

The background is a dark green color with various white line-art illustrations of vegetables and fruits scattered throughout. These include mushrooms, bell peppers, tomatoes, leafy greens, and other produce items.

Vegetarian Menu



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
23

SEP 2024

Regular Plan

420kcal
Calories

31g
Protein

31g
Carbs

19g
Fat

LUNCH

BAKED PERI PERI TEMPEH



With Cauliflower Rice and French Beans

Large Plan

630kcal
Calories

47g
Protein

47g
Carbs

29g
Fat

"YU XIANG" CHICKPEAS AND TOFU



With Brown Rice, Scrambled Tomato Eggs, and Cucumber

Regular Plan

400kcal
Calories

32g
Protein

41g
Carbs

12g
Fat

Large Plan

580kcal
Calories

46g
Protein

59g
Carbs

17g
Fat

Low Fat Cheesecake



DINNER

SNACK

Regular Plan

175kcal
Calories

5g
Protein

16g
Carbs

10g
Fat

Large Plan

175kcal
Calories

5g
Protein

16g
Carbs

10g
Fat

LUNCH

BAKED VEGGIE PATTIES



WITH QUINOA, EDAMAME, ROASTED CAULIFLOWER, AND MINT YOGHURT

Regular Plan

425kcal
Calories

32g
Protein

36g
Carbs

17g
Fat

Large Plan

640kcal
Calories

48g
Protein

54g
Carbs

26g
Fat

Tuesday
24

SEP 2024

Regular Plan

395kcal
Calories

29g
Protein

38g
Carbs

14g
Fat

Large Plan

570kcal
Calories

42g
Protein

55g
Carbs

20g
Fat

Baiye and King Oyster Mushroom Bulgogi



With Brown Rice, Kimchi, Shredded Carrot, and Spinach

DINNER

Roasted Mix Nuts



Regular Plan

185kcal
Calories

8g
Protein

20g
Carbs

8g
Fat

Large Plan

185kcal
Calories

8g
Protein

20g
Carbs

8g
Fat

SNACK

Wednesday 25

SEP 2024

Regular Plan

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

Large Plan

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

LUNCH

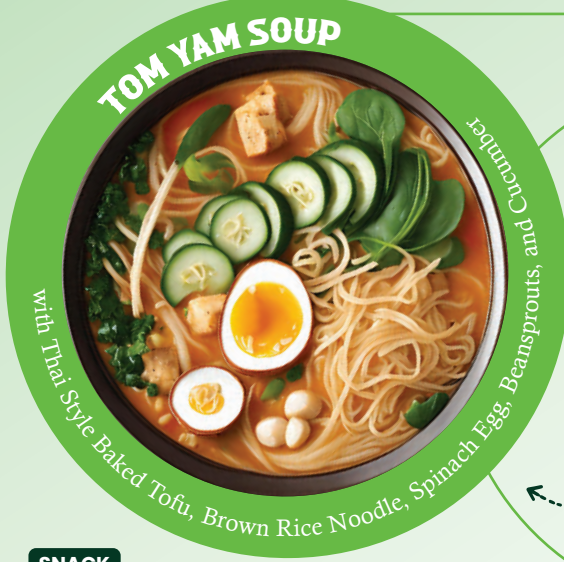


Regular Plan

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

Large Plan

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



SNACK

Regular Plan				Large Plan			
175kcal	5g	16g	10g	175kcal	5g	16g	10g
Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat

GLUTEN FREE BANANA BREAD



LUNCH

Regular Plan

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

Large Plan

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

Thursday 26

SEP 2024



DINNER

Regular Plan

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

Large Plan

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



SNACK

Regular Plan

120kcal
Calories
4g
Protein
8g
Carbs
8g
Fat

Large Plan

120kcal
Calories
4g
Protein
8g
Carbs
8g
Fat

Friday 27

SEP 2024

Regular Plan

445kcal
Calories

47g
Carbs

35g
Protein

13g
Fat

Large Plan

645kcal
Calories

68g
Carbs

51g
Protein

19g
Fat

LUNCH

RENDANG TOFU CHICKPEAS



With Coconut Basmati Rice, Cumin, and Garlic Roasted Mix Veggies (Eggplant, Zucchini, and Red Onion)

