

Vegetarian Menu



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.

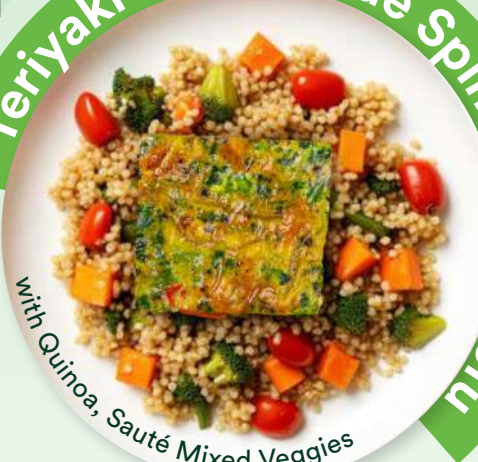
- Chef Ken

VEGETARIAN

Monday
12
JAN 2026

Teriyaki Homemade Spinach Egg Tofu

with Quinoa, Sauté Mixed Veggies



Regular Plan			
445kcal	31g		
Calories	Protein		
46g	15g		
Carbs	Fat		
Large Plan			
665kcal	47g		
Calories	Protein		
69g	23g		
Carbs	Fat		

Herb Roasted Portobello and Honey Miso Tempeh

with Aglio Olio Pasta, Tomato Sauce and Snap Sweet Peas



Regular Plan			
380kcal	32g	34g	13g
Calories	Protein	Carbs	Fat
Large Plan			
550kcal	46g	49g	19g
Calories	Protein	Carbs	Fat

Regular Plan			
380kcal	32g	34g	13g
Calories	Protein	Carbs	Fat
Large Plan			
550kcal	46g	49g	19g
Calories	Protein	Carbs	Fat

Cumin Carrot Soup



DINNER

SNACK

Regular Plan				Large Plan			
155kcal	8g	8g	10g	155kcal	8g	8g	10g
Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat

Images are for illustration only.

Green Curry Chickpeas

with Brown Rice, Long Beans and Eggplants



Regular Plan			
480kcal	31g	49g	18g
Calories	Protein	Carbs	Fat
Large Plan			
725kcal	47g	74g	27g
Calories	Protein	Carbs	Fat

LUNCH

Regular Plan			
480kcal	31g	49g	18g
Calories	Protein	Carbs	Fat
Large Plan			
725kcal	47g	74g	27g
Calories	Protein	Carbs	Fat

Tuesday
13
JAN 2026

Vegan Balls

with Cauliflower Rice, Spinach Egg



Regular Plan			
330kcal	32g	24g	12g
Calories	Protein	Carbs	Fat
Large Plan			
500kcal	48g	36g	18g
Calories	Protein	Carbs	Fat

DINNER

Tofu Chocolate Brownie



Regular Plan				Large Plan			
185kcal	8g	20g	8g	185kcal	8g	20g	8g
Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat

SNACK

Images are for illustration only.

Wednesday

14

JAN 2026

Regular Plan

440kcal
Calories

47g
Carbs

34g
Protein

13g
Fat

Large Plan

640kcal
Calories

68g
Carbs

49g
Protein

19g
Fat

LUNCH

Yakiniku 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

Peri Peri Temppeh

with Roasted Potato, Herb Veggies

DINNER

SNACK

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

Images are for illustration only.

Thursday

15

JAN 2026

Regular Plan

440kcal
Calories

34g
Protein

44g
Carbs

14g
Fat

Large Plan

635kcal
Calories

49g
Protein

64g
Carbs

20g
Fat

LUNCH

Basil Crushed Tofu and Lentils

with Brown Rice, Scrambled Egg and Kailan

Regular Plan

395kcal
Calories

21g
Protein

42g
Carbs

16g
Fat

Large Plan

595kcal
Calories

32g
Protein

63g
Carbs

24g
Fat

Baked Dukkah Spiced Butter Beans

with Couscous, Eggplant Caponata and Broccoli

DINNER

Roasted Mix Nuts

SNACK

Regular Plan

180kcal
Calories

6g
Protein

7g
Carbs

14g
Fat

Large Plan

180kcal
Calories

6g
Protein

7g
Carbs

14g
Fat

Images are for illustration only.

Friday
16
JAN 2026

Regular Plan

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

Large Plan

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

LUNCH

Cauliflower Protein Bites



Regular Plan

390kcal
Calories
41g
Protein
31g
Carbs
12g
Fat

Large Plan

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

Tumeric Chickpeas and Tempeh



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

Regular Plan

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

Large Plan

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

Monday
19
JAN 2026

Peranakan Curry Tofu and Lentils



Regular Plan

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

Large Plan

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

Vegan Meatballs



DINNER

Peanut Butter Chocolate Energy Bites



Regular Plan

195kcal
Calories
6g
Protein
4g
Carbs
16g
Fat

Large Plan

195kcal
Calories
6g
Protein
4g
Carbs
16g
Fat

SNACK

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illustration only.

