

The background of the entire page is a dark green color, overlaid with a pattern of white line-art illustrations of various vegetables and fruits. These include slices of citrus, mushrooms, bell peppers, leafy greens, and other produce items scattered across the surface. The text is centered in the upper half of the page.

# Vegetarian Menu

A close-up photograph of a chef's hand using a metal garnishing tool to place a slice of red chili pepper on a dish. The dish is served in a black rectangular pan and contains white rice, yellow corn, green beans, and other vegetables. The background is softly blurred, showing more of the kitchen environment.

# Dear guests

In the bustling world of culinary artistry, where flavors dance and ingredients harmonize, lies the heart of our philosophy: the Balanced Menu. As a seasoned chef, I've embarked on a journey to redefine gourmet cuisine, making health-conscious choices not only accessible but utterly irresistible. Join me as we explore the intricate fusion of culinary excellence and nutritional wisdom.

In a landscape inundated with culinary indulgences, the quest for balance becomes paramount. The Balanced Menu emerges as a beacon of culinary innovation, marrying the realms of health and taste seamlessly.

Embracing the ethos of calorie consciousness, our menu transcends mere sustenance, offering a symphony of flavors meticulously calibrated to nourish both body and soul. Every dish is a testament to our unwavering commitment to crafting culinary masterpieces that tantalize the taste buds while respecting the boundaries of a calorie-conscious lifestyle.

Let's savor the delights of a Balanced Menu—a testament to the notion that healthy living and gastronomic pleasure need not be mutually exclusive.

- Chef Ken

# VEGETARIAN

# Wednesday 03

JUNE 2026

LUNCH

### Regular Plan

480kcal  
Calories

31g  
Protein

42g  
Carbs

12g  
Fat

### Large Plan

600kcal  
Calories

47g  
Protein

63g  
Carbs

18g  
Fat

## Vegan Meatball



with Aglio Olio Pasta, Tomato Sauce and Mixed Veggies

## Green Curry White Beans



with Basmati Rice, Long Beans and Eggplants

### Regular Plan

440kcal  
Calories

36g  
Protein

42g  
Carbs

14g  
Fat

### Large Plan

635kcal  
Calories

52g  
Protein

61g  
Carbs

20g  
Fat

DINNER

## Gluten Free Banana Bread



SNACK

### Regular Plan

175kcal  
Calories

5g  
Protein

16g  
Carbs

10g  
Fat

### Large Plan

175kcal  
Calories

5g  
Protein

16g  
Carbs

10g  
Fat

Images are for illustration only.

LUNCH

### Regular Plan

425kcal  
Calories

27g  
Protein

46g  
Carbs

15g  
Fat

### Large Plan

640kcal  
Calories

41g  
Protein

69g  
Carbs

23g  
Fat

## Mala Mixed Veggies and Semi-Dry Tofu



with Fried Brown Rice with Eggs

# Thursday 04

JUNE 2026

## Peri Peri Tempeh



with Roast Potato and Broccoli

DINNER

### Regular Plan

380kcal  
Calories

31g  
Protein

42g  
Carbs

10g  
Fat

### Large Plan

575kcal  
Calories

47g  
Protein

63g  
Carbs

15g  
Fat

SNACK

## Hazelnut and Chocolate Granola Bar



### Regular Plan

190kcal  
Calories

5g  
Protein

24g  
Carbs

8g  
Fat

### Large Plan

190kcal  
Calories

5g  
Protein

24g  
Carbs

8g  
Fat

Images are for illustration only.

# Friday 05

JUNE 2026

### Regular Plan

470kcal  
Calories      29g  
Protein

52g  
Carbs          16g  
Fat

### Large Plan

680kcal  
Calories      42g  
Protein

75g  
Carbs          23g  
Fat

LUNCH



with Brown Rice, Edamame and Kimchi



with Soba Noodle and Garlic Kailan

### Regular Plan

385kcal    28g    41g    12g  
Calories   Protein   Carbs   Fat

### Large Plan

575kcal    42g    62g    18g  
Calories   Protein   Carbs   Fat

DINNER



SNACK

### Regular Plan

135kcal    3g    15g    7g  
Calories   Protein   Carbs   Fat

### Large Plan

135kcal    3g    15g    7g  
Calories   Protein   Carbs   Fat

Images are for illustration only.

