

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 oranges), whole lemons, a chili pepper, a cucumber, a bell pepper, a carrot, a pea pod, a tomato, a mushroom, a piece of broccoli, a stalk of celery, and various 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 served in a black rectangular tray, which is placed 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
28

JUL 2025

LUNCH

Regular Plan

455kcal
Calories
41g
Carbs
35g
Protein
17g
Fat

Large Plan

685kcal
Calories
62g
Carbs
53g
Protein
26g
Fat

TURMERIC BAKED TEMPEH



with Coconut Basmati Rice, Cucumber, and Egg

Regular Plan

370kcal
Calories
27g
Protein
38g
Carbs
12g
Fat

Large Plan

535kcal
Calories
39g
Protein
55g
Carbs
17g
Fat

Honey Miso Bai Ye and Shimeji Mushroom



with Aglio Olio Linguine and Sauté Veggie

SNACK

Regular Plan

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

Large Plan

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

DINNER

Gluten Free Banana Bread



Images are for
illustration only.

LUNCH

YAKINIKU TOFU AND MUSHROOM



WITH BROWN RICE, SOY EGG, AND CHOY SUM

Regular Plan

390kcal
Calories
29g
Protein
39g
Carbs
13g
Fat

Large Plan

565kcal
Calories
42g
Protein
57g
Carbs
19g
Fat

Regular Plan

410kcal
Calories
28g
Protein
41g
Carbs
15g
Fat

Large Plan

615kcal
Calories
42g
Protein
62g
Carbs
23g
Fat

Tuesday
29

JUL 2025

BAKED GOCHUJANG TOFU STEAKS



with Basmati Rice and Broccoli

DINNER

ROASTED MIX NUTS



Regular Plan

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

Large Plan

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

SNACK

Images are for
illustration only.

Wednesday 30 JUL 2025

Regular Plan

395kcal
Calories
41g
Carbs
31g
Protein
12g
Fat

Large Plan

595kcal
Calories
62g
Carbs
47g
Protein
18g
Fat

LUNCH

Baked Dukkah-Crusted Portobello and Red Kidney Beans



Regular Plan

420kcal
Calories
36g
Protein
37g
Carbs
14g
Fat

Large Plan

605kcal
Calories
52g
Protein
54g
Carbs
20g
Fat

GONG BAD BUTTER BEANS AND SHITAKE

with Brown Rice and Shanghai Greens



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

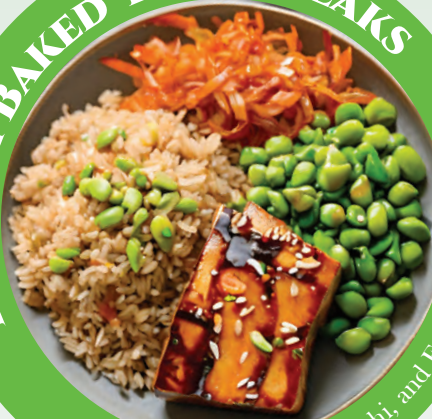
CHOCOLATE TOFU BROWNIE



LUNCH

TERIYAKI BAKED TOFU STEAKS

with Brown Rice, Kimchi, and Edamame



Regular Plan

385kcal
Calories
28g
Protein
41g
Carbs
12g
Fat

Large Plan

575kcal
Calories
42g
Protein
62g
Carbs
18g
Fat

Thursday
31
JUL 2025

VEGAN MEATBALLS

with Tomato Wholemeal Pasta and Cajun Mix Veggies



DINNER

Regular Plan

420kcal
Calories
32g
Protein
37g
Carbs
16g
Fat

Large Plan

630kcal
Calories
48g
Protein
56g
Carbs
24g
Fat

Peanut Butter Chocolate Energy Bites



SNACK

Images are for
illustration only.

Regular Plan

190kcal
Calories
6g
Protein
5g
Carbs
16g
Fat

Large Plan

190kcal
Calories
6g
Protein
5g
Carbs
16g
Fat

Friday
01
AUG 2025

Regular Plan

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

Large Plan

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

LUNCH

Pei Pei 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

DINNER

Peranakan Curry Chickpeas

with Pumpkin, Basmati Rice, Cauliflower and Green Peas



SNACK

Images are for
illustration only.

