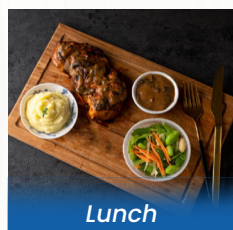


MENU MUSCLE GAIN

Rabu, 29 Juli 2026

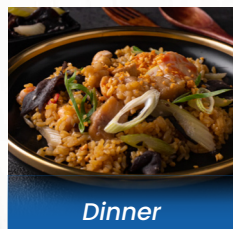


Lunch

Cajun Spices Grilled Chicken

Potato Mashed, Grilled Chicken Cajun Spices, Cream Mushroom Sauce, Mixed Salad, Italian Dressing

573,1 Kcal • Protein 51,2 g
Fat 25,1 g • Carbs 34,1 g



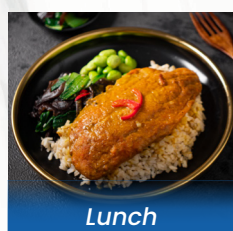
Dinner

Seafood Ginger Fried Rice

Nasi Goreng Jahe Mixed Udang, Cah Ayam Seafood Jahe, Tumis Batang Seledri, Jamur Kuping Oyster Sauce, Sambal Merah Jahe

612,5 Kcal • Protein 51,7 g
Fat 18,9 g • Carbs 72,7 g

Jumat, 31 Juli 2026

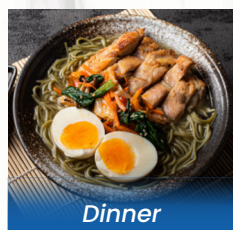


Lunch

Nonya Fish Curry

Fish of the Day Curry Sauce, Nonya Curry Sauce, Brown Rice Edamame, Cah Sayuran

612,3 Kcal • Protein 50,8 g
Fat 21,3 g • Carbs 57,1 g



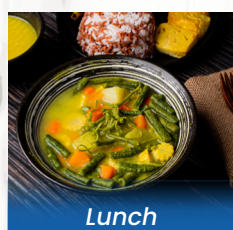
Dinner

Honey Chicken Soba Noodle

Green Soba Noodle, Seaweed, Soyu Broth, Chicken and Mushroom with Honey Teriyaki Gravy, Egg Boiled Half, Asian Vegetable

609,7 Kcal • Protein 59,2 g
Fat 22,9 g • Carbs 42,6 g

Senin, 3 Agustus 2026

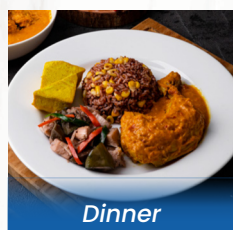


Lunch

Sayur Lodeh Kuning

Ayam Bumbu Kuning Ungkep, Sayur Lodeh, Nasi Merah Putih, Tahu Air Fry Bumbu Kuning, Sambal Merah Terasi

664,5 Kcal • Protein 60,6 g
Fat 19,7 g • Carbs 64,1 g



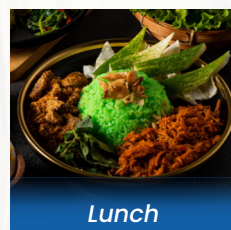
Dinner

Ayam Cipera

Ayam Cipera, Fried Nasi Merah Jagung, Tumis Terong Nangka Muda, Tahu Bandung Airfry, Sambal Andaliman

557,2 Kcal • Protein 52,5 g
Fat 11,2 g • Carbs 66,1 g

Kamis, 30 Juli 2026

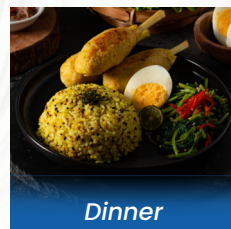


Lunch

Nasi Krawu

Daging Serundeng, Ayam Suwir Balado Kering, Serundeng Kelapa, Nasi Gurih Pandan Hijau, Lalapan, Sambal Petis

576,7 Kcal • Protein 51,8 g
Fat 17,5 g • Carbs 52,7 g



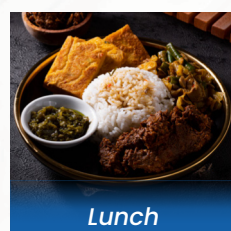
Dinner

Sate Lilit Nasi Goreng Kunyit

Nasi Goreng Kunyit Mixed Quinoa, Sate Lilit Ikan, Tumis Bayam Bawang Putih, Telur Rebus, Sambal Matah

