

A close-up photograph of a hand using a metal garnish tool to place a slice of red pepper onto a dish of quinoa. The quinoa is topped with green beans and other vegetables. The dish is in a black rectangular pan, which is sitting on a white textured surface. In the background, there are more vegetables and a small bowl of red sauce.

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
02
JUN 2025

Regular Plan

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

Large Plan

665kcal
Calories
69g
Carbs
47g
Protein
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

Images are for illustration only.

Regular Plan

180kcal
Calories
6g
Protein
5g
Carbs
15g
Fat

Large Plan

180kcal
Calories
6g
Protein
5g
Carbs
15g
Fat



LUNCH

Regular Plan

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

Large Plan

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

Tuesday
03
JUN 2025

Regular Plan

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

Large Plan

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

DINNER



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
04
JUN 2025

Regular Plan

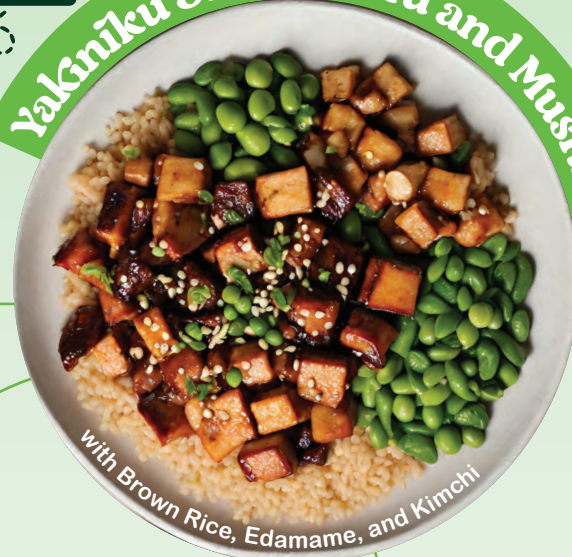
440kcal
Calories
47g
Carbs
34g
Protein
13g
Fat

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

DINNER

PERI PERI TEMPEH



with Roasted Potato and Herb Veggies

SNACK

Images are for illustration only.

Regular Plan

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

Large Plan

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

PEANUT BUTTER CHOCOLATE ENERGY BITES



LUNCH

Basil Crushed Tofu and Lentils



with Brown Rice, Scrambled Egg, and Kailan

Regular Plan

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

Large Plan

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

Thursday
05
JUN 2025

Regular Plan

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

Large Plan

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

Carrot Cake with Cashew Frosting



FRESH HERB AND LEMON STEW BUTTER BEANS



with Cajun Roasted Sweet Potato and Broccoli

DINNER

SNACK

Images are for illustration only.

Regular Plan

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

Large Plan

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

Friday
06
JUN 2025

Regular Plan

430kcal
Calories
43g
Carbs
28g
Protein
16g
Fat

Large Plan

640kcal
Calories
65g
Carbs
42g
Protein
24g
Fat

LUNCH

CAULIFLOWER PROTEIN BITES

WITH MASHED SWEET POTATO, GREEN PEAS, AND CORIANDER LIME SAUCE

Regular Plan

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

Large Plan

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

DINNER

Turmeric Chickpeas and Pumpkin



with Brown Rice, Lady Finger, and Scramble Egg

SNACK

Images are for
illustration only.

Regular Plan

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

Large Plan

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

PEANUT BUTTER CHOCOLATE COOKIE



Tofu and Lentils Peranakan Curry



with Basmati Rice, Cauliflower, and Lady Finger

LUNCH

Regular Plan

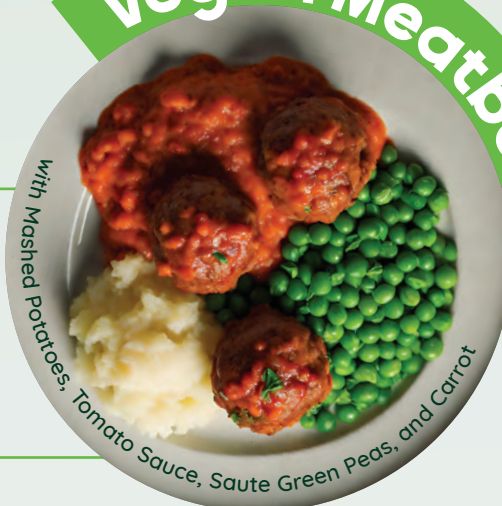
470kcal
Calories
31g
Protein
46g
Carbs
18g
Fat

Large Plan

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

Monday
09
JUN 2025

Vegan Meatballs



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

DINNER

Regular Plan

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

Large Plan

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

SNACK

Images are for
illustration only.

