

A close-up photograph of a chef's hand using a metal garnish tool to place a sliced red chili pepper onto a dish. The dish appears to be a bowl of rice or quinoa topped with green beans and other vegetables. The background is 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

Monday
27
JUL 2026

Regular Plan

390kcal
Calories
24g
Carbs
31g
Protein
19g
Fat

Large Plan

585kcal
Calories
36g
Carbs
47g
Protein
29g
Fat

LUNCH

Baked Peri Peri Tempeh



with Cauliflower Rice and French Beans

Regular Plan

400kcal
Calories
32g
Protein
41g
Carbs
12g
Fat

Large Plan

580kcal
Calories
46g
Protein
59g
Carbs
17g
Fat

DINNER

"Yu Xiang" Chickpeas and Tofu



with Brown Rice, Scrambled Tomato Eggs, and Cucumber Salad

SNACK

Regular Plan

210kcal
Calories
5g
Protein
25g
Carbs
10g
Fat

Large Plan

210kcal
Calories
5g
Protein
25g
Carbs
10g
Fat

Carrot Cake with Cashew Frosting



Images are for illustration only.

Baked Veggie Patties



with Quinoa, Edamame and Roasted Cauliflower, Mint yogurt

LUNCH

Regular Plan

425kcal
Calories
32g
Protein
36g
Carbs
17g
Fat

Large Plan

640kcal
Calories
48g
Protein
54g
Carbs
26g
Fat

Tuesday
28
JUL 2026

Baiye and King Oyster Mushroom Bulgogi



with Brown Rice, kimchi and Spinach

DINNER

Regular Plan

395kcal
Calories
29g
Protein
38g
Carbs
14g
Fat

Large Plan

570kcal
Calories
42g
Protein
55g
Carbs
20g
Fat

Roasted Mix Nuts



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.

Wednesday 29 JUL 2026

Regular Plan

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

Large Plan

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

LUNCH

Clay Pot Style White Beans & Shiitake Rice



with Scrambled Egg and Garlic Nai Bai

Regular Plan

395kcal
Calories
32g
Protein
33g
Carbs
15g
Fat

Large Plan

595kcal
Calories
48g
Protein
50g
Carbs
23g
Fat

Harissa Baked Tofu Steak



with Alio Oil Fusilli, Eggplant Caponata and Green Peas

DINNER

SNACK

Regular Plan

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

Large Plan

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

Gluten Free Banana Bread



Images are for illustration only.

Cocoanut Curry Stew Sweet Potato and Lentils



with Brown Rice, and Mixed Veggies

LUNCH

Regular Plan

445kcal
Calories
31g
Protein
44g
Carbs
16g
Fat

Large Plan

645kcal
Calories
45g
Protein
64g
Carbs
23g
Fat

Thursday 30 JUL 2026

Regular Plan

435kcal
Calories
36g
Protein
41g
Carbs
14g
Fat

Large Plan

630kcal
Calories
52g
Protein
59g
Carbs
20g
Fat

Baked Gochujang Butter Beans and Button Mushroom



with Roasted Potato and Broccoli

DINNER

Banana Oat Pancake With Apple Chutney



Regular Plan

120kcal
Calories
4g
Protein
13g
Carbs
6g
Fat

Large Plan

120kcal
Calories
4g
Protein
13g
Carbs
6g
Fat

SNACK

Images are for illustration only.

