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



Small Plan

40g 420kcal 34g 14g Calories Protein Carbs Fat

Medium Plan BARROASTER CARROASTER CARROASTER

49g

with Brown nice Store St

BADCHICKEN

Calories Protein Carbs

Medium Plan 585kcal 57g 45g

Calories Protein

20g Carbs Fat

Fat

K ... hocolate Coorte DINNER

Butter

69

Find a start of the start of th

SNACK

Small Plan

4g Protein

Medium Plan

180kcal Calories

180kcal

Calories

5g Carbs 16g Fat

Fat

16**g**

5g

Protein Carbs

gh protein - high pro

4g

ROTEIN - HIGH PROTEIN





LUNCH

sterb Chicker



LUNCH

Small Plan

475kcal 41g Calories Protein

Medium Plan

710kcal 61g Calories Protein

52g 27g Carbs Fat

35g

Carbs

18g

Fat

entongrass Chicken

Beet Bolognesse

DINNER

Small Plan

385kcal 44a Calories

29a Protein Carbs

Medium Plan 57g

Protein

555kcal Calories

OATMEAL COOKIE

42g 18g Carbs Fat

12g

Fat

The bound of the b

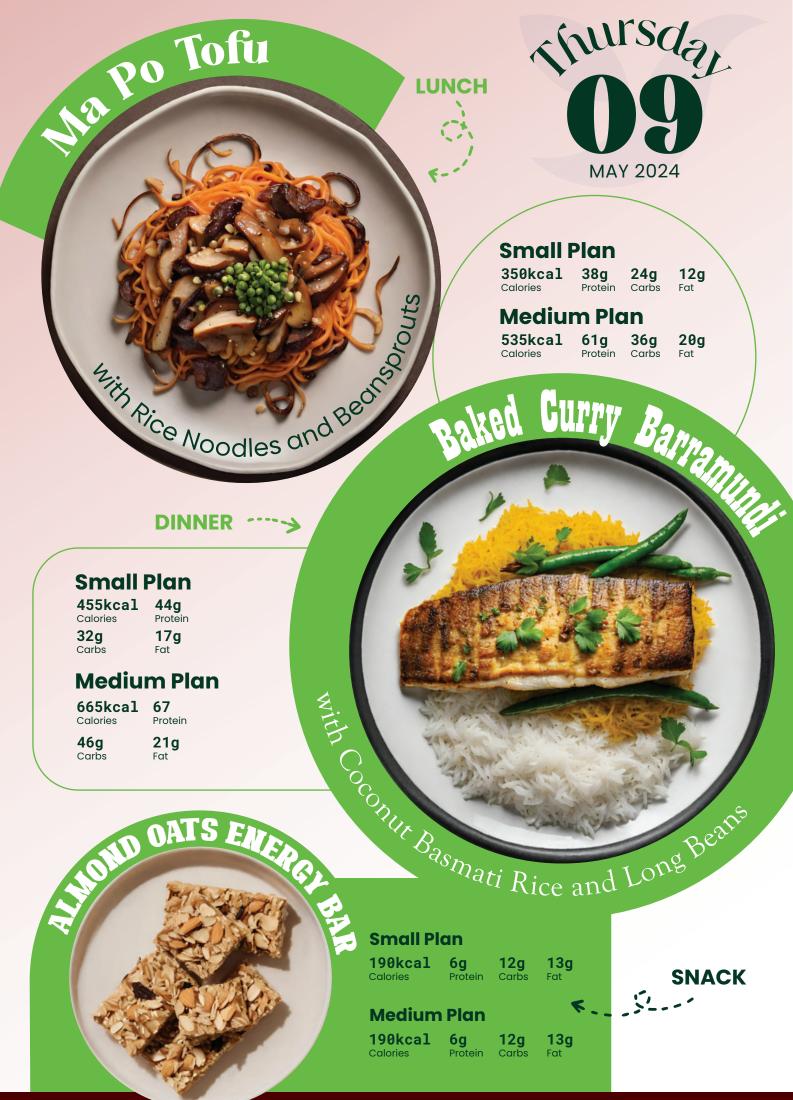
SNACK

Small Plan 145kcal 5g Calories 9g Carbs

Protein 10a Fat

Medium Plan

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





Small Plan

430kcal 43g 33g 14g Protein Carbs Calories Fat

Medium Plan

620kcal 60g Calories

48a 20g Protein Carbs Fat



31g

Carbs

CHICK EN RENDANC

LUNCH

39g

405kcal Calories

Calories

Medium Plan 61g 610kcal

