

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.

# Vegetarian Menu

A close-up photograph of a hand using a metal garnishing tool to place a sliced red chili pepper on top of a dish. The dish is served in a black rectangular tray and appears to contain rice, corn, and other vegetables. The background is softly blurred, showing more of the kitchen or dining area.

# Dear guests

For years, I've thrived in the world of flavor, crafting dishes that tantalize taste buds and ignite culinary passions. But recently, my focus has shifted. I've embarked on a journey to create a Vegetarian Menu that's not just about absence – it's about abundance.

Why vegetarian? It's a question I get often. The answer is simple: I believe in the power of plants. Vibrant vegetables, hearty legumes, and protein-rich grains hold a symphony of flavors waiting to be explored. My goal isn't to replace meat; it's to celebrate the incredible potential of a plant-based plate.

This menu isn't just about following a trend. It's about Healthy Gourmet Made Easy. I've meticulously crafted dishes that are not only nourishing but also bursting with flavor. We'll explore innovative ways to incorporate meatless protein, ensuring you get the nutrients your body craves without sacrificing an ounce of culinary satisfaction.

Get ready to embark on a flavor adventure that's as good for you as it is delicious. Welcome to the world of vegetarian cuisine, reimagined.

- Chef Ken



# VEGETARIAN

Monday  
**21**  
OCT 2024

## Regular Plan

445kcal  
Calories

31g  
Protein

46g  
Carbs

15g  
Fat

## Large Plan

665kcal  
Calories

47g  
Protein

69g  
Carbs

23g  
Fat

## LUNCH



## Regular Plan

380kcal  
Calories

32g  
Protein

34g  
Carbs

13g  
Fat

## Large Plan

550kcal  
Calories

46g  
Protein

49g  
Carbs

19g  
Fat

## DINNER

## SNACK

## Regular Plan

180kcal  
Calories

6g  
Protein

5g  
Carbs

15g  
Fat

## Large Plan

180kcal  
Calories

6g  
Protein

5g  
Carbs

15g  
Fat



## Red Curry Chickpeas



## LUNCH

## Regular Plan

480kcal  
Calories

31g  
Protein

49g  
Carbs

18g  
Fat

## Large Plan

725kcal  
Calories

47g  
Protein

74g  
Carbs

27g  
Fat

Tuesday  
**22**  
OCT 2024

## Regular Plan

330kcal  
Calories

32g  
Protein

24g  
Carbs

12g  
Fat

## Large Plan

500kcal  
Calories

48g  
Protein

36g  
Carbs

18g  
Fat

## Vegan Meatballs



## 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



# Wednesday 23

OCT 2024

## Regular Plan

440kcal  
Calories

47g  
Carbs

34g  
Protein

13g  
Fat

## Large Plan

640kcal  
Calories

68g  
Carbs

49g  
Protein

19g  
Fat

LUNCH

## Yakniku Stir Fry Tofu and Mushroom



With Brown Rice, Edamame, and Kimchi