Regular Plan

440kcal
Calories

33g
Protein

36g
Carbs

18g
Fat

Large Plan

635kcal
Calories

48g
Protein

52g
Carbs

26g
Fat

Yakiniku Lentils and King Oyster Mushroom



With Sweet Potato Noodles, Braised Cabbage, and Carrot

SNACK

Regular Plan

120kcal
Calories

4g
Protein

8g
Carbs

8g
Fat

Large Plan

120kcal
Calories

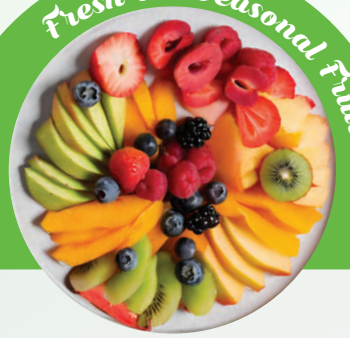
4g
Protein

8g
Carbs

8g
Fat

DINNER

Fresh Cut Seasonal Fruits



VEGAN MEATBALLS



With Mashed Cauliflower, Stroganoff Sauce, and French Beans

LUNCH

Regular Plan

410kcal
Calories

33g
Protein

36g
Carbs

15g
Fat

Large Plan

595kcal
Calories

48g
Protein

52g
Carbs

22g
Fat

Monday 30

SEP 2024

Regular Plan

425kcal
Calories

31g
Protein

41g
Carbs

15g
Fat

Large Plan

615kcal
Calories

45g
Protein

59g
Carbs

22g
Fat

Gong Bao Tofu and Shitake



With Mix Veggie, Fry Egg Rice, Toasted Cashew Nuts, and Cucumber Salad

DINNER

Peanut Butter Chocolate Cookie



Regular Plan

180kcal
Calories

4g
Protein

5g
Carbs

16g
Fat

Large Plan

180kcal
Calories

4g
Protein

5g
Carbs

16g
Fat

SNACK

Tuesday 01

OCT 2024

Regular Plan

445kcal
Calories

44g
Carbs

33g
Protein

15g
Fat

Large Plan

640kcal
Calories

64g
Carbs

48g
Protein

22g
Fat

LUNCH

MIX BEANS CHILLI CON CARNE

with Basmati Rice, and Mix Veggies



Basil Minced Crushed Tofu and Lentils

with Rice Noodle, Beansprout, Daikon, Carrot, and Soy 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

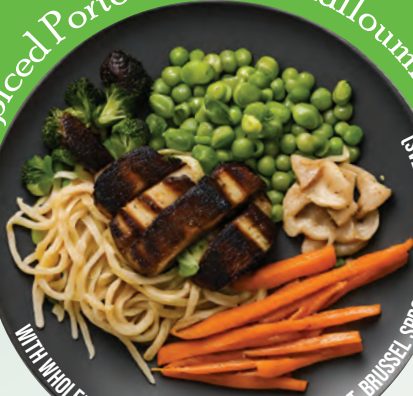
11g
Fat

PEANUT BUTTER CHOCOLATE ENERGY BITES



Cajun Spiced Portobello and Halloumi

WITH WHOLEMEAL PASTA, SAUTÉ MIX VEGIES (CARROT, BRUSSEL SPROUTS, AND GREEN BEANS)



LUNCH

Regular Plan

475kcal
Calories

34g
Protein

46g
Carbs

17g
Fat

Large Plan

685kcal
Calories

49g
Protein

67g
Carbs

25g
Fat

Wednesday 02

OCT 2024

VEGGIE PATTIES

with Steam Purple Sweet Potato, Mix Leafy Salad, Avocado Tomato, Toasted Mix Nuts and Seeds, and Honey Soy Vinaigrette



DINNER

Regular Plan

360kcal
Calories

32g
Protein

35g
Carbs

10g
Fat

Large Plan

535kcal
Calories

48g
Protein

53g
Carbs

15g
Fat

PUMPKIN PARMESAN BISCUIT



Regular Plan

175kcal
Calories

5g
Protein

16g
Carbs

10g
Fat

Large Plan

175kcal
Calories

5g
Protein

16g
Carbs

10g
Fat

SNACK



Thursday 03

OCT 2024

Regular Plan

425kcal
Calories

38g
Carbs

35g
Protein

15g
Fat

Large Plan

620kcal
Calories

55g
Carbs

51g
Protein

22g
Fat

LUNCH

Thai Style Tofu



Regular Plan

435kcal
Calories

39g
Protein

38g
Carbs

14g
Fat

Large Plan

630kcal
Calories

57g
Protein

55g
Carbs

20g
Fat

Honey Miso Tempeh



with Brown Rice, Roast Capsicum, and French Beans

SNACK

Regular Plan

145kcal
Calories

5g
Protein

20g
Carbs

5g
Fat

Large Plan

145kcal
Calories

5g
Protein

20g
Carbs

5g
Fat

DINNER

Overnight Oats with Roasted Apple and Chia Seeds



Lemongrass Soy Stew Baiye and Oyster Mushroom



with Brown Rice Noodle, Cabbage, Carrot, and Toasted Peanuts

LUNCH

Regular Plan

440kcal
Calories

36g
Protein

42g
Carbs

14g
Fat

Large Plan

655kcal
Calories

54g
Protein

63g
Carbs

21g
Fat

Friday

04

OCT 2024

Peranakan Curry Tofu and Chickpeas



with Coconut Basmati Rice, Baked Pumpkin, and Okra

DINNER

Regular Plan

375kcal
Calories

31g
Protein

36g
Carbs

12g
Fat

Large Plan

565kcal
Calories

47g
Protein

54g
Carbs

18g
Fat

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
07
OCT 2024

LUNCH

PERI PERI TOFU STEAKS



With Mushroom Barley Risotto and Braised Purple Cabbage

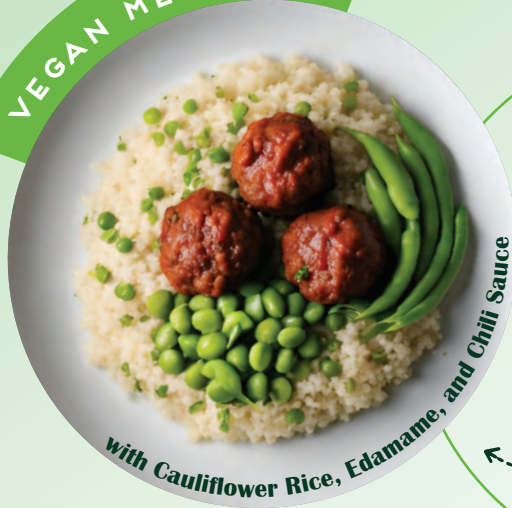
Regular Plan

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

Large Plan

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

VEGAN MEATBALL



With Cauliflower Rice, Edamame, and Chili Sauce

Regular Plan

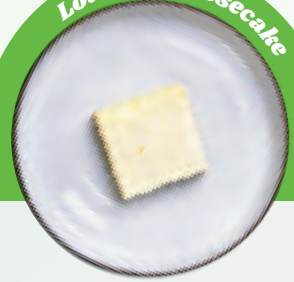
365kcal
Calories
31g
Protein
33g
Carbs
12g
Fat