VEGETARIAN - VEGETARIAN - VEGETARIAN

Tuesday
20

JAN 2026

Regular Plan

445kcal

Calories

46g

Carbs

36g

Protein

13g

Fat

Large Plan

670kcal

Calories

69g

Carbs

54g

Protein

20g

Fat

LUNCH

Sambal Butter Beans and Tofu



with Brown Rice and Shanghai Green

Regular Plan

365kcal

Calories

32g

Protein

21g

Carbs

17g

Fat

Large Plan

550kcal

Calories

48g

Protein

32g

Carbs

26g

Fat

DINNER

Tomato Soup



with Spinach Egg, Avocado and Mixed Beans, Feta Cheese

SNACK

Images are for
illustration only.

Large Plan

185kcal

Calories

8g

Protein

20g

Carbs

8g

Fat

Large Plan

185kcal

Calories

8g

Protein

20g

Carbs

8g

Fat

Tofu Chocolate Brownie



LUNCH

Mala Baiye Tofu and Lentils



with Brown Rice and Honey Soy Mixed Veggies

Regular Plan

435kcal

Calories

26g

Protein

49g

Carbs

15g

Fat

Large Plan

655kcal

Calories

39g

Protein

74g

Carbs

23g

Fat

Wednesday
21

JAN 2026

Baked Honey Miso Tempeh



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

Regular Plan

385kcal

Calories

29g

Protein

29g

Carbs

17g

Fat

Large Plan

560kcal

Calories

42g

Protein

42g

Carbs

25g

Fat

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

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illustration only.

Thursday
22
JAN 2026

Regular Plan

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

Large Plan

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

LUNCH

“Yuxiang” Tofu and Chickpeas



with Brown Rice and Bok Choy

Regular Plan

380kcal
Calories
23g
Protein
38g
Carbs
15g
Fat

Large Plan

570kcal
Calories
35g
Protein
57g
Carbs
23g
Fat

Fresh Herb and Lemon Baked Paneer Cheese



with Roasted Potatoes, French Beans

DINNER

SNACK

Regular Plan

150kcal
Calories
3g
Protein
16g
Carbs
8g
Fat

Large Plan

150kcal
Calories
3g
Protein
16g
Carbs
8g
Fat

Pumpkin Parmesan Biscuit



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illustration only.

Green Curry White Beans



with Basmati Rice, Long Beans and Eggplants

LUNCH

Regular Plan

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

Large Plan

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

Friday
23
JAN 2026

Regular Plan

375kcal
Calories
39g
Protein
26g
Carbs
13g
Fat

Large Plan

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

Overnight Oats with Apple and Mix Nuts



Regular Plan

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

Large Plan

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

SNACK

Cauliflower Protein Bites



with Sweet Potatoes, Baked Spinach Egg and Broccoli

DINNER

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Monday
26

JAN 2026

Regular Plan

485kcal
Calories

34g
Protein

45g
Carbs

19g
Fat

Large Plan

730kcal
Calories

51g
Protein

68g
Carbs

29g
Fat

LUNCH

Tomato Mixed Beans Stew



with Aglio Olio Pasta, Sauté Green Peas

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, French Beans and Carrot

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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Gluten Free Banana Bread



Gong Bao Butter Beans and Shiitake Mushroom



with Brown Rice, Spicy Eggplant, Garlic Choy Sum

LUNCH

Regular Plan

430kcal
Calories

31g
Protein

41g
Carbs

16g
Fat

Large Plan

650kcal
Calories

47g
Protein

62g
Carbs

24g
Fat

Tuesday
27

JAN 2026

Basil Crushed Tofu, Lentils and King Oyster Mushroom



with Rice Noodles and Honey Soy Mixed Veggies

DINNER

Regular Plan

385kcal
Calories

29g
Protein

38g
Carbs

13g
Fat

Large Plan

560kcal
Calories

42g
Protein

55g
Carbs

19g
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

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Wednesday
28

JAN 2026

Regular Plan

470kcal
Calories

34g
Protein

48g
Carbs

16g
Fat

Large Plan

685kcal
Calories

49g
Protein

70g
Carbs

23g
Fat

LUNCH

Baked Tumeric 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 Fritter



with Cauliflower Rice, Saute Edamame

DINNER

SNACK

Regular Plan

170kcal
Calories

4g
Protein

27g
Carbs

5g
Fat

Large Plan

170kcal
Calories

4g
Protein

27g
Carbs

5g
Fat

Coconut and Cranberry Bar



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illustration only.

