High Protein Menu



Dear guests

As a chef, I've always been passionate about creating dishes that are not only delicious but also nourish the body. But lately, I've seen a growing need for a different kind of culinary experience: one that prioritizes protein while keeping carbohydrates in check. That's why I'm thrilled to introduce my High Protein Menu – a concept I call "healthy gourmet made easy."

This menu isn't just about deprivation. It's about fueling your body for peak performance, whether you're a dedicated athlete or simply seeking a healthier lifestyle. By focusing on high-quality protein sources and limiting carbohydrates, we can create a plan that helps you burn fat while retaining lean muscle mass.

This isn't your average "high protein" fare. We'll be using fresh, seasonal ingredients to craft gourmet dishes that are bursting with flavor. Forget bland chicken breasts and tasteless salads. We'll be exploring a world of textures and tastes, all while keeping your protein goals in mind.

So, are you ready to embark on a culinary adventure that will transform your body and tantalize your taste buds? Let's get started!

- Chef Ken

HIGH PROTEIN



LUNCH

4

Han Gurry Chicks

Small Plan

Beef

Calories

SNACK

Small

Medium

Calories

Plan

Plan

41g 445kcal 35g 16g Calories Protein Carbs Fat

Medium Plan 660kcal 64g

50g 23g Protein Carbs Fat BORBOILS

With Basmati Rice, Cauliflower, and

Small Plan

420kcal 43a 29g 15a Protein Carbs Calories Fat

Medium Plan

66g 655kcal 41g Calories Protein Carbs

25g Fat

DINNER



Fat

GH PROTEIN - HIGH PROTEIN

Carbs

Protein







Small Plan				
440kcal	39g	35g	16g	
Calories	Protein	Carbs	Fat	
Medium Plan				
635kcal	56g	49g	24g	
Calories	Protein	Carbs	Fat	

Mith Prough Rice, Saute Mushroom, and Bok choi

and Bolt Barran

DINNER ----->

Small Plan

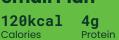
435kcal 47g Calories Protein 29g 15a Fat Carbs

Medium Plan

605kcal	68g
Calories	Protein
43g	18g
Carbs	Fat

FIST





4g Carbs

SNACK 5

Medium Plan

120kcal **4**g Calories

4g Protein Carbs

10g Fat

K

10g

Fat



Small Plan 465kcal 43g 35g 17g Calories Carbs Protein Fat **Medium Plan** 24g 675kcal 63g 51g Calories Protein Carbs Fat