586,8 Kcal • Protein 50,0 g
Fat 20,8 g • Carbs 67,0 g

Sabtu, 1 Agustus 2026

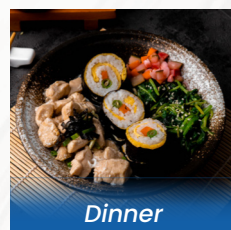


Lunch

Nasi Padang

Rendang Daging, Nasi Daun Jeruk, Telur Dadar Padang, Sayur Nangka Buncis Kol, Sambal Hijau

723,4 Kcal • Protein 60,2 g
Fat 27,5 g • Carbs 60,5 g



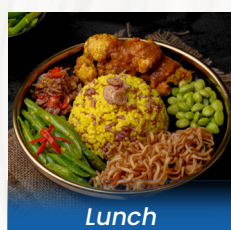
Dinner

Chicken Donburi Rice

Chicken Donburi, Rice California Roll, Acar Jepang, Spinach Garlic Komegae, Chili Flakes

550,8 Kcal • Protein 51,2 g
Fat 8,3 g • Carbs 71,3 g

Selasa, 4 Agustus 2026

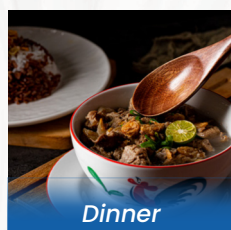


Lunch

Nasi Jinggo Kerobokan

Nasi Kuning Mixed Merah, Mie Goreng Telur, Sayuran Tumis, Ayam Bumbu Bali, Buncis Bumbu Kunyit, Sambal Embe

652,2 Kcal • Protein 50,3 g
Fat 12,7 g • Carbs 89,2 g



Dinner

Soto Betawi Dermalicious

Daging Sapi, Mixed Jamur, Kuah Soto Betawi, Acar Sayuran, Nasi Merah Putih, Sambel Soto, Jeruk Limo

635,6 Kcal • Protein 53,6 g
Fat 20,3 g • Carbs 60,3 g

*Jika ada alergi akan masuk ke menu personalized

*Menu sewaktu waktu dapat berubah bergantung pada keadaan pasar

Rabu, 5 Agustus 2026



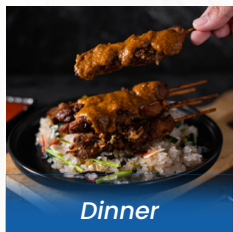
Fried Noodle and Seafood Mixed



Char Kwetiaw Noodle, Udang Mixed Ayam Saus Padang, Tahu Bumbu Kuning Airfry, Cah Sayuran

551,8 Kcal • Protein 53,2 g
Fat 16,5 g • Carbs 50,1 g

Lunch



Sate Ayam Cho Cho

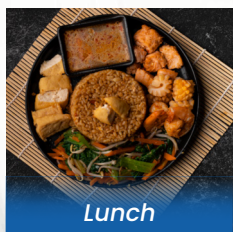


Nasi Goreng Brown Rice, Sate Ayam Cho Cho, Saus Kacang Nanas, Cah Sayuran Jamur, Sambal Merah Jahe

667,6 Kcal • Protein 53,3 g
Fat 25,3 g • Carbs 60,1 g

Dinner

Jumat, 7 Agustus 2026



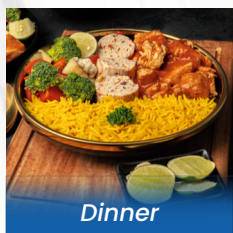
Seafood Mee Siam Belacan



Mee Siam, Wok Fry Vegetable, Wok Fry Seafood, Tofu Air Fry, Kuah Belacan

572,4 Kcal • Protein 61,7 g
Fat 14,5 g • Carbs 49,8 g

Lunch



Chicken Golden Curry

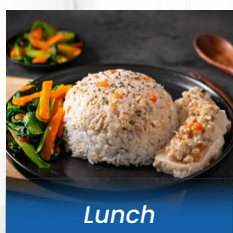


Chicken Golden Curry Sauce, Yellow Basmati Rice, Burnt Cauliflower and Broccoli, Tofu Cake