Friday
31
JUL 2026

Regular Plan

445kcal
Calories
36g
Carbs
33g
Protein
18g
Fat

Large Plan

645kcal
Calories
68g
Carbs
51g
Protein
19g
Fat

LUNCH

Rendang Tofu Chickpeas



With Basmati Rice, curry cauliflower and Green Peas

Yakiniku Lentils and King Oyster Mushroom



With Sweet Potato Noodles, Braised Cabbage and Carrot

Regular Plan

440kcal
Calories
33g
Protein
36g
Carbs
18g
Fat

Large Plan

635kcal
Calories
48g
Protein
52g
Carbs
26g
Fat

DINNER

SNACK

Regular Plan

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

Large Plan

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

Hazelnut and Chocolate Granola Bar



LUNCH

Vegan Meatballs



With Mashed Cauliflower, Stroganoff Sauce, and French Beans

Regular Plan

410kcal
Calories
33g
Protein
36g
Carbs
15g
Fat

Large Plan

595kcal
Calories
45g
Protein
59g
Carbs
22g
Fat

Monday
03
AUG 2026

Gong Bao Tofu and Shiitake



With Mix Veggie and Egg Fried Rice, Cucumber salad

DINNER

Regular Plan

425kcal
Calories
31g
Protein
41g
Carbs
15g
Fat

Large Plan

615kcal
Calories
45g
Protein
59g
Carbs
22g
Fat

Regular Plan

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

Large Plan

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

SNACK

Peanut Butter Chocolate Cookie



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illustration only.

Tuesday
04

AUG 2026

Regular Plan

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

Large Plan

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

LUNCH

Mixed Beans Chilli Con Carne



with Basmati Rice, and Mixed Veggies

Basil Minced Crushed Tofu and Lentils

with Rice Noodles, Beans Sprout and Scrambled Egg



Regular Plan

430kcal
Calories
36g
Protein
42g
Carbs
13g
Fat

Large Plan

620kcal
Calories
52g
Protein
61g
Carbs
19g
Fat

DINNER

SNACK

Regular Plan

125kcal
Calories
4g
Protein
3g
Carbs
11g
Fat

Large Plan

125kcal
Calories
4g
Protein
3g
Carbs
11g
Fat

Peanut Butter Chocolate Energy Bites



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illustration only.

Wednesday
05

AUG 2026

LUNCH

Regular Plan

47kcal
Calories
34g
Protein
46g
Carbs
17g
Fat

Large Plan

685kcal
Calories
49g
Protein
67g
Carbs
25g
Fat

Calum Spiced Portobello & Paneer Cheese

with Tomato Pasta and Saute Mix Veggies



Regular Plan

360kcal
Calories
32g
Protein
35g
Carbs
10g
Fat

Large Plan

535kcal
Calories
48g
Protein
53g
Carbs
15g
Fat

Veggie Patties

with Steam Sweet Potato, Mix Salad, Avocado and Tomato Salad



DINNER

Pumpkin Parmesan Biscuit



Regular Plan

150kcal
Calories
4g
Protein
15g
Carbs
8g
Fat

Large Plan

150kcal
Calories
4g
Protein
15g
Carbs
8g
Fat

SNACK

Images are for
illustration only.