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 and Dill Baked Button Mushroom and Butter Beans

with 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
04
AUG 2025

AUG 2025

Butter Tomato Chickpeas and Red Kidney Beans

with Basmati Rice and Sweet Snap Peas



DINNER

Regular Plan

405kcal
Calories
31g
Protein
41g
Carbs
13g
Fat

Large Plan

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

Peanut Butter Cookies



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

Tuesday
05
AUG 2025

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

395kcal
Calories
36g
Protein
31g
Carbs
14g
Fat

Large Plan

590kcal
Calories
54g
Protein
47g
Carbs
21g
Fat

DINNER

Veggie Patties



With Cauliflower Rice, Spinach Egg, and Edamame

SNACK

Images are for
illustration only.

Regular Plan

205kcal
Calories
8g
Protein
16g
Carbs
12g
Fat

Large Plan

205kcal
Calories
8g
Protein
16g
Carbs
12g
Fat

HAZELNUT CHOCOLATE ENERGY BITES



LUNCH



WITH BROWN RICE, SOY EGG, AND KAILAN

Regular Plan

460kcal
Calories
31g
Protein
46g
Carbs
17g
Fat

Large Plan

670kcal
Calories
45g
Protein
67g
Carbs
25g
Fat

Wednesday
06
AUG 2025

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 and Broccoli

DINNER

SNACK

GLUTEN FREE BANANA BREAD



Regular Plan

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

Large Plan

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

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Thursday

07

AUG 2025

Regular Plan

430kcal
Calories
36g
Carbs
35g
Protein
16g
Fat

Large Plan

640kcal
Calories
54g
Carbs
53g
Protein
24g
Fat

LUNCH

MOROCCAN SPICE BAKED PORTOBELLO AND BUTTER BEANS

WITH PUMPKIN CARROT QUINOA SALAD AND FRENCH BEANS

Regular Plan

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

Large Plan

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

YAKINIKU TOFU AND MUSHROOM

WITH SWEET POTATO NOODLE, BEANSPROUTS, AND KIMCHI

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

PUMPKIN PARMESAN BISCUIT



HONEY SOY TOFU AND SHANGHAI GREEN

WITH BROWN RICE AND SCRAMBLE EGG

LUNCH

Regular Plan

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

Large Plan

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

Friday

08

AUG 2025

Regular Plan

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

Large Plan

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

MIXED HERB BAKED RED KIDNEY BEANS AND PANNER CHEESE

WITH CAULIFLOWER RICE, SPINACH EGG, AND CAJUN GREEN PEAS

DINNER

Regular Plan

185kcal
Calories
6g
Protein
6g
Carbs
15g
Fat

Large Plan

185kcal
Calories
6g
Protein
6g
Carbs
15g
Fat

SNACK

PISTACHIO AND DATES ENERGY BITES



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Monday
11
AUG 2025

Regular Plan

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

Large Plan

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

LUNCH

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

DINNER

SNACK

PUMPKIN PARMESAN BISCUIT

Regular Plan

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

Large Plan

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

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RENDANG TOFU CHICKPEAS

with Brown Rice and Curry Roasted Cauliflower

LUNCH

Regular Plan

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

Large Plan

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

Tuesday
12
AUG 2025

Avocado Fritters

WITH PUMPKIN CARROT QUINOA SALAD, SPINACH EGG, AND SWEET SNAP PEAS

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

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illustration only.

Wednesday
13
AUG 2025

Regular Plan

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

Large Plan

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

LUNCH

Green Curry Butter Beans



TOMATO MIXED BEANS STEW



Regular Plan

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

Large Plan

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

DINNER

SNACK

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Regular Plan

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

Large Plan

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

ROASTED MIX NUTS



Baked Teriyaki Tofu Steaks



LUNCH

Regular Plan

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

Large Plan

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

Thursday
14
AUG 2025

Regular Plan

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

Large Plan

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

VEGAN MEATBALLS



DINNER

Tofu Brownie



SNACK

Regular Plan

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

Large Plan

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

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illustration only.

