

The background of the cover is a dark blue color with a pattern of white line-art illustrations of various fruits and vegetables, including avocados, tomatoes, carrots, and leafy greens. A large, light blue circle is centered behind the text.

Weight Loss 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

WEIGHT LOSS

Monday
04
MAY 2026

Regular Plan

455kcal
Calories

38g
Protein

46g
Carbs

LUNCH

Large Plan

680kcal
Calories

57g
Protein

69g
Carbs

20g
Fat

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

Teriyaki Salmon



with Quinoa, Sauté Mixed Veggies

DINNER

Cumin Carrot Soup



SNACK

Regular Plan

155kcal
Calories

8g
Protein

8g
Carbs

10g
Fat

Large Plan

155kcal
Calories

8g
Protein

8g
Carbs

10g
Fat

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
05
MAY 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 06

MAY 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

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

36g
Protein

38g
Carbs

14g
Fat

Large Plan

610kcal
Calories

52g
Protein

55g
Carbs

20g
Fat

Thursday 07

MAY 2026

Regular Plan

390kcal
Calories

36g
Protein

35g
Carbs

12g
Fat

Large Plan

590kcal
Calories

54g
Protein

53g
Carbs

18g
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

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

Large Plan

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

LUNCH

Beef Patties



With Mashed Sweet Potato, Green Peas and Coriander Lime Juice

Tumeric Chicken



With Brown Rice and Lady Finger

Regular Plan

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

Large Plan

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

DINNER

Peanut Butter Chocolate Cookie



SNACK

Regular Plan

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

Large Plan

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

Images are for illustration only.

Peranakan Curry Chicken



With Basmati Rice, Cauliflower and Lady Finger

LUNCH

Regular Plan

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

Large Plan

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

Monday
11

MAY 2026

Beef Meatballs



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

DINNER

Regular Plan

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

Large Plan

610kcal 52g 55g 20g
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.

Tuesday

12

MAY 2026

Regular Plan

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

Large Plan

665kcal
Calories 50g
Protein 66g
Carbs 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

Large Plan

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

Large Plan

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

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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

13

MAY 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

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

Large Plan

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

SNACK

Images are for illustration only.

Thursday

14

MAY 2026

Regular Plan

430kcal
Calories 32g
Protein

42g 15g
Carbs Fat

Large Plan

625kcal
Calories 46g
Protein

61g 22g
Carbs Fat

LUNCH



with Brown Rice and Bok Choy



With Roasted Potatoes, French Beans

Regular Plan

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

Large Plan

625kcal 55g 55g 20g
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

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

Large Plan

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

Friday

15

MAY 2026



with Sweet Potatoes, Baked Spinach Egg and Broccoli

DINNER

Regular Plan

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

Large Plan

560kcal 45g 49g 20g
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

LUNCH

Regular Plan

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

Large Plan

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

Beef Chilli Con Carne



with Brown Rice, Saute Green Peas

Peri Peri Tilapia



with Roasted Potatoes, French Beans and Carrot

Regular Plan

360kcal 32g 41g 15g
Calories Protein Carbs Fat

Large Plan

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

DINNER

Gluten Free Banana Bread



SNACK

Regular Plan

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

Large Plan

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

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Tuesday 19

MAY 2026

LUNCH

Regular Plan

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

Large Plan

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

Gong Bao Chicken



with Brown Rice, Spicy Eggplant, Garlic Choy Soy

Basil Minced Chicken



with Rice Noodles and Honey Soy Mixed Veggies

DINNER

Regular Plan

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

Large Plan

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

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.

Wednesday 20

MAY 2026

Regular Plan

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

Large Plan

700kcal 59g
Calories Protein
72g 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

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

Large Plan

540kcal 52g 30g 23g
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

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

Large Plan

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

Thursday 21

MAY 2026

Herb Chicken Breast



with Aglio Olio Pasta and Roasted Veggies with Tomato

DINNER

Regular Plan

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

Large Plan

610kcal 54g 62g 17g
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.

Friday
22

MAY 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



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

Regular Plan

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

Large Plan

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

DINNER

Banana Oat Pancake With Apple Chutney



SNACK

Regular Plan

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

Large Plan

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

Images are for illustration only.

LUNCH

Yakiniku Minced Beef



With Sweet Potato Noodles, Kimchi Salad and Edamame

Regular Plan

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

Large Plan

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

Monday
25

MAY 2026

Gong Bao Chicken



With Brown Rice, Spicy Eggplant, Garlic Bok Choy

Regular Plan

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

Large Plan

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

DINNER

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

415kcal
Calories

36g
Protein

41g
Carbs

12g
Fat

Large Plan

605kcal
Calories

52g
Protein

59g
Carbs

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 27

MAY 2026

Regular Plan

360kcal
Calories

32g
Protein

35g
Carbs

10g
Fat

Large Plan

535kcal
Calories

48g
Protein

53g
Carbs

15g
Fat

Fresh Herb and Lemon Tilapia



With Cajun Roasted Sweet Potato, Herb Veggies

DINNER

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 28

MAY 2026

Regular Plan

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

Large Plan

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

LUNCH

Chicken Balls



With Cauliflower Rice, Spinach Egg and Broccoli

Regular Plan

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

Large Plan

590kcal 59g 42g 21g
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

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

Large Plan

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

Friday 29

MAY 2026

Basil Minced Chicken



With Brown Rice, Scrambled Egg and Kailan

DINNER

Regular Plan

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

Large Plan

585kcal 51g 49g 20g
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

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