# 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** 

**4**g **4**g Protein Carbs

#### **Medium Plan**

120kcal **4**g Protein Calories

4g Carbs Fat

10g

10g

Fat

SNACK

ght loss - weight loss - wei



#### **Small Plan**

	475kcal Calories	<b>36g</b> Protein	<b>47g</b> Carbs	<b>16g</b> Fat	
	Mediu	m Plo	n		
	690kcal Calories	<b>52g</b> Protein	<b>68g</b> Carbs	<b>23g</b> 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

**5**g

Fat

20g 49g Carbs Fat

14g

Fat

# K.... DINNER Overnight Ooks



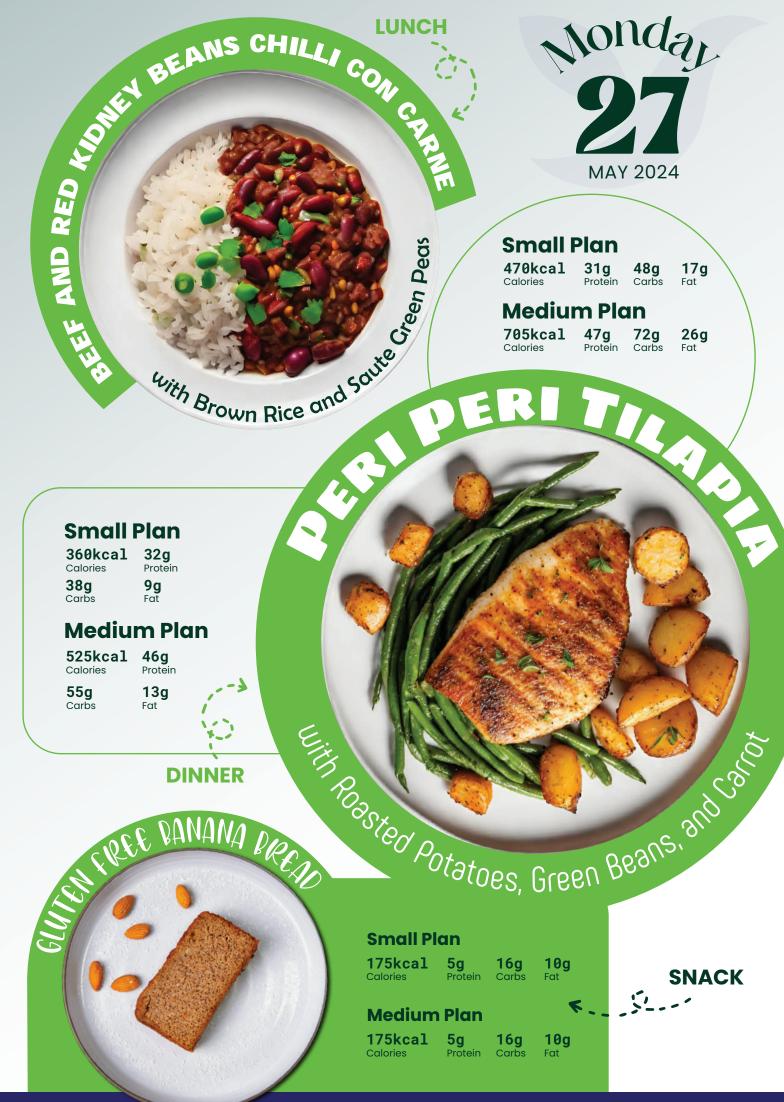
Plan

**SNACK** 

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

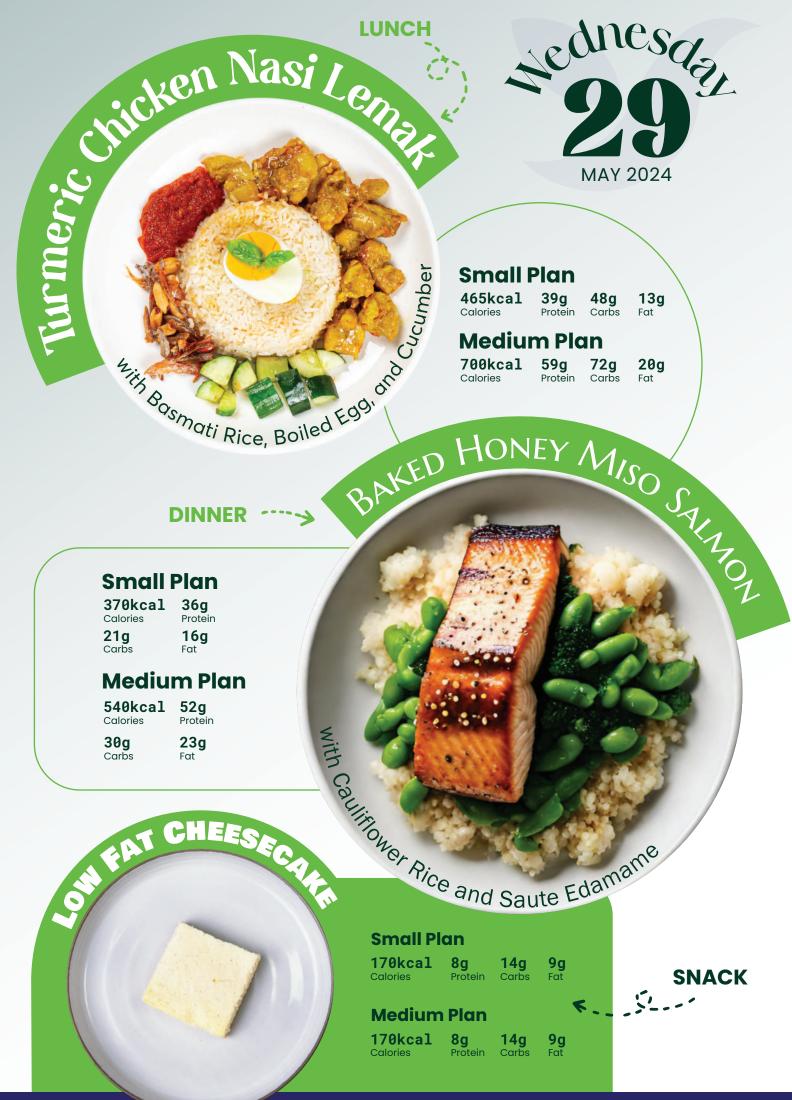
145kcal 20g **5g 5g** Carbs Calories Protein Fat

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



WEIGHT LOSS - WEIGHT LOSS







S	mall F	Plan		
	<b>35kcal</b>	<b>31g</b>	<b>44g</b>	<b>15g</b>
	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

-	/	<b>44</b> 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