## Regular Plan

380kcal  
Calories

33g  
Protein

35g  
Carbs

12g  
Fat

## Large Plan

570kcal  
Calories

50g  
Protein

53g  
Carbs

18g  
Fat

## PERI PERI TEMPEH



With Roasted Potato and Herb Veggies

SNACK

## PEANUT BUTTER CHOCOLATE ENERGY BITES



## Regular Plan

180kcal  
Calories

6g  
Protein

3g  
Carbs

16g  
Fat

## Large Plan

180kcal  
Calories

6g  
Protein

3g  
Carbs

16g  
Fat

LUNCH

## Basil Crushed Tofu and Lentils



With Brown Rice, Soy Egg, and Kailan

## Regular Plan

440kcal  
Calories

44g  
Carbs

34g  
Protein

14g  
Fat

## Large Plan

635kcal  
Calories

64g  
Carbs

49g  
Protein

20g  
Fat

# Thursday 24

OCT 2024

## FRESH HERB AND LEMON STEW BUTTER BEANS



With Cajun Roasted Sweet Potato and Broccoli

DINNER

## Regular Plan

395kcal  
Calories

32g  
Protein

37g  
Carbs

13g  
Fat

## Large Plan

590kcal  
Calories

48g  
Protein

56g  
Carbs

20g  
Fat

## Low Fat Cheesecake



## Regular Plan

170kcal  
Calories

8g  
Protein

14g  
Carbs

9g  
Fat

## Large Plan

170kcal  
Calories

8g  
Protein

14g  
Carbs

9g  
Fat

SNACK



Friday  
25  
OCT 2024

**Regular Plan**

435kcal  
Calories      32g  
Protein

48g  
Carbs          13g  
Fat

**Large Plan**

655kcal  
Calories      48g  
Protein

72g  
Carbs          20g  
Fat

LUNCH

**CAULIFLOWER PROTEIN BITES**

WITH COUSCOUS, BLACK BEANS, MINT YOGHURT, CUCUMBER, AND TOMATO SALAD



**Turmeric Chickpeas and Pumpkin**



WITH BROWN RICE, LADY FINGER, AND SCRAMBLE EGG

**Regular Plan**

390kcal    32g    39g    12g  
Calories   Protein   Carbs   Fat

**Large Plan**

570kcal    46g    57g    17g  
Calories   Protein   Carbs   Fat

DINNER

SNACK

**Regular Plan**

180kcal    4g    5g    16g  
Calories   Protein   Carbs   Fat

**Large Plan**

180kcal    4g    5g    16g  
Calories   Protein   Carbs   Fat

**PEANUT BUTTER CHOCOLATE COOKIE**



**Peranakan Curry Tofu and Lentils**



with Basmati Rice, Cauliflower, and Lady Finger

LUNCH

**Regular Plan**

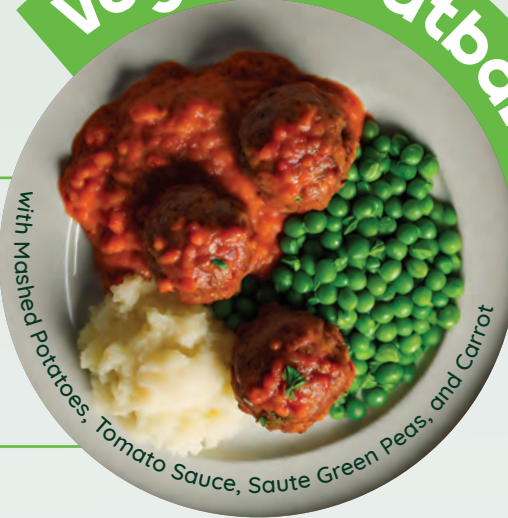
470kcal    31g    46g    18g  
Calories   Protein   Carbs   Fat

**Large Plan**

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

Monday  
28  
OCT 2024

**Vegan Meatballs**



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

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

# Tuesday 29

OCT 2024

### Regular Plan

445kcal  
Calories      36g  
Protein  
46g  
Carbs          13g  
Fat

### Large Plan

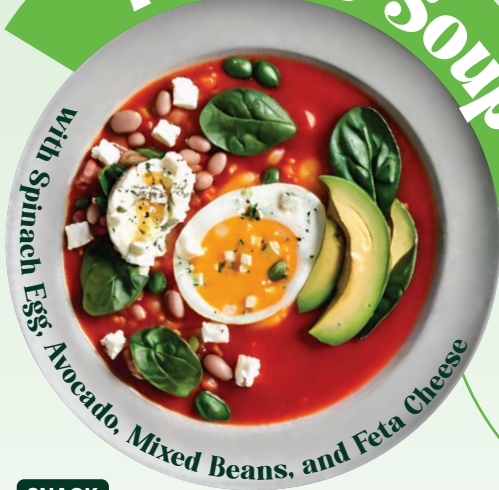
670kcal  
Calories      54g  
Protein  
69g  
Carbs          20g  
Fat

LUNCH



Sambal Butter Beans and Button Mushroom  
WITH BROWN RICE, TOFU, AND SHANGHAI GREEN

