

The background is a solid dark green color. It is decorated with numerous white line-art illustrations of various vegetables and fruits. These include slices of citrus (lemons and limes), whole lemons, bell peppers, mushrooms, broccoli, cauliflower, carrots, and leafy greens. The illustrations are scattered across the entire page, creating a textured, organic feel.

Vegetarian Menu

A close-up photograph of a hand using a metal garnish tool to place a slice of red pepper onto a dish of quinoa. The quinoa is topped with green beans and other vegetables. The dish is in a black rectangular pan, which is sitting on a white textured surface. In the background, there are more vegetables and a small bowl of red sauce.

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
22

SEP 2025

LUNCH

Regular Plan

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

Large Plan

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

HERB ROASTED PORTOBELLO AND TEMPEH



with Aglio Olio Pasta, Tomato Sauce, and Sweet Snap Peas

Regular Plan

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

Large Plan

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

DINNER

SNACK

Images are for illustration only.

Regular Plan

180kcal	6g	5g	15g
Calories	Protein	Carbs	Fat

Large Plan

180kcal	6g	5g	15g
Calories	Protein	Carbs	Fat

Chocolate Hazelnut Energy Bites



LUNCH

Green Curry Chick Peas



with Brown Rice, Long Beans, and Eggplants

Regular Plan

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

Large Plan

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

Tuesday
23

SEP 2025

Regular Plan

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

Large Plan

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

DINNER

Vegan Meatballs



with Cauliflower Rice and Spinach Egg

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.

Wednesday
24

SEP 2025

Regular Plan

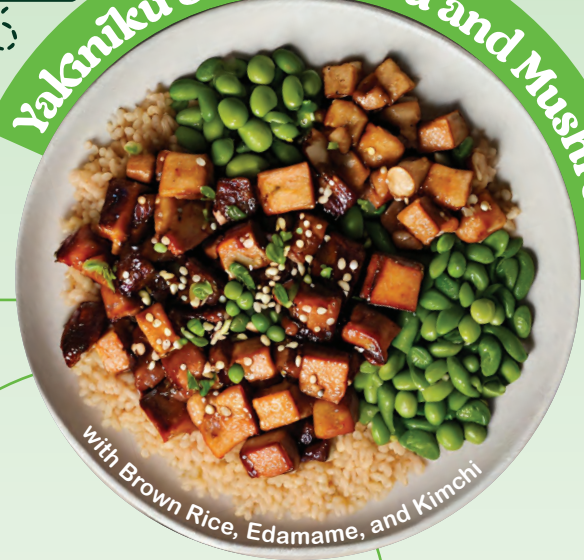
440kcal
Calories
47g
Carbs
34g
Protein
13g
Fat

Large Plan

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

LUNCH

Yakniku 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 Roasted Potato and Herb Veggies

SNACK

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illustration only.

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



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
25

SEP 2025

FRESH HERB AND LEMON STEW BUTTER BEANS



with Cajun Roasted Sweet Potato and Broccoli

DINNER

Regular Plan

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

Large Plan

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

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

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illustration only.

Friday 26 SEP 2025

Regular Plan

430kcal
Calories
43g
Carbs
28g
Protein
16g
Fat

Large Plan

640kcal
Calories
65g
Carbs
42g
Protein
24g
Fat

LUNCH

CAULIFLOWER PROTEIN BITES

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

Turmeric Chickpeas and Pumpkin



with Brown Rice, Lady Finger, and Scramble Egg

Regular Plan

390kcal
Calories
32g
Protein
39g
Carbs
12g
Fat

Large Plan

570kcal
Calories
46g
Protein
57g
Carbs
17g
Fat

DINNER

SNACK

Images are for
illustration only.

Regular Plan

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

Large Plan

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

PEANUT BUTTER CHOCOLATE COOKIE



Tofu and Lentils Peranakan Curry



with Basmati Rice, Cauliflower, and Lady Finger

LUNCH

Regular Plan

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

Large Plan

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

Monday 29 SEP 2025

SEP 2025

Vegan Meatballs



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

DINNER

Regular Plan

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

Large Plan

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

SNACK

Images are for
illustration only.

Regular Plan

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

Large Plan

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

Peanut Butter Chocolate Energy Bites



Tuesday
30
SEP 2025

Regular Plan

445kcal
Calories
46g
Carbs
36g
Protein
13g
Fat

Large Plan

670kcal
Calories
69g
Carbs
54g
Protein
20g
Fat

LUNCH



Tomato Soup



Regular Plan

365kcal
Calories
32g
Protein
21g
Carbs
17g
Fat

Large Plan

550kcal
Calories
48g
Protein
32g
Carbs
26g
Fat

SNACK

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illustration only.

