

The background of the entire page is a dark green color. It is filled with various white line-art illustrations of vegetables and fruits, including mushrooms, bell peppers, tomatoes, leafy greens, and citrus slices. The text is centered in the upper half of the page.

# Vegetarian Menu

A close-up photograph of a chef's hand using a silver knife to garnish a dish. The dish is served in a dark, square pan and features a bed of white rice topped with yellow corn, green beans, and sliced red and green chili peppers. The chef is carefully placing a slice of red chili on top. The background is softly blurred, showing other kitchen items and ingredients.

# 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**

MAR 2026

## Regular Plan

455kcal  
Calories

35g  
Protein

41g  
Carbs

LUNCH

## Large Plan

685kcal  
Calories

53g  
Protein

62g  
Carbs

26g  
Fat

## Baked Tumeric Tempeh



with Coconut Basmati Rice, Boiled Egg and Cucumber

## Regular Plan

360kcal  
Calories

40g  
Protein

29g  
Carbs

9g  
Fat

## Large Plan

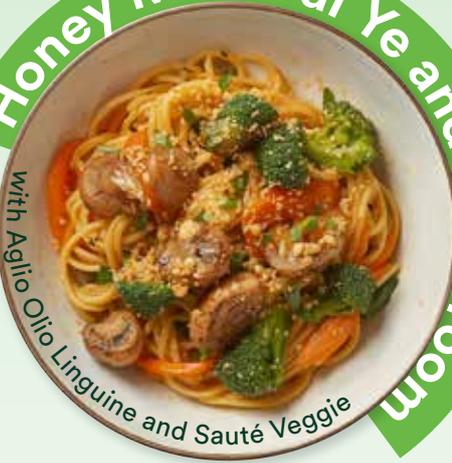
510kcal  
Calories

56g  
Protein

41g  
Carbs

14g  
Fat

## Honey Miso Bai Ye and Mushroom



with Aglio Olio Linguine and Sauté Veggie

DINNER

## Gluten Free Banana Bread



SNACK

## Regular Plan

175kcal  
Calories

5g  
Protein

16g  
Carbs

10g  
Fat

## Large Plan

175kcal  
Calories

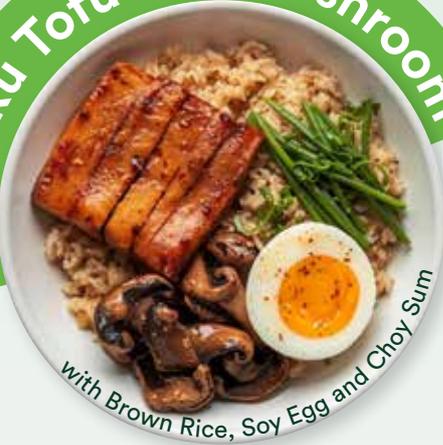
5g  
Protein

46g  
Carbs

10g  
Fat

Images are for illustration only.

## Yakiniku Tofu and Mushroom



with Brown Rice, Soy Egg and Choy Sum

LUNCH

## Regular Plan

410kcal  
Calories

28g  
Protein

41g  
Carbs

15g  
Fat

## Large Plan

615kcal  
Calories

42g  
Protein

62g  
Carbs

23g  
Fat

Tuesday  
**10**

MAR 2026

## Baked Gochujang Chicken



with Basmati Rice and Broccoli

DINNER

## Regular Plan

390kcal  
Calories

29g  
Protein

39g  
Carbs

13g  
Fat

## Large Plan

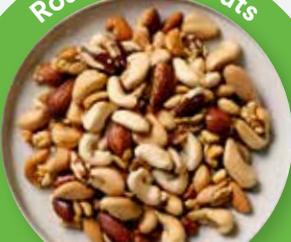
565kcal  
Calories

42g  
Protein

57g  
Carbs

19g  
Fat

## Roasted Mix Nuts



## Regular Plan

200kcal  
Calories

6g  
Protein

8g  
Carbs

16g  
Fat

## Large Plan

200kcal  
Calories

68g  
Protein

8g  
Carbs

16g  
Fat

SNACK

Images are for illustration only.