Regular Plan

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

Large Plan

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

Peanut Butter Chocolate Energy Bites



Tuesday
10
JUN 2025

Regular Plan

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

Large Plan

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

LUNCH



Tomato Soup



Regular Plan

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

Large Plan

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

SNACK

Images are for
illustration only.

Regular Plan

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

Large Plan

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

TOFU CHOCOLATE BROWNIE



MALA BAYE TOFU AND LENTILS



LUNCH

Regular Plan

435kcal
Calories
26g
Protein
49g
Carbs
15g
Fat

Large Plan

655kcal
Calories
39g
Protein
74g
Carbs
23g
Fat

Wednesday
11
JUN 2025

Regular Plan

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

Large Plan

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

Baked Honey Miso Temppeh



DINNER

CARROT CAKE WITH CASHEW FROSTING



SNACK

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Regular Plan

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

Large Plan

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

Thursday
12
JUN 2025

Regular Plan

460kcal
Calories
45g
Carbs
36g
Protein
15g
Fat

Large Plan

665kcal
Calories
65g
Carbs
52g
Protein
22g
Fat

LUNCH

Yuxiang Tofu and Chick Peas



with Brown Rice and Bok Choy

Regular Plan

365kcal
Calories
23g
Protein
34g
Carbs
15g
Fat

Large Plan

545kcal
Calories
35g
Protein
51g
Carbs
23g
Fat

DINNER

Fresh Herb and Lemon Baked Paneer Cheese



with Roasted Potatoes, French Beans, Black Beans, and Tomato Salsa

SNACK

Images are for illustration only.

Regular Plan

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

Large Plan

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

PISTACHIO AND DATES ENERGY BITES



GREEN CURRY WHITE BEANS



with Basmati Rice, Eggplants, and Long Beans

LUNCH

Regular Plan

475kcal
Calories
36g
Protein
47g
Carbs
16g
Fat

Large Plan

690kcal
Calories
52g
Protein
68g
Carbs
23g
Fat

Friday
13
JUN 2025

Cauliflower Protein Bites



with Sweet Potatoes, Baked Spinach Egg, and Broccoli

DINNER

Regular Plan

37kcal
Calories
39g
Protein
26g
Carbs
13g
Fat

Large Plan

565kcal
Calories
59g
Protein
39g
Carbs
20g
Fat

Overnight Oats



with Roasted Apple and Chia Seeds

Regular Plan

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

Large Plan

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

SNACK

Images are for illustration only.

Monday
16
JUN 2025

Regular Plan

485kcal
Calories
45g
Carbs
34g
Protein
19g
Fat

Large Plan

730kcal
Calories
68g
Carbs
51g
Protein
29g
Fat

LUNCH

Tomato Mixed Beans Stew



Regular Plan

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

Large Plan

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

DINNER

PERI PERI TOFU STEAKS



With Roasted Potatoes, Green Beans, and Carrot

SNACK

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Regular Plan

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

Large Plan

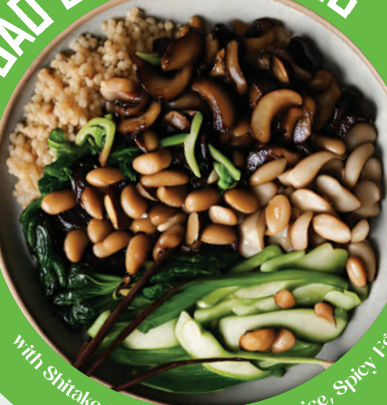
175kcal
Calories
5g
Protein
16g
Carbs
10g
Fat