600,5 Kcal • Protein 63,6 g
Fat 13,7 g • Carbs 58,1 g

Dinner

Senin, 10 Agustus 2026



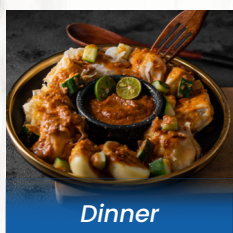
Tim Tahu Ayam



Tim Tahu Ayam, Nasi Putih, Cah Sayuran Bawang Putih, Pudding Kelapa, Sambal Merah Jahe

631,2 Kcal • Protein 50,2 g
Fat 22,2 g • Carbs 57,9 g

Lunch



Batagor Kukus

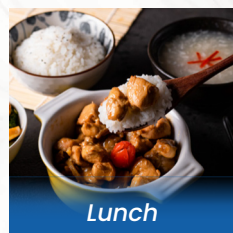


Batagor Kukus Ayam, Kol Gulung Kukus, Batagor Tahu Kukus, Timun, Kentang Airfry, Telur Rebus, Bumbu Kacang, Condiment: Jeruk Limo, Kecap Manis

683,5 Kcal • Protein 51,4 g
Fat 40,7 g • Carbs 35,2 g

Dinner

Kamis, 6 Agustus 2026



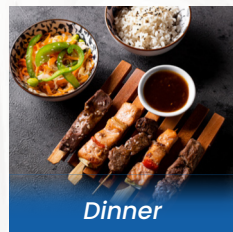
Egg Drop Soup with Chicken Ginger



Egg Drop Soup, Marinated Ginger Chicken, Steamed Black Mixed White Rice, Stirfry Tofu and Broccoli, Sambal Merah Jahe

581,4 Kcal • Protein 57,4 g
Fat 9,7 g • Carbs 66,5 g

Lunch



Salmon & Beef Yakitori

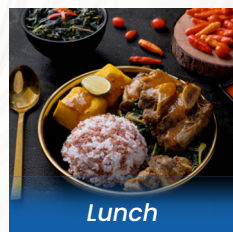


Salmon Satay, Beef Satay, Homemade Teriyaki Sauce, Japanese Salad with Edamame, Honey Lemon Dressing, Steamed Japanese Rice with Chia Seed

648,4 Kcal • Protein 56,9 g
Fat 21,3 g • Carbs 55,3 g

Dinner

Sabtu, 8 Agustus 2026



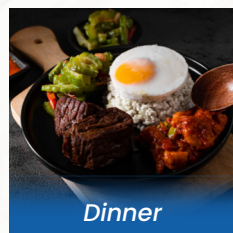
Iga Sapi Bumbu Woku



Iga Sapi Woku, Nasi Putih Mix Merah, Tahu Bumbu Kuning, Tumis Daun Singkong Mixed Bunga Pepaya (Seasonal), Sambal Merah

759,2 Kcal • Protein 60,3 g
Fat 31,6 g • Carbs 60,0 g

Lunch



Nasi Uduk

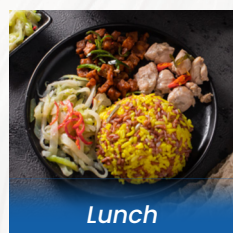


Nasi Uduk, Telur Mata Sapi, Udang Pete Bumbu Balado, Semur Tahu, Cah Pare Ebi

630,1 Kcal • Protein 50,3 g
Fat 21,0 g • Carbs 61,0 g

Dinner

Selasa, 11 Agustus 2026



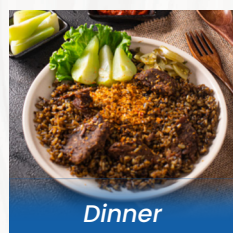
Ayam Garang Asem



Ayam Garang Asem, Kuah Garang Asem, Orek Tempe, Nasi Merah Kuning, Tumis Labu Siam Bawang Putih

665,1 Kcal • Protein 66,1 g
Fat 18,9 g • Carbs 59,9 g

Lunch



Nasi Goreng Rawon



Empal Daging Sapi, Nasi Goreng Rawon Mixed Quinoa, Labu Siam Kukus, Selada Lalap, Sambel Terasi