Thursday
06

AUG 2026

Regular Plan

425kcal
Calories

31g
Protein

42g
Carbs

15g
Fat

Large Plan

620kcal
Calories

45g
Protein

61g
Carbs

22g
Fat

LUNCH

Harissa Tofu Steaks



with Couscous, Saute Zucchini and Green Peas

Regular Plan

425kcal
Calories

37g
Protein

38g
Carbs

14g
Fat

Large Plan

620kcal
Calories

54g
Protein

55g
Carbs

20g
Fat

Lemongrass Soy Lentils and King Oyster Mushroom



with Brown Rice Noodle, Cabbage and Carrot

DINNER

SNACK

Regular Plan

145kcal
Calories

5g
Protein

20g
Carbs

5g
Fat

Large Plan

145kcal
Calories

5g
Protein

20g
Carbs

5g
Fat

Overnight Oats with Apple and Mix Nuts



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LUNCH

Regular Plan

440kcal
Calories

36g
Protein

42g
Carbs

14g
Fat

Large Plan

655kcal
Calories

54g
Protein

63g
Carbs

21g
Fat

Honey Miso Tempeh



with Brown rice, Roast Capsicum and French Beans

Regular Plan

375kcal
Calories

31g
Protein

36g
Carbs

12g
Fat

Large Plan

565kcal
Calories

47g
Protein

54g
Carbs

18g
Fat

Peranakan Curry Tofu and Chickpeas



with Coconut Basmati Rice, Curry Cauliflower and Garlic Okra

DINNER

Friday
07

AUG 2026

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
10

AUG 2026

Vegan Meatball



with Cauliflower Rice and Edamame

Regular Plan

460kcal
Calories
48g
Carbs
29g
Protein
17g
Fat

Large Plan

690kcal
Calories
72g
Carbs
44g
Protein
26g
Fat

LUNCH

Peri Peri Tofu Steaks



with Mushroom Barley Risotto and Braised Purple Cabbage

Regular Plan

365kcal
Calories
31g
Protein
33g
Carbs
12g
Fat

Large Plan

530kcal
Calories
45g
Protein
48g
Carbs
17g
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

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Veggie Patties and Avocado Fritters



with Greek Salad

LUNCH

Regular Plan

410kcal
Calories
35g
Protein
31g
Carbs
16g
Fat

Large Plan

610kcal
Calories
53g
Protein
47g
Carbs
24g
Fat

Tuesday
11

AUG 2026

Honey Miso Tempeh



with Pumpkin Millet, Spicy Eggplants and Garlic Okra

DINNER

Regular Plan

405kcal
Calories
29g
Protein
38g
Carbs
15g
Fat

Large Plan

585kcal
Calories
42g
Protein
55g
Carbs
22g
Fat

SNACK

Regular Plan

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

Large Plan

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

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Wednesday
12
AUG 2026

Regular Plan			
430kcal	28g		
Calories	Protein		
41g	17g		
Carbs	Fat		
Large Plan			
645kcal	42g		
Calories	Protein		
62g	26g		
Carbs	Fat		

LUNCH

Gong Bao Butter Beans and Shitake



With Brown Rice, Scramble Tomato Eggs, Cucumber

Baked Harissa Halloumi & Portobello



With Roasted Potato, French Beans

Regular Plan			
405kcal	26g	35g	18g
Calories	Protein	Carbs	Fat
Large Plan			
590kcal	38g	51g	26g
Calories	Protein	Carbs	Fat

DINNER

Tofu Chocolate Brownie



SNACK

Regular Plan			
170kcal	8g	14g	9g
Calories	Protein	Carbs	Fat
Large Plan			
170kcal	8g	14g	9g
Calories	Protein	Carbs	Fat

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Cocunut Curry Sweet Potato and Lentils



With Basmati Rice, Scrambled Egg and Braised Cabbage

LUNCH

Regular Plan			
440kcal	28g	44g	17g
Calories	Protein	Carbs	Fat
Large Plan			
640kcal	41g	64g	25g
Calories	Protein	Carbs	Fat

Thursday
13
AUG 2026

Cauliflower Protein Bites, Baked Spinach Egg



With arugula and Pumpkin salad

DINNER

Regular Plan			
380kcal	26g	26g	19g
Calories	Protein	Carbs	Fat
Large Plan			
570kcal	39g	39g	29g
Calories	Protein	Carbs	Fat

Peanut Butter Chocolate Energy Bites



Regular Plan			
125kcal	4g	3g	11g
Calories	Protein	Carbs	Fat
Large Plan			
125kcal	4g	3g	11g
Calories	Protein	Carbs	Fat

SNACK

Images are for illustration only.

Friday
14
AUG 2026

LUNCH

Regular Plan

420kcal 27g
Calories Protein
44g 15g
Carbs Fat

Large Plan

610kcal 39g
Calories Protein
64g 22g
Carbs Fat

Roasted Tumeric Chickpeas and Button Mushroom
With Brown Rice and Roasted Curry Cauliflower



