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 LUNCH CUICTO CHICAGO LUNCH Nonday. 20

Small Plan 34g 455kcal

MAY 2024

46g 15g Calories Protein Carbs Fat

Medium Plan 49g 660kcal

Calories Protein

Beef

SNACK

Small

Medium

Calories

Calories

Plan

Plan

22g 67g Carbs Fat BORBOILS

With Basmati Rice, Cauliflower, and

Small Plan

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

Medium Plan

610kcal 52g Calories Protein

20g 55g Carbs Fat

DINNER



eight loss - weight loss - we











Small Plan

4g **4**g Protein Carbs

Medium Plan

120kcal **4**g Protein Calories

4g Carbs Fat

10g

10g

Fat

SNACK

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Small Plan

	475kcal Calories	36g Protein	47g Carbs	16g Fat	
	Mediu	m Plo	n		
	690kcal Calories	52g Protein	68g Carbs	23g Fat	
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	WITH		a 3	Charles .	
	- F	11 11 11		30	A Start Sal

Hit Basmati Rice, Eggplants, and Long Beaus

CREEN CURRY CHICA

Small Plan				
385kcal	31g	34g		
Calories	Protein	Carbs		

Calories

LUNCH

Medium Plan 560kcal 45g Calories Protein

5g

Fat

20g 49g Carbs Fat

14g

Fat

K.... DINNER Overnight Ooks



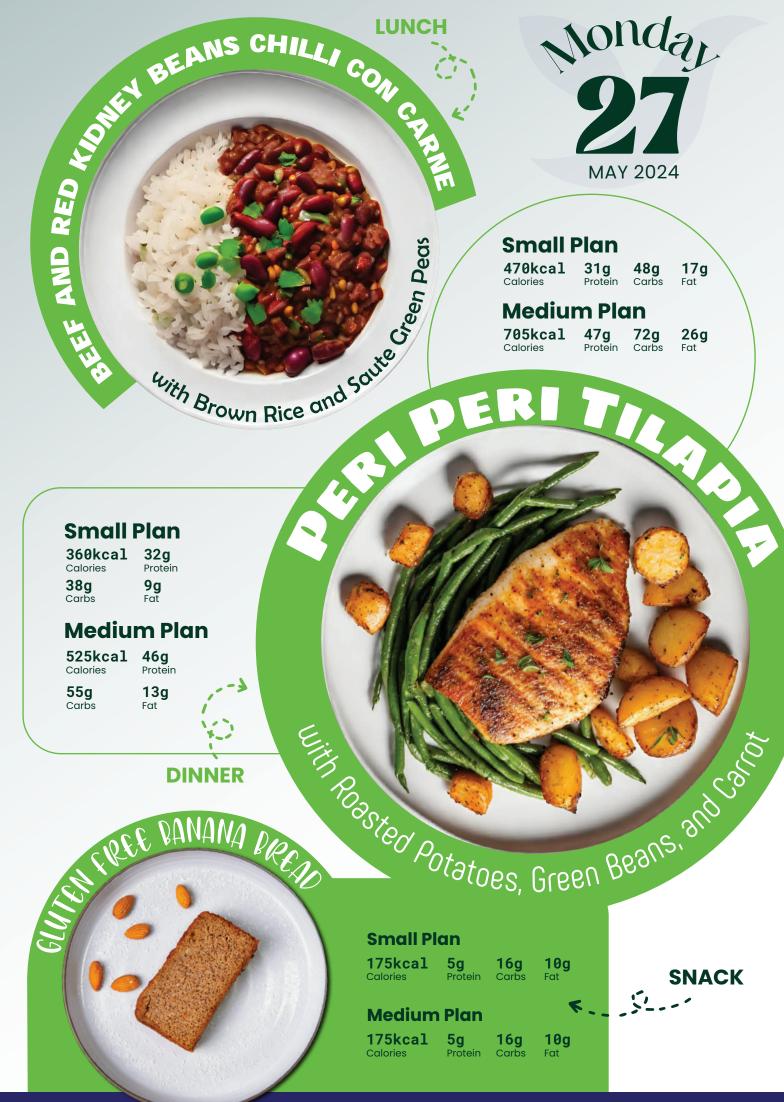