GLUTEN FREE BANANA BREAD



LUNCH

GONG BAD BUTTER BEANS



With Shitake Mushrooms, Brown Rice, Spicy Eggplant, and Garlic Choy

Regular Plan

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

Large Plan

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

Tuesday

17

JUN 2025

Basil Crushed Tofu



DINNER

Regular Plan

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

Large Plan

560kcal
Calories
42g
Protein
55g
Carbs
19g
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

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Wednesday 18 JUN 2025

Regular Plan

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

Large Plan

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

LUNCH

Baked Turmeric Tempeh

with Basmati Rice, Boiled Egg, and Cucumber

Regular Plan

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

Large Plan

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

VEGGIE PATTIE AVOCADO CUBE



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

SNACK

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Regular Plan

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

Large Plan

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

LOW FAT CHEESECAKE



LUNCH

Tom Yam Stew Tofu



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

Regular Plan

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

Large Plan

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

Thursday 19 JUN 2025

Regular Plan

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

Large Plan

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

HERB BAKED BUTTER BEANS



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

DINNER

Peanut Butter Chocolate Cookie

SNACK

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Regular Plan

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

Large Plan

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

Friday 20 JUN 2025

Regular Plan

435kcal
Calories
47g
Carbs
32g
Protein
13g
Fat

Large Plan

630kcal
Calories
68g
Carbs
46g
Protein
19g
Fat

LUNCH

Teriyaki Stew White Beans and Baiye

with Brown Rice, Stew Tofu, Bitter Gourd, and Red Capsicum

Regular Plan

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

Large Plan

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

DINNER

Moroccan Spice Baked Tofu Steak

WITH QUINOA, ROASTED PUMPKIN, CARROT'S SALAD, AND BROCCOLI

SNACK

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illustration only.

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

Yakiniku Baiye and King Oyster Mushroom

with Sweet Potato Noodles, Kimchi, and Edamame

Regular Plan

430kcal
Calories
28g
Protein
48g
Carbs
14g
Fat

Large Plan

625kcal
Calories
41g
Protein
70g
Carbs
20g
Fat

Monday
23
JUN 2025

GONG BAO BUTTER BEANS

with Shiitake, 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

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Tuesday
24

JUN 2025

Regular Plan

415kcal
Calories
44g
Carbs
33g
Protein
12g
Fat

Large Plan

605kcal
Calories
64g
Carbs
48g
Protein
17g
Fat

LUNCH

Baked Herb Portobello

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



Regular Plan

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

Large Plan

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

Tomato Stew Beans



WITH PASTA, MIXED MUSHROOMS, AND GREEN PEAS

SNACK

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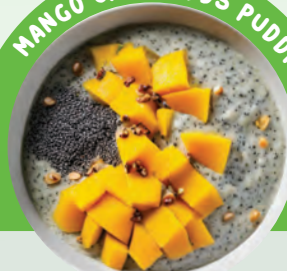
Regular Plan

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 Chick Peas



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
25

JUN 2025

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

Images are for illustration only.

Thursday 26 JUN 2025

Regular Plan

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

Large Plan

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

LUNCH

Baked Tempeh

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

Regular Plan

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

Large Plan

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

PERI PERI TOFU STEAK



with Mushroom Barley Risotto and Braised Purple Cabbage

DINNER

SNACK

Images are for illustration only.

Regular Plan

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

Large Plan

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

OVERNIGHT OATS WITH APPLE AND MIX NUTS



Cauliflower Protein Bites

with Mashed Sweet Potato, Green Peas, and Coriander Lime Sauce

LUNCH

Regular Plan

430kcal
Calories
28g
Protein
43g
Carbs
16g
Fat

Large Plan

640kcal
Calories
42g
Protein
65g
Carbs
24g
Fat

Friday 27 JUN 2025

Basil Crushed Tofu and Lentils

with Brown Rice, Scrambled Egg, and Kailan

DINNER

Regular Plan

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

Large Plan

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

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

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