# Wednesday

# 11

MAR 2026

### Regular Plan

395kcal  
Calories

41g  
Carbs

31g  
Protein

12g  
Fat

### Large Plan

595kcal  
Calories

62g  
Carbs

47g  
Protein

18g  
Fat

LUNCH



### Regular Plan

420kcal  
Calories

32g  
Protein

37g  
Carbs

16g  
Fat

### Large Plan

605kcal  
Calories

52g  
Protein

54g  
Carbs

20g  
Fat

DINNER



SNACK

### Regular Plan

185kcal  
Calories

8g  
Protein

20g  
Carbs

8g  
Fat

### Large Plan

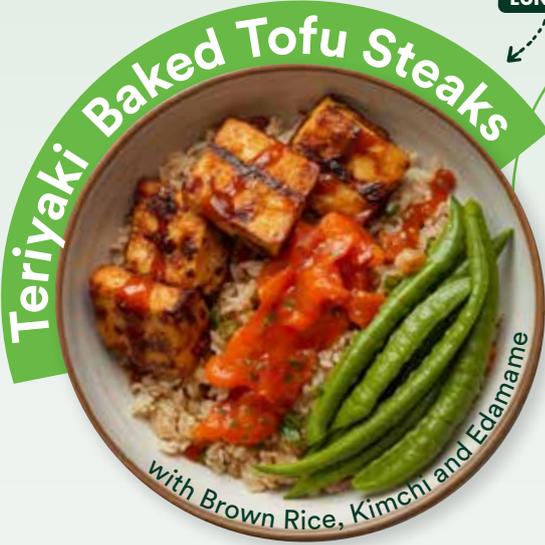
185kcal  
Calories

8g  
Protein

20g  
Carbs

8g  
Fat

Images are for illustration only.



LUNCH

### Regular Plan

385kcal  
Calories

28g  
Protein

41g  
Carbs

12g  
Fat

### Large Plan

575kcal  
Calories

42g  
Protein

62g  
Carbs

18g  
Fat

# Thursday

# 12

MAR 2026



DINNER

### Regular Plan

420kcal  
Calories

32g  
Protein

37g  
Carbs

16g  
Fat

### Large Plan

630kcal  
Calories

48g  
Protein

56g  
Carbs

24g  
Fat



### Regular Plan

125kcal  
Calories

4g  
Protein

3g  
Carbs

11g  
Fat

### Large Plan

125kcal  
Calories

4g  
Protein

3g  
Carbs

11g  
Fat

SNACK

Images are for illustration only.

Friday  
13

MAR 2026

**Regular Plan**

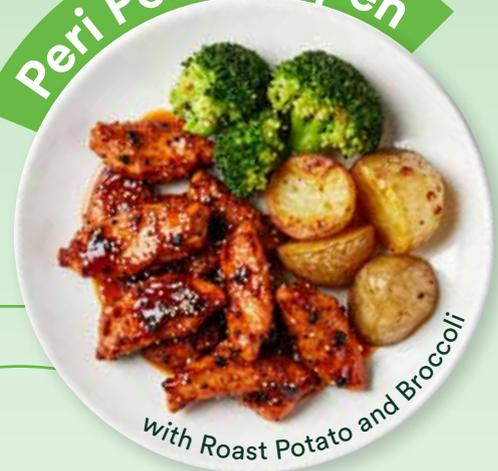
425kcal  
Calories      35g  
Protein  
42g      13g  
Carbs      Fat

**Large Plan**

615kcal  
Calories      51g  
Protein  
61g      19g  
Carbs      Fat

LUNCH

Peri Peri Tempeh



with Roast Potato and Broccoli

Peranakan Curry Chickpeas & Pumpkin



With Basmati Rice, curry cauliflower and Green Peas

**Regular Plan**

395kcal    29g    36g    15g  
Calories    Protein    Carbs    Fat

**Large Plan**

595kcal    44g    54g    23g  
Calories    Protein    Carbs    Fat

DINNER

Hazelnut and Chocolate Granola Bar



SNACK

**Regular Plan**

190kcal    5g    24g    8g  
Calories    Protein    Carbs    Fat

**Large Plan**

190kcal    5g    24g    8g  
Calories    Protein    Carbs    Fat

Images are for illustration only.