Large Plan

530kcal
Calories
45g
Protein
48g
Carbs
17g
Fat

DINNER

Low Fat Cheesecake



SNACK

Regular Plan

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

Large Plan

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

LUNCH

Veggie Patties and Avocado Fritter



with Greek Salad

Regular Plan

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

Large Plan

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

Tuesday
08
OCT 2024

Honey Miso Tempen



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

OVERNIGHT OATS WITH APPLE AND MIX NUTS



Regular Plan

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

Large Plan

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

SNACK

Wednesday 09

OCT 2024

LUNCH

Regular Plan

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

Large Plan

645kcal
Calories 42g
Protein
62g
Carbs 26g
Fat

Gong Bao Butter Beans and Shiitake

With Brown Rice, Scramble Tomato Eggs, and Cucumber



BAKED HARISSA HALLOUMI AND PORTOBELLO

with Roasted Potato, French Beans, and Tomato Stew Mix Beans



Regular Plan

405kcal
Calories 26g 35g 18g
Protein Carbs Fat

Large Plan

590kcal 38g 51g 26g
Calories Protein Carbs Fat

SNACK

Regular Plan

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

Large Plan

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

TOFU BROWNIE



DINNER

LUNCH

Regular Plan

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

Large Plan

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

Roasted Turmeric Chickpeas and Button Mushroom

with Brown Rice, and Roasted Curry Cauliflower



Thursday 10

OCT 2024

Regular Plan

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

Large Plan

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

BAKED GOCHUJANG TOFU STEAKS

with Steam Sweet Potato and Roasted Broccoli



DINNER

Roasted Mix Nuts



Regular Plan

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

Large Plan

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

SNACK

Friday

11

OCT 2024

Regular Plan

440kcal
Calories

28g
Protein

44g
Carbs

17g
Fat

Large Plan

640kcal
Calories

41g
Protein

64g
Carbs

25g
Fat

LUNCH

COCONUT CURRY SWEET POTATO AND LENTILS



WITH BASMATI RICE, SCRAMBLED EGG, BRAISED CABBAGE, AND MUSHROOM

Regular Plan

380kcal
Calories

26g
Protein

26g
Carbs

19g
Fat

Large Plan

570kcal
Calories

39g
Protein

39g
Carbs

29g
Fat

Cauliflower Protein Bites



with Baked Spinach Egg, Arugula, and Pumpkin Seeds

DINNER

SNACK

Regular Plan

180kcal
Calories

6g
Protein

12g
Carbs

12g
Fat

Large Plan

180kcal
Calories

6g
Protein

12g
Carbs

12g
Fat

PISTACHIO ENERGY BITES



LUNCH

Yakiniku Tofu and Mushroom



with Brown Rice, Kim Chi Salad, Edamame

Regular Plan

450kcal
Calories

33g
Protein

44g
Carbs

16g
Fat

Large Plan

655kcal
Calories

48g
Protein

64g
Carbs

23g
Fat

Monday

14

OCT 2024

Peri Peri Tempeh



with Cauliflower Rice and Soy Egg

DINNER

Regular Plan

380kcal
Calories

31g
Protein

26g
Carbs

17g
Fat

Large Plan

570kcal
Calories

47g
Protein

39g
Carbs

26g
Fat

Peanut Butter Cookies



Regular Plan

160kcal
Calories

7g
Protein

6g
Carbs

12g
Fat

Large Plan

160kcal
Calories

7g
Protein

6g
Carbs

12g
Fat

SNACK

Tuesday
15
OCT 2024

Regular Plan

420kcal
Calories
41g
Carbs
26g
Protein
17g
Fat

Large Plan

630kcal
Calories
62g
Carbs
39g
Protein
26g
Fat

LUNCH



Regular Plan

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

Large Plan

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

Chickpea Fritters



with Mashed Potato, Eggplant Caponata, and Broccoli

SNACK

Regular Plan

130kcal
Calories
3g
Protein
21g
Carbs
4g
Fat

Large Plan

130kcal
Calories
3g
Protein
21g
Carbs
4g
Fat

FRESH CUT SEASONAL FRUITS



DINNER

Wednesday
16
OCT 2024

LUNCH



Regular Plan

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

Large Plan

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

Regular Plan

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

Large Plan

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

Minced Mushroom Mapo Tofu



DINNER

Carrot Cake



Regular Plan

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

Large Plan

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

SNACK

Thursday
17
OCT 2024

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 Roasted Potato, Roasted Capsicum, and French Beans

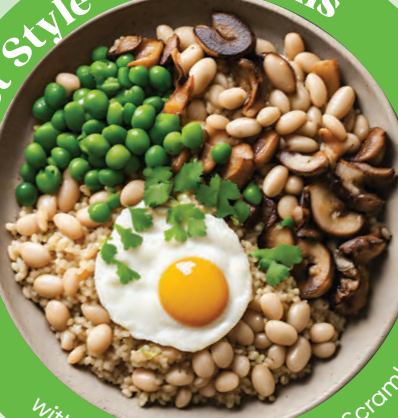
Regular Plan

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

Large Plan

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

Clay Pot Style White Beans



With Shiitake Mushroom Rice, Scramble Eggs, and Green Beans

SNACK

Regular Plan

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

Large Plan

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

DINNER

GLUTEN FREE BANANA BREAD



LUNCH

PERANAKAN CURRY CHICKPEAS AND TOFU



With Coconut Basmati Rice, Curry Cauliflower, and Okra

Regular Plan

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

Large Plan

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

Friday
18
OCT 2024

Regular Plan

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

Large Plan

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

Vegan Meatballs



With Sweet Potato, Tomato Sauce, and Roasted Broccoli

DINNER

Mango Chia Seeds Pudding



Regular Plan

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

Large Plan

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

SNACK