

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
09

FEB 2026

Herb Roasted Butter Beans and Portobello

with Kale Quinoa Salad and Baked Pumpkin

Regular Plan			
480kcal	28g		
Calories	Protein		
54g	17g		
Carbs	Fat		
Large Plan			
720kcal	42g		
Calories	Protein		
81g	26g		
Carbs	Fat		

LUNCH

Teriyaki Stew Spinach Egg Tofu



Regular Plan

365kcal	26g	38g	16g
Calories	Protein	Carbs	Fat

Large Plan

530kcal	38g	55g	17g
Calories	Protein	Carbs	Fat

DINNER

Roasted Mix Nuts



SNACK

Regular Plan

130kcal	4g	2g	12g
Calories	Protein	Carbs	Fat

Large Plan

130kcal	4g	2g	12g
Calories	Protein	Carbs	Fat

Images are for illustration only.

Tumeric Chickpeas



LUNCH

Regular Plan

460kcal	38g	41g	16g
Calories	Protein	Carbs	Fat

Large Plan

665kcal	55g	59g	23g
Calories	Protein	Carbs	Fat

Tuesday
10

FEB 2026

Thai Style Tofu



DINNER

Regular Plan

370kcal	32g	36g	11g
Calories	Protein	Carbs	Fat

Large Plan

555kcal	48g	54g	17g
Calories	Protein	Carbs	Fat

Carrot Cake with Cashew Frosting



Regular Plan

175kcal	8g	18g	8g
Calories	Protein	Carbs	Fat

Large Plan

175kcal	8g	18g	8g
Calories	Protein	Carbs	Fat

SNACK

Images are for illustration only.

Wednesday

11

FEB 2026

Regular Plan

400kcal
Calories

31g
Protein

42g
Carbs

12g
Fat

Large Plan

600kcal
Calories

47g
Protein

63g
Carbs

18g
Fat

LUNCH

Vegan Meatball



With Aglio Olio Pasta, Tomato Sauce and Mixed Veggies

Green Curry White Beans



With Basmati Rice, Long Beans and Eggplants

Regular Plan

440kcal
Calories

36g
Protein

42g
Carbs

14g
Fat

Large Plan

635kcal
Calories

52g
Protein

61g
Carbs

20g
Fat

DINNER

Gluten Free Banana Bread



SNACK

Regular Plan

175kcal
Calories

5g
Protein

16g
Carbs

10g
Fat

Large Plan

175kcal
Calories

5g
Protein

46g
Carbs

10g
Fat

Images are for illustration only.

LUNCH

Mala Mixed Veggies and Semi-Dry Tofu



With Fried Brown Rice with Eggs

Regular Plan

425kcal
Calories

27g
Protein

46g
Carbs

15g
Fat

Large Plan

640kcal
Calories

41g
Protein

69g
Carbs

23g
Fat

Thursday

12

FEB 2026

Peri Peri Tempeh



With Roast Potato and Broccoli

DINNER

Regular Plan

380kcal
Calories

31g
Protein

42g
Carbs

10g
Fat

Large Plan

575kcal
Calories

47g
Protein

63g
Carbs

20g
Fat

Hazelnut and Chocolate Granola Bar



Regular Plan

190kcal
Calories

5g
Protein

24g
Carbs

8g
Fat

Large Plan

190kcal
Calories

5g
Protein

24g
Carbs

8g
Fat

SNACK

Images are for illustration only.

Friday
13
FEB 2026

Regular Plan

470kcal
Calories

52g
Carbs

29g
Protein

16g
Fat

Large Plan

680kcal
Calories

75g
Carbs

42g
Protein

23g
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

DINNER

White Beans and Mushroom Stew



with Soba Noodle and Garlic Kailan

SNACK

Regular Plan

135kcal
Calories

3g
Protein

15g
Carbs

7g
Fat

Large Plan

135kcal
Calories

3g
Protein

15g
Carbs

7g
Fat

Pumpkin Parmesan Biscuit



LUNCH

Regular Plan

440kcal
Calories

31g
Protein

48g
Carbs

14g
Fat

Large Plan

640kcal
Calories

45g
Protein

70g
Carbs

20g
Fat

Gong Bao Butter Beans and Shiitake



with Brown Rice, Spicy Eggplant, Cucumber Salad

Regular Plan

380kcal
Calories

29g
Protein

34g
Carbs

14g
Fat

Large Plan

565kcal
Calories

44g
Protein

51g
Carbs

21g
Fat

Monday
16
FEB 2026

Harissa Roasted Tofu Steaks



with Roasted Potato, French Beans

DINNER

Peanut Butter Chocolate Energy Bites



Regular Plan

125kcal
Calories

4g
Protein

2g
Carbs

11g
Fat

Large Plan

125kcal
Calories

4g
Protein

2g
Carbs

11g
Fat

SNACK

Images are for illustration only.

VEGETARIAN - VEGETARIAN - VEGETARIAN

Tuesday
17
FEB 2026

Regular Plan

460kcal
Calories
48g
Carbs
37g
Protein
11g
Fat

Large Plan

635kcal
Calories
70g
Carbs
54g
Protein
16g
Fat

LUNCH

Baked Fresh Herb Paneer Cheese



with White Beans and Quinoa and Broccoli

Cauliflower Rice



with Baked Honey Miso Tempeh and Spinach Egg

Regular Plan

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

Large Plan

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

DINNER

Gluten Free Banana Bread



SNACK

Images are for
illustration only.

Regular Plan

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

Large Plan

175kcal
Calories
5g
Protein
46g
Carbs
10g
Fat

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
18
FEB 2026

Regular Plan

380kcal
Calories
31g
Protein
49g
Carbs
18g
Fat

Large Plan

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

Lemongrass Tofu Skin and King Oyster Mushroom



with Rice Vermicelli and Mixed Veggies Salad

DINNER

Peanut Butter Chocolate Cookie



Regular Plan

155kcal
Calories
5g
Protein
4g
Carbs
13g
Fat

Large Plan

155kcal
Calories
5g
Protein
4g
Carbs
13g
Fat

SNACK

Images are for
illustration only.

Thursday
19
FEB 2026

Regular Plan

450kcal
Calories

48g
Carbs

29g
Protein

16g
Fat

Large Plan

680kcal
Calories

72g
Carbs

44g
Protein

24g
Fat

LUNCH

Peranakan Curry Chickpeas



with Coconut Basmati Rice, Hard Boiled Egg and Garlic Okra

Regular Plan

355kcal
Calories

28g
Protein

32g
Carbs

13g
Fat

Large Plan

520kcal
Calories

41g
Protein

46g
Carbs

19g
Fat

DINNER

Vegan Meatballs



with Stroganoff Sauce, French Beans and Mashed Cauliflower

SNACK

Regular Plan

175kcal
Calories

6g
Protein

24g
Carbs

6g
Fat

Large Plan

175kcal
Calories

6g
Protein

24g
Carbs

6g
Fat

Apple and Chia Seeds Oatmeal



Images are for
illustration only.

Rendang Tempeh



with Brown Rice, Roasted Cauliflower

LUNCH

Regular Plan

420kcal
Calories

34g
Protein

42g
Carbs

13g
Fat

Large Plan

600kcal
Calories

51g
Protein

63g
Carbs

20g
Fat

Friday
20
FEB 2026

Peri Peri Tofu



with Cajun Sweet Potato and Broccoli

DINNER

Regular Plan

400kcal
Calories

28g
Protein

38g
Carbs

15g
Fat

Large Plan

580kcal
Calories

41g
Protein

55g
Carbs

22g
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

Images are for
illustration only.

Monday
23

FEB 2026

LUNCH

Regular Plan

415kcal
Calories
46g
Carbs
26g
Protein
14g
Fat

Large Plan

620kcal
Calories
69g
Carbs
39g
Protein
21g
Fat

Herb Roasted Portobello, Tomato Mixed Beans Stew
with Aglio Olio Pasta, Saute Green Peas

Regular Plan

345kcal
Calories
2g
Protein
34g
Carbs
11g
Fat

Large Plan

515kcal
Calories
41g
Protein
51g
Carbs
17g
Fat

DINNER

Teriyaki Homemade Spinach Egg Tofu
with Quinoa, Saute Mixed Veggies

SNACK

Regular Plan

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

Large Plan

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

Banana Oat Pancake With Apple Chutney

Images are for
illustration only.

LUNCH

Regular Plan

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

Large Plan

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

Tuesday
24

JAN 2026

Red Curry Chickpeas
with Brown Rice, Long Beans and Eggplant

Regular Plan

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

Large Plan

500kcal
Calories
48g
Protein
38g
Carbs
17g
Fat

Tofu Chocolate Brownie

Vegan Meatballs
with Cauliflower Rice and Spinach Egg

DINNER

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.

Wednesday
25

FEB 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

DINNER

Peri Peri Tempeh



with Roast Potato and Broccoli

SNACK

Regular Plan

125kcal
Calories
4g
Protein
2g
Carbs
11g
Fat

Large Plan

125kcal
Calories
4g
Protein
2g
Carbs
11g
Fat

Images are for
illustration only.

Peanut Butter Chocolate Energy Bites



Basil Crushed Tofu and Lentils

with Brown Rice, Scrambled Egg and Kailan



LUNCH

Regular Plan

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

Large Plan

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

Thursday
26

FEB 2026

Regular Plan

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

Large Plan

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

Fresh Herb and Lemon Stew Beans

with Cajun Roasted Sweet Potato, Broccoli



DINNER

Peanut Butter Chocolate Cookie



Regular Plan

180kcal
Calories
8g
Protein
19g
Carbs
182g
Fat

Large Plan

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

SNACK

Images are for
illustration only.

Friday
27
FEB 2026

LUNCH

Regular Plan

405kcal
Calories
42g
Carbs
28g
Protein
14g
Fat

Large Plan

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

Veggie Patties

With Mashed Sweet Potato, Green Peas and Coriander Lime Juice

Tumeric Baked Tempeh

With Brown Rice and Lady Finger

Regular Plan

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

Large Plan

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

Images are for
illustration only.

LUNCH

Regular Plan

470kcal
Calories
32g
Protein
46g
Carbs
14g
Fat

Large Plan

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

02

MAR 2026

Peranakan Curry Tofu and Lentils

With Basmati Rice, Cauliflower and Lady Finger

Regular Plan

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

Large Plan

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

Vegan Meatballs

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

DINNER

Peanut Butter Chocolate Energy Bites

SNACK

Regular Plan

125kcal
Calories
4g
Protein
2g
Carbs
11g
Fat

Large Plan

125kcal
Calories
4g
Protein
2g
Carbs
11g
Fat

Images are for
illustration only.

VEGETARIAN - VEGETARIAN - VEGETARIAN

Tuesday
03
MAR 2026

Regular Plan

440kcal
Calories

32g
Protein

46g
Carbs

14g
Fat

Large Plan

635kcal
Calories

46g
Protein

67g
Carbs

20g
Fat

LUNCH



Regular Plan

380kcal
Calories

32g
Protein

25g
Carbs

17g
Fat

Large Plan

570kcal
Calories

48g
Protein

38g
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

Images are for
illustration only.

LUNCH

Regular Plan

440kcal
Calories

31g
Protein

45g
Carbs

15g
Fat

Large Plan

660kcal
Calories

74g
Protein

68g
Carbs

23g
Fat



DINNER

Regular Plan

385kcal
Calories

29g
Protein

29g
Carbs

17g
Fat

Large Plan

560kcal
Calories

42g
Protein

42g
Carbs

25g
Fat



Regular Plan

180kcal
Calories

8g
Protein

19g
Carbs

8g
Fat

Large Plan

180kcal
Calories

8g
Protein

19g
Carbs

8g
Fat

SNACK

Images are for
illustration only.

04
MAR 2026

Thursday
05
MAR 2026

Regular Plan

415kcal
Calories
45g
Carbs
29g
Protein
13g
Fat

Large Plan

620kcal
Calories
68g
Carbs
44g
Protein
20g
Fat

LUNCH

Yuxiang Tofu and Chickpeas

With Sweet Potato Noodles and Saute Mushroom with Bok Choy



Regular Plan

335kcal
Calories
23g
Protein
34g
Carbs
12g
Fat

Large Plan

505kcal
Calories
35g
Protein
51g
Carbs
18g
Fat

DINNER

Fresh Herb and Lemon Baked Butter Beans

With Roasted Potatoes, French Beans



SNACK

Images are for illustration only.

Regular Plan

135kcal
Calories
3g
Protein
15g
Carbs
7g
Fat

Large Plan

135kcal
Calories
3g
Protein
15g
Carbs
7g
Fat

Pumpkin Parmesan Biscuit



Green Curry White Beans

With Basmati Rice, Long Beans and Eggplants



LUNCH

Regular Plan

465kcal
Calories
36g
Protein
42g
Carbs
17g
Fat

Large Plan

675kcal
Calories
52g
Protein
61g
Carbs
25g
Fat

Friday
06
MAR 2026

Cauliflower Protein Bites

With Sweet Potatoes, Cajun Green peas and Broccoli



DINNER

Regular Plan

465kcal
Calories
36g
Protein
42g
Carbs
17g
Fat

Large Plan

575kcal
Calories
51g
Protein
42g
Carbs
23g
Fat

Apple and Chia Seeds Oatmeal



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.