Lemon & Dill Baked Button Mushroom & Butter Beans



with Roasted Potato, Herb Veggies and tomato

LUNCH

**Regular Plan**

425kcal    28g    44g    15g  
Calories    Protein    Carbs    Fat

**Large Plan**

615kcal    41g    64g    22g  
Calories    Protein    Carbs    Fat

Monday  
16

MAR 2026

Butter Tomato Chickpeas & Red Kidney Beans



with Basmati Rice & Sweet Snap Peas

DINNER

**Regular Plan**

405kcal    31g    41g    12g  
Calories    Protein    Carbs    Fat

**Large Plan**

610kcal    47g    62g    20g  
Calories    Protein    Carbs    Fat

Peanut Butter Cookie



SNACK

**Regular Plan**

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

**Large Plan**

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

Images are for illustration only.

# Tuesday 17

MAR 2026

### Regular Plan

395kcal  
Calories

41g  
Carbs

31g  
Protein

12g  
Fat

### Large Plan

595kcal  
Calories

62g  
Carbs

47g  
Protein

18g  
Fat

LUNCH

## Roast Yuxiang Tofu and Mushroom



with Brown rice, Spicy Eggplants and Kailan

### Regular Plan

365kcal  
Calories

29g  
Protein

31g  
Carbs

14g  
Fat

### Large Plan

550kcal  
Calories

44g  
Protein

47g  
Carbs

21g  
Fat

DINNER

## Salmon Chicken Balls



with Cauliflower Rice, Spinach Egg and Edamame

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.

## Basil Crushed Tofu and Lentils



with Brown Rice, Scrambled Egg and Kailan

LUNCH

### Regular Plan

460kcal  
Calories

31g  
Protein

46g  
Carbs

17g  
Fat

### Large Plan

670kcal  
Calories

45g  
Protein

67g  
Carbs

25g  
Fat

# Wednesday 18

MAR 2026

### Regular Plan

360kcal  
Calories

32g  
Protein

35g  
Carbs

10g  
Fat

### Large Plan

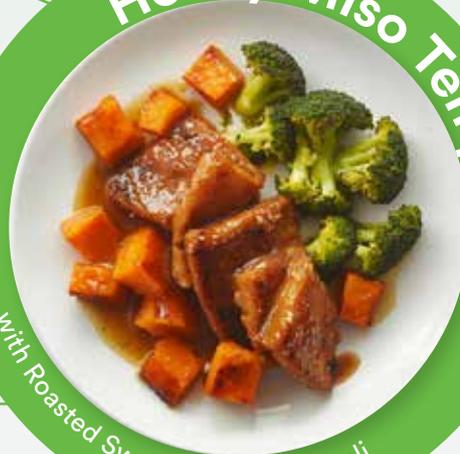
535kcal  
Calories

48g  
Protein

53g  
Carbs

15g  
Fat

## Honey Miso Tempeh



with Roasted Sweet Potato, Broccoli

DINNER

## Pumpkin Parmesan Biscuit



### Regular Plan

150kcal  
Calories

7g  
Protein

13g  
Carbs

8g  
Fat

### Large Plan

150kcal  
Calories

7g  
Protein

13g  
Carbs

8g  
Fat

SNACK

Images are for illustration only.