LUNCH

Tom Yam Stew Tofu and Oyster Mushroom



with Brown Rice Noodles,
Bean Sprouts and Long Beans

Regular Plan

450kcal
Calories

31g
Protein

46g
Carbs

16g
Fat

Large Plan

655kcal
Calories

45g
Protein

67g
Carbs

23g
Fat

Thursday
29

JAN 2026

Herb Baked Butter Beans



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

DINNER

Regular Plan

390kcal
Calories

28g
Protein

42g
Carbs

12g
Fat

Large Plan

580kcal
Calories

42g
Protein

63g
Carbs

18g
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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Friday
30
JAN 2026

LUNCH

Regular Plan

410kcal 32g
Calories Protein
41g 13g
Carbs Fat

Large Plan

595kcal 46g
Calories Protein
59g 19g
Carbs Fat

Teriyaki Stew White Beans and Baiye

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

Regular Plan

365kcal 28g 32g 14g
Calories Protein Carbs Fat

Large Plan

550kcal 42g 48g 21g
Calories Protein Carbs Fat

Moroccan Spice Baked Tofu Steak

With Quinoa with Roasted Pumpkin and Carrots Salad, Broccoli

DINNER

SNACK

Images are for illustration only.

Regular Plan

245kcal 8g 26g 12g
Calories Protein Carbs Fat

Large Plan

245kcal 8g 26g 12g
Calories Protein Carbs Fat

Banana Oat Pancake With Apple Chutney

LUNCH

Regular Plan

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

Large Plan

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

Yakiniku Baiye and King Oyster Mushroom

With Sweet Potato Noodles, Kimchi Salad and Edamame

Regular Plan

410kcal 29g 44g 13g
Calories Protein Carbs Fat

Large Plan

615kcal 44g 66g 20g
Calories Protein Carbs Fat

Peanut Butter Chocolate Cookie

Gong Bao Butter Beans and Shiitake

With Brown Rice, Spicy Eggplant, Garlic Bok Choy

DINNER

SNACK

Images are for illustration only.

Monday
02
JAN 2026

Tuesday
03

FEB 2026

Regular Plan

415kcal
Calories

33g
Protein

44g
Carbs

12g
Fat

Large Plan

605kcal
Calories

48g
Protein

64g
Carbs

17g
Fat

LUNCH

Baked Herb Portobello



Regular Plan

445kcal
Calories

31g
Protein

46g
Carbs

15g
Fat

Large Plan

665kcal
Calories

47g
Protein

69g
Carbs

23g
Fat

Tomato Stew Beans



DINNER

SNACK

Regular Plan

150kcal
Calories

4g
Protein

15g
Carbs

8g
Fat

Large Plan

150kcal
Calories

4g
Protein

15g
Carbs

8g
Fat

Pumpkin Parmesan Biscuit



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LUNCH

Regular Plan

445kcal
Calories

32g
Protein

46g
Carbs

15g
Fat

Large Plan

650kcal
Calories

46g
Protein

67g
Carbs

22g
Fat

Rendang Tofu and Chickpeas



Wednesday
04

FEB 2026

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 and Butter Beans



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
05

FEB 2026

Regular Plan

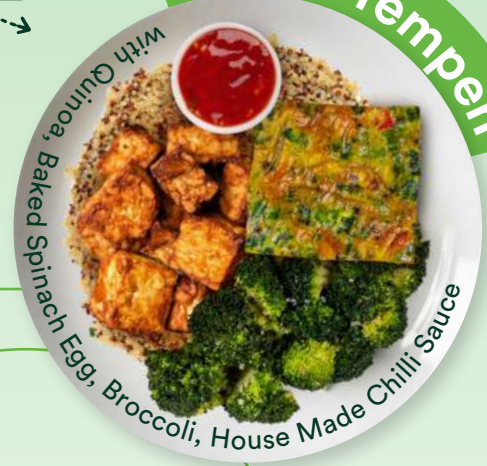
425kcal
Calories
42g
Carbs
35g
Protein
13g
Fat

Large Plan

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

LUNCH

Baked Tempeh



Peri Peri Tofu Steak



Regular Plan

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

Large Plan

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

DINNER

Overnight Oats with Apple and Mix Nuts



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.

Cauliflower Protein Bites



LUNCH

Regular Plan

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

Large Plan

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

Friday
06

FEB 2026

Basil Crushed Tofu and Lentils



DINNER

Regular Plan

430kcal
Calories
28g
Protein
43g
Carbs
16g
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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