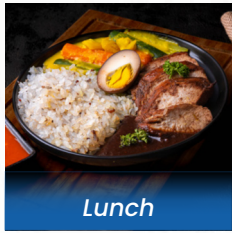
573,5 Kcal • Protein 57,4 g
Fat 12,0 g • Carbs 56,4 g

Dinner

*Jika ada alergi akan masuk ke menu personalized

*Menu sewaktu waktu dapat berubah bergantung pada keadaan pasar

Rabu, 12 Agustus 2026

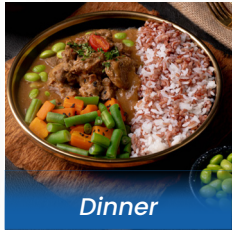


Ayam Panggang Ngohiong

Ayam Panggang Ngohiong, Kaldu Ayam, Nasi Hainan, Acar Sayuran Nanas, Telur Pindang, Sambal Merah Jahe

658,5 Kcal • Protein 59,6 g
Fat 14,4 g • Carbs 71,4 g

Lunch



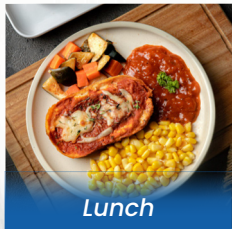
Golden Beef Curry

Beef Curry, Saus Curry, Sauted Tomato Cherry, Nasi Merah Putih, Sauted Garlic Carrot & Buncis, Edamame

678,6 Kcal • Protein 51,7 g
Fat 22,2 g • Carbs 72,9 g

Dinner

Jumat, 14 Agustus 2026

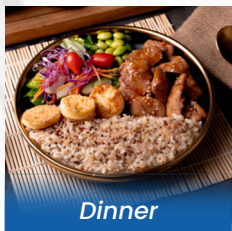


Eggplant Moussaka

Eggplant Moussaka Beef, Jagung Kukus, Roasted Mediteranian Vegetable, Tomato Concasse Sauce

599,6 Kcal • Protein 52,3 g
Fat 24,9 g • Carbs 48,3 g

Lunch



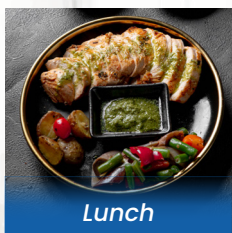
Chicken Aburi

Chicken Aburi, Mixed Salad, Dressing Salad, Fried Brown Rice Quinoa, Grilled Tofu

609,2 Kcal • Protein 61,4 g
Fat 14,6 g • Carbs 56,5 g

Dinner

Selasa, 18 Agustus 2026

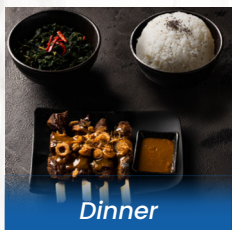


Sicilia Grilled Chicken

Sicilia Style Grilled Chicken, Cream Pesto Almond, Mediterranean Roasted Vegetable, Sauted Herbs Potatoes

570,5 Kcal • Protein 53,8 g
Fat 18,1 g • Carbs 48,3 g

Lunch



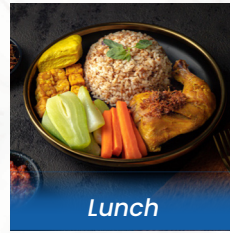
Sate Padang

Sate Padang, Putih Telur Balado, Nasi Putih, Tumis Daun Singkong, Bumbu Kalio, Bawang Goreng

588,9 Kcal • Protein 59,3 g
Fat 14,6 g • Carbs 53,4 g

Dinner

Kamis, 13 Agustus 2026

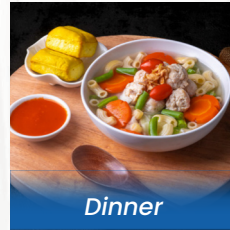


Nasi Tutug Oncom

Ayam Ungkep Kuning, Nasi Tutug Oncom, Labu Siam Kukus, Wortel Kukus, Tempe Air Fry, Sambal Terasi

558,4 Kcal • Protein 56,0 g
Fat 12,1 g • Carbs 59,4 g

Lunch



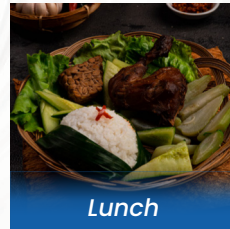
Macaroni Chicken Soup

Chicken Ball Sauted, Baked Tahu Kuning, Sayuran Rebus, Macaroni Pasta, Kuah Kaldu Ayam, Sambal Merah Jahe