# Thursday 19

MAR 2026

### Regular Plan

430kcal  
Calories    35g  
Protein

36g  
Carbs        16g  
Fat

### Large Plan

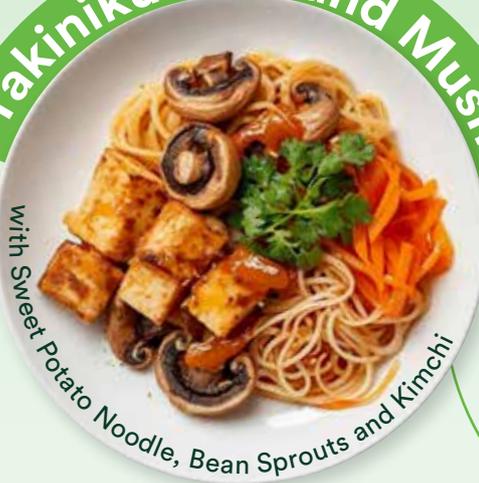
640kcal  
Calories    53g  
Protein

54g  
Carbs        24g  
Fat

LUNCH



## Yakiniku Tofu and Mushroom



### Regular Plan

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

### Large Plan

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

DINNER

## Gluten Free Banana Bread



SNACK

### Regular Plan

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

### Large Plan

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

Images are for illustration only.

## Honey Soy Tofu & Shanghai Green



LUNCH

### Regular Plan

420kcal    32g    42g    14g  
Calories    Protein    Carbs    Fat

### Large Plan

610kcal    46g    61g    20g  
Calories    Protein    Carbs    Fat

# Friday 20

MAR 2026

### Regular Plan

395kcal    33g    34g    14g  
Calories    Protein    Carbs    Fat

### Large Plan

590kcal    50g    51g    21g  
Calories    Protein    Carbs    Fat

## Mix Herb Baked Red Kidney Beans and Paneer Cheese



DINNER

## Peanut Butter Chocolate Energy Bites



SNACK

### Regular Plan

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

### Large Plan

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

Images are for illustration only.

# Monday 23

MAR 2026

### Regular Plan

425kcal  
Calories    31g  
Protein

42g    15g  
Carbs    Fat

### Large Plan

640kcal    47g  
Calories    Protein

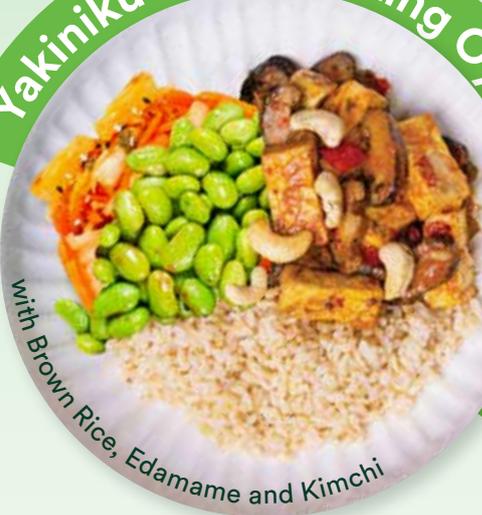
63g    23g  
Carbs    Fat

LUNCH

## Peri Peri Tofu Steaks



## Yakiniku Lentils & King Oyster Mushroom



### Regular Plan

415kcal    34g    38g    14g  
Calories    Protein    Carbs    Fat

### Large Plan

600kcal    49g    55g    20g  
Calories    Protein    Carbs    Fat

DINNER

## Pumpkin Parmesan Biscuit



SNACK

### Regular Plan

150kcal    4g    16g    8g  
Calories    Protein    Carbs    Fat

### Large Plan

150kcal    4g    16g    8g  
Calories    Protein    Carbs    Fat

Images are for illustration only.

## Rendang Tofu and Chickpeas



LUNCH

### Regular Plan

430kcal    35g    43g    13g  
Calories    Protein    Carbs    Fat

### Large Plan

645kcal    53g    65g    20g  
Calories    Protein    Carbs    Fat

# Tuesday 24

MAR 2026

## Avocado Fritters



DINNER

### Regular Plan

425kcal    37g    33g    16g  
Calories    Protein    Carbs    Fat

### Large Plan

615kcal    54g    48g    23g  
Calories    Protein    Carbs    Fat

## Overnight Oats with Roasted Apple and Chia Seed



SNACK

### Regular Plan

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

### Large Plan

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

Images are for illustration only.

