Balanced 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

BALANCED

Monday 06

MAY 2024

LUNCH

GONG BAO CHICKEN

with Brown Rice, Spicy Eggplant, and Cucumber Salad

Medium Plan

635kcal	51g	65g	19g
Calories	Protein	Carbs	Fat

Regular Plan

785kcal	63g	81g	23g
Calories	Protein	Carbs	Fat

HARISSA ROASTED TILAPIA

with Roasted Potato and French Beans

Medium Plan

585kcal	50g	60g	17g
Calories	Protein	Carbs	Fat

Regular Plan

685kcal	58g	70g	19g
Calories	Protein	Carbs	Fat

DINNER

SNACK

Peanut Butter Chocolate Cookie

Medium Plan	180kcal Calories	4g Protein	5g Carbs	16g Fat
Regular Plan	333kcal Calories	7g Protein	9g Carbs	30g Fat

Tuesday
07
MAY 2024

LUNCH

Herb Chicken with Cauliflower Rice

Medium Plan

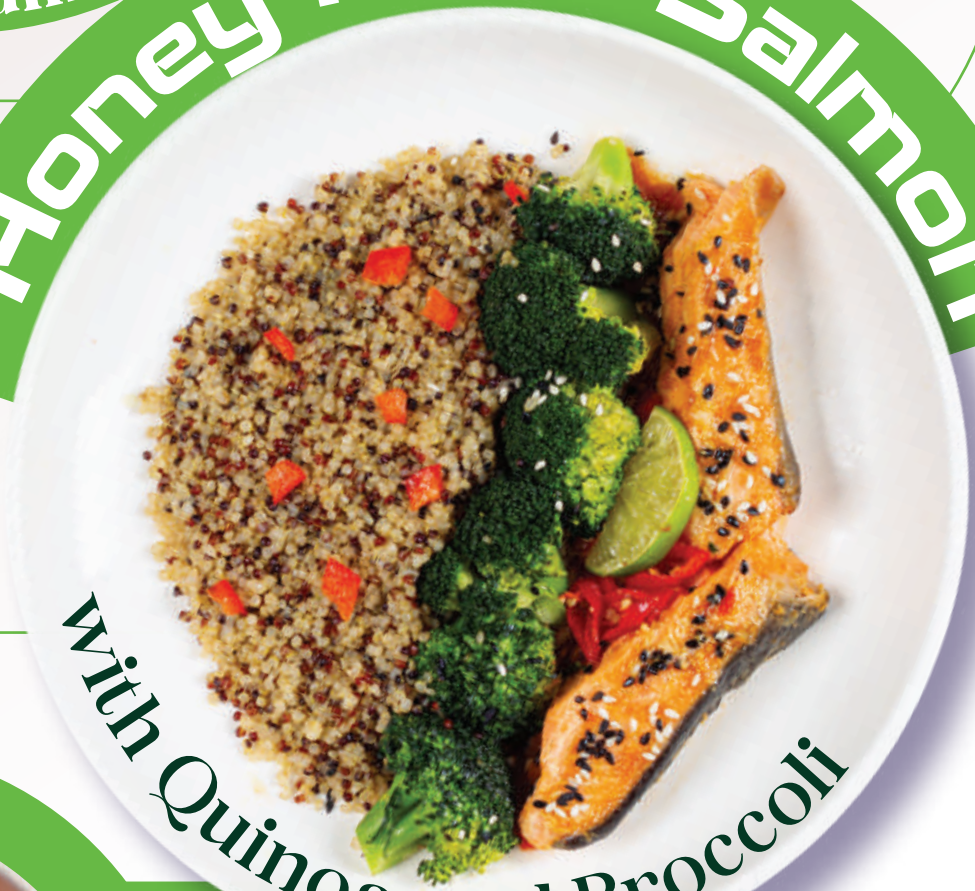
580kcal	59g	42g	20g
Calories	Protein	Carbs	Fat