665,6 Kcal • Protein 51,3 g
Fat 24,9 g • Carbs 61,6 g

Dinner

Sabtu, 15 Agustus 2026

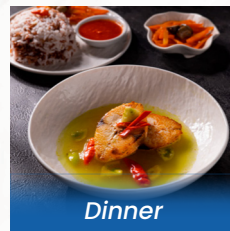


Ayam Bakar Solo

Ayam Bakar Kalasan, Nasi Putih Pandan, Tahu Bacem, Tempe Bacem, Lalapan, Sambal Terasi

670,9 Kcal • Protein 65,0 g
Fat 18,9 g • Carbs 62,6 g

Lunch



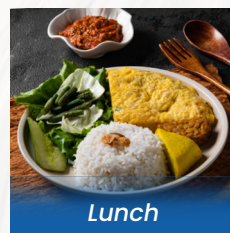
Pindang Serani

Fish of the Day, Kuah Pindang Serani, Nasi Merah Putih, Sambal Merah, Cah Wortel Jamur

640,8 Kcal • Protein 50,4 g
Fat 22,4 g • Carbs 64,9 g

Dinner

Rabu, 19 Agustus 2026

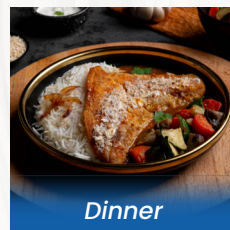


Nasi Telur Sambal Terong

Telur Dadar Ayam Cincang, Empal Daging, Serundeng, Sambal Terong, Tahu Tempe Air Fry, Nasi Putih, Lalapan

658,4 Kcal • Protein 51,1 g
Fat 23,5 g • Carbs 63,8 g

Lunch



Grilled Fish Mediterranean

Grilled Fish of the Day ala Mediterranean, Infused Basmati Rice, Grilled Mixed Veggie, Greek Yoghurt, Butter Golden Curry

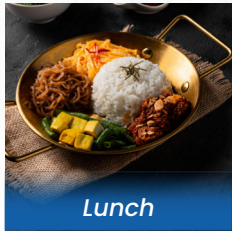
619,7 Kcal • Protein 50,3 g
Fat 22,0 g • Carbs 58,4 g

Dinner

*Jika ada alergi akan masuk ke menu personalized

*Menu sewaktu waktu dapat berubah bergantung pada keadaan pasar

Kamis, 20 Agustus 2026

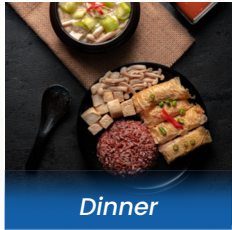


Nasi Campur Surabaya

Daging Pedas Manis, Telur Dadar Iris, Tumis Kacang Panjang Tahu, Nasi Putih, Mie Soun Bumbu Kecap, Sambal Terasi

703,8 Kcal • Protein 52,2 g
Fat 21,0 g • Carbs 77,3 g

Lunch



Sup Oyong Lumpia Kulit Tahu

Lumpia Ayam Kulit Tahu, Saus Pedas Manis, Oyong Rebus, Tumis Jamur Shimeji Putih, Tahu Airfry, Kuah Soup Oyong, Nasi Merah, Sambal Kecap Asin Cabe Rawit

641,7 Kcal • Protein 50,4 g
Fat 22,4 g • Carbs 62,8 g

Dinner

Sabtu, 22 Agustus 2026

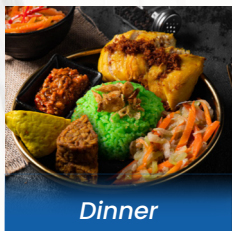


Tauto Pekalongan

Daging Tauto, Tauge Rebus, Bihun Rebus, Nasi Putih, Tahu Kuning Bandung, Kuah Tauto, Sambal Merah