## Tomato Soup



Tomato Soup  
With Spinach Eggs, Avocado, Mixed Beans, and Feta Cheese

### Regular Plan

365kcal    32g    21g    17g  
Calories   Protein   Carbs   Fat

### Large Plan

550kcal    48g    32g    26g  
Calories   Protein   Carbs   Fat

DINNER

## TOFU CHOCOLATE BROWNIE



SNACK

### Regular Plan

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

### Large Plan

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

LUNCH



YAKINIKU STIR FRY BAIYE AND LENTILS  
With Rice Noodles, Kimchi, and Edamame

### Regular Plan

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

### Large Plan

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

# Wednesday 30

OCT 2024

### Regular Plan

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

### Large Plan

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



Baked Honey Miso Tempah  
With Roasted Herb Veggies, Quinoa Salad, Pomegranate, and Honey Citrus Dressing

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





# Monday 04

NOV 2024

### Regular Plan

485kcal  
Calories    34g  
Protein

45g  
Carbs        19g  
Fat

### Large Plan

730kcal  
Calories    51g  
Protein

68g  
Carbs        29g  
Fat

LUNCH

## Tomato Mixed Beans Stew



WITH WHOLEMEAL PASTA AND SAUTÉ GREEN PEAS

### Regular Plan

350kcal    29g    29g    13g  
Calories    Protein    Carbs    Fat

### Large Plan

505kcal    42g    42g    19g  
Calories    Protein    Carbs    Fat

## PERI PERI TOFU STEAKS



With Roasted Potatoes, Green Beans, and Carrot

SNACK

### Regular Plan

175kcal    5g    16g    10g  
Calories    Protein    Carbs    Fat

### Large Plan

175kcal    5g    16g    10g  
Calories    Protein    Carbs    Fat

DINNER

## GLUTEN FREE BANANA BREAD



LUNCH

## GONG BAD BUTTER BEANS



With Shiitake Mushrooms, Brown Rice, Spicy Eggplant, and Garlic Choy Sum

### Regular Plan

430kcal    31g    41g    16g  
Calories    Protein    Carbs    Fat

### Large Plan

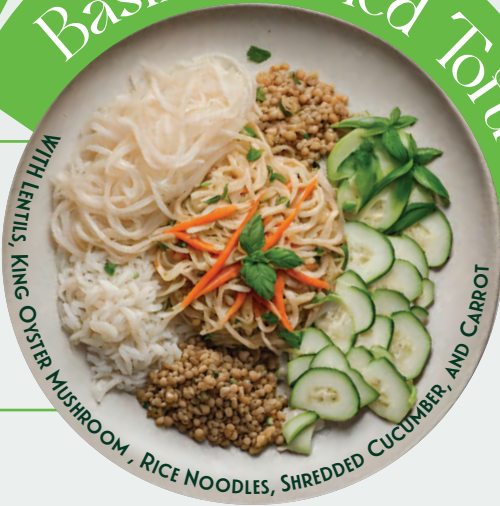
650kcal    47g    62g    24g  
Calories    Protein    Carbs    Fat

# Tuesday

# 05

NOV 2024

## Basil Crushed Tofu



WITH LENTILS, KING OYSTER MUSHROOM, RICE NOODLES, SHREDDED CUCUMBER, AND CARROT

DINNER

### Regular Plan

385kcal    29g    38g    13g  
Calories    Protein    Carbs    Fat

### Large Plan

560kcal    42g    55g    19g  
Calories    Protein    Carbs    Fat

## TOFU CHOCOLATE BROWNIE



### Regular Plan

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

### Large Plan

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

SNACK



# Wednesday 06

NOV 2024

## Regular Plan

470kcal  
Calories      34g  
Protein  
48g  
Carbs          16g  
Fat

## Large Plan

685kcal  
Calories      49g  
Protein  
70g  
Carbs          23g  
Fat

LUNCH

## Baked Turmeric Tempeh

with Basmati Rice, Boiled Egg, and Cucumber



## Regular Plan

360kcal    26g    26g    17g  
Calories    Protein    Carbs    Fat

## Large Plan

540kcal    39g    39g    26g  
Calories    Protein    Carbs    Fat

DINNER

## VEGGIE PATTIE AND AVOCADO FRITTER

with Mixed Salad, Tomato, Baked Pumpkin, Honey Citrus, Pomegranate, and Mixed Nuts



