    Carbs    Fat

### Large Plan

630kcal    66g    41g    22g  
Calories    Protein    Carbs    Fat

DINNER



SNACK

### Regular Plan

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

### Large Plan

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

Images are for illustration only.



with Brown Rice, Long Beans and Eggplants

LUNCH

### Regular Plan

465kcal    43g    35g    17g  
Calories    Protein    Carbs    Fat

### Large Plan

675kcal    63g    51g    24g  
Calories    Protein    Carbs    Fat

# Friday 15

MAY 2026



with Sweet Potatoes, Baked Spinach Egg and Broccoli

DINNER

### Regular Plan

385kcal    37g    26g    15g  
Calories    Protein    Carbs    Fat

### Large Plan

555kcal    54g    37g    21g  
Calories    Protein    Carbs    Fat



### Regular Plan

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

### Large Plan

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

SNACK

Images are for illustration only.

# Monday 18

MAY 2026

### Regular Plan

460kcal  
Calories

36g  
Carbs

39g  
Protein

18g  
Fat

### Large Plan

720kcal  
Calories

54g  
Carbs

56g  
Protein

31g  
Fat

LUNCH

## Beef Chilli Con Carne



with Brown Rice, Saute Green Peas

## Peri Peri Tilapia



with Roasted Potatoes, French Beans and Carrot

### Regular Plan

360kcal  
Calories

40g  
Protein

29g  
Carbs

9g  
Fat

### Large Plan

510kcal  
Calories

56g  
Protein

41g  
Carbs

14g  
Fat

DINNER

## 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

Images are for illustration only.

## Gong Bao Chicken



with Brown Rice, Spicy Eggplant, Sun Choy Soy

LUNCH

### Regular Plan

435kcal  
Calories

42g  
Protein

31g  
Carbs

16g  
Fat

### Large Plan

650kcal  
Calories

63g  
Protein

46g  
Carbs

24g  
Fat

# Tuesday 19

MAY 2026

## Basil Minced Chicken



with Rice Noodles and Honey Soy Mixed Veggies

DINNER

### Regular Plan

395kcal  
Calories

35g  
Protein

29g  
Carbs

16g  
Fat

### Large Plan

575kcal  
Calories

50g  
Protein

41g  
Carbs

23g  
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 20

MAY 2026

### Regular Plan

455kcal  
Calories    47g  
Protein

36g    14g  
Carbs    Fat

### Large Plan

680kcal  
Calories    70g  
Protein

54g    20g  
Carbs    Fat

LUNCH

## Nasi Lemak (Turmeric Chicken)



with Basmati Rice, Boiled Egg and Cucumber

## Honey Miso Barramundi



with Cauliflower Rice, Saute Edamame

### Regular Plan

385kcal    43g    16g    17g  
Calories    Protein    Carbs    Fat

### Large Plan

560kcal    63g    23g    24g  
Calories    Protein    Carbs    Fat

DINNER

## Coconut and Cranberry Bar



SNACK

### Regular Plan

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

### Large Plan

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

Images are for illustration only.

## Seafood Tom Yam



with Brown Rice Noodles, Bean Sprouts and Long Beans

LUNCH

### Regular Plan

430kcal    39g    33g    16g  
Calories    Protein    Carbs    Fat

### Large Plan

610kcal    53g    48g    23g  
Calories    Protein    Carbs    Fat

# Thursday 21

MAY 2026

## Herb Chicken Breast



with Aglio Olio Pasta and Roasted Veggies with Tomato

DINNER

### Regular Plan

400kcal    43g    31g    12g  
Calories    Protein    Carbs    Fat

### Large Plan

625kcal    65g    46g    20g  
Calories    Protein    Carbs    Fat

## Peanut Butter Chocolate Cookie



SNACK

### Regular Plan

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

### Large Plan

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

Images are for illustration only.