Regular Plan

750kcal	76g	55g	25g
Calories	Protein	Carbs	Fat

DINNER

Honey Miso Salmon With Quinoa and Broccoli



Medium Plan

660kcal	56g
Calories	Protein
72g	17g
Carbs	Fat

Regular Plan

880kcal	74g
Calories	Protein
96g	22g
Carbs	Fat

SNACK

Tomato Soup

Medium Plan

158kcal	3g	20g	8g
Calories	Protein	Carbs	Fat

Regular Plan

158kcal	3g	20g	8g
Calories	Protein	Carbs	Fat

Wednesday 08

MAY 2024

LUNCH

Beef Bolognese

Medium Plan

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

Regular Plan

900kcal	65g	87g	32g
Calories	Protein	Carbs	Fat

Lemongrass Chicken

With Rice Vermicelli and Mixed Veggies Salad

DINNER

Medium Plan

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

Regular Plan

765kcal	64g	78g	22g
Calories	Protein	Carbs	Fat

SNACK

OATMEAL COOKIE

Medium Plan

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

Regular Plan

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

Thursday

09

MAY 2024

LUNCH

Ma Po Tofu

with Rice Noodles and Beansprouts

Medium Plan

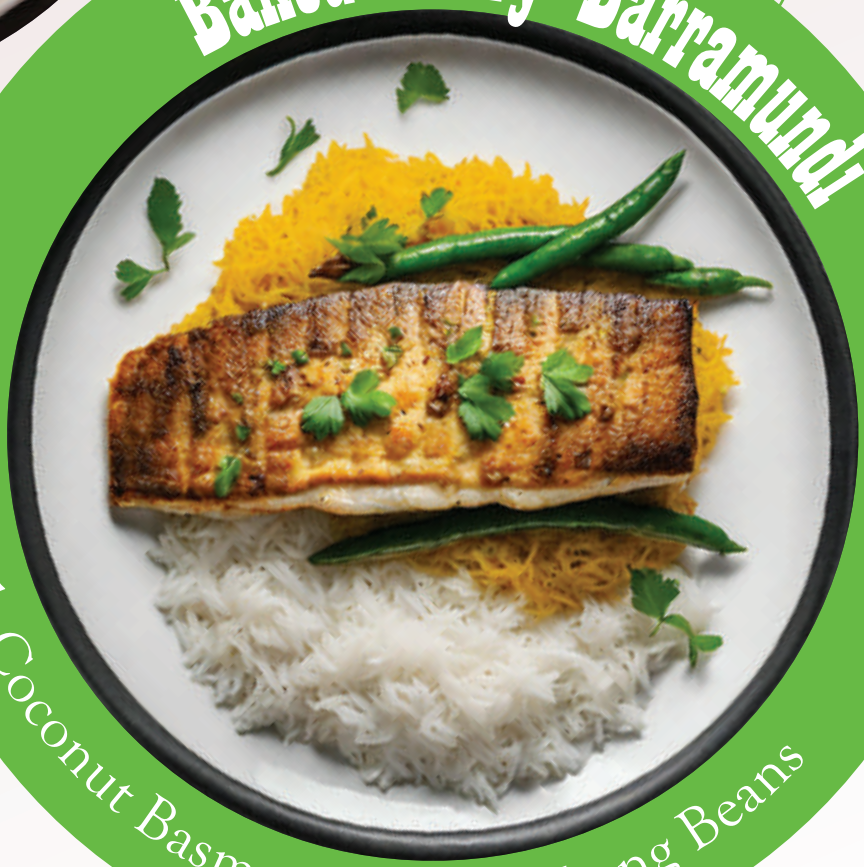
535kcal	48g	48g	17g
Calories	Protein	Carbs	Fat

Regular Plan

710kcal	64g	64g	22g
Calories	Protein	Carbs	Fat

DINNER

Baked Curry Barramundi



with Coconut Basmati Rice and Long Beans

Medium Plan

665kcal	54g
Calories	Protein
61g	23g
Carbs	Fat

Regular Plan

895kcal	72g
Calories	Protein
82g	31g
Carbs	Fat

SNACK

ALMOND OATS ENERGY BAR

Medium Plan

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

Regular Plan

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

Friday

10

MAY 2024

LUNCH

CHICKEN RENDANG

with Brown Rice and Roasted Cauliflower

Medium Plan

620kcal	49g	64g	19g
Calories	Protein	Carbs	Fat

Regular Plan

815kcal	65g	84g	25g
Calories	Protein	Carbs	Fat

Beef Bulgogi

with Sweet Potato Noodles, Spinach and Shredded Carrot

Medium Plan

610kcal	44g	62g	21g
Calories	Protein	Carbs	Fat

Regular Plan

790kcal	57g	80g	27g
Calories	Protein	Carbs	Fat

DINNER

SNACK

LOW FAT CHEESECAKE

Medium Plan	170kcal Calories	8g Protein	14g Carbs	9g Fat
Regular Plan	196kcal Calories	9g Protein	16g Carbs	10g Fat

