Weight Loss Nenu



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



Small Plan

35g 435kcal 45g 13g Calories Protein Carbs Fat

Protein

Medium Plan 51g

635kcal Calories

65g 19g Carbs Fat

ARISSA ROASTED

with Brown nice Store St

BAD CHICKEN

33g **390kcal** 40g Calories Protein Carbs

11g Fat

chocolate coorte

Medium Plan

50g 585kcal Calories Protein

60g 17g Carbs Fat

K DINNER

0

Butter

Find Bears and French Bears

SNACK

Medium

Small

Plan

5g Carbs Protein

Plan

180kcal Calories

180kcal

Calories

4g Protein Carbs

4g

16g 5g

16g

Fat

Fat

OSS - WEIGHT LOSS - WE





IUNCH

enicker,



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

Medium Plan

710kcal 51g 69g 26g Calories Protein Carbs

Fat

entongrass Chicken

THE MUSHROOMS, AND ORIENTIAL

Beef Bologness

LUNCH

DINNER

[0]

Say

OATMEAL COOKIE

Small Plan

32g 385kcal 39g 11g Calories Protein Carbs Fat **Medium Plan**

46g 555kcal 57g Calories Protein Carbs

16g Fat

SNACK

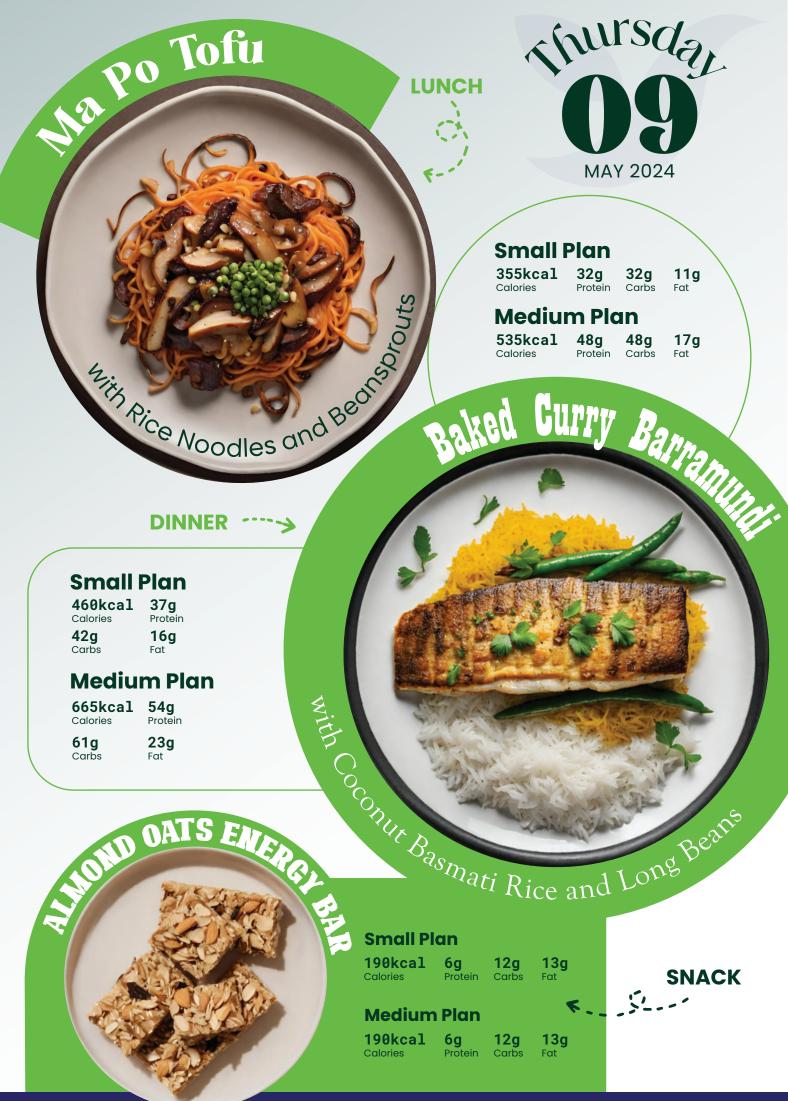
Small Plan 145kcal 5g Calories Protein 9g 10a Carbs Fat

THE REAL PROPERTY OF THE REAL

Medium Plan

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

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430kcal	34g	44g	13g
Calories	Protein	Carbs	Fat

49g

Protein

Medium Plan

620kcal Calories

64g 19g Carbs Fat



with Sweet barnet Noodles, Spinach and Shredder

S

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Μ

P

Rice and Roasted Cauliflower

41g

Carbs

CHERRENDANCO

UNCH

29g

44g

Protein

405kcal Calories

Protein **Medium Plan**

610kcal Calories

9g Fat

9g

Fat

62g 21g Carbs Fat

14g

LOW FAT CHEESECRE

Fat

DINNER

SNACK

mall	170kcal	8g	14g	
Ian	Calories	Protein	Carbs	
edium	170kcal	8g	14g	

FIGHT LOSS	- WEIGHT LOSS ·			

55 - WEIGHT LOSS - WE



TURSCAJ MAY 2024	unch curry Chicken
Small Plan 455kcal 31g 49g 15g Calories Protein Carbs Fat Medium Plan 685kcal 47g 74g 23g Calories Protein Carbs Fat	
CHICKEN BALLS	HITH BROWN RICE, LONG BEANS AND FORTUNE CONTROL OF CONTROL OF CONT
	Small Plan 300kcal 34g 15g 12g Calories Protein Carbs Fat Medium Plan 410kcal 47g 20g 16g Calories Protein Carbs Fat
SNACK SNACK SNACK SSNACK Small Plan 185kcal 8g Calories Protein 20g 8g Carbs Fat	Calories Protein Carbs Fat UCHOCOLATE BROUTH Medium Plan 185kcal 8g Calories Protein 200 200 200 200 200 200 200 20

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

Medium Plan

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

Sovel Lemongrass Banna

Thill Brown Rice, Soy Egg, and Kailan

Small Plan

anced Chicken

390kcal 36g Calories Protein

Carbs Fat

Medium Plan 590kcal 53g 54g Protein

Calories

Carbs

35g

18g Fat

12g

DINNER FAT CHEESERAKS

NH CHI ROOM AND A ROOM A RO

Small

Plan

Plan

SNACK

170kcal **8g** Calories

14g Protein Carbs 9g

Fat

Medium 170kcal 14g 9g **8**g Calories Protein Carbs Fat

URMERIC CHICK FIL



<.... LUNCH

Small Plan

unb Kofta

265kcal 32g 39g 11g Calories Protein Carbs Fat

Medium Plan

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

With Brown Rice and Lady Finger

DINNER

A BUTTER CHOCOLATE COOT

Small Plan

440kcal Calories	32g Protein	15g Fat

Medium Plan

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

WITH		
+ Couse		
OUS AMAN	- 6 - 6	ATO SALAN
" Ye	GHURT, CUCUMBER	AND TOM

Small	180kcal	4g	5g	16g	k
Plan	Calories	Protein	Carbs	Fat	
Medium	180kcal	4g	5g	16g	SNACK
Plan	Calories	Protein	Carbs	Fat	