# Balanced Menu



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.

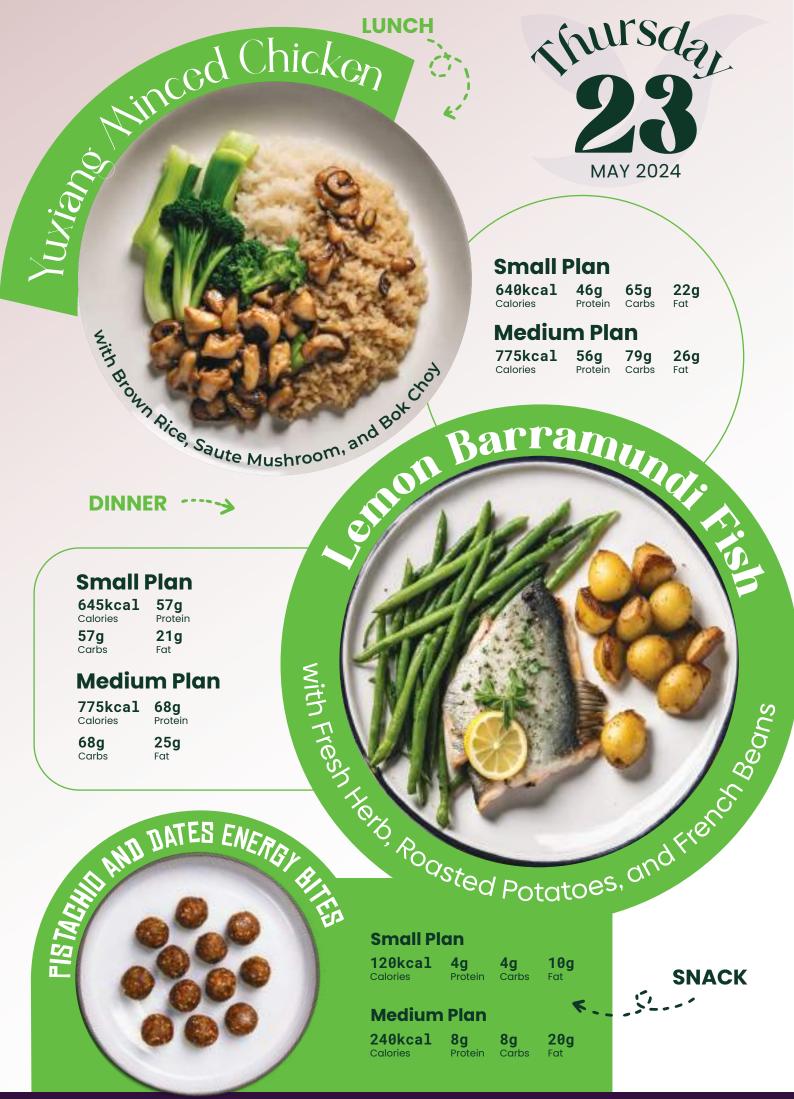
- Chef Ken

BALANCED	
Nonday	LUNCH FILEN FULL FILENCH FILEN
Nondaj. 20	
MAY 2024	TELEPHONE I
Small Plan 660kcal 49g 67g 22g Calories Protein Carbs Fat Medium Plan	Y Finge
795kcal 60g 81g 26g Calories Protein Carbs Fat	Airn Basmati Rice, Cauliflower, and
Beef Meq	Basmati Rice, Cauliflower,
With Mas	610kcal Calories52g Protein55g Carbs20g FatMedium Plan 760kcal65g 68g 68g25g
hed potat	Calories Protein Carbs Fat
With Mashed Portationes, Tomato Sauce, Saute Gree	een peosono Chocolate Energy p.
	4g 3g 11g   Protein 3g 16g
SNACK Small Plan 125kcal Calories	4g 3g 11g Protein Carbs Fat
Plan 240kcal Calories	6g 8g 16g Protein Carbs Fat



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# friday. 24 MAY 2024

## **Small Plan** 690kcal 52g 68g 23g Calories Protein Carbs Fat **Medium Plan** 92g 930kcal 70g 31g chicken Balls Calories Protein Carbs Fat

