

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 items like mushrooms, bell peppers, tomatoes, leafy greens, and citrus slices, scattered across the surface. The central text is in a white, serif font.

Vegetarian Menu

A close-up photograph of a chef's hand using a metal knife to garnish a dish. The dish is served in a dark, square pan and consists of white rice topped with sliced red and green bell peppers, and several golden-brown fried items. The chef is wearing a white chef's hat, and the background is softly blurred, showing more of the kitchen environment.

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
29

JUL 2024

LUNCH

Regular Plan

450kcal
Calories

28g
Protein

48g
Carbs

16g
Fat

Large Plan

670kcal
Calories

42g
Protein

72g
Carbs

24g
Fat

TERIYAKI STEW SPINACH EGG TOFU

With brown rice, kimchi, and edamame



Regular Plan

365kcal
Calories

26g
Protein

38g
Carbs

12g
Fat

Large Plan

530kcal
Calories

38g
Protein

55g
Carbs

17g
Fat

HERB ROASTED BUTTER BEANS AND PORTOBELLO

With Kale Quinoa Salad and Baked Pumpkin



SNACK

Regular Plan

180kcal
Calories

9g
Protein

9g
Carbs

12g
Fat

Large Plan

180kcal
Calories

9g
Protein

9g
Carbs

12g
Fat

Chocolate Hazelnut Energy Bites



DINNER

LUNCH

Regular Plan

460kcal
Calories

38g
Protein

41g
Carbs

16g
Fat

Large Plan

665kcal
Calories

55g
Protein

59g
Carbs

23g
Fat

TURMERIC CHICK PEAS

With Coconut Basmati Rice, Hard Boiled Egg, and Cucumber



Regular Plan

370kcal
Calories

32g
Protein

36g
Carbs

11g
Fat

Large Plan

555kcal
Calories

48g
Protein

54g
Carbs

17g
Fat

Thai Style Tofu Tom Yam

With Brown Rice Noodles, Beansprouts, and Cucumber



DINNER

Carrot Cake with Cashew Frosting



Regular Plan

175kcal
Calories

8g
Protein

18g
Carbs

8g
Fat

Large Plan

175kcal
Calories

8g
Protein

18g
Carbs

8g
Fat

SNACK

Tuesday
30

JUL 2024

Wednesday 31 JUL 2024

Regular Plan

400kcal
Calories

31g
Protein

42g
Carbs

12g
Fat

Large Plan

600kcal
Calories

47g
Protein

63g
Carbs

18g
Fat

LUNCH

Vegan Meatball

with Aglio Olio Pasta and Mixed Veggies

Regular Plan

440kcal
Calories

36g
Protein

42g
Carbs

14g
Fat

Large Plan

635kcal
Calories

52g
Protein

61g
Carbs

20g
Fat

Green Curry Earthmeat and White Beans

with Basmati Rice, Eggplants, and Long Beans

SNACK

Regular Plan

175kcal
Calories

5g
Protein

16g
Carbs

10g
Fat

Large Plan

175kcal
Calories

5g
Protein

16g
Carbs

10g
Fat

DINNER

GLUTEN FREE BANANA BREAD

Thursday 01 AUG 2024

LUNCH

MALA MIXED VEGGIES AND SEMI-DRY TOFU

WITH FRIED BROWN RICE AND EGGS

Regular Plan

425kcal
Calories

27g
Protein

46g
Carbs

15g
Fat

Large Plan

640kcal
Calories

41g
Protein

69g
Carbs

23g
Fat

Peri Peri Tempeh

WITH ROAST POTATO AND BROCCOLI

Regular Plan

380kcal
Calories

31g
Protein

42g
Carbs

10g
Fat

Large Plan

575kcal
Calories

47g
Protein

63g
Carbs

15g
Fat

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

Friday
02
AUG 2024

Regular Plan

435kcal
Calories
29g
Protein
46g
Carbs
15g
Fat

Large Plan

630kcal
Calories
42g
Protein
67g
Carbs
22g
Fat

LUNCH

Yakiniku Stir Fry Tofu and Mushroom



with Brown Rice, Edamame, and Kimchi

Regular Plan

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

Large Plan

575kcal
Calories
45g
Protein
62g
Carbs
18g
Fat

DINNER

Veggie Patties



WITH MASHED SWEET POTATOES AND CAJUN GREEN PEAS

SNACK

Regular Plan

180kcal
Calories
6g
Protein
12g
Carbs
12g
Fat

Large Plan

180kcal
Calories
6g
Protein
12g
Carbs
12g
Fat

Pistachio and Dates Energy Bites



LUNCH

GONG BAO BUTTER BEANS AND SHIITAKE



with Brown Rice, Spicy Eggplant, and Cucumber Salad

Regular Plan

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

Large Plan

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

Monday
05
AUG 2024

Regular Plan

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

