

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
10
MAR 2025

LUNCH

Regular Plan

450kcal
Calories

28g
Protein

48g
Carbs

16g
Fat

Large Plan

670kcal
Calories

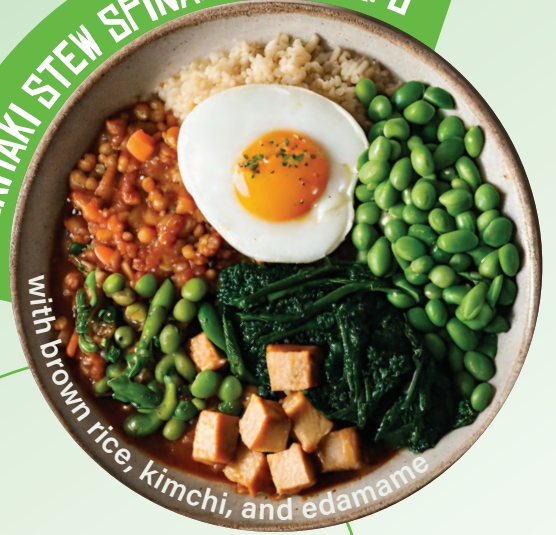
42g
Protein

72g
Carbs

24g
Fat

TERIYAKI STEW SPINACH EGG TOFU

With brown rice, kimchi, and edamame



Regular Plan

365kcal
Calories

26g
Protein

38g
Carbs

12g
Fat

Large Plan

530kcal
Calories

38g
Protein

55g
Carbs

17g
Fat

HERB ROASTED BUTTER BEANS AND PORTOBELLO

With Kale Quinoa Salad and Baked Pumpkin



SNACK

DINNER

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

Regular Plan

460kcal
Calories

38g
Protein

41g
Carbs

16g
Fat

Large Plan

665kcal
Calories

55g
Protein

59g
Carbs

23g
Fat

TURMERIC CHICK PEAS

With Coconut Basmati Rice, Hard Boiled Egg, and Cucumber



Regular Plan

370kcal
Calories

32g
Protein

36g
Carbs

11g
Fat

Large Plan

555kcal
Calories

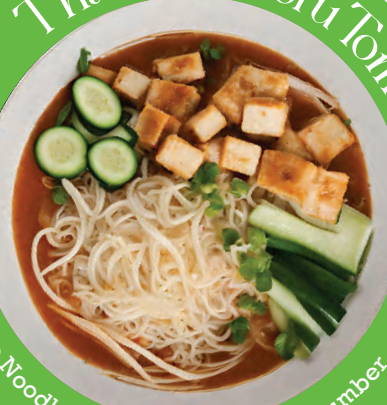
48g
Protein

54g
Carbs

17g
Fat

Thai Style Tofu Tom Yam

With Brown Rice Noodles, Beansprouts, and Cucumber



DINNER

Carrot Cake with Cashew Frosting



Regular Plan

175kcal
Calories

8g
Protein

18g
Carbs

8g
Fat

Large Plan

175kcal
Calories

8g
Protein

18g
Carbs

8g
Fat

SNACK

Tuesday
11
MAR 2025

Wednesday 12 MAR 2025

Regular Plan

400kcal
Calories

42g
Carbs

31g
Protein

12g
Fat

Large Plan

600kcal
Calories

63g
Carbs

47g
Protein

18g
Fat

LUNCH

Vegan Meatball



With Aglio Olio Pasta and Mixed Veggies

Regular Plan

440kcal
Calories

36g
Protein

42g
Carbs

14g
Fat

Large Plan

635kcal
Calories

52g
Protein

61g
Carbs

20g
Fat

Green Curry White Beans



WITH BASMATI RICE, SPINACH EGGS, EGGPLANTS, AND LONG BEANS

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



LUNCH

MALA MIXED VEGGIES AND SEMI-DRY TOFU



WITH FRIED BROWN RICE AND EGGS

Regular Plan

425kcal
Calories

46g
Carbs

27g
Protein

15g
Fat

Large Plan

640kcal
Calories

69g
Carbs

41g
Protein

23g
Fat

Thursday 13 MAR 2025

Regular Plan

380kcal
Calories

31g
Protein

42g
Carbs

10g
Fat

Large Plan

575kcal
Calories

47g
Protein

63g
Carbs

15g
Fat

Peri Peri Tempeh



WITH ROAST POTATO AND BROCCOLI

DINNER

TOFU CHOCOLATE BROWNIE



Regular Plan

185kcal
Calories

8g
Protein

20g
Carbs

8g
Fat

Large Plan

185kcal
Calories

8g
Protein

20g
Carbs

8g
Fat

SNACK

Friday
14
MAR 2025

Regular Plan

435kcal
Calories
29g
Protein
46g
Carbs
15g
Fat

Large Plan

630kcal
Calories
42g
Protein
67g
Carbs
22g
Fat

LUNCH

Yakiniku Stir Fry Tofu and Mushroom



with Brown Rice, Edamame, and Kimchi

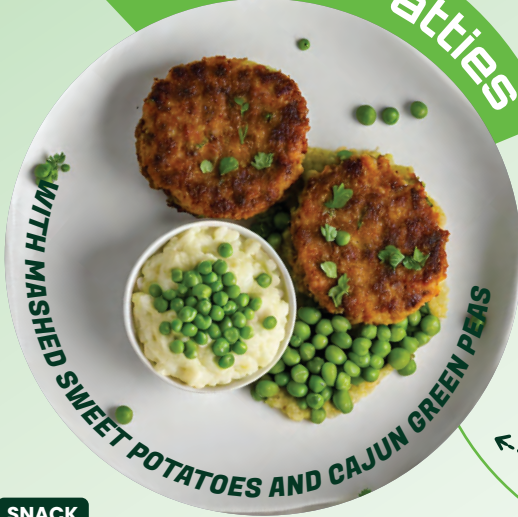
Regular Plan

385kcal
Calories
28g
Protein
41g
Carbs
12g
Fat

Large Plan

575kcal
Calories
42g
Protein
62g
Carbs
18g
Fat

Veggie Patties



WITH MASHED SWEET POTATOES AND CAJUN GREEN PEAS

SNACK

Regular Plan

180kcal
Calories
6g
Protein
12g
Carbs
12g
Fat

Large Plan

180kcal
Calories
6g
Protein
12g
Carbs
12g
Fat