Hith Basmati Rice, Eggplants, and Long Beaus

CREEN CURRY CHICA

#### **Small Plan** 45g 560kcal 49g

Calories Protein

Calories

LUNCH

**Medium Plan** 735kcal 59g

27g 65g Protein Carbs

Carbs

20g

Fat

Fat

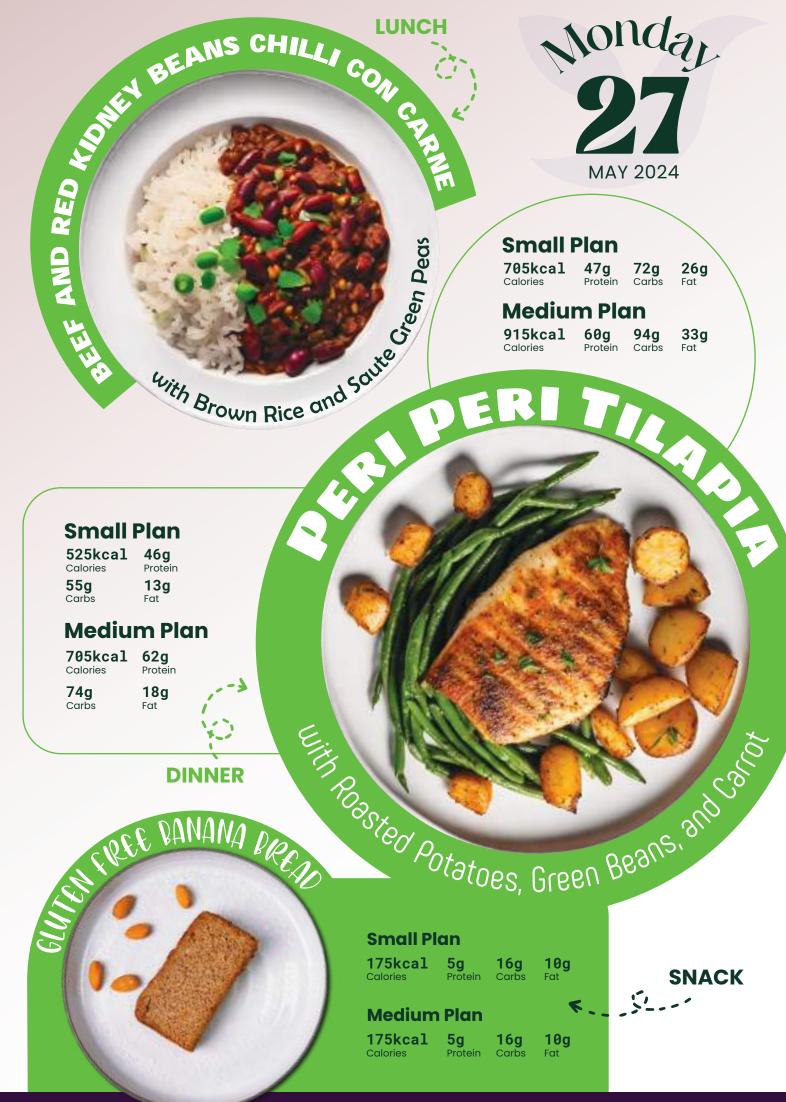
# Overnight Ooks DINNER

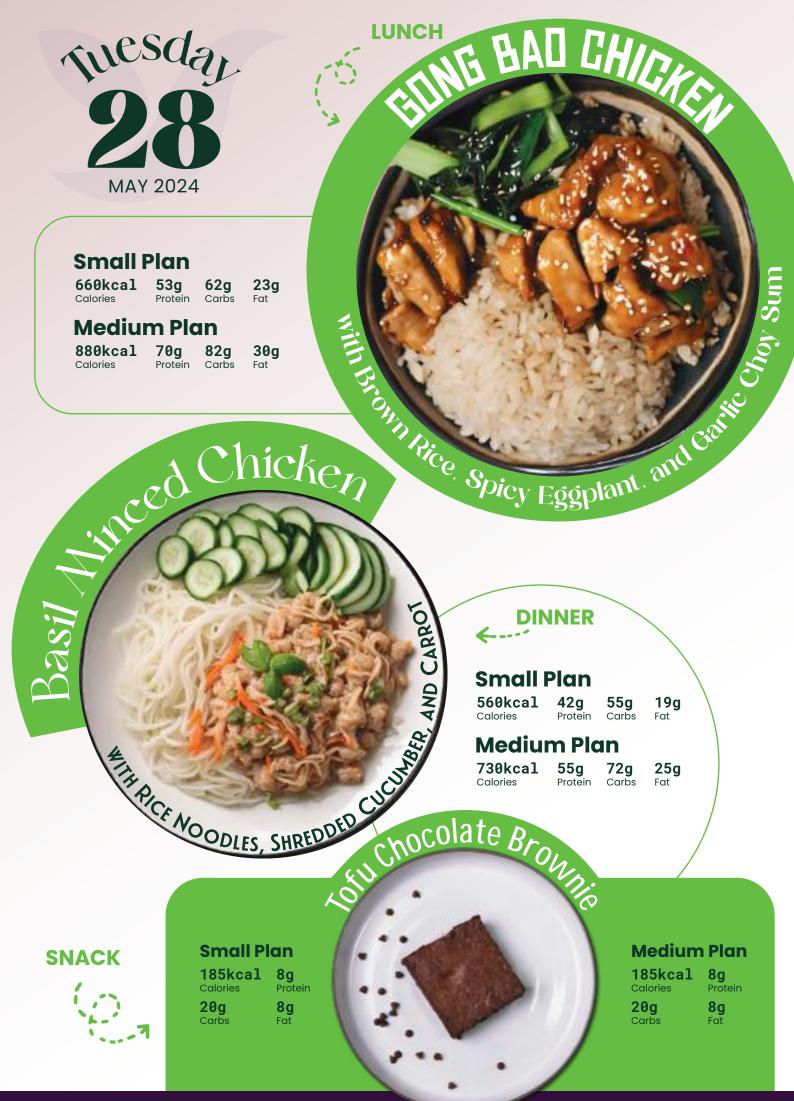
POTIOES BRACH EGG, BROCCOLI, AND HOUSE MADE CHILS

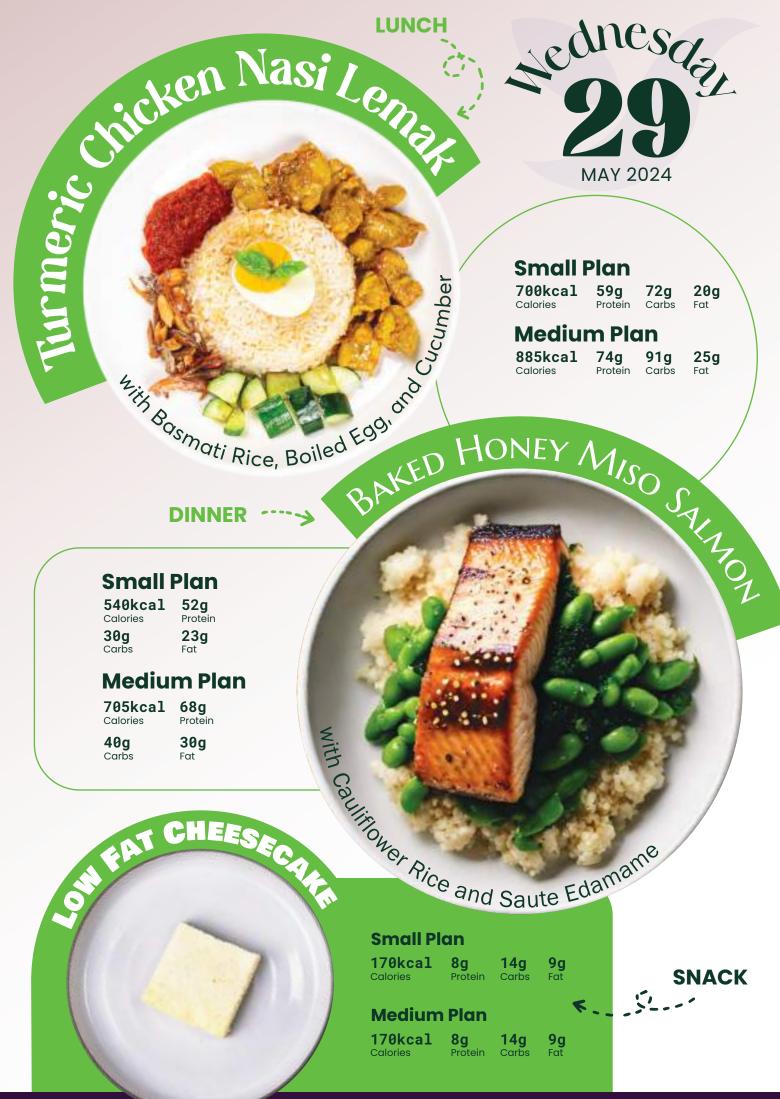
**SNACK** 

WITH

Small	<b>145kcal</b>	<b>5g</b>	<b>20g</b>	<b>5g</b>	
Plan	Calories	Protein	Carbs	Fat	
Medium	<b>145kcal</b>	<b>5g</b>	<b>20g</b>	<b>5g</b>	
Plan	Calories	Protein	Carbs	Fat	









Small Plan			
630kcal Calories	<b>45g</b> Protein		<b>22g</b> Fat
	_		

#### **Medium Plan** 825kcal 59g

CHICKEN

HIII Spashetti Aglio Olio, Roaste

Plan

Calories Protein Carbs

84g 29g Fat

BRETS

THE Dougles, Beanspronts, and Longe

Seafood Tom Jay

UNCH

# **Small Plan**

54g 610kcal 62g 17g Calories Protein Carbs

# Fat

Chocolate Coort

**Medium Plan** 815kcal 72g 82g 22g Calories Protein Carbs Fat

er

# K.... DINNER

R U

 $\bigcirc$ 

12g

Fat

**SNACK** 

HERB

Small 160kcal 7g Protein Calories

Medium 160kcal 12g 7g **6**g Plan Calories Protein Carbs Fat

6g

Carbs

# Emprass Barramung.



# K.... LUNCH

## **Small Plan**

cocontre Chicke

645kcal	<b>51g</b>	<b>68g</b>	<b>13g</b>
Calories	Protein	Carbs	Fat
Medium Plan			

800kcal	63g	85g	23g
Calories	Protein	Carbs	Fat

Promitie Promitie Provide and Red of the Provide and Red of the Profu with Bittergourd, and Red

# DINNFR

635kcal Calories	<b>48g</b> Protein
Mediu	m Pla
765kcal	<b>58g</b> Protein
Calories	Protein

the calculate Hazelnul circle E

**Small Plan** 

52g 26g Carbs Fat

### n 63g

32g Protein Carbs Fat



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ALANCED - BALANCED
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