# Wednesday 25

MAR 2026

### Regular Plan

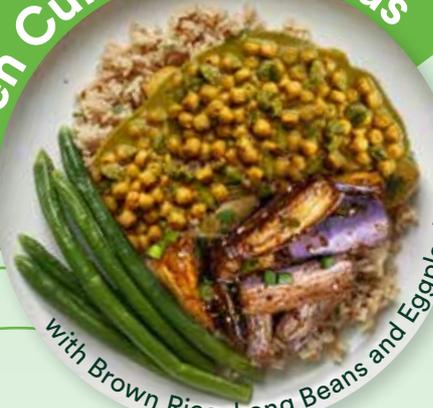
410kcal  
Calories    31g  
Protein  
42g    13g  
Carbs    Fat

### Large Plan

615kcal    47g  
Calories    Protein  
63g    20g  
Carbs    Fat

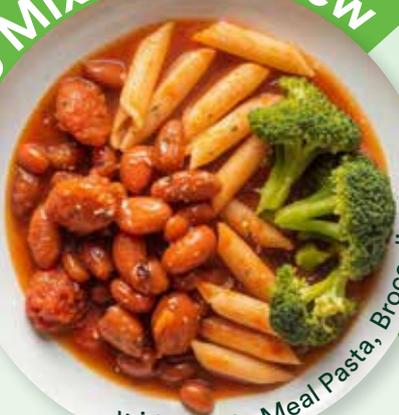
LUNCH

## Green Curry Chickpeas



With Brown Rice, Long Beans and Eggplants

## Tomato Mix Beans Stew



with Whole Meal Pasta, Broccoli

### Regular Plan

390kcal    33g    31g    15g  
Calories    Protein    Carbs    Fat

### Large Plan

565kcal    48g    45g    22g  
Calories    Protein    Carbs    Fat

DINNER

## Roasted Mix Nuts



SNACK

### Regular Plan

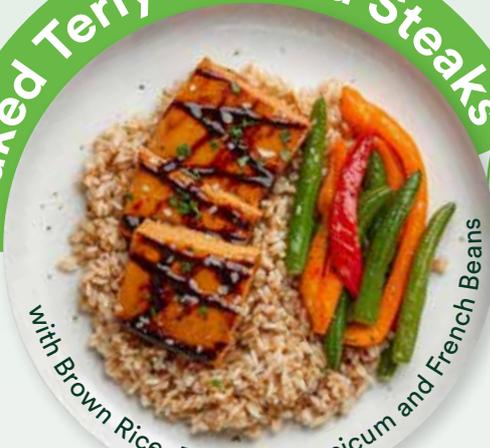
200kcal    6g    8g    16g  
Calories    Protein    Carbs    Fat

### Large Plan

200kcal    6g    8g    16g  
Calories    Protein    Carbs    Fat

Images are for illustration only.

## Baked Teriyaki Tofu Steaks



with Brown Rice, Roasted Capsicum and French Beans

LUNCH

### Regular Plan

420kcal    33g    41g    14g  
Calories    Protein    Carbs    Fat

### Large Plan

610kcal    48g    59g    20g  
Calories    Protein    Carbs    Fat

# Thursday 26

MAR 2026

## Vegan Meatballs



with Mashed Sweet Potato and Green Peas

DINNER

### Regular Plan

400kcal    32g    37g    14g  
Calories    Protein    Carbs    Fat

### Large Plan

605kcal    48g    56g    21g  
Calories    Protein    Carbs    Fat

## Tofu Chocolate Brownie



### Regular Plan

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

### Large Plan

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

SNACK

Images are for illustration only.