Large Plan

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

HARISSA ROASTED TOFU STEAKS



with Roasted Potato and French Beans

DINNER

Pistachios and Dates Energy Bites



Regular Plan

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

Large Plan

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

SNACK

Tuesday
06

AUG 2024

Regular Plan

460kcal
Calories
41g
Carbs
31g
Protein
19g
Fat

Large Plan

665kcal
Calories
59g
Carbs
45g
Protein
28g
Fat

LUNCH



with White Beans, Quinoa, and Broccoli



with Cauliflower Rice and Spinach Egg

Regular Plan

345kcal
Calories
33g
Protein
24g
Carbs
13g
Fat

Large Plan

520kcal
Calories
50g
Protein
36g
Carbs
20g
Fat

DINNER



SNACK

Regular Plan

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

Large Plan

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

LUNCH



with Pasta, Mixed Mushrooms, and Green Peas

Regular Plan

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

Large Plan

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

Wednesday
07

AUG 2024

Regular Plan

380kcal
Calories
24g
Protein
39g
Carbs
14g
Fat

Large Plan

530kcal
Calories
34g
Protein
55g
Carbs
20g
Fat



with Rice Vermicelli and Mixed Veggies Salad

DINNER

OATMEAL COOKIE

Regular Plan

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

Large Plan

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

SNACK

Thursday 08

AUG 2024

Regular Plan

450kcal
Calories
48g
Carbs
29g
Protein
16g
Fat

Large Plan

680kcal
Calories
72g
Carbs
44g
Protein
24g
Fat

LUNCH

PERANAKAN CURRY CHICKPEAS

with Coconut Basmati Rice, Hard Boiled Egg, and Long Beans



Ma Po Tofu

with Rice Noodles and Beansprouts



Regular Plan

355kcal
Calories
32g
Protein
32g
Carbs
13g
Fat

Large Plan

520kcal
Calories
41g
Protein
46g
Carbs
19g
Fat

DINNER

SNACK

Regular Plan

190kcal
Calories
6g
Protein
12g
Carbs
13g
Fat

Large Plan

190kcal
Calories
6g
Protein
12g
Carbs
13g
Fat

ALMOND OATS ENERGY BAR



RENDANG TEMPEH

with Brown Rice and Roasted Cauliflower



LUNCH

Regular Plan

420kcal
Calories
34g
Protein
42g
Carbs
13g
Fat

Large Plan

630kcal
Calories
51g
Protein
63g
Carbs
20g
Fat

Friday

09

AUG 2024

Regular Plan

400kcal
Calories
28g
Protein
38g
Carbs
15g
Fat

Large Plan

580kcal
Calories
41g
Protein
55g
Carbs
22g
Fat

KIMCHI STEW TOFU

with Sweet Potato Noodles, Spinach and Shredded Carrot



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

Monday 12

AUG 2024

HERB ROASTED PORTOBELLO

LUNCH

Regular Plan

445kcal
Calories
46g
Carbs
31g
Protein
15g
Fat

Large Plan

665kcal
Calories
69g
Carbs
47g
Protein
23g
Fat



with Aglio Olio Pasta, Tomato Stew Beans, and Sweet Snap Peas

Teriyaki Home Made Spinach Eggs Tofu

with Quinoa and Sauté Mixed Veggies

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

Chocolate Hazelnut Energy Bites



Red Curry Chick Peas

with Brown Rice, Long Beans, and Eggplants

LUNCH

Regular Plan

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

Large Plan

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

Tuesday 13

AUG 2024

Vegan Meatballs

with Cauliflower Rice and Spinach Egg

DINNER

Regular Plan

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

Large Plan

500kcal
Calories
48g
Protein
36g
Carbs
18g
Fat

TOFU CHOCOLATE BROWNIE



SNACK

Regular Plan

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

Large Plan

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

Wednesday
14
 AUG 2024

LUNCH

Regular Plan

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

Large Plan

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



Regular Plan

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

Large Plan

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

DINNER



SNACK

Regular Plan

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