Pistachio and Dates Energy Bites



DINNER

LUNCH

GONG BAO BUTTER BEANS AND SHIITAKE



with Brown Rice, Spicy Eggplant, and Cucumber Salad

Regular Plan

440kcal
Calories
31g
Protein
48g
Carbs
14g
Fat

Large Plan

640kcal
Calories
45g
Protein
70g
Carbs
20g
Fat

Monday
17
MAR 2025

Regular Plan

380kcal
Calories
29g
Protein
34g
Carbs
14g
Fat

Large Plan

565kcal
Calories
44g
Protein
51g
Carbs
21g
Fat

HARISSA ROASTED TOFU STEAKS



with Roasted Potato and French Beans

DINNER

Pistachios and Dates Energy Bites



Regular Plan

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

Large Plan

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

SNACK

Tuesday
18

MAR 2025

Regular Plan

460kcal
Calories
41g
Carbs
31g
Protein
19g
Fat

Large Plan

665kcal
Calories
59g
Carbs
45g
Protein
28g
Fat

LUNCH

Baked Herb Halloumi



with White Beans, Quinoa, and Broccoli

Regular Plan

345kcal
Calories
33g
Protein
24g
Carbs
13g
Fat

Large Plan

520kcal
Calories
50g
Protein
36g
Carbs
20g
Fat

DINNER

Baked Honey Miso Tempah



with Cauliflower Rice and Spinach Egg

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



Tomato Mixed Beans Stew



WITH PASTA, MIXED MUSHROOMS, AND GREEN PEAS

LUNCH

Regular Plan

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

Large Plan

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

Wednesday
19

MAR 2025

Regular Plan

380kcal
Calories
24g
Protein
39g
Carbs
14g
Fat

Large Plan

530kcal
Calories
34g
Protein
55g
Carbs
20g
Fat

Lemongrass Tofu and King Oyster Mushroom



with Rice Vermicelli and Mixed Veggies Salad

DINNER

OATMEAL COOKIE



Regular Plan

145kcal
Calories
5g
Protein
9g
Carbs
10g
Fat

Large Plan

145kcal
Calories
5g
Protein
9g
Carbs
10g
Fat

SNACK

Thursday

20

MAR 2025

Regular Plan

450kcal
Calories 29g
Protein

48g
Carbs 16g
Fat

Large Plan

680kcal
Calories 44g
Protein

72g
Carbs 24g
Fat

LUNCH

PERANAKAN CURRY CHICKPEAS

with Coconut Basmati Rice, Hard Boiled Egg, and Long Beans



Regular Plan

355kcal 28g 32g 13g
Calories Protein Carbs Fat

Large Plan

520kcal 41g 46g 19g
Calories Protein Carbs Fat

Ma Po Tofu

with Rice Noodles and Beansprouts



DINNER

SNACK

Regular Plan

190kcal 6g 12g 13g
Calories Protein Carbs Fat

Large Plan

190kcal 6g 12g 13g
Calories Protein Carbs Fat

ALMOND OATS ENERGY BAR



LUNCH

Rendang Temppeh

with Brown Rice and Roasted Cauliflower



Regular Plan

420kcal 34g 42g 13g
Calories Protein Carbs Fat

Large Plan

630kcal 51g 63g 20g
Calories Protein Carbs Fat

Friday

21

MAR 2025

Regular Plan

400kcal 28g 38g 15g
Calories Protein Carbs Fat

Large Plan

580kcal 41g 55g 22g
Calories Protein Carbs Fat

Peri Peri Tofu

with Cajun Sweet Potato and Broccoli



DINNER

TOFU CHOCOLATE BROWNIE



Regular Plan

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

Large Plan

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

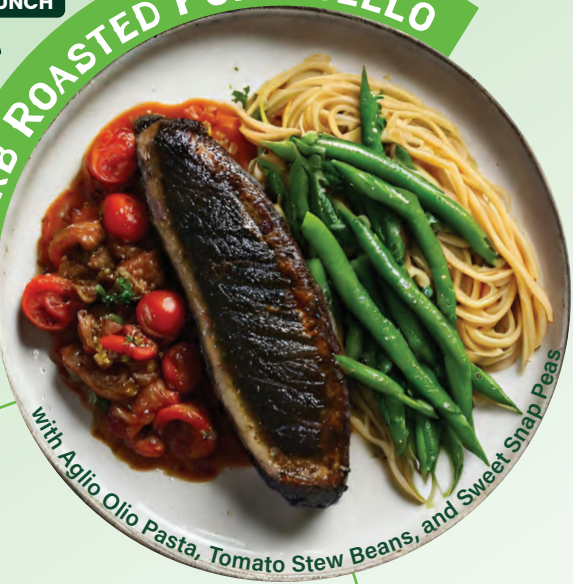
SNACK

