

Vegetarian Menu

 YoloPlans



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



Regular Plan

480kcal
Calories
54g Carbs

LUNCH

28g Protein
17g Fat

Large Plan

720kcal
Calories
81g Carbs

42g Protein
26g Fat



with Brown Rice and Roasted Veggies

Regular Plan

365kcal
Calories
530kcal
Calories

26g Protein
38g Carbs
16g Fat

Large Plan

38g Protein
55g Carbs
17g Fat

Roasted Mix Nuts



SNACK

Regular Plan

130kcal
Calories

4g Protein
2g Carbs
12g Fat

Large Plan

130kcal
Calories

4g Protein
2g Carbs
12g Fat

Tumeric Chickpeas



LUNCH

Regular Plan

460kcal
Calories

38g Protein
41g Carbs
16g Fat

Large Plan

665kcal
Calories

55g Protein
59g Carbs
23g Fat

Tuesday
10
FEB 2026

Thai Style Tofu



DINNER

Regular Plan

370kcal
Calories

32g Protein
36g Carbs
11g Fat

Large Plan

555kcal
Calories

48g Protein
54g Carbs
17g Fat

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

Images are for illustration only.

Wednesday

11

FEB 2026

Regular Plan

400kcal
Calories
42g
Carbs

LUNCH

Large Plan

600kcal
Calories
63g
Carbs

Vegan Meatball



Regular Plan

440kcal
Calories
36g
Protein

Large Plan

635kcal
Calories
52g
Protein

Green Curry White Beans



SNACK

Regular Plan

175kcal
Calories
5g
Protein

Large Plan

175kcal
Calories
5g
Protein

DINNER

Gluten Free Banana Bread



Images are for illustration only.

Mala Mixed Veggies and Semi-Dry Tofu



LUNCH

Regular Plan

425kcal
Calories
27g
Protein

Large Plan

640kcal
Calories
41g
Protein

Thursday

12

FEB 2026

Peri Peri Tempeh



DINNER

Regular Plan

380kcal
Calories
31g
Protein

Large Plan

575kcal
Calories
47g
Protein

Hazelnut and Chocolate Granola Bar



SNACK

Regular Plan

190kcal
Calories
5g
Protein

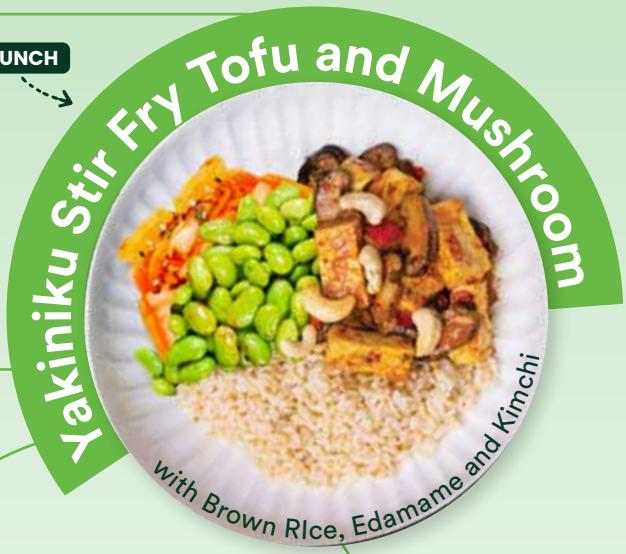
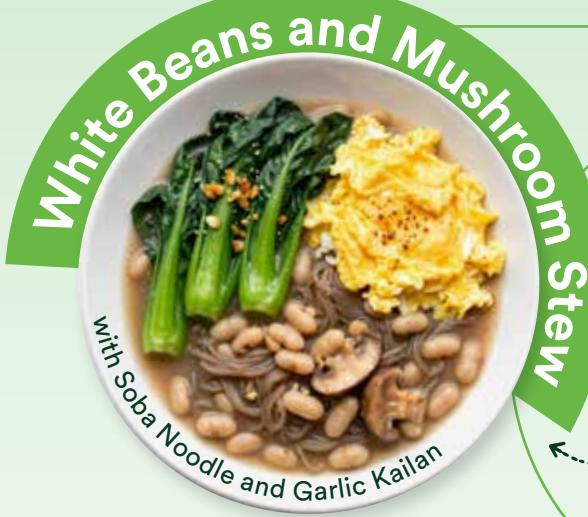
Large Plan

190kcal
Calories
5g
Protein

Images are for illustration only.

- VEGETARIAN - VEGETARIAN - VEGETARIAN

Friday
13
FEB 2026



SNACK

Images are for illustration only.