Friday

22

MAY 2026

LUNCH

**Regular Plan**

435kcal 42g  
Calories Protein  
36g 14g  
Carbs Fat

**Large Plan**

625kcal 61g  
Calories Protein  
51g 20g  
Carbs Fat

**Roasted Teriyaki Chicken**



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

**Regular Plan**

445kcal 40g 29g 19g  
Calories Protein Carbs Fat

**Large Plan**

640kcal 57g 39g 28g  
Calories Protein Carbs Fat

**Zesty Moroccan Chicken Breast**



With Quinoa with Roasted Pumpkin and Carrots Salad, Broccoli

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**



Images are for illustration only.

LUNCH

**Yakiniku Minced Beef**



With Sweet Potato Noodles, Kimchi Salad and Edamame

**Regular Plan**

430kcal 40g 33g 16g  
Calories Protein Carbs Fat

**Large Plan**

625kcal 57g 48g 23g  
Calories Protein Carbs Fat

Monday  
25

MAY 2026

**Gong Bao Chicken**



With Brown Rice, Spicy Eggplant, Garlic Bok Choy

DINNER

**Regular Plan**

405kcal 37g 31g 16g  
Calories Protein Carbs Fat

**Large Plan**

620kcal 54g 45g 25g  
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 26

MAY 2026

### Regular Plan

405kcal  
Calories      42g  
Protein  
31g  
Carbs      13g  
Fat

### Large Plan

595kcal  
Calories      63g  
Protein  
45g  
Carbs      18g  
Fat

LUNCH

## Herb Chicken



With Roasted Potato, French Beans, Harissa Sauce

### Regular Plan

420kcal      43g      32g      14g  
Calories      Protein      Carbs      Fat

### Large Plan

645kcal      65g      47g      22g  
Calories      Protein      Carbs      Fat

## Beef Bolognese



With Pasta, Mixed Mushrooms and Green Peas

DINNER

SNACK

### Regular Plan

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

### Large Plan

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

## Pumpkin Parmesan Biscuit



Images are for illustration only.

LUNCH

## Rendang Chicken



With Coconut Basmati Rice, Roasted Cauliflower

### Regular Plan

460kcal      41g      35g      18g  
Calories      Protein      Carbs      Fat

### Large Plan

660kcal      61g      50g      24g  
Calories      Protein      Carbs      Fat

# Wednesday 27

MAY 2026

### Regular Plan

355kcal      38g      26g      11g  
Calories      Protein      Carbs      Fat

### Large Plan

560kcal      58g      42g      18g  
Calories      Protein      Carbs      Fat

## Fresh Herb and Lemon Tilapia



With Cajun Roasted Sweet Potato, Herb Veggies

DINNER

## Gluten Free Banana Bread



### Regular Plan

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

### Large Plan

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

SNACK

Images are for illustration only.

# Thursday 28

MAY 2026

### Regular Plan

440kcal  
Calories      39g  
Protein  
35g      16g  
Carbs      Fat

### Large Plan

630kcal      61g  
Calories      Protein  
44g      24g  
Carbs      Fat

LUNCH

## Chicken Balls



With Cauliflower Rice, Spinach Egg and Broccoli

### Regular Plan

405kcal      47g      21g      15g  
Calories      Protein      Carbs      Fat

### Large Plan

605kcal      70g      32g      22g  
Calories      Protein      Carbs      Fat

## Peri Peri Chicken



With Mushroom Barley Risotto and Braised Purple Cabbage

DINNER

## Overnight Oats with Apple and Mix Nuts



SNACK

### Regular Plan

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

### Large Plan

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

Images are for illustration only.

## Beef Patties



With Mashed Sweet Potato, Green Peas and Coriander Lime Juice

LUNCH

### Regular Plan

465kcal      40g      32g      20g  
Calories      Protein      Carbs      Fat

### Large Plan

675kcal      57g      47g      29g  
Calories      Protein      Carbs      Fat

# Friday 29

MAY 2026

## Basil Minced Chicken



With Brown Rice, Scrambled Egg and Kailan

DINNER

### Regular Plan

400kcal      42g      26g      15g  
Calories      Protein      Carbs      Fat

### Large Plan

585kcal      61g      37g      21g  
Calories      Protein      Carbs      Fat

## Peanut Butter Chocolate Energy Bites



### Regular Plan

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

### Large Plan

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

SNACK

Images are for illustration only.