Regular Plan

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

Large Plan

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

TOFU CHOCOLATE BROWNIE



DINNER

MALA BAYE TOFU AND LENTILS



LUNCH

Regular Plan

435kcal
Calories
26g
Protein
49g
Carbs
15g
Fat

Large Plan

655kcal
Calories
39g
Protein
74g
Carbs
23g
Fat

Wednesday
01
OCT 2025

Regular Plan

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

Large Plan

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

Baked Honey Miso Temppeh



DINNER

CARROT CAKE WITH CASHEW FROSTING



SNACK

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illustration only.

Regular Plan

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

Large Plan

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

Thursday
02
OCT 2025

Regular Plan

460kcal
Calories
45g
Carbs
36g
Protein
15g
Fat

Large Plan

665kcal
Calories
65g
Carbs
52g
Protein
22g
Fat

LUNCH

Yuxiang Tofu and Chick Peas

with Brown Rice 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 Paneer Cheese

with Roasted Potatoes, French Beans, Black Beans, and Tomato Salsa

SNACK

Images are for illustration only.

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

GREEN CURRY WHITE BEANS

with Basmati Rice, Eggplants, and Long Beans

LUNCH

Regular Plan

475kcal
Calories
36g
Protein
47g
Carbs
16g
Fat

Large Plan

690kcal
Calories
52g
Protein
68g
Carbs
23g
Fat

Friday
03
OCT 2025

Cauliflower Protein Bites

with Sweet Potatoes, Baked Spinach Egg, and Broccoli

DINNER

Regular Plan

37kcal
Calories
39g
Protein
26g
Carbs
13g
Fat

Large Plan

565kcal
Calories
59g
Protein
39g
Carbs
20g
Fat

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

Images are for illustration only.

Monday
06

OCT 2025

Regular Plan

485kcal	34g
Calories	Protein
45g	19g
Carbs	Fat

Large Plan

730kcal	51g
Calories	Protein
68g	29g
Carbs	Fat

LUNCH

Tomato Mixed Beans Stew



Regular Plan

350kcal	29g	29g	13g
Calories	Protein	Carbs	Fat

Large Plan

505kcal	42g	42g	19g
Calories	Protein	Carbs	Fat

DINNER

PERI PERI TOFU STEAKS



With Roasted Potatoes, Green Beans, and Carrot

SNACK

Images are for illustration only.

Regular Plan

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

Large Plan

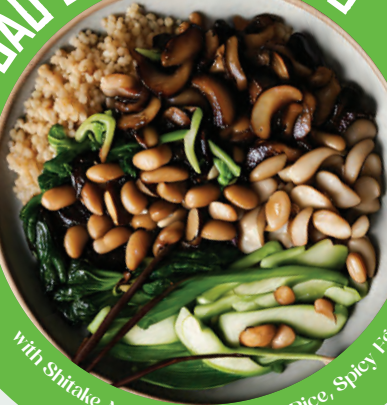
175kcal	5g	16g	10g
Calories	Protein	Carbs	Fat

GLUTEN FREE BANANA BREAD



LUNCH

GONG BAD BUTTER BEANS



With Shitake Mushrooms, Brown Rice, Spicy Eggplant, and Garlic Choy

Regular Plan

430kcal	31g	41g	16g
Calories	Protein	Carbs	Fat

Large Plan

650kcal	47g	62g	24g
Calories	Protein	Carbs	Fat

Tuesday
07

OCT 2025

Basil Crushed Tofu



DINNER

Regular Plan

385kcal	29g	38g	13g
Calories	Protein	Carbs	Fat

Large Plan

560kcal	42g	55g	19g
Calories	Protein	Carbs	Fat

TOFU CHOCOLATE BROWNIE



SNACK

Regular Plan

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

Large Plan

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

Images are for illustration only.

Wednesday 08 OCT 2025

Regular Plan

470kcal
Calories
48g
Carbs
34g
Protein
16g
Fat

Large Plan

685kcal
Calories
70g
Carbs
49g
Protein
23g
Fat

LUNCH

Baked Turmeric Tempeh

with Basmati Rice, Boiled Egg, and Cucumber

Regular Plan

360kcal
Calories
26g
Protein
26g
Carbs
17g
Fat

Large Plan

540kcal
Calories
39g
Protein
39g
Carbs
26g
Fat

VEGGIE PATTIE AVOCADO CUBE

with Mixed Salad, Tomato, Baked Pumpkin, Honey Citrus, Pomegranate, and Nuts

SNACK

Images are for illustration only.

Regular Plan

170kcal
Calories
8g
Protein
14g
Carbs
9g
Fat

Large Plan

170kcal
Calories
8g
Protein
14g
Carbs
9g
Fat

LOW FAT CHEESECAKE



LUNCH

Tom Yam Stew Tofu

with Oyster Mushroom, Brown Rice Noodles, Beansprouts, Long Beans, and Spinach Eggs

Regular Plan

450kcal
Calories
31g
Protein
46g
Carbs
16g
Fat

Large Plan

655kcal
Calories
45g
Protein
67g
Carbs
23g
Fat

Thursday 09 OCT 2025

Regular Plan

390kcal
Calories
28g
Protein
42g
Carbs
12g
Fat

Large Plan

580kcal
Calories
42g
Protein
63g
Carbs
18g
Fat

HERB BAKED BUTTER BEANS

with Spaghetti Aglio Olio, Roasted Herb Veggies with Tomato, Fresh Herb Ricotta Cheese

DINNER

Peanut Butter Chocolate Cookie

SNACK

Images are for illustration only.

Regular Plan

160kcal
Calories
7g
Protein
6g
Carbs
12g
Fat

Large Plan

160kcal
Calories
7g
Protein
6g
Carbs
12g
Fat

Friday
10
OCT 2025

Regular Plan

435kcal
Calories
47g
Carbs
32g
Protein
13g
Fat

Large Plan

630kcal
Calories
68g
Carbs
46g
Protein
19g
Fat

LUNCH

Teriyaki Stew White Beans and Baiye

with Brown Rice, Stew Tofu, Bitter Gourd, and Red Capsicum

Regular Plan

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

Large Plan

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

DINNER

Moroccan Spice Baked Tofu Steak



WITH QUINOA, ROASTED PUMPKIN, CARROT'S SALAD, AND BROCCOLI

SNACK

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illustration only.

Regular Plan

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

Large Plan

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

Chocolate Hazelnut Energy Bites



LUNCH

Yakiniku Baiye and King Oyster Mushroom



with Sweet Potato Noodles, Kimchi, and Edamame

Regular Plan

430kcal
Calories
28g
Protein
48g
Carbs
14g
Fat

Large Plan

625kcal
Calories
41g
Protein
70g
Carbs
20g
Fat

Monday
13
OCT 2025

GONG BAO BUTTER BEANS



with Shiitake, Brown Rice, Spicy Eggplant, and Garlic Bok Choy

DINNER

Regular Plan

410kcal
Calories
29g
Protein
44g
Carbs
13g
Fat

Large Plan

615kcal
Calories
44g
Protein
66g
Carbs
20g
Fat

Peanut Butter Chocolate Cookie



Regular Plan

160kcal
Calories
7g
Protein
6g
Carbs
12g
Fat

Large Plan

160kcal
Calories
7g
Protein
6g
Carbs
12g
Fat

SNACK

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illustration only.

Tuesday
14
OCT 2025

Regular Plan

415kcal
Calories
44g
Carbs
33g
Protein
12g
Fat

Large Plan

605kcal
Calories
64g
Carbs
48g
Protein
17g
Fat

LUNCH

Baked Herb Portobello

With Roasted Potato, French Beans, Spinach Egg, and Harissa Sauce



Regular Plan

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

Large Plan

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

DINNER

Tomato Stew Beans



WITH PASTA, MIXED MUSHROOMS, AND GREEN PEAS

SNACK

Images are for illustration only.

Regular Plan

130kcal
Calories
3g
Protein
21g
Carbs
4g
Fat

Large Plan

130kcal
Calories
3g
Protein
21g
Carbs
4g
Fat

Mango Chia Seeds Pudding



Rendang Tofu and Chick Peas



With Coconut Basmati Rice and Roasted Cauliflower

LUNCH

Regular Plan

445kcal
Calories
32g
Protein
46g
Carbs
15g
Fat

Large Plan

650kcal
Calories
46g
Protein
67g
Carbs
22g
Fat

Wednesday
15
OCT 2025

Regular Plan

375kcal
Calories
27g
Protein
35g
Carbs
14g
Fat

Large Plan

560kcal
Calories
41g
Protein
53g
Carbs
21g
Fat

Fresh Herb and Lemon Baked Halloumi

With Butter Beans, Cajun Roasted Sweet Potatoes, and Herb Veggies



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
16g
Carbs
10g
Fat

Thursday
16
OCT 2025

Regular Plan

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

Large Plan

640kcal
Calories
63g
Carbs
53g
Protein
20g
Fat

LUNCH

Baked Tempeh

with Quinoa, Baked Spinach Egg, Broccoli, and House Made Chilli Sauce



Regular Plan

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

Large Plan

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

PERI PERI TOFU STEAK

with Mushroom Barley Risotto and Braised Purple Cabbage



DINNER

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

OVERNIGHT OATS WITH APPLE AND MIX NUTS



Cauliflower Protein Bites

with Mashed Sweet Potato, Green Peas, and Coriander Lime Sauce



LUNCH

Regular Plan

430kcal
Calories
28g
Protein
43g
Carbs
16g
Fat

Large Plan

640kcal
Calories
42g
Protein
65g
Carbs
24g
Fat

Friday

17

OCT 2025

Basil Crushed Tofu and Lentils

with Brown Rice, Scrambled Egg, and Kailan



DINNER

Regular Plan

385kcal
Calories
30g
Protein
39g
Carbs
12g
Fat

Large Plan

575kcal
Calories
45g
Protein
59g
Carbs
18g
Fat

Peanut Butter Chocolate Energy Bites



SNACK

Images are for illustration only.

Regular Plan

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

Large Plan

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