SNACK

## Regular Plan

170kcal    8g    14g    9g  
Calories    Protein    Carbs    Fat

## Large Plan

170kcal    8g    14g    9g  
Calories    Protein    Carbs    Fat

## LOW FAT CHEESECAKE



## Tom Yam Stew Tofu

with Oyster Mushroom, Brown Rice Noodles, Beansprouts, Long Beans, and Spinach Egg



LUNCH

## Regular Plan

450kcal    31g    46g    16g  
Calories    Protein    Carbs    Fat

## Large Plan

655kcal    45g    67g    23g  
Calories    Protein    Carbs    Fat

# Thursday 07

NOV 2024

## HERB BAKED BUTTER BEANS

with Spaghetti Aglio Olio, Roasted Herb Veggies with Tomato, and Fresh Herb Ricotta Cheese



DINNER

## Regular Plan

390kcal    28g    42g    12g  
Calories    Protein    Carbs    Fat

## Large Plan

580kcal    42g    63g    18g  
Calories    Protein    Carbs    Fat

## Peanut Butter Chocolate Cookie



SNACK

## Regular Plan

160kcal    7g    6g    12g  
Calories    Protein    Carbs    Fat

## Large Plan

160kcal    7g    6g    12g  
Calories    Protein    Carbs    Fat



# Friday 08

NOV 2024

## Regular Plan

435kcal  
Calories

47g  
Carbs

32g  
Protein

13g  
Fat

## Large Plan

630kcal  
Calories

68g  
Carbs

46g  
Protein

19g  
Fat

LUNCH

## Honey Miso Stew White Beans and Baiye



with Brown Rice, Stew Tofu, Bittergourd, and Red Capsicum

## Regular Plan

395kcal  
Calories

28g  
Protein

39g  
Carbs

14g  
Fat

## Large Plan

590kcal  
Calories

42g  
Protein

59g  
Carbs

21g  
Fat

DINNER

## Coconut Curry Home Made Spinach Egg Tofu



WITH QUINOA, SWEET POTATOES, AND CAULIFLOWER

SNACK

## Regular Plan

180kcal  
Calories

6g  
Protein

12g  
Carbs

12g  
Fat

## Large Plan

180kcal  
Calories

6g  
Protein

12g  
Carbs

12g  
Fat

## Chocolate Hazelnut Energy Bites



LUNCH

## Bulgogi Baiye and King Oyster Mushroom



with Sweet Potato Noodles, Spinach, and Shredded Carrot

## Regular Plan

430kcal  
Calories

28g  
Protein

48g  
Carbs

14g  
Fat

## Large Plan

625kcal  
Calories

41g  
Protein

70g  
Carbs

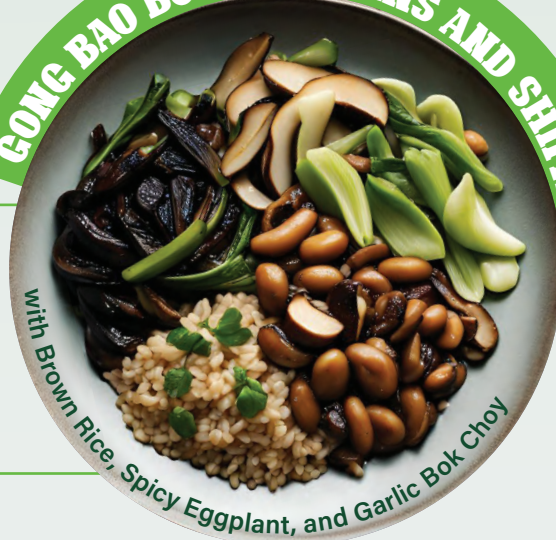
20g  
Fat

# Monday



NOV 2024

## GONG BAO BUTTER BEANS AND SHITAKE



with Brown Rice, Spicy Eggplant, and Garlic Bok Choy

DINNER

## Regular Plan

410kcal  
Calories

29g  
Protein

44g  
Carbs

13g  
Fat

## Large Plan

615kcal  
Calories

44g  
Protein

66g  
Carbs

20g  
Fat

## Peanut Butter Chocolate Cookie



## Regular Plan

160kcal  
Calories

7g  
Protein

6g  
Carbs

12g  
Fat

## Large Plan

160kcal  
Calories

7g  
Protein

6g  
Carbs

12g  
Fat

SNACK



# Tuesday

# 12

NOV 2024

### Regular Plan

415kcal  
Calories

33g  
Protein

44g  
Carbs

12g  
Fat

### Large Plan

605kcal  
Calories