Baked Gochujang Tofu Steaks
with Steam Sweet Potato and Roasted Broccoli



Regular Plan

410kcal 26g 41g 16g
Calories Protein Carbs Fat

Large Plan

620kcal 39g 62g 24g
Calories Protein Carbs Fat

DINNER

Roasted Mix Nuts



SNACK

Regular Plan

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

Large Plan

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

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Monday
17
AUG 2026

LUNCH

Yakiniku Tofu & Mushroom
with Brown Rice, Kimchi and Edamame



Regular Plan

450kcal 33g 44g 16g
Calories Protein Carbs Fat

Large Plan

655kcal 48g 64g 23g
Calories Protein Carbs Fat

Peri Peri Tempeh
With Cauliflower Rice and Soy Egg



DINNER

Regular Plan

380kcal 31g 26g 17g
Calories Protein Carbs Fat

Large Plan

470kcal 47g 39g 26g
Calories Protein Carbs Fat

Peanut Butter Cookie



Regular Plan

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

Large Plan

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

SNACK

Images are for illustration only.

Tuesday
18
AUG 2026

Regular Plan

385kcal
Calories
41g
Carbs
26g
Protein
13g
Fat

Large Plan

580kcal
Calories
62g
Carbs
39g
Protein
20g
Fat

LUNCH

Lemongrass Soy Kind Oyster Mushroom and Lentils
With Brown Rice Noodle, Clear Chicken Soup, Beansprouts, and Spinach



Chickpea Fritters
with Mashed Potato, Eggplant Caponata and Broccoli



Regular Plan

435kcal
Calories
31g
Protein
42g
Carbs
16g
Fat

Large Plan

630kcal
Calories
45g
Protein
61g
Carbs
23g
Fat

DINNER

Hazelnut and Chocolate Granola Bar



SNACK

Regular Plan

190kcal
Calories
5g
Protein
22g
Carbs
9g
Fat

Large Plan

190kcal
Calories
5g
Protein
22g
Carbs
9g
Fat

Images are for illustration only.

LUNCH

Regular Plan

430kcal
Calories
28g
Protein
41g
Carbs
17g
Fat

Large Plan

620kcal
Calories
41g
Protein
59g
Carbs
25g
Fat

Wednesday
19
AUG 2026

Herb Roasted Butter Beans & Halloumi Cheese
with Kale Pesto Pasta, Braised Purple Cabbage



Regular Plan

395kcal
Calories
27g
Protein
38g
Carbs
15g
Fat

Large Plan

595kcal
Calories
41g
Protein
57g
Carbs
23g
Fat

Minced Mushroom Ma Po Tofu
with Brown Rice, Scramble Tomato Egg and Cucumber



DINNER

Carrot Cake with Cashew Frosting



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
20

AUG 2026

Regular Plan

425kcal
Calories
41g
Carbs
31g
Protein
15g
Fat

Large Plan

635kcal
Calories
62g
Carbs
47g
Protein
23g
Fat

LUNCH

Baked Teriyaki Tofu Steaks



with Brown rice, Roast Capsicum and French Beans

Clay Pot Style White Beans & Shiitake Mushroom Rice



with Scramble Eggs & Green Peas

Regular Plan

395kcal
Calories
28g
Protein
35g
Carbs
16g
Fat

Large Plan

595kcal
Calories
42g
Protein
53g
Carbs
24g
Fat

DINNER

Gluten Free Banana Bread



SNACK

Regular Plan

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

Large Plan

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

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Peranakan Curry Chickpeas and Tofu



with Coconut Basmati Rice, Curry Cauliflower, and Okra

LUNCH

Regular Plan

440kcal
Calories
29g
Protein
41g
Carbs
18g
Fat

Large Plan

640kcal
Calories
42g
Protein
59g
Carbs
26g
Fat

Friday
21

AUG 2026

Vegan Meatballs



with Sweet Potato, Tomato Sauce and Roasted Broccoli

DINNER

Regular Plan

420kcal
Calories
31g
Protein
42g
Carbs
14g
Fat

Large Plan

625kcal
Calories
47g
Protein
63g
Carbs
21g
Fat

Pumpkin Parmesan Biscuit



Regular Plan

150kcal
Calories
4g
Protein
15g
Carbs
8g
Fat

Large Plan

150kcal
Calories
4g
Protein
15g
Carbs
8g
Fat

SNACK

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