

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 silver knife to garnish a dish. The dish is served in a dark, square pan and consists of white rice topped with yellow corn, green beans, and sliced red and green chili peppers. The chef is carefully placing a slice of red chili on top. The background is softly blurred, showing other kitchen items and ingredients.

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

Monday
29

JUN 2026

Regular Plan

455kcal
Calories

35g
Protein

41g
Carbs

LUNCH

Large Plan

685kcal
Calories

53g
Protein

62g
Carbs

26g
Fat

Baked Tumeric Tempeh



with Coconut Basmati Rice, Boiled Egg and Cucumber

Regular Plan

370kcal
Calories

27g
Protein

38g
Carbs

12g
Fat

Large Plan

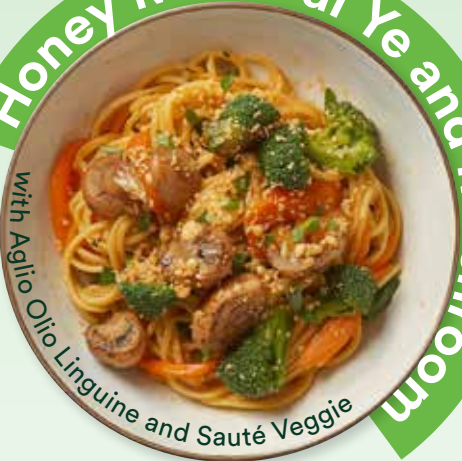
535kcal
Calories

39g
Protein

55g
Carbs

17g
Fat

Honey Miso Bai Ye and Mushroom



with Aglio Olio Linguine and Sauté Veggie

DINNER

Gluten Free Banana Bread



SNACK

Regular Plan

175kcal
Calories

5g
Protein

16g
Carbs

10g
Fat

Large Plan

175kcal
Calories

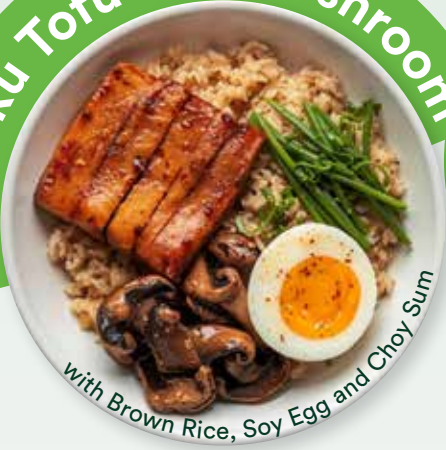
5g
Protein

16g
Carbs

10g
Fat

Images are for illustration only.

Yakiniku Tofu and Mushroom



with Brown Rice, Soy Egg and Choy Sum

LUNCH

Regular Plan

410kcal
Calories

28g
Protein

41g
Carbs

15g
Fat

Large Plan

615kcal
Calories

42g
Protein

62g
Carbs

23g
Fat

Tuesday
30

JUN 2026

Baked Gochujang Tofu Steaks



with Basmati Rice and Broccoli

DINNER

Regular Plan

390kcal
Calories

29g
Protein

39g
Carbs

13g
Fat

Large Plan

565kcal
Calories

42g
Protein

57g
Carbs

19g
Fat

Roasted Mix Nuts



Regular Plan

200kcal
Calories

6g
Protein

8g
Carbs

16g
Fat

Large Plan

200kcal
Calories

6g
Protein

8g
Carbs

16g
Fat

SNACK

Images are for illustration only.

Wednesday 01

JUL 2026

Regular Plan

395kcal
Calories

41g
Carbs

31g
Protein

12g
Fat

Large Plan

595kcal
Calories

62g
Carbs

47g
Protein

18g
Fat

LUNCH



Regular Plan

420kcal
Calories

32g
Protein

37g
Carbs

14g
Fat

Large Plan

605kcal
Calories

52g
Protein

54g
Carbs

20g
Fat

DINNER



SNACK

Regular Plan

185kcal
Calories

8g
Protein

20g
Carbs

8g
Fat

Large Plan

185kcal
Calories

8g
Protein

20g
Carbs

8g
Fat

Images are for illustration only.