# Friday 27

MAR 2026

LUNCH

### Regular Plan

395kcal  
Calories

29g  
Protein

41g  
Carbs

13g  
Fat

### Large Plan

595kcal  
Calories

44g  
Protein

62g  
Carbs

20g  
Fat

Kung Pao Butter Beans & Shiitake

with Brown Rice, Spicy Eggplant and Cucumber Salad

Herb Baked Portobello & Tofu



with Roast Potato and Broccoli

### Regular Plan

365kcal  
Calories

28g  
Protein

36g  
Carbs

12g  
Fat

### Large Plan

545kcal  
Calories

42g  
Protein

54g  
Carbs

18g  
Fat

DINNER

Banana Oat Pancake With Apple Chutney



SNACK

### Regular Plan

120kcal  
Calories

4g  
Protein

13g  
Carbs

6g  
Fat

### Large Plan

120kcal  
Calories

4g  
Protein

13g  
Carbs

6g  
Fat

Images are for illustration only.

LUNCH

### Regular Plan

425kcal  
Calories

33g  
Protein

39g  
Carbs

15g  
Fat

### Large Plan

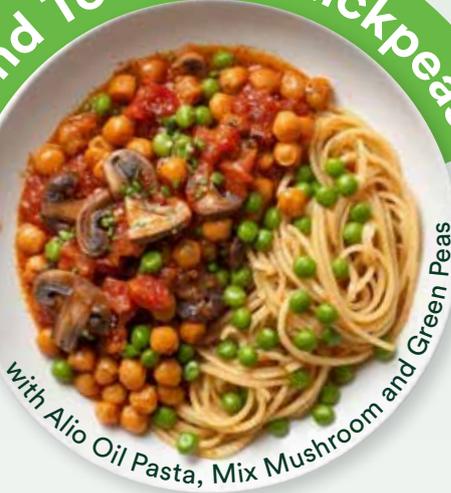
615kcal  
Calories

48g  
Protein

57g  
Carbs

22g  
Fat

Harissa and Tomato Chickpeas



with Alio Oil Pasta, Mix Mushroom and Green Peas

# Monday 30

MAR 2026

Vegan Coconut Sweet Potato & Chickpea Curry



with Brown Rice, Hard Boiled Egg, Roasted Cauliflower, Garlic Okra

DINNER

### Regular Plan

405kcal  
Calories

31g  
Protein

41g  
Carbs

13g  
Fat

### Large Plan

585kcal  
Calories

45g  
Protein

59g  
Carbs

19g  
Fat

Coconut and Cranberry Granola Bar



### Regular Plan

170kcal  
Calories

3g  
Protein

28g  
Carbs

5g  
Fat

### Large Plan

170kcal  
Calories

3g  
Protein

28g  
Carbs

5g  
Fat

SNACK

Images are for illustration only.