Monday
16
FEB 2026



Regular Plan

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

Large Plan

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



Regular Plan

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

Large Plan

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

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

Cauliflower Rice

with Baked Honey Miso Tempeh and Spinach Egg

Baked Fresh Herb Paneer Cheese



with White Beans and Quinoa and Broccoli

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.

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

Lemongrass Tofu Skin and King Oyster Mushroom



with Rice Vermicelli and Mixed Veggies Salad

DINNER

Peanut Butter Chocolate Cookie



SNACK

Images are for
illustration only.

Regular Plan

155kcal
Calories
5g
Protein
4g
Carbs

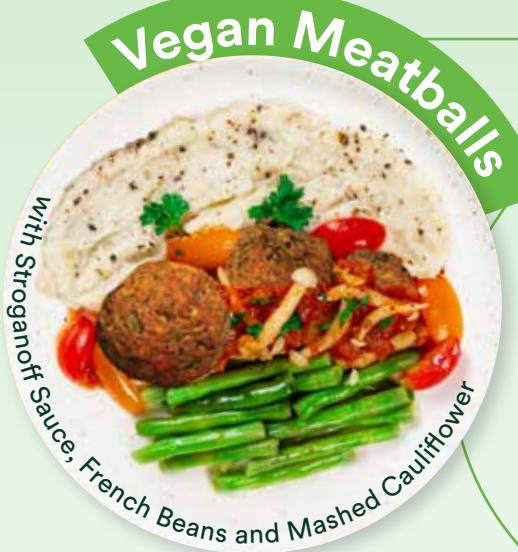
13g
Fat

Large Plan

155kcal
Calories
5g
Protein
4g
Carbs

13g
Fat

Thursday
19
FEB 2026



Regular Plan

450kcal
Calories
48g
Carbs

Large Plan

680kcal
Calories
72g
Carbs

LUNCH

Peranakan Curry Chickpeas



Regular Plan

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

Large Plan

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

DINNER



SNACK

Regular Plan

175kcal
Calories
6g
Protein
24g
Carbs
6g
Fat

Large Plan

175kcal
Calories
6g
Protein
24g
Carbs
6g
Fat

Rendang Tempeh



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



Regular Plan

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

Large Plan

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

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

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



Regular Plan

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

Large Plan

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

DINNER



Images are for
illustration only.

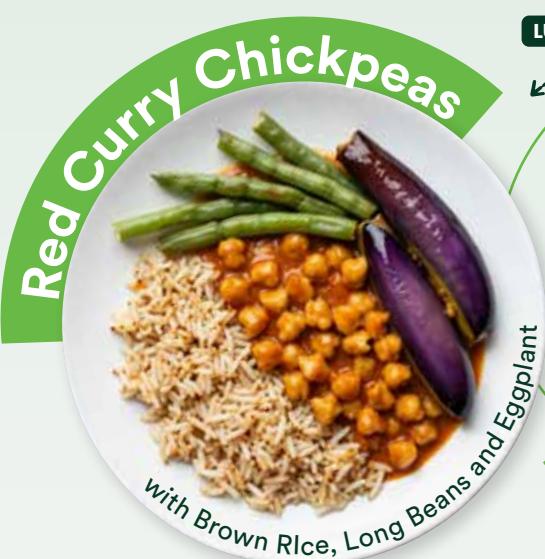
SNACK

Regular Plan

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

Large Plan

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



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



DINNER

Regular Plan

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

Large Plan

500kcal
Calories
48g
Protein
38g
Carbs
17g
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