chicken Ba//s

Hith Basmati Rice, Eggplants, and Long Beaus

CREEN CURRY CHICA

Small Plan 37g

385kcal Calories Protein

Calories

5g Fat

LUNCH

Medium Plan 555kcal

54g Protein

37g 21g Carbs Fat

15g

Fat

26g

Carbs

K.... DINNER Overnight Ooks

POT DES BRACH EGG, BROCCOLI, AND HOUSE MADE CHILS

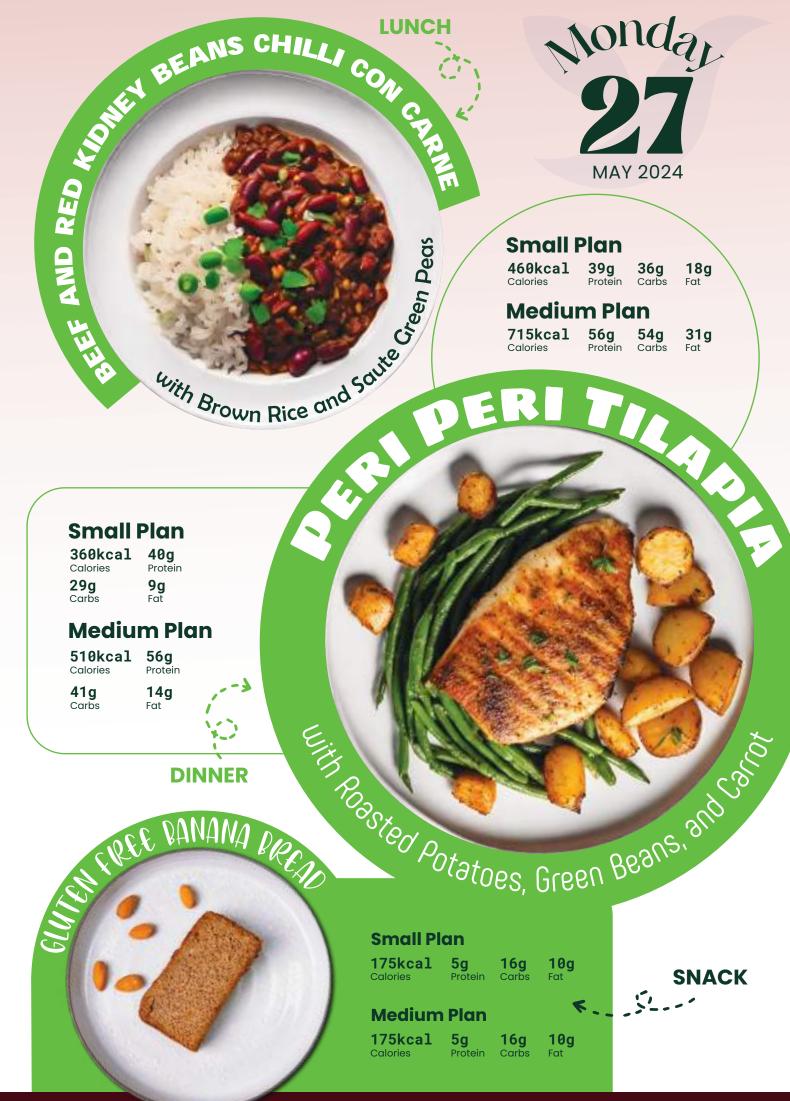
SNACK

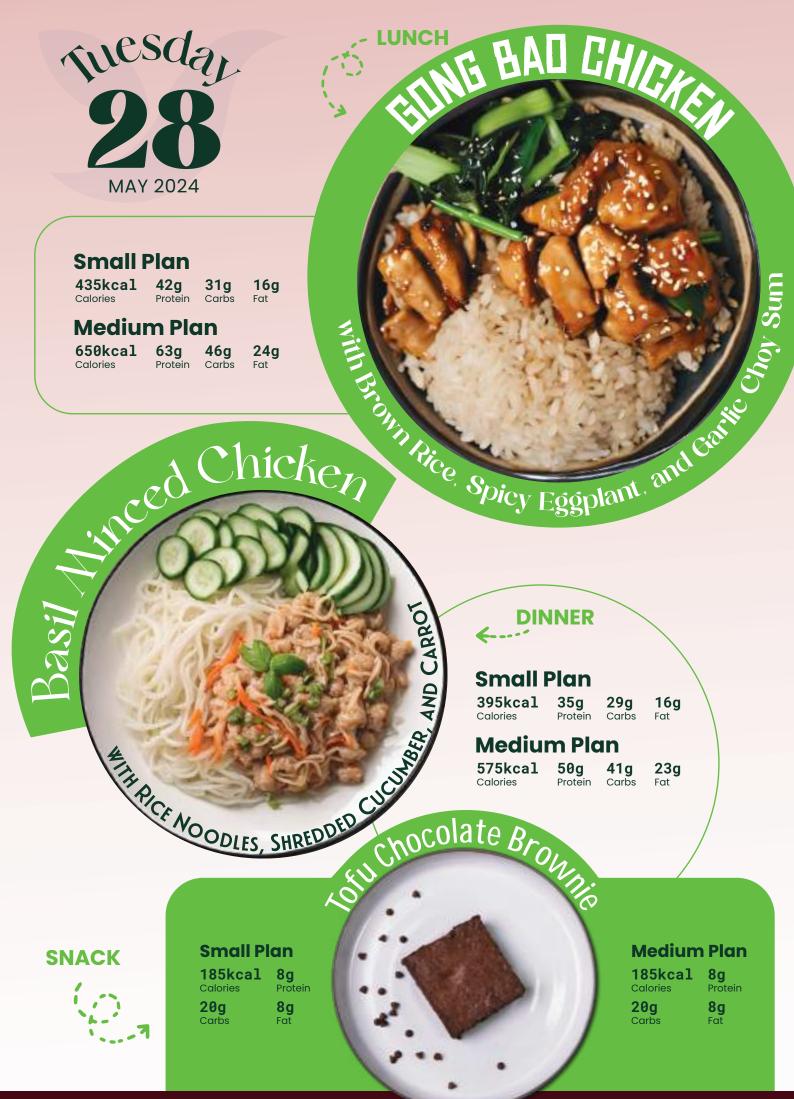
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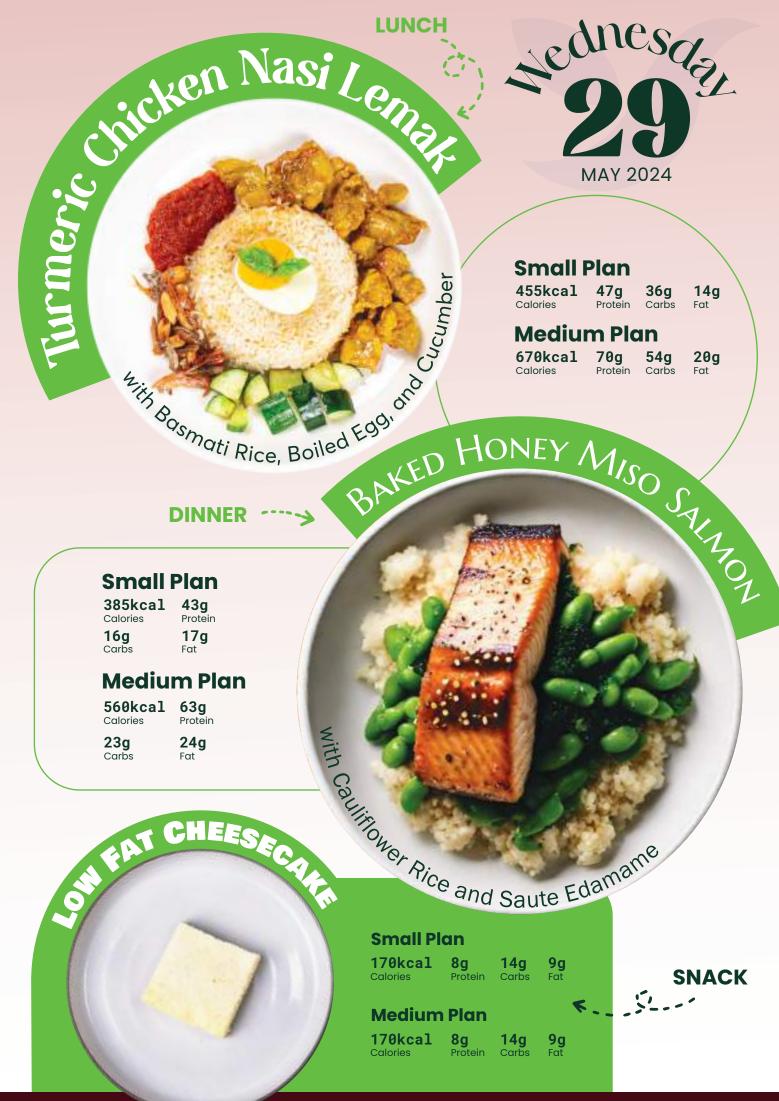
Small	145kca1	5g	20g	
Plan	Calories	Protein	Carbs	
Medium Plan	145kcal	5g	20g	

5g at

OTEIN - HIGH PROTEIN









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

Medium Plan

610kcal 53g Calories Protein

CHICKEN

HERB

48g 23g Carbs Fat

THE Dougles, Beanspronts, and Longe

Seafood Tom Jay

LUNCH

Small Plan

400kcal 43g 31g Calories Protein Carbs

12g Fat

Medium Plan

620kcal 65g Calories Protein

46g 20g Carbs Fat

er chocolate Coorte K.... DINNER

 \bigcirc

12g

Fat



HIII Spashetti Aglio Olio, Roaste

160kcal 7g Protein Calories

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

BRETS

6g

Carbs

Emprass Barramung.



K.... LUNCH

Small Plan

cocontre Chicker

435kcal 42g 36g 14g Calories Carbs Fat Protein **Medium Plan**

650kcal	61g	51g	23g
Calories	Protein	Carbs	Fat





Small Plan

445kcal	40g	29g	19g	
Calories	Protein	Carbs	Fat	
Medium Plan				
635kcal	57g	39g	27g	
Calories	Protein	Carbs	Fat	

4g

4g

Protein

Protein



8g

Fat

8g

Fat

8g

8g

Carbs

Carbs



IGH PROTEIN - HIGH PR

120kcal

120kcal

Calories

Calories

Medium

Plan