688,0 Kcal • Protein 51,8 g
Fat 18,9 g • Carbs 80,9 g

Lunch



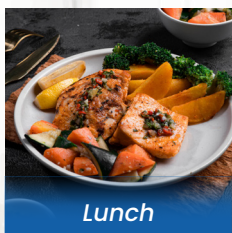
Nasi Timbel

Ayam Ungkep Kuning, Nasi Gurih Harum Pandan, Tumis Labu Siam Wortel, Sambal Terasi, Tempe & Tahu Bumbu Kuning

683,3 Kcal • Protein 71,0 g
Fat 18,9 g • Carbs 58,8 g

Dinner

Rabu, 26 Agustus 2026



Surf & Turf

Grilled Chicken Breast, Grilled Salmon Cube, Grilled Lemon Wedges, Chimmicuri Sauce, Rosemary and Paprika Potato Wedges, Sauted Carrot and Zucchini

559,1 Kcal • Protein 57,1 g
Fat 15,7 g • Carbs 48,8 g

Lunch



Ayam Napinadar

Ayam Napinadar, Sambal Terasi, Tumis Labu dan Pucuk Labu, Steamed Brown Rice, Tahu Kuning Airfry

603,6 Kcal • Protein 60,4 g
Fat 15,0 g • Carbs 59,3 g

Dinner

Jumat, 21 Agustus 2026

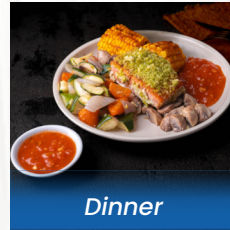


Nasi Rames Lodeh

Ayam Kalasan Suwir, Nasi Goreng Kunyit, Tumis Lodeh Mix Terong, Lodeh Tempe Tahu, Sambal Terasi Medan, Kuah Lodeh Putih

670,1 Kcal • Protein 64,4 g
Fat 18,3 g • Carbs 62,6 g

Lunch



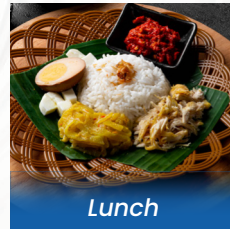
Salmon Green Crushed

Pan Seared Salmon with Green Crushed, Salsa Verde, Seasoned Grilled Veggie, Grilled BBQ Corn, Sauted Mushroom with Garlic and Parsley

552,5 Kcal • Protein 51,8 g
Fat 21,3 g • Carbs 44,9 g

Dinner

Senin, 24 Agustus 2026

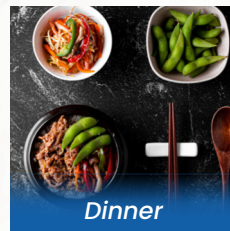


Nasi Liwet Solo

Nasi Liwet, Ayam Suwir Ungkep, Kuah Opor Putih, Sayur Jipang (Labu Siam), Telur Keprok, Tahu Kukus, Sambal Terasi

688,1 Kcal • Protein 65,9 g
Fat 18,5 g • Carbs 64,5 g

Lunch



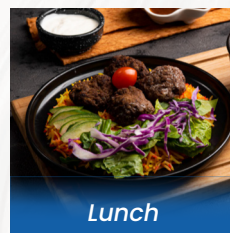
Beef Gyudon

Japanese Fried Rice, Beef Gyudon, Mix Vegetables Season Oil, Steam Edamame

616,5 Kcal • Protein 50,8 g
Fat 15,5 g • Carbs 68,7 g

Dinner

Kamis, 27 Agustus 2026

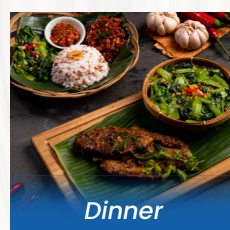


Turkish Meat Ball

Turkish Meat Bal, Mixed Salad, Greek Yoghurt, Dressing Salad, Yellow Basmati Rice, Tomato Espagnole Sauce

592,9 Kcal • Protein 50,6 g
Fat 17,3 g • Carbs 53,9 g

Lunch



Ikan Bakar Parape

Ikan Bakar Parape, Nasi Merah Putih, Pakchoy Garlic, Sambal Terasi, Kering Tempe

572,5 Kcal • Protein 58,9 g
Fat 31,2 g • Carbs 67,3 g

Dinner

*Jika ada alergi akan masuk ke menu personalized

*Menu sewaktu waktu dapat berubah bergantung pada keadaan pasar