LUNCH



Regular Plan

385kcal
Calories

28g
Protein

41g
Carbs

12g
Fat

Large Plan

575kcal
Calories

42g
Protein

62g
Carbs

18g
Fat

Thursday 02

JUL 2026



Regular Plan

420kcal
Calories

32g
Protein

37g
Carbs

16g
Fat

Large Plan

630kcal
Calories

48g
Protein

56g
Carbs

24g
Fat

DINNER



Regular Plan

190kcal
Calories

6g
Protein

5g
Carbs

16g
Fat

Large Plan

190kcal
Calories

6g
Protein

5g
Carbs

16g
Fat

SNACK

Images are for illustration only.

Friday 03

JUL 2026

Regular Plan

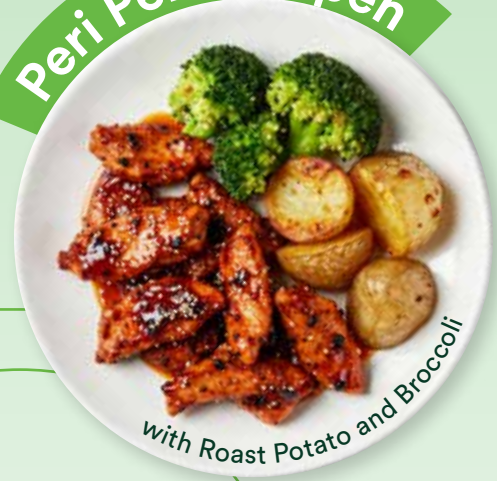
425kcal
Calories 35g
Protein
42g 13g
Carbs Fat

Large Plan

615kcal 51g
Calories Protein
61g 19g
Carbs Fat

LUNCH

Peri Peri Tempeh



with Roast Potato and Broccoli

Peranakan Curry Chickpeas & Pumpkin



With Basmati Rice, curry cauliflower and Green Peas

Regular Plan

395kcal 29g 36g 15g
Calories Protein Carbs Fat

Large Plan

595kcal 44g 54g 23g
Calories Protein Carbs Fat

DINNER

Hazelnut and Chocolate Granola Bar



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.

Lemon & Dill Baked Button Mushroom & Butter Beans



with Roasted Potato, Herb Veggies and tomato

LUNCH

Regular Plan

425kcal 28g 44g 15g
Calories Protein Carbs Fat

Large Plan

615kcal 41g 64g 22g
Calories Protein Carbs Fat

Monday 06

JUL 2026

Butter Tomato Chickpeas & Red Kidney Beans



with Basmati Rice & Sweet Snap Peas

DINNER

Regular Plan

405kcal 31g 41g 13g
Calories Protein Carbs Fat

Large Plan

610kcal 47g 62g 20g
Calories Protein Carbs Fat

Peanut Butter Cookie



SNACK

Regular Plan

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

Large Plan

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

Images are for illustration only.

Tuesday 07

JUL 2026

Regular Plan

395kcal
Calories

41g
Carbs

31g
Protein

12g
Fat

Large Plan

595kcal
Calories

62g
Carbs

47g
Protein

18g
Fat

LUNCH

Roast Yuxiang Tofu and Mushroom



with Brown rice, Spicy Eggplants and Kailan

Regular Plan

365kcal
Calories

29g
Protein

31g
Carbs

14g
Fat

Large Plan

550kcal
Calories

44g
Protein

47g
Carbs

21g
Fat

DINNER

Veggie Patties



with Cauliflower Rice, Spinach Egg and Edamame

SNACK

Regular Plan

245kcal
Calories

8g
Protein

26g
Carbs

12g
Fat

Large Plan

245kcal
Calories

8g
Protein

26g
Carbs

12g
Fat

Banana Oat Pancake With Apple Chutney



Images are for illustration only.

Basil Crushed Tofu and Lentils



with Brown Rice, Scrambled Egg and Kailan

LUNCH

Regular Plan

460kcal
Calories

31g
Protein

46g
Carbs

17g
Fat

Large Plan

670kcal
Calories

45g
Protein

67g
Carbs

25g
Fat

Wednesday 08

JUL 2026

Honey Miso Tempeh



with Roasted Sweet Potato, Broccoli

DINNER

Regular Plan

360kcal
Calories

32g
Protein

35g
Carbs

10g
Fat

Large Plan

535kcal
Calories

48g
Protein

53g
Carbs

15g
Fat

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

Images are for illustration only.

Thursday 09

JUL 2026

Regular Plan

430kcal
Calories 35g
Protein

36g
Carbs 16g
Fat

Large Plan

640kcal
Calories 53g
Protein

54g
Carbs 24g
Fat

LUNCH



Yakiniku Tofu and Mushroom



Regular Plan

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

Large Plan

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

DINNER

Gluten Free Banana Bread



SNACK

Regular Plan

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

Large Plan

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

Images are for illustration only.

Honey Soy Tofu & Shanghai Green



LUNCH

Regular Plan

420kcal 32g 42g 14g
Calories Protein Carbs Fat

Large Plan

610kcal 46g 61g 20g
Calories Protein Carbs Fat

Friday 10

JUL 2026

Regular Plan

395kcal 33g 34g 14g
Calories Protein Carbs Fat

Large Plan

590kcal 50g 51g 21g
Calories Protein Carbs Fat

Mix Herb Baked Red Kidney Beans and Paneer Cheese



DINNER

Peanut Butter Chocolate Energy Bites



SNACK

Regular Plan

190kcal 6g 5g 16g
Calories Protein Carbs Fat

Large Plan

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

Images are for illustration only.

Monday 13

JUL 2026

LUNCH

Regular Plan

425kcal
Calories 31g
Protein
42g 15g
Carbs Fat

Large Plan

640kcal 47g
Calories Protein
63g 23g
Carbs Fat

Peri Peri Tofu Steaks



With Roasted Potatoes, French Beans and Carrot

Yakiniku Lentils & King Oyster Mushroom



With Brown Rice, Edamame and Kimchi

Regular Plan

415kcal 34g 38g 14g
Calories Protein Carbs Fat

Large Plan

600kcal 49g 55g 20g
Calories Protein Carbs Fat

DINNER

Pumpkin Parmesan Biscuit



SNACK

Regular Plan

150kcal 4g 16g 8g
Calories Protein Carbs Fat

Large Plan

150kcal 4g 16g 8g
Calories Protein Carbs Fat

Images are for illustration only.

Rendang Tofu and Chickpeas



With Brown Rice, Roasted Curry Cauliflower

LUNCH

Regular Plan

430kcal 35g 43g 13g
Calories Protein Carbs Fat

Large Plan

645kcal 53g 65g 20g
Calories Protein Carbs Fat

Tuesday 14

JUL 2026

Avocado Fritters



With Pumpkin Quinoa Salad, Spinach Egg and Sweet Snap Peas

DINNER

Regular Plan

425kcal 37g 33g 16g
Calories Protein Carbs Fat

Large Plan

615kcal 54g 48g 23g
Calories Protein Carbs Fat

Overnight Oats with Roasted Apple and Chia Seed



Regular Plan

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

Large Plan

145kcal 8g 20g 8g
Calories Protein Carbs Fat

SNACK

Images are for illustration only.