48g  
Protein

64g  
Carbs

17g  
Fat

LUNCH

## Baked Herb Portobello

With Roasted Potato, French Beans, Spinach Egg, and Harissa Sauce



## Tomato Stew Beans

WITH PASTA, MIXED MUSHROOMS, AND GREEN PEAS



### Regular Plan

445kcal  
Calories

31g  
Protein

46g  
Carbs

15g  
Fat

### Large Plan

665kcal  
Calories

47g  
Protein

69g  
Carbs

23g  
Fat

DINNER

SNACK

### Regular Plan

130kcal  
Calories

3g  
Protein

21g  
Carbs

4g  
Fat

### Large Plan

130kcal  
Calories

3g  
Protein

21g  
Carbs

4g  
Fat

## Mango Chia Seeds Pudding



## Rendang Tofu and Chickpeas

with Coconut Basmati Rice and Roasted Cauliflower



LUNCH

### Regular Plan

445kcal  
Calories

32g  
Protein

46g  
Carbs

15g  
Fat

### Large Plan

650kcal  
Calories

46g  
Protein

67g  
Carbs

22g  
Fat

# Wednesday

# 13

NOV 2024

### Regular Plan

375kcal  
Calories

27g  
Protein

35g  
Carbs

14g  
Fat

### Large Plan

560kcal  
Calories

41g  
Protein

53g  
Carbs

21g  
Fat

## Fresh Herb and Lemon Baked Halloumi

WITH BUTTER BEANS, CAJUN ROASTED SWEET POTATOES, AND HERB VEGGIES



DINNER

## GLUTEN FREE BANANA BREAD



### Regular Plan

175kcal  
Calories

5g  
Protein

16g  
Carbs

10g  
Fat

### Large Plan

175kcal  
Calories

5g  
Protein

16g  
Carbs

10g  
Fat

SNACK

# Thursday 14

NOV 2024

LUNCH

## Baked Tempeh

with Quinoa, Baked Spinach Egg, Broccoli, and House Made Chilli Sauce



### Regular Plan

425kcal  
Calories 35g  
Protein 42g  
Carbs 13g  
Fat

### Large Plan

640kcal  
Calories 53g  
Protein 63g  
Carbs 20g  
Fat

## PERI PERI TOFU STEAK

With Cauliflower Rice and Braised Purple Cabbage



### Regular Plan

400kcal  
Calories 32g  
Protein 36g  
Carbs 14g  
Fat

### Large Plan

595kcal  
Calories 48g  
Protein 54g  
Carbs 21g  
Fat

SNACK

### Regular Plan

170kcal  
Calories 8g  
Protein 14g  
Carbs 9g  
Fat

### Large Plan

170kcal  
Calories 8g  
Protein 14g  
Carbs 9g  
Fat

## LOW FAT CHEESECAKE



# Friday 15

NOV 2024

LUNCH

## Cauliflower Protein Bites

with Couscous & Black Bean, Mint Yoghurt, Cucumber, and Tomato Salad



### Regular Plan

430kcal  
Calories 31g  
Protein 47g  
Carbs 13g  
Fat

### Large Plan

645kcal  
Calories 47g  
Protein 71g  
Carbs 20g  
Fat

### Regular Plan

385kcal  
Calories 30g  
Protein 39g  
Carbs 12g  
Fat

### Large Plan

575kcal  
Calories 45g  
Protein 59g  
Carbs 18g  
Fat

## Basil Crushed Tofu and Lentils

With Brown Rice, Soy Egg, and Kailan



DINNER

## Peanut Butter Chocolate Energy Bites



### Regular Plan

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

### Large Plan

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

SNACK