LUNCH



with Brown Rice, Spicy Eggplant, Cucumber Salad

### Regular Plan

440kcal    31g    48g    14g  
Calories   Protein   Carbs   Fat

### Large Plan

640kcal    45g    70g    20g  
Calories   Protein   Carbs   Fat

# Monday 08

JUNE 2026



with Roasted Potato, French Beans

DINNER

### Regular Plan

380kcal    29g    34g    14g  
Calories   Protein   Carbs   Fat

### Large Plan

565kcal    44g    51g    21g  
Calories   Protein   Carbs   Fat



### Regular Plan

185kcal    6g    6g    15g  
Calories   Protein   Carbs   Fat

### Large Plan

185kcal    6g    6g    15g  
Calories   Protein   Carbs   Fat

SNACK

Images are for illustration only.

# Tuesday

# 09

JUNE 2026

### Regular Plan

460kcal  
Calories

31g  
Protein

41g  
Carbs

19g  
Fat

### Large Plan

665kcal  
Calories

45g  
Protein

59g  
Carbs

28g  
Fat

LUNCH

## Baked Fresh Herb Paneer Cheese



with White Beans and Quinoa and Broccoli

## Cauliflower Rice



with Baked Honey Miso Tempeh and Spinach Egg

### Regular Plan

345kcal  
Calories

33g  
Protein

24g  
Carbs

13g  
Fat

### Large Plan

520kcal  
Calories

50g  
Protein

36g  
Carbs

20g  
Fat

DINNER

## Gluten Free Banana Bread



SNACK

### Regular Plan

175kcal  
Calories

5g  
Protein

16g  
Carbs

10g  
Fat

### Large Plan

175kcal  
Calories

5g  
Protein

16g  
Carbs

10g  
Fat

Images are for illustration only.

## Tomato Mixed Beans Stew



with Pasta, Mixed Mushrooms and Green Peas

LUNCH

### Regular Plan

480kcal  
Calories

31g  
Protein

49g  
Carbs

18g  
Fat

### Large Plan

725kcal  
Calories

47g  
Protein

74g  
Carbs

27g  
Fat

# Wednesday

# 10

JUNE 2026

### Regular Plan

380kcal  
Calories

24g  
Protein

39g  
Carbs

148g  
Fat

### Large Plan

530kcal  
Calories

34g  
Protein

55g  
Carbs

20g  
Fat

## Lemongrass Tofu Skin and King Oyster Mushroom



with Rice Vermicelli and Mixed Veggies Salad

DINNER

## Peanut Butter Chocolate Cookie



### Regular Plan

155kcal  
Calories

5g  
Protein

4g  
Carbs

13g  
Fat

### Large Plan

155kcal  
Calories

5g  
Protein

4g  
Carbs

13g  
Fat

SNACK

Images are for illustration only.

# Thursday

# 11

JUNE 2026

### Regular Plan

450kcal  
Calories

29g  
Protein

48g  
Carbs

16g  
Fat

### Large Plan

680kcal  
Calories

44g  
Protein

72g  
Carbs

24g  
Fat

LUNCH

## Peranakan Curry Chickpeas



with Coconut Basmati Rice, Hard Boiled Egg and pure Garlic Okra

### Regular Plan

355kcal  
Calories

28g  
Protein

32g  
Carbs

13g  
Fat

### Large Plan

520kcal  
Calories

41g  
Protein

46g  
Carbs

19g  
Fat

DINNER

## Vegan Meatballs



with Stroganoff Sauce, French Beans and Mashed Cauliflower

SNACK

### Regular Plan

175kcal  
Calories

6g  
Protein

24g  
Carbs

6g  
Fat

### Large Plan

175kcal  
Calories

6g  
Protein

24g  
Carbs

6g  
Fat

## Apple and Chia Seeds Oatmeal



Images are for illustration only.

## Rendang Tempeh



with Brown Rice, Roasted Cauliflower

LUNCH

### Regular Plan

420kcal  
Calories

34g  
Protein

42g  
Carbs

13g  
Fat

### Large Plan

630kcal  
Calories

51g  
Protein

63g  
Carbs

20g  
Fat

# Friday

# 12

JUNE 2026

### Regular Plan

400kcal  
Calories

28g  
Protein

38g  
Carbs

15g  
Fat

### Large Plan

580kcal  
Calories

41g  
Protein

55g  
Carbs

22g  
Fat

## Peri Peri Tofu



with Cajun Sweet Potato and Broccoli

DINNER

## Tofu Chocolate Brownie



### Regular Plan

185kcal  
Calories

8g  
Protein

20g  
Carbs

8g  
Fat

### Large Plan

185kcal  
Calories

8g  
Protein

20g  
Carbs

8g  
Fat

SNACK

Images are for illustration only.