Wednesday 15

JUL 2026

Regular Plan

410kcal
Calories 31g
Protein
42g 13g
Carbs Fat

Large Plan

615kcal 47g
Calories Protein
63g 20g
Carbs Fat

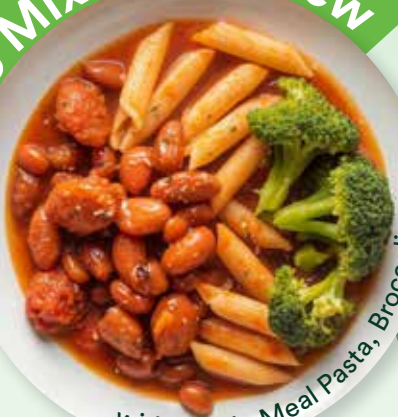
LUNCH

Green Curry Chickpeas



With Brown Rice, Long Beans and Eggplants

Tomato Mix Beans Stew



with Whole Meal Pasta, Broccoli

Regular Plan

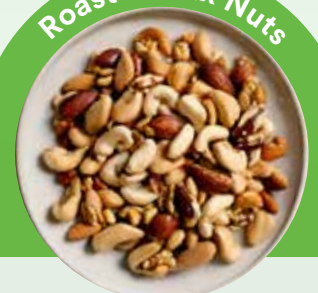
390kcal 33g 31g 15g
Calories Protein Carbs Fat

Large Plan

565kcal 48g 45g 22g
Calories Protein Carbs Fat

DINNER

Roasted Mix Nuts



SNACK

Regular Plan

200kcal 6g 8g 16g
Calories Protein Carbs Fat

Large Plan

200kcal 6g 8g 16g
Calories Protein Carbs Fat

Images are for illustration only.

Baked Teriyaki Tofu Steaks



with Brown Rice, Roasted Capsicum and French Beans

LUNCH

Regular Plan

420kcal 33g 41g 14g
Calories Protein Carbs Fat

Large Plan

610kcal 48g 59g 20g
Calories Protein Carbs Fat

Thursday 16

JUL 2026

Vegan Meatballs



with Mashed Sweet Potato and Green Peas

DINNER

Regular Plan

400kcal 32g 37g 14g
Calories Protein Carbs Fat

Large Plan

605kcal 48g 56g 21g
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

Images are for illustration only.

Friday 17

JUL 2026

LUNCH

Regular Plan

395kcal
Calories

29g
Protein

41g
Carbs

13g
Fat

Large Plan

595kcal
Calories

44g
Protein

62g
Carbs

20g
Fat

Kung Pao Butter Beans & Shiitake



Herb Baked Portobello & Tofu



Regular Plan

365kcal
Calories

28g
Protein

36g
Carbs

12g
Fat

Large Plan

545kcal
Calories

42g
Protein

54g
Carbs

18g
Fat

DINNER

Banana Oat Pancake With Apple Chutney



SNACK

Regular Plan

245kcal
Calories

8g
Protein

26g
Carbs

8g
Fat

Large Plan

245kcal
Calories

8g
Protein

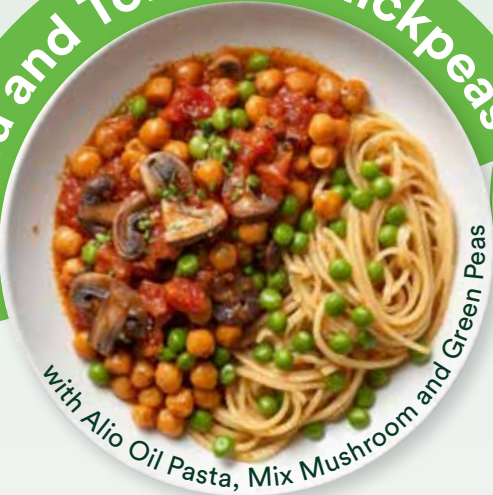
26g
Carbs

8g
Fat

Images are for illustration only.