Monday 24

MAR 2025

LUNCH

HERB ROASTED PORTOBELLO



with Aglio Olio Pasta, Tomato Stew Beans, and Sweet Snap Peas

Regular Plan

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

Large Plan

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

Teriyaki Home Made Spinach Eggs Tofu



with Quinoa and Sauté Mixed Veggies

Regular Plan

380kcal
Calories 32g 34g 13g
Protein Carbs Fat

Large Plan

550kcal
Calories 46g 49g 19g
Protein Carbs Fat

DINNER

Pistachio and Dates Energy Bites



SNACK

Regular Plan

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

Large Plan

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

LUNCH

Red Curry Chick Peas



with Brown Rice, Long Beans, and Eggplants

Regular Plan

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

Large Plan

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

Tuesday 25

MAR 2025

Vegan Meatballs



with Cauliflower Rice and Spinach Egg

DINNER

Regular Plan

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

Large Plan

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

TOFU CHOCOLATE BROWNIE



SNACK

Regular Plan

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

Large Plan

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

Wednesday 26

MAR 2025

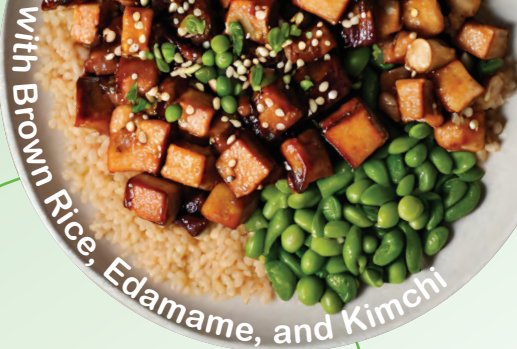
Regular Plan

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

Large Plan

640kcal
Calories 49g
Protein
68g
Carbs 19g
Fat

LUNCH

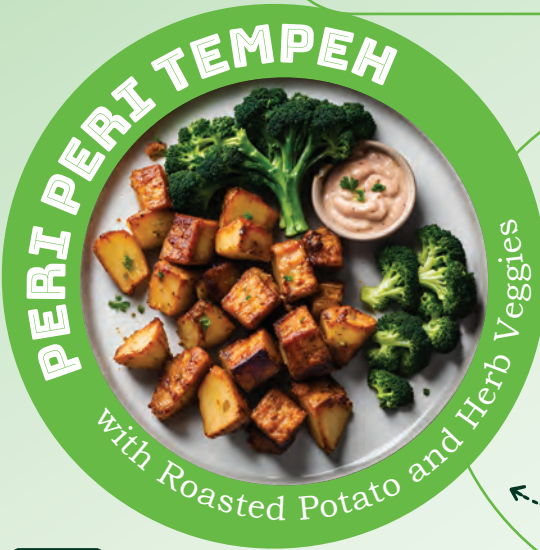


Regular Plan

380kcal 33g 35g 12g
Calories Protein Carbs Fat

Large Plan

570kcal 50g 53g 18g
Calories Protein Carbs Fat



SNACK

Regular Plan

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

Large Plan

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



DINNER



LUNCH

Regular Plan

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

Large Plan

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

Thursday 27

MAR 2025



DINNER

Regular Plan

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

Large Plan

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



Regular Plan

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

Large Plan

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

SNACK

Friday
28

MAR 2025

Regular Plan

485kcal
Calories 28g
Protein
42g
Carbs 14g
Fat

Large Plan

610kcal
Calories 42g
Protein
63g
Carbs 21g
Fat

LUNCH

VEGGIE PATTIES

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



Regular Plan

420kcal 32g 39g 15g
Calories Protein Carbs Fat

Large Plan

610kcal 46g 57g 22g
Calories Protein Carbs Fat

Turneric Baked Tempeh



WITH BROWN RICE, HARD BOILED EGG, AND LADY FINGER

DINNER

SNACK

Regular Plan

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

Large Plan

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

PEANUT BUTTER CHOCOLATE COOKIE



LUNCH

TOFU AND LENTILS PERANAKAN CURRY



with Basmati Rice, Cauliflower, and Lady Finger

Regular Plan

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

Large Plan

785kcal 47g 69g 27g
Calories Protein Carbs Fat

Monday
31

MAR 2025

Vegan Meatballs



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

DINNER

Regular Plan

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

Large Plan

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

Peanut Butter Chocolate Energy Bites



Regular Plan

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

Large Plan

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

SNACK

Tuesday 01

APR 2025

Regular Plan

440kcal
Calories 32g
Protein
46g
Carbs 14g
Fat

Large Plan

635kcal
Calories 46g
Protein
67g
Carbs 20g
Fat

LUNCH



WITH BROWN RICE, TOFU, AND SHANGHAI GREEN

Tomato Soup



WITH SPINACH EGG, AVOCADO, MIXED BEANS, AND FETA CHEESE

Regular Plan

380kcal 32g 25g 17g
Calories Protein Carbs Fat

Large Plan

570kcal 48g 38g 26g
Calories Protein Carbs Fat

SNACK



Regular Plan

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

Large Plan

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

TOFU CHOCOLATE BROWNIE



LUNCH

YAKINIKU STIR FRY BAIYE AND LENTILS



WITH RICE NOODLES, KIMCHI, AND EDAMAME

Regular Plan

440kcal 31g 45g 15g
Calories Protein Carbs Fat

Large Plan

660kcal 47g 68g 23g
Calories Protein Carbs Fat

Wednesday 02

APR 2025

Regular Plan

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

Large Plan

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

Baked Honey Miso Tempeh



WITH ROASTED HERB VEGGIES QUINOA SALAD

DINNER

Carrot Cake with Cashew Frosting



Regular Plan

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

Large Plan

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

SNACK

Thursday 03

APR 2025

LUNCH

Regular Plan

460kcal
Calories

36g
Protein

45g
Carbs

15g
Fat

Large Plan

665kcal
Calories

52g
Protein

65g
Carbs

22g
Fat



Yuxiang Tofu and Chick Peas
With Brown Rice, Saute Mushroom, and Bok Choy

Regular Plan

365kcal
Calories

23g
Protein

34g
Carbs

15g
Fat

Large Plan

545kcal
Calories

35g
Protein

51g
Carbs

23g
Fat

Fresh Herb and Lemon Baked Halloumi



Fresh Herb and Lemon Baked Halloumi
With Roasted Potatoes, French Beans, Black Beans, and Sweet Corn Salsa

SNACK

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



DINNER

LUNCH

GREEN CURRY WHITE BEANS



GREEN CURRY WHITE BEANS
With Basmati Rice, Spinach Eggs, Eggplants, and Long Beans

Regular Plan

465kcal
Calories

36g
Protein

42g
Carbs

17g
Fat

Large Plan

675kcal
Calories

52g
Protein

61g
Carbs

25g
Fat

Friday 04

APR 2025

Regular Plan

385kcal
Calories

34g
Protein

28g
Carbs

15g
Fat

Large Plan

575kcal
Calories

51g
Protein

42g
Carbs

23g
Fat

Cauliflower Protein Bites



Cauliflower Protein Bites
With Sweet Potatoes, Cajun Green Peas, and Broccoli

DINNER

Overnight Oats



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