Protein

Protein

22g 46g Carbs Fat

15g

OW FAT CHEESECALE

Fat

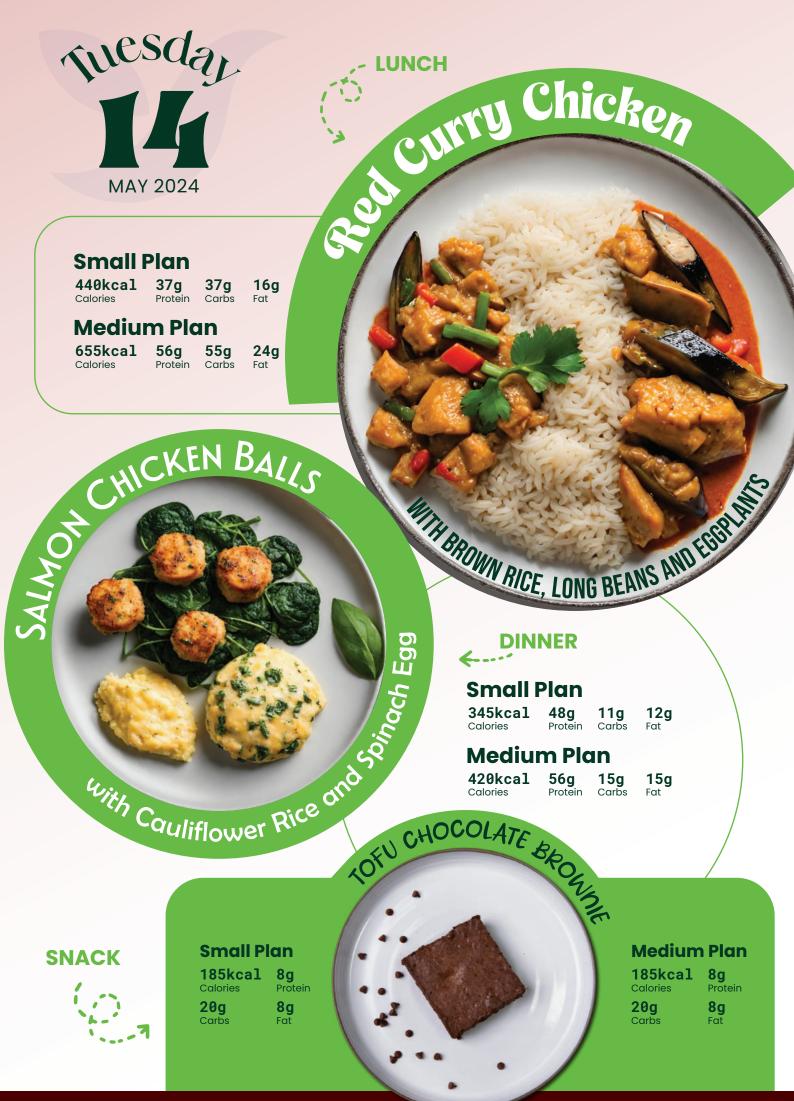
DINNER

Eich Sweer Dorato Noodles, Spinach and Shreddo

SNACK

Small	170kcal	8g	14g	9g	
Plan	Calories	Protein	Carbs	Fat	
Medium	170kca1	8g	14g	9g	
Plan	Calories	Protein	Carbs	Fat	









Small I	Plan	
430kcal	43g	32g
0 1 1	Ductor	

Calories Protein Carbs

Medium Plan

635kcal 63g 47g 22g Carbs Calories Protein Fat

Soved Lemongrass Bannet

15g

Fat

Fill Biolin Rice, Soy Egg, and Kailan

Small Plan				
43g Protein	26g			
	43g			

Medium Plan 585kcal 65g

Calories Protein

Centre Chicken

39g Carbs

19g Fat

13g Fat

DINNER FAT CHEESERAHES

Ref Collin Dog Steer Sweet Potato and Brock

Smal

Plan

SNACK

I	170kcal Calories	8g Protein

Medium Plan

170kcal **8**g Calories Protein

14g Carbs

14g

Carbs

9g

Fat

9g

Fat

GH PROTEIN - HIGH PRO

URMERIC CHICK



<.... LUNCH

Small Plan

unb Kofta

390kcal 41g 31g 12g Calories Protein Carbs Fat

Medium Plan

580kcal61g44g18gCaloriesProteinCarbsFat

With Brown Rice and Lady Finger

DINNER

Small Plan

425kcal
Calories38g
Protein33
Carbs16g
FatMedium Plan635kcal59g48g23g

635kcal 59g 48g 23 Calories Protein Carbs Fat THE COLST AND TOWNTO SHAP

SNACK

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

AND BUTTER CHOCOLATE CO