# Tuesday

# 31

MAR 2026

LUNCH

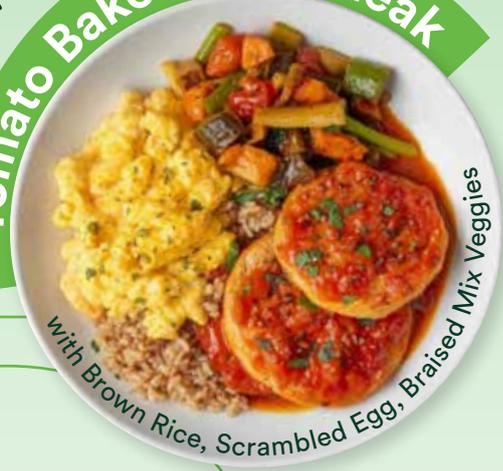
### Regular Plan

445kcal 33g  
Calories Protein  
44g 15g  
Carbs Fat

### Large Plan

640kcal 48g  
Calories Protein  
64g 22g  
Carbs Fat

## Tomato Baked Tofu Steak



## Veggie Patties



### Regular Plan

4050kcal 36g 38g 12g  
Calories Protein Carbs Fat

### Large Plan

585kcal 52g 55g 17g  
Calories Protein Carbs Fat

## Pumpkin Parmesan Biscuit



SNACK

### Regular Plan

150kcal 4g 16g 8g  
Calories Protein Carbs Fat

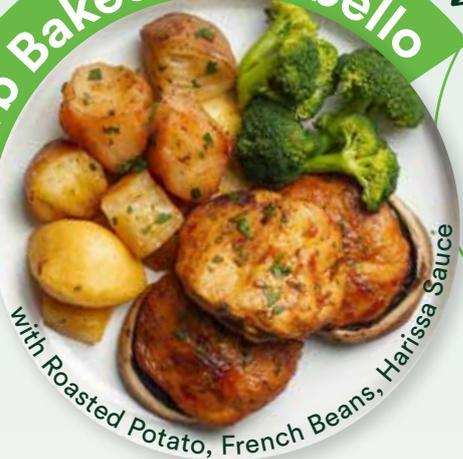
### Large Plan

150kcal 4g 16g 8g  
Calories Protein Carbs Fat

Images are for illustration only.

LUNCH

## Herb Baked Portobello



### Regular Plan

400kcal 28g 41g 14g  
Calories Protein Carbs Fat

### Large Plan

585kcal 41g 59g 20g  
Calories Protein Carbs Fat

# Wednesday

# 01

APR 2026

## Honey Miso Tempeh



### Regular Plan

420kcal 32g 41g 14g  
Calories Protein Carbs Fat

### Large Plan

625kcal 48g 62g 21g  
Calories Protein Carbs Fat

DINNER

## Peanut Butter Chocolate Energy Bites



### Regular Plan

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

### Large Plan

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

SNACK

Images are for illustration only.

# Thursday 02

APR 2026

## Regular Plan

425kcal  
Calories    38g  
Protein

39g    13g  
Carbs    Fat

## Large Plan

625kcal    48g  
Calories    Protein

62g    21g  
Carbs    Fat

LUNCH

## Yakiniku Lentils and King Oyster Mushroom



with Sweet Potato Noodles, Bean Sprouts and Kimchi

## Regular Plan

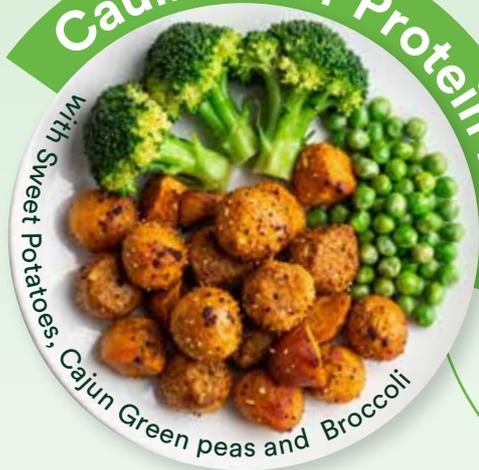
395kcal    39g    28g    14g  
Calories    Protein    Carbs    Fat

## Large Plan

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

DINNER

## Cauliflower Protein Bites



with Sweet Potatoes, Cajun Green peas and Broccoli

## Peanut Butter Chocolate Cookie



SNACK

Images are for illustration only.

## Regular Plan

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

## Large Plan

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

## Harrisia Red Kidney Beans and Button Mushroom



with Quinoa, Tomato Herb Mix Veggies

LUNCH

## Regular Plan

390kcal    34g    37g    12g  
Calories    Protein    Carbs    Fat

## Large Plan

570kcal    49g    54g    17g  
Calories    Protein    Carbs    Fat

# Friday 03

APR 2026

## Mala Tofu with Shiitake



with Brown Rice, Scrambled Eggs, and Honey Soy Mix Veggies

DINNER

## Regular Plan

435kcal    35g    38g    16g  
Calories    Protein    Carbs    Fat

## Large Plan

630kcal    51g    55g    23g  
Calories    Protein    Carbs    Fat

## Gluten Free Banana Bread



SNACK

Images are for illustration only.

## Regular Plan

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

## Large Plan

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