LUNCH

Harissa and Tomato Chickpeas



Regular Plan

425kcal
Calories

33g
Protein

39g
Carbs

15g
Fat

Large Plan

615kcal
Calories

48g
Protein

57g
Carbs

22g
Fat

Monday 20

JUL 2026

Vegan Coconut Sweet Potato & Chickpea Curry



DINNER

Regular Plan

405kcal
Calories

31g
Protein

41g
Carbs

13g
Fat

Large Plan

585kcal
Calories

45g
Protein

59g
Carbs

19g
Fat

Coconut and Cranberry Granola Bar



Regular Plan

170kcal
Calories

3g
Protein

28g
Carbs

5g
Fat

Large Plan

170kcal
Calories

3g
Protein

28g
Carbs

5g
Fat

SNACK

Images are for illustration only.

Tuesday 21

JUL 2026

LUNCH

Regular Plan

445kcal 33g
Calories Protein
44g 15g
Carbs Fat

Large Plan

640kcal 48g
Calories Protein
64g 22g
Carbs Fat

Tomato Baked Tofu Steak



with Brown Rice, Scrambled Egg, Braised Mix Veggies

Regular Plan

405kcal 36g 38g 12g
Calories Protein Carbs Fat

Large Plan

585kcal 52g 55g 17g
Calories Protein Carbs Fat

Veggie Patties



With Roasted Sweet Potato and Broccoli

DINNER

SNACK

Regular Plan

150kcal 4g 16g 8g
Calories Protein Carbs Fat

Large Plan

150kcal 4g 16g 8g
Calories Protein Carbs Fat

Pumpkin Parmesan Biscuit



Images are for illustration only.

LUNCH

Regular Plan

400kcal 28g 41g 14g
Calories Protein Carbs Fat

Large Plan

585kcal 41g 59g 20g
Calories Protein Carbs Fat

Herb Baked Portobello



With Roasted Potato, French Beans, Harissa Sauce

Wednesday 22

JUL 2026

Honey Miso Tempeh



With Coconut Basmati Rice, Long Bean and Eggplant

DINNER

Regular Plan

420kcal 32g 41g 14g
Calories Protein Carbs Fat

Large Plan

625kcal 48g 62g 21g
Calories Protein Carbs Fat

Peanut Butter Chocolate Energy Bites



Regular Plan

190kcal 6g 5g 16g
Calories Protein Carbs Fat

Large Plan

190kcal 6g 5g 16g
Calories Protein Carbs Fat

SNACK

Images are for illustration only.

Thursday 23

JUL 2026

Regular Plan

425kcal
Calories 38g
Protein
39g 13g
Carbs Fat

Large Plan

640kcal 57g
Calories Protein
59g 20g
Carbs Fat

LUNCH

Yakiniku Lentils and King Oyster Mushroom
with Sweet Potato Noodles, Bean Sprouts and Kimchi!



Cauliflower Protein Bites
with Sweet Potatoes, Cajun Green peas and Broccoli



Regular Plan

395kcal 39g 28g 14g
Calories Protein Carbs Fat

Large Plan

590kcal 59g 42g 21g
Calories Protein Carbs Fat

DINNER

Peanut Butter Chocolate Cookie



SNACK

Images are for illustration only.

Regular Plan

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

Large Plan

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

LUNCH

Harrisa Red Kidney Beans and Button Mushroom
with Quinoa, Tomato Herb Mix Veggies



Regular Plan

390kcal 34g 37g 12g
Calories Protein Carbs Fat

Large Plan

570kcal 49g 54g 17g
Calories Protein Carbs Fat

Friday 24

JUL 2026

Regular Plan

435kcal 35g 38g 16g
Calories Protein Carbs Fat

Large Plan

630kcal 51g 55g 23g
Calories Protein Carbs Fat

Mala Tofu with Shiitake
with Brown Rice, Scrambled Eggs, and Honey Soy Mix Veggies



DINNER

Gluten Free Banana Bread



Regular Plan

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

Large Plan

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

SNACK

Images are for illustration only.