# Monday 15

JUNE 2026

LUNCH

### Regular Plan

415kcal  
Calories    26g  
Protein  
46g  
Carbs        14g  
Fat

### Large Plan

620kcal  
Calories    39g  
Protein  
69g  
Carbs        21g  
Fat



### Regular Plan

345kcal    27g    34g    11g  
Calories    Protein    Carbs    Fat

### Large Plan

515kcal    41g    51g    17g  
Calories    Protein    Carbs    Fat

DINNER



SNACK

### Regular Plan

245kcal    8g    26g    12g  
Calories    Protein    Carbs    Fat

### Large Plan

245kcal    8g    26g    12g  
Calories    Protein    Carbs    Fat

Images are for illustration only.

LUNCH



### Regular Plan

480kcal    31g    49g    18g  
Calories    Protein    Carbs    Fat

### Large Plan

725kcal    47g    74g    27g  
Calories    Protein    Carbs    Fat

# Tuesday 16

JUNE 2026



### Regular Plan

330kcal    32g    24g    12g  
Calories    Protein    Carbs    Fat

### Large Plan

500kcal    48g    38g    18g  
Calories    Protein    Carbs    Fat

DINNER



### Regular Plan

185kcal    8g    20g    8g  
Calories    Protein    Carbs    Fat

### Large Plan

185kcal    8g    20g    8g  
Calories    Protein    Carbs    Fat

SNACK

Images are for illustration only.

# Wednesday 17

JUNE 2026

### Regular Plan

440kcal  
Calories    34g  
Protein  
47g  
Carbs        13g  
Fat

### Large Plan

640kcal  
Calories    49g  
Protein  
68g  
Carbs        19g  
Fat

LUNCH

**Yakiniku Stir Fry Tofu and Mushroom**



with Brown Rice, Edamame and Kimchi

**Peri Peri Tempeh**



with Roast Potato and Broccoli

### Regular Plan

380kcal    33g    35g    12g  
Calories    Protein    Carbs    Fat

### Large Plan

570kcal    50g    53g    18g  
Calories    Protein    Carbs    Fat

DINNER

**Peanut Butter Chocolate Energy Bites**



SNACK

### Regular Plan

180kcal    6g    3g    16g  
Calories    Protein    Carbs    Fat

### Large Plan

180kcal    6g    3g    16g  
Calories    Protein    Carbs    Fat

Images are for illustration only.

**Basil Crushed Tofu and Lentils**



with Brown Rice, Scrambled Egg and Kailan

LUNCH

### Regular Plan

440kcal    34g    44g    14g  
Calories    Protein    Carbs    Fat

### Large Plan

635kcal    49g    64g    20g  
Calories    Protein    Carbs    Fat

# Thursday 18

JUNE 2026

### Regular Plan

395kcal    32g    37g    13g  
Calories    Protein    Carbs    Fat

### Large Plan

590kcal    48g    56g    20g  
Calories    Protein    Carbs    Fat

**Fresh Herb and Lemon Stew Beans**



with Cajun Roasted Sweet Potato, Broccoli

DINNER

**Carrot Cake with Cashew Frosting**



### Regular Plan

180kcal    8g    19g    8g  
Calories    Protein    Carbs    Fat

### Large Plan

180kcal    8g    19g    8g  
Calories    Protein    Carbs    Fat

SNACK

Images are for illustration only.

# Friday 19

JUNE 2026

LUNCH

### Regular Plan

405kcal 28g  
Calories Protein  
42g 14g  
Carbs Fat

### Large Plan

610kcal 42g  
Calories Protein  
63g 21g  
Carbs Fat

## Veggie Patties



With Mashed Sweet Potato, Green Peas and Coriander Lime Juice

## Tumeric Baked Tempeh



With Brown Rice and Lady Finger

### Regular Plan

420kcal 32g 39g 15g  
Calories Protein Carbs Fat

### Large Plan

610kcal 46g 57g 22g  
Calories Protein Carbs Fat

DINNER

SNACK

### Regular Plan

125kcal 4g 5g 16g  
Calories Protein Carbs Fat

### Large Plan

125kcal 4g 5g 16g  
Calories Protein Carbs Fat

## Peanut Butter Chocolate Cookie



Images are for illustration only.

LUNCH

## Peranakan Curry Tofu and Lentils



With Basmati Rice, Cauliflower and Lady Finger

### Regular Plan

470kcal 32g 46g 14g  
Calories Protein Carbs Fat

### Large Plan

705kcal 47g 69g 27g  
Calories Protein Carbs Fat

# Monday 22

JUNE 2026

## Vegan Meatballs



With Mashed Potatoes, Tomato Sauce, Saute Green Peas and Carrots

DINNER

### Regular Plan

345kcal 27g 32g 12g  
Calories Protein Carbs Fat

### Large Plan

515kcal 41g 48g 18g  
Calories Protein Carbs Fat

## Peanut Butter Chocolate Energy Bites



### Regular Plan

185kcal 6g 4g 16g  
Calories Protein Carbs Fat

### Large Plan

185kcal 6g 4g 16g  
Calories Protein Carbs Fat

SNACK

Images are for illustration only.

# Tuesday

# 23

JUNE 2026

LUNCH

### Regular Plan

440kcal  
Calories      32g  
Protein

46g      14g  
Carbs      Fat

### Large Plan

635kcal      46g  
Calories      Protein

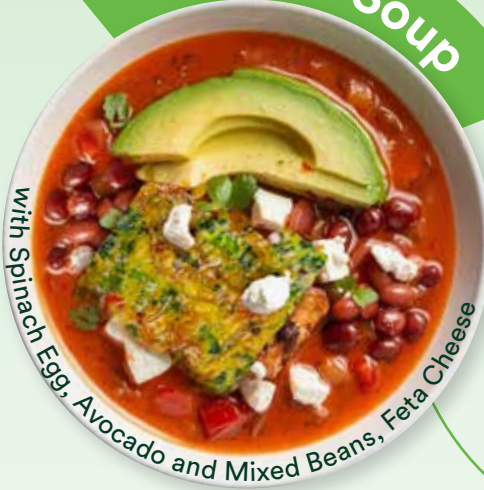
67g      20g  
Carbs      Fat

Sambal Tofu and Button Mushroom



with Brown Rice and Shanghai Green

Tomato Soup



with Spinach Egg, Avocado and Mixed Beans, Feta Cheese

### Regular Plan

380kcal      32g      25g      17g  
Calories      Protein      Carbs      Fat

### Large Plan

570kcal      48g      38g      26g  
Calories      Protein      Carbs      Fat

Hazelnut and Chocolate Granola Bar



DINNER

SNACK

### Regular Plan

190kcal      5g      24g      8g  
Calories      Protein      Carbs      Fat

### Large Plan

190kcal      5g      24g      8g  
Calories      Protein      Carbs      Fat

Images are for illustration only.

# Wednesday

# 24

JUNE 2026

LUNCH

### Regular Plan

440kcal      31g      45g      15g  
Calories      Protein      Carbs      Fat

### Large Plan

660kcal      47g      68g      23g  
Calories      Protein      Carbs      Fat

Mala Baiye and King Oyster Mushroom



with Brown Rice and Honey Soy Mixed Veggies

Baked Honey Miso Temppeh



with Roasted Herb Veggies Quinoa Salad

DINNER

### Regular Plan

385kcal      29g      29g      17g  
Calories      Protein      Carbs      Fat

### Large Plan

560kcal      42g      42g      25g  
Calories      Protein      Carbs      Fat

Carrot Cake with Cashew Frosting



### Regular Plan

180kcal      8g      19g      8g  
Calories      Protein      Carbs      Fat

### Large Plan

180kcal      8g      19g      8g  
Calories      Protein      Carbs      Fat

SNACK

Images are for illustration only.

# Thursday 25

JUNE 2026

### Regular Plan

415kcal  
Calories    29g  
Protein  
45g    13g  
Carbs    Fat

### Large Plan

620kcal    44g  
Calories    Protein  
68g    20g  
Carbs    Fat

LUNCH

## Yuxiang Tofu and Chickpeas



## Fresh Herb and Lemon Baked Butter Beans



### Regular Plan

335kcal    23g    34g    12g  
Calories    Protein    Carbs    Fat

### Large Plan

505kcal    35g    51g    18g  
Calories    Protein    Carbs    Fat

DINNER

## Pumpkin Parmesan Biscuit



SNACK

### Regular Plan

270kcal    6g    30g    14g  
Calories    Protein    Carbs    Fat

### Large Plan

270kcal    6g    30g    14g  
Calories    Protein    Carbs    Fat

Images are for illustration only.

LUNCH

## Green Curry White Beans



### Regular Plan

465kcal    36g    42g    17g  
Calories    Protein    Carbs    Fat

### Large Plan

675kcal    52g    61g    25g  
Calories    Protein    Carbs    Fat

# Friday 26

JUNE 2026

### Regular Plan

385kcal    34g    28g    15g  
Calories    Protein    Carbs    Fat

### Large Plan

575kcal    51g    42g    23g  
Calories    Protein    Carbs    Fat

## Cauliflower Protein Bites



DINNER

## Apple and Chia Seeds Oatmeal



### Regular Plan

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

### Large Plan

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

SNACK

Images are for illustration only.