Plan

SNACK

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

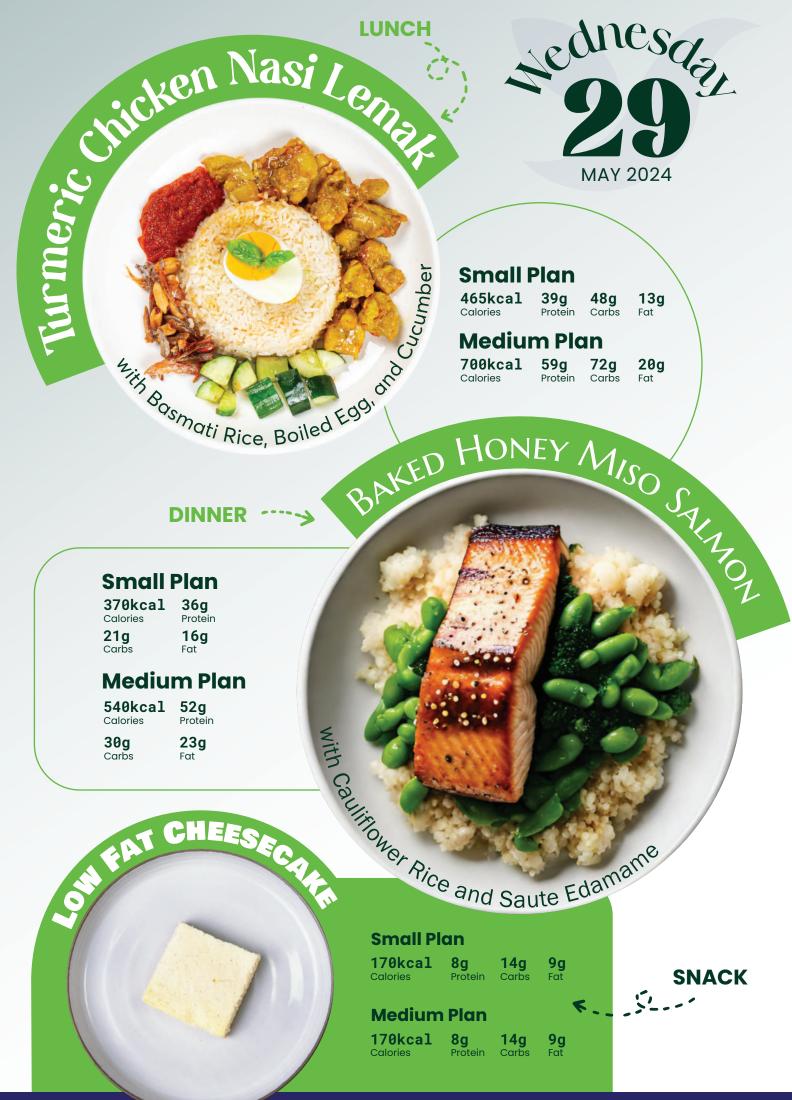
145kcal 20g **5g 5g** Carbs Calories Protein Fat

WEIGHT IN STEEL APPLE and Chia South 'eight loss - weight los



WEIGHT LOSS - WEIGHT LOSS







S	mall F	Plan		
	35kcal	31g	44g	15g
	alories	Protein	Carbs	Fat

Medium Plan

630kcal 45g Protein Calories

CHICKEN

HIII Spashetti Aglio Olio, Roasted

Small

Plan

22g 64g Carbs Fat

BREAS

The boot of the bo

Seafood Tom Jay

UNCH

Small Plan

36g 405kcal 41g Calories Protein Carbs

Fat

11g

chocolate Coort

Medium Plan

54g 610kcal 62g Calories Protein Carbs

er

17g Fat

K.... DINNER

R U

 \cap

12g

Fat



HERB

160kcal 7g Protein Calories

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

6g

Carbs

Emprass Barramung.



K.... LUNCH

Small Plan

cocontrés Chicker

445kcal 35g 13g 47g Calories Carbs Protein Fat

Medium Plan

645kcal	51g	68g	19g
Calories	Protein	Carbs	Fat

NITH HOME HAR OF TOFU with Bittergourd, and Red

DINNER

-	/	44 Cale
!		Μ
7		63

inocolate Hazelaut Circe

Small Plan 33g 0kcal 36g Carbs ories Protein

edium Plan 5kcal 48g 52g 26g Calories Protein Carbs Fat

Rites

18g

Fat



EIGHT LOSS - WEIGHT