Large Plan

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

LUNCH



Regular Plan

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

Large Plan

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

Thursday
15
 AUG 2024



Regular Plan

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

Large Plan

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

DINNER



Regular Plan

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

Large Plan

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

SNACK

Friday
16
AUG 2024

Regular Plan

485kcal
Calories
42g
Carbs
28g
Protein
14g
Fat

Large Plan

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

LUNCH

VEGGIE PATTIES

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



Turmeric Baked Tempeh



WITH BROWN RICE, HARD BOILED EGG, AND LADY FINGER

Regular Plan

420kcal
Calories
32g
Protein
39g
Carbs
12g
Fat

Large Plan

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

DINNER

SNACK

Regular Plan

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

Large Plan

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

PEANUT BUTTER CHOCOLATE COOKIE



LUNCH

Tofu and Lentils Peranakan Curry



with Basmati Rice, Cauliflower, and Lady Finger

Regular Plan

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

Large Plan

785kcal
Calories
47g
Protein
69g
Carbs
27g
Fat

Monday
19
AUG 2024

Vegan Meatballs



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

Regular Plan

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

Large Plan

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

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

Tuesday 20

AUG 2024

LUNCH

Regular Plan

440kcal
Calories 32g
Protein
46g
Carbs 14g
Fat

Large Plan

635kcal
Calories 46g
Protein
67g
Carbs 20g
Fat

WITH BROWN RICE, TOFU, AND SHANGHAI GREEN



Tomato Soup



SNACK

Regular Plan

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

Large Plan

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

Regular Plan

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

Large Plan

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

DINNER

TOFU CHOCOLATE BROWNIE



LUNCH

Regular Plan

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

Large Plan

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

Wednesday 21

AUG 2024

YAKINIKU STIR FRY BAIYE AND LENTILS

with Rice Noodles, Kimchi, and Edamame



Regular Plan

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

Large Plan

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

Baked Honey Miso Temppeh

with Roasted Herb Veggies, Quinoa Salad, Pomegranate, and Honey Citrus Dressing



DINNER

Carrot Cake with Cashew Frosting



Regular Plan

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

Large Plan

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

SNACK

Thursday 22

AUG 2024

LUNCH

Regular Plan

460kcal
Calories

36g
Protein

45g
Carbs

15g
Fat

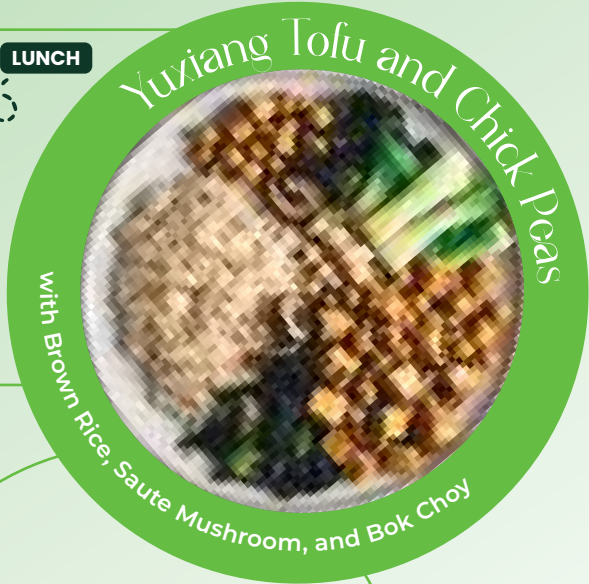
Large Plan

665kcal
Calories

52g
Protein

65g
Carbs

22g
Fat



Regular Plan

365kcal
Calories

23g
Protein

34g
Carbs

15g
Fat

Large Plan

545kcal
Calories

35g
Protein

51g
Carbs

23g
Fat



SNACK

Regular Plan

185kcal
Calories

6g
Protein

6g
Carbs

15g
Fat

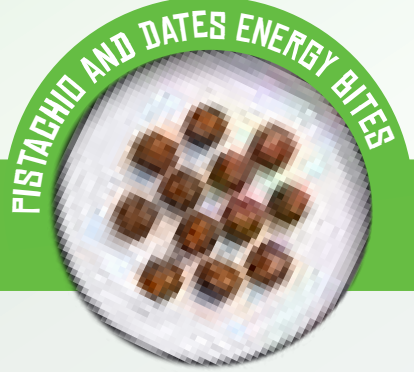
Large Plan

185kcal
Calories

6g
Protein

6g
Carbs

15g
Fat



DINNER

LUNCH



Regular Plan

465kcal
Calories

36g
Protein

42g
Carbs

17g
Fat

Large Plan

675kcal
Calories

52g
Protein

61g
Carbs

25g
Fat

Friday 23

AUG 2024

Regular Plan

385kcal
Calories

34g
Protein

28g
Carbs

15g
Fat

Large Plan

575kcal
Calories

51g
Protein

42g
Carbs

23g
Fat



DINNER



Regular Plan

145kcal
Calories

5g
Protein

20g
Carbs

5g
Fat

Large Plan

145kcal
Calories

5g
Protein

20g
Carbs

5g
Fat

SNACK