Wednesday
25
FEB 2026

LUNCH

Regular Plan

440kcal
Calories
47g
Carbs

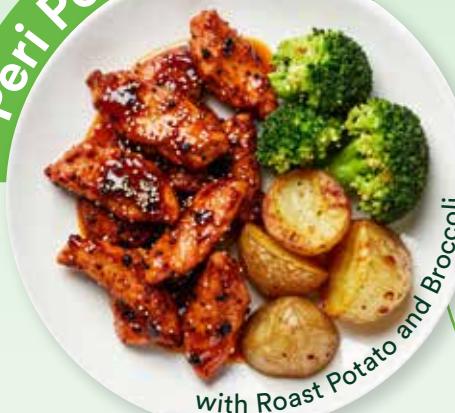
34g
Protein
13g
Fat

Large Plan

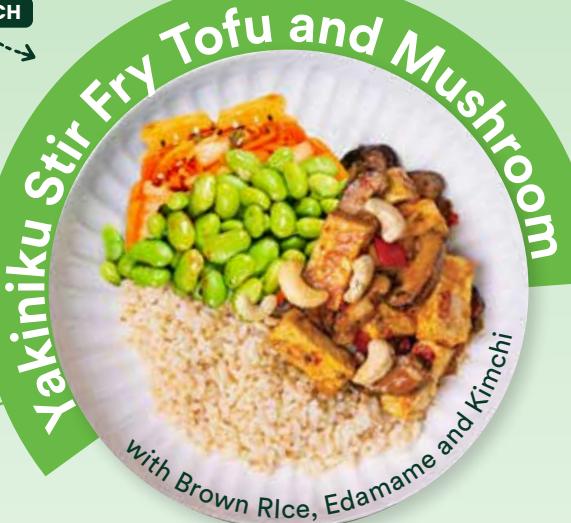
640kcal
Calories
68g
Carbs

49g
Protein
19g
Fat

Peri Peri Tempeh



with Roast Potato and Broccoli



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

SNACK

Regular Plan

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

Large Plan

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



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



with Cajun Roasted Sweet Potato, Broccoli

Fresh Herb and Lemon Stew Beans

Regular Plan

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

Large Plan

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



Peanut Butter Chocolate Cookie

Regular Plan

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

Large Plan

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

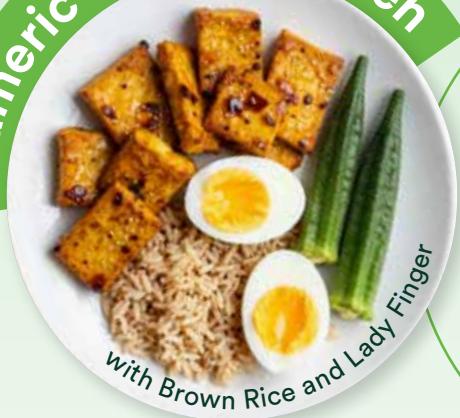
SNACK

Images are for
illustration only.

Friday
27

FEB 2026

Tumeric Baked Tempeh



with Brown Rice and Lady Finger

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

Regular Plan

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

Large Plan

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

DINNER

Peanut Butter Chocolate Cookie



SNACK

Regular Plan

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

Large Plan

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

Peranakan Curry Tofu and Lentils



With Basmati Rice, Cauliflower and Lady Finger

LUNCH

Regular Plan

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

Large Plan

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

02

MAR 2026

Vegan Meatballs



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

Regular Plan

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

Large Plan

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

Peanut Butter Chocolate Energy Bites



Regular Plan

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

Large Plan

Regular Plan

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

SNACK

Images are for
illustration only.

Tuesday
03
MAR 2026

Regular Plan

440kcal
Calories
46g
Carbs

LUNCH

Large Plan
635kcal
Calories
67g
Carbs

32g
Protein
14g
Fat

46g
Protein
20g
Fat

Tomato Soup

With Spinach, Egg, Avocado and Mixed Beans, Feta Cheese

Sambal Tofu and Button Mushroom



with Brown Rice and Shanghai Green

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.

Malai Baile and King Oyster Mushroom



with Brown Rice and Honey Soy Mixed Veggies

Regular Plan

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

Large Plan

660kcal
Calories
74g
Protein
68g
Carbs
23g
Fat

04
MAR 2026

Baked Honey Miso Tempeh



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

Images are for
illustration only.

Thursday
05

MAR 2026



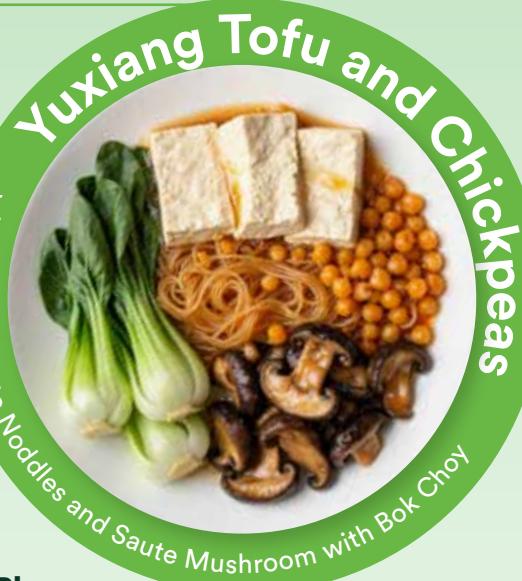
Regular Plan

415kcal
Calories
45g
Carbs

Large Plan

620kcal
Calories
68g
Carbs

LUNCH



Regular Plan

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

Large Plan

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



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



Regular Plan

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

Large Plan

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

Friday
06
MAR 2026



Regular Plan

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

Large Plan

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

DINNER



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.