Monday
13
MAY 2024

LUNCH

Herb Chicken

with Aglio Olio Pasta, Tomato Sauce, and Sweet Snap Peas

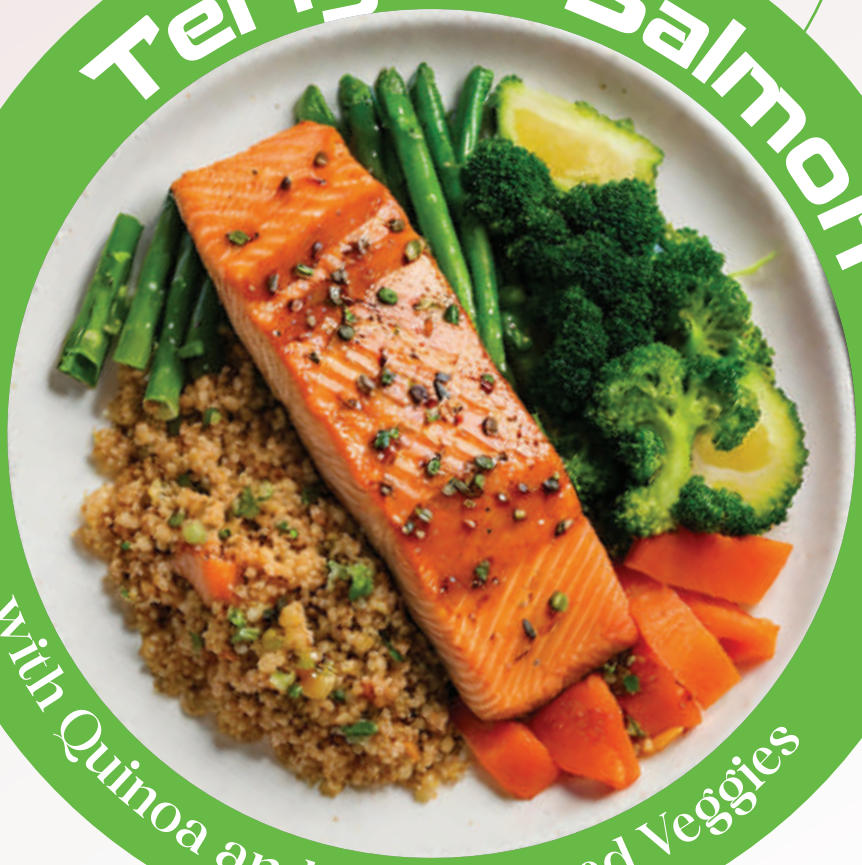
Medium Plan

720kcal	54g	72g	24g
Calories	Protein	Carbs	Fat

Regular Plan

890kcal	67g	89g	30g
Calories	Protein	Carbs	Fat

Teriyaki Salmon



with Quinoa and Sauté Mixed Veggies

Medium Plan

555kcal	45g
Calories	Protein
53g	18g
Carbs	Fat

Regular Plan

795kcal	64g
Calories	Protein
76g	26g
Carbs	Fat

DINNER

Cumin Carrot Soup

Medium Plan

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

Regular Plan

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

SNACK

Tuesday

14

MAY 2024

LUNCH

Red Curry Chicken

WITH BROWN RICE, LONG BEANS, AND EGGPLANTS

Medium Plan

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

Regular Plan

910kcal	62g	98g	30g
Calories	Protein	Carbs	Fat

Salmon Chicken Balls

with Cauliflower Rice and Spinach Egg

DINNER

Medium Plan

410kcal	47g	20g	16g
Calories	Protein	Carbs	Fat

Regular Plan

585kcal	66g	29g	22g
Calories	Protein	Carbs	Fat

SNACK

Tofu Chocolate Brownie

Medium Plan

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

Regular Plan

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

Wednesday
15
MAY 2024

LUNCH

Yakiniku Minced Beef

with Brown Rice, Edamame, and Kimchi

Medium Plan

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

Regular Plan

880kcal	68g	87g	29g
Calories	Protein	Carbs	Fat

DINNER

PERI PERI CHICKEN

with Roast Potato and Herb Veggies

Medium Plan

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

Regular Plan

800kcal	70g
Calories	Protein
78g	23g
Carbs	Fat

SNACK

PEANUT BUTTER CHOCOLATE ENERGY BITES

Medium Plan

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

Regular Plan

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

Thursday
16
MAY 2024

LUNCH

Basil Minced Chicken

with Brown Rice, Soy Egg, and Kailan

Medium Plan

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

Regular Plan

830kcal	68g	80g	27g
Calories	Protein	Carbs	Fat

Baked Lemongrass Barramundi

with Cajun Roasted Sweet Potato and Broccoli

Medium Plan

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

Regular Plan

785kcal	72g	70g	24g
Calories	Protein	Carbs	Fat

DINNER

SNACK

LOW FAT CHEESECAKE

Medium Plan	170kcal Calories	8g Protein	14g Carbs	9g Fat
Regular Plan	170kcal Calories	8g Protein	14g Carbs	9g Fat

Friday 17 MAY 2024

TURMERIC CHICKEN

with Brown Rice and Lady Finger

LUNCH

Medium Plan

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

Regular Plan

765kcal	64g	78g	22g
Calories	Protein	Carbs	Fat

Lamb Kofta

with Couscous, Mint Yoghurt, Cucumber and Tomato Salad

DINNER

Medium Plan

635kcal	46g	64g	22g
Calories	Protein	Carbs	Fat

Regular Plan

855kcal	62g	86g	29g
Calories	Protein	Carbs	Fat

PEANUT BUTTER CHOCOLATE COOKIE

Medium Plan	180kcal Calories	4g Protein	5g Carbs	16g Fat
Regular Plan	180kcal Calories	4g Protein	5g Carbs	16g Fat

SNACK