Friday
15
AUG 2025

Regular Plan

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

Large Plan

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

LUNCH

Gong Bao Butter Beans and Shiitake

With Brown Rice, Spicy Eggplant, and Cucumber Salad

Herb Baked Tomato Mixed Beans



WITH ROAST POTATO AND BROCCOLI

Regular Plan

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

Large Plan

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

DINNER

SNACK

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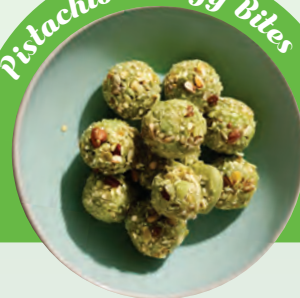
Regular Plan

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

Large Plan

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

Pistachio Energy Bites



LUNCH

Harissa and Tomato Chickpeas

With Aglio Olio Pasta, Mix Mushroom, and Green Peas

Regular Plan

425kcal
Calories
33g
Protein
39g
Carbs
15g
Fat

Large Plan

615kcal
Calories
48g
Protein
57g
Carbs
22g
Fat

Monday
17
AUG 2025

Regular Plan

405kcal
Calories
31g
Protein
41g
Carbs
13g
Fat

Large Plan

585kcal
Calories
45g
Protein
59g
Carbs
19g
Fat

DINNER

VEGAN COCONUT SWEET POTATO AND CHICKPEA CURRY



With Brown Rice, Hard Boiled Egg, Roasted Cauliflower, and Caric Okra

SNACK

Carrot Cake with Cashew Frosting Cake



Regular Plan

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

Large Plan

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

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illustration only.

Tuesday
18
AUG 2025

Regular Plan

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

Large Plan

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

LUNCH

TOMATO BAKED TOFU STEAK



Veggie Patties



Regular Plan

430kcal
Calories
36g
Protein
38g
Carbs
15g
Fat

Large Plan

625kcal
Calories
52g
Protein
55g
Carbs
22g
Fat

DINNER

SNACK

Regular Plan

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

Large Plan

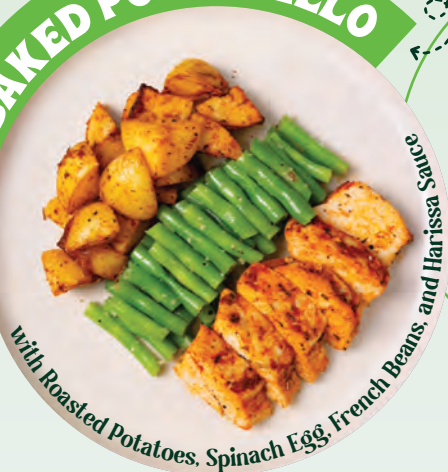
130kcal
Calories
3g
Protein
21g
Carbs
4g
Fat

MANGO CHIA SEEDS PUDDING



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illustration only.

HERB BAKED PORTOBELLO



LUNCH

Regular Plan

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

Large Plan

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

Wednesday
19
AUG 2025

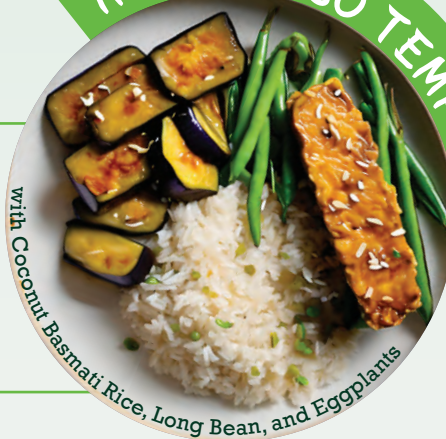
Regular Plan

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

Large Plan

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

HONEY MISO TEMPEH



DINNER

CHOCOLATE HAZELNUT ENERGY BITES



Regular Plan

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

Large Plan

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

SNACK

Images are for
illustration only.

Thursday

20

AUG 2025

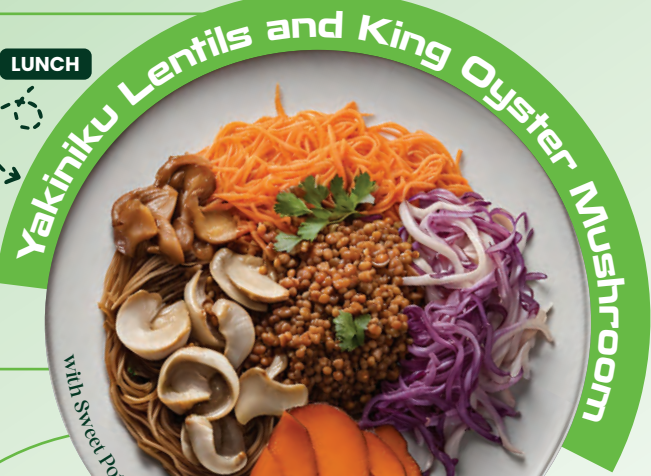
Regular Plan

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

Large Plan

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

LUNCH



Regular Plan

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

Large Plan

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

CAULIFLOWