

The background is a dark green color with various white line-art illustrations of vegetables and fruits scattered throughout. These include slices of citrus, mushrooms, bell peppers, 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  
**16**  
DEC 2024

## TURMERIC BAKED TEMPEH



with Coconut Basmati Rice, Cucumber, and Egg

Regular Plan			
370kcal	27g	38g	12g
Calories	Protein	Carbs	Fat
Large Plan			
535kcal	39g	55g	17g
Calories	Protein	Carbs	Fat

Regular Plan	
455kcal	35g
Calories	Protein
41g	17g
Carbs	Fat
Large Plan	
685kcal	53g
Calories	Protein
62g	26g
Carbs	Fat

LUNCH

## HONEY MISO BAI YE AND SHIMEJI MUSHROOM



with Aglio Olio Linguine and Sauté Veggie

SNACK

Regular Plan				Large Plan			
175kcal	5g	16g	10g	175kcal	5g	16g	10g
Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat

## Gluten Free Banana Bread



LUNCH

## SOY BRAISED KING OYSTER MUSHROOM



WITH PEANUTS, BROWN RICE, CHOY SUM AND CHILLI SAUCE

Regular Plan			
410kcal	28g	41g	15g
Calories	Protein	Carbs	Fat
Large Plan			
615kcal	42g	62g	23g
Calories	Protein	Carbs	Fat

Tuesday  
**17**  
DEC 2024

## Baked Gochujang Tofu Steaks



With Basmati Rice and Broccoli

DINNER

Regular Plan			
390kcal	29g	39g	13g
Calories	Protein	Carbs	Fat
Large Plan			
565kcal	42g	57g	19g
Calories	Protein	Carbs	Fat

## Roasted Mix Nuts



Regular Plan				Large Plan			
200kcal	6g	8g	16g	200kcal	6g	8g	16g
Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat

SNACK

# Wednesday 18 DEC 2024

## Regular Plan

395kcal  
Calories

41g  
Carbs

31g  
Protein

12g  
Fat

## Large Plan

595kcal  
Calories

62g  
Carbs

47g  
Protein

18g  
Fat

### LUNCH

## Baked Dukkha-Crusted Portobello



With Red Kidney Beans, Couscous, Eggplant Caponata, and Spinach Egg

## Regular Plan

420kcal  
Calories

36g  
Protein

37g  
Carbs

14g  
Fat

## Large Plan

605kcal  
Calories

52g  
Protein

54g  
Carbs

20g  
Fat

## Cong Bao Butter Beans and Shiitake



with Brown Rice and Shanghai Greens

### SNACK

## Regular Plan

185kcal  
Calories

8g  
Protein

20g  
Carbs

8g  
Fat

## Large Plan

185kcal  
Calories

8g  
Protein

20g  
Carbs

8g  
Fat

## CHOCOLATE TOFU BROWNIE



### LUNCH

## TERIYAKI BAKED TOFU STEAKS



WITH BROWN RICE, KIMCHI, AND EDAMAME

## Regular Plan

385kcal  
Calories

41g  
Carbs

28g  
Protein

12g  
Fat

## Large Plan

575kcal  
Calories

62g  
Carbs

42g  
Protein

18g  
Fat

# Thursday 19 DEC 2024

## Regular Plan

420kcal  
Calories

32g  
Protein

37g  
Carbs

16g  
Fat

## Large Plan

630kcal  
Calories

48g  
Protein

56g  
Carbs

24g  
Fat

## Veggie Patties



WITH QUINOA, AVOCADO, AND TOMATO

### DINNER

## Regular Plan

190kcal  
Calories

6g  
Protein

5g  
Carbs

16g  
Fat

## Large Plan

190kcal  
Calories

6g  
Protein

5g  
Carbs

16g  
Fat

### SNACK

## PEANUT BUTTER CHOCOLATE ENERGY BITES



# Friday 20

DEC 2024

## Regular Plan

425kcal  
Calories

35g  
Protein

42g  
Carbs

13g  
Fat

## Large Plan

615kcal  
Calories

51g  
Protein

61g  
Carbs

19g  
Fat

LUNCH

## Peri Peri Tempeh



with Roasted Potato and Broccoli

## Regular Plan

395kcal  
Calories

29g  
Protein

36g  
Carbs

15g  
Fat

## Large Plan

595kcal  
Calories

44g  
Protein

54g  
Carbs

23g  
Fat

## Peranakan Curry Chickpeas and Pumpkin



with Basmati Rice, Cauliflower and Green Peas

SNACK

## Regular Plan

175kcal  
Calories

5g  
Protein

18g  
Carbs

9g  
Fat

## Large Plan

175kcal  
Calories

5g  
Protein

18g  
Carbs

9g  
Fat

## Carrot Cake with Cashew Frosting Cake



LUNCH

## LEMON & DILL BAKED BUTTON MUSHROOM



with Butter Beans, Roasted Potato, Herb Veggies, and Tomato

## Regular Plan

425kcal  
Calories

28g  
Protein

44g  
Carbs

15g  
Fat

## Large Plan

615kcal  
Calories

41g  
Protein

64g  
Carbs

22g  
Fat

# Monday 23

DEC 2024

## Regular Plan

405kcal  
Calories

31g  
Protein

41g  
Carbs

13g  
Fat

## Large Plan

610kcal  
Calories

47g  
Protein

62g  
Carbs

20g  
Fat

## BUTTER CHICKPEAS AND RED KIDNEY BEANS



with Basmati Rice and Sweet Snap Peas

DINNER

## Peanut Butter Cookies



## Regular Plan

160kcal  
Calories

7g  
Protein

6g  
Carbs

12g  
Fat

## Large Plan

160kcal  
Calories

7g  
Protein

6g  
Carbs

12g  
Fat

SNACK

# Tuesday 24

DEC 2024

### Regular Plan

395kcal  
Calories

41g  
Carbs

31g  
Protein

12g  
Fat

### Large Plan

595kcal  
Calories

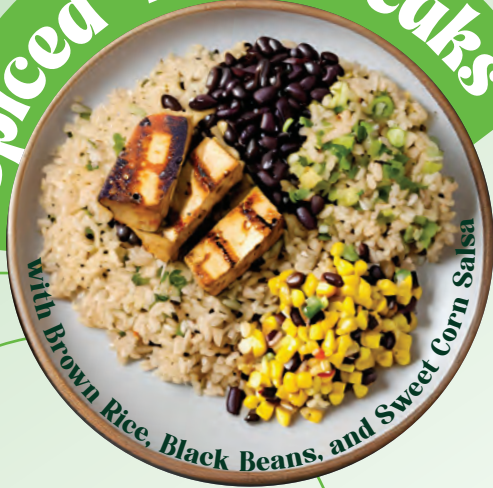
62g  
Carbs

47g  
Protein

18g  
Fat

LUNCH

## Spiced Tofu Steaks



With Brown Rice, Black Beans, and Sweet Corn Salsa

### Regular Plan

395kcal  
Calories

36g  
Protein

38g  
Carbs

11g  
Fat

### Large Plan

595kcal  
Calories

54g  
Protein

57g  
Carbs

17g  
Fat

DINNER

## Vegan Meatballs



With Quinoa, Spinach Egg, and Broccoli

SNACK

### Regular Plan

205kcal  
Calories

8g  
Protein

16g  
Carbs

12g  
Fat

### Large Plan

205kcal  
Calories

8g  
Protein

16g  
Carbs

12g  
Fat

## HAZELNUT CHOCOLATE ENERGY BITES



## Basil Crushed Tofu and Lentils



WITH BROWN RICE, SOY 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 25

DEC 2024

### Regular Plan

360kcal  
Calories

32g  
Protein

35g  
Carbs

10g  
Fat

### Large Plan

535kcal  
Calories

48g  
Protein

53g  
Carbs

15g  
Fat

## Honey Miso Tempah



With Roasted Sweet Potato and Broccoli

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

# Thursday 26

DEC 2024

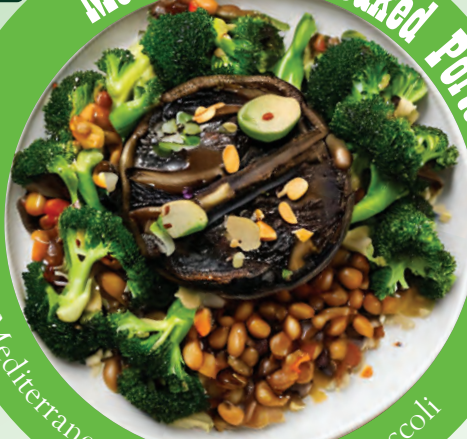
## Regular Plan

415kcal  
Calories  
36g  
Carbs  
32g  
Protein  
16g  
Fat

## Large Plan

625kcal  
Calories  
54g  
Carbs  
48g  
Protein  
24g  
Fat

LUNCH



## Morocco Spice Baked Portobello

with Mediterranean Bean Salad and Broccoli

## Regular Plan

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

## Large Plan

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

## Bai Ye and King Oyster Mushroom Bulgogi



with Whatif Noodle, Beansprouts, and Kimchi

SNACK

## Regular Plan

180kcal  
Calories  
8g  
Protein  
14g  
Carbs  
10g  
Fat

## Large Plan

180kcal  
Calories  
8g  
Protein  
14g  
Carbs  
10g  
Fat

## LOW FAT CHEESECAKE



LUNCH

## YAKINIKU TOFU AND MUSHROOM



with Brown Rice, Shanghai Greens, and Braised Peanuts

## Regular Plan

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

## Large Plan

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

# Friday 27

DEC 2024

## Regular Plan

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

## Large Plan

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

## Mix Herb Baked Halloumi



with Cauliflower Rice, Spinach Egg, and Cajun Green Peas

DINNER

## PISTACHIO 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

# Monday 30

DEC 2024

LUNCH

### Regular Plan

425kcal  
Calories      31g  
Protein  
42g      15g  
Carbs      Fat

### Large Plan

640kcal      47g  
Calories      Protein  
63g      23g  
Carbs      Fat

## PERI PERI TOFU STEAKS



with Roasted potato, French Beans, and Carrots

### Regular Plan

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

### Large Plan

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

## Yakiniku Lentils and King Oyster Mushroom



with Brown Rice, Kimchi, and Edamame

DINNER

SNACK

### Regular Plan

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

### Large Plan

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

## Pumpkin Parmesan Biscuit



LUNCH

## Rendang Tofu Chickpeas



with Brown Rice and Curry Roasted Cauliflower

### Regular Plan

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

### Large Plan

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

# Tuesday 31

DEC 2024

## Avocado Fritters



with Kale, Pumpkin Quinoa Salad, and Balsamic Dressing

DINNER

### Regular Plan

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

### Large Plan

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

SNACK

## OVERNIGHT OATS WITH ROASTED APPLE AND CHIA SEEDS



### Regular Plan

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

### Large Plan

145kcal      8g      20g      8g  
Calories      Protein      Carbs      Fat





# Friday 03

JAN 2025

### Regular Plan

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

### Large Plan

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

LUNCH



Baked Teriyaki Tofu Steaks

with Brown Rice, Roasted Capsicum, and French Beans

VEGAN MEATBALLS



WITH MASHED POTATO AND CAJUN MIX VEGGIES

### Regular Plan

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

### Large Plan

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

DINNER

TOFU BROWNIE



SNACK



### Regular Plan

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

### Large Plan

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

KUNG PAO BUTTER BEANS AND SHITAKE



WITH BROWN RICE, BOK CHOY AND PICKLE VEGGIES

LUNCH

### Regular Plan

420kcal  
Calories      35g  
Protein      41g  
Carbs      13g  
Fat

### Large Plan

610kcal  
Calories      51g  
Protein      59g  
Carbs      19g  
Fat

# Monday 06

JAN 2025

### Regular Plan

450kcal  
Calories      36g  
Protein      36g  
Carbs      18g  
Fat

### Large Plan

655kcal  
Calories      52g  
Protein      52g  
Carbs      26g  
Fat

Fresh Herb Baked Halloumi



WITH SWEET POTATO, BLACK BEANS, SWEET CORN SALSA, AND BROCCOLI

DINNER

PISTACHIO ENERGY BITES



### Regular Plan

120kcal  
Calories      4g  
Protein      8g  
Carbs      8g  
Fat

### Large Plan

120kcal  
Calories      4g  
Protein      8g  
Carbs      8g  
Fat

SNACK



# Tuesday

# 07

JAN 2025

### Regular Plan

445kcal  
Calories

33g  
Protein

44g  
Carbs

15g  
Fat

### Large Plan

640kcal  
Calories

48g  
Protein

64g  
Carbs

22g  
Fat

LUNCH



## Spicy and Sour Tofu

WITH SOBA NOODLES, SCRAMBLE EGG, BEANSPROUTS, AND SPINACH

### Regular Plan

430kcal  
Calories

36g  
Protein

38g  
Carbs

15g  
Fat

### Large Plan

625kcal  
Calories

52g  
Protein

55g  
Carbs

22g  
Fat

## Veggie Patties



with Quinoa, Baked Pumpkin, Tomato, and Avocado

SNACK



### Regular Plan

130kcal  
Calories

3g  
Protein

21g  
Carbs

4g  
Fat

### Large Plan

130kcal  
Calories

3g  
Protein

21g  
Carbs

4g  
Fat

DINNER

## MANGO CHIA SEEDS PUDING



## HERB BAKED PORTOBELLO



with Roasted Potatoes, Spinach Egg, French Beans, and Harissa Sauce

LUNCH

### Regular Plan

455kcal  
Calories

36g  
Protein

46g  
Carbs

14g  
Fat

### Large Plan

660kcal  
Calories

52g  
Protein

67g  
Carbs

20g  
Fat

# Wednesday

# 08

JAN 2025

## Honey Miso Temppeh



with Coconut Basmati Rice, Long Bean, and Eggplants

DINNER

### Regular Plan

435kcal  
Calories

32g  
Protein

41g  
Carbs

16g  
Fat

### Large Plan

655kcal  
Calories

48g  
Protein

62g  
Carbs

24g  
Fat

## Fresh Cut Seasonal Fruits



### Regular Plan

105kcal  
Calories

2g  
Protein

24g  
Carbs

0g  
Fat

### Large Plan

105kcal  
Calories

2g  
Protein

24g  
Carbs

0g  
Fat

SNACK

# Thursday 09

JAN 2025

LUNCH

### Regular Plan

425kcal  
Calories    38g  
Protein  
39g  
Carbs        13g  
Fat

### Large Plan

640kcal  
Calories    57g  
Protein  
59g  
Carbs        20g  
Fat

Yakiniku Lentils and King Oyster Mushroom

With Whatif Noodles, Beansprouts, and Kimchi

### Regular Plan

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

### Large Plan

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

Cauliflower Protein Bites



with Sweet Potato, Spinach Egg, and Broccoli

DINNER

SNACK

### Regular Plan

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

### Large Plan

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

PEANUT BUTTER COOKIES



LUNCH

### Regular Plan

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

### Large Plan

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

HARISSA RED KIDNEY BEANS AND BUTTON MUSHROOM



with Pumpkin Millets and Mix Veggies

### Regular Plan

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

### Large Plan

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

# Friday

# 10

JAN 2025

Ma La Tofu



With Shitake, Brown Rice, Scramble Egg, Honey Miso Eggplant, Pickle Veggies, and Cashew Nuts

DINNER

Banana Bread



### Regular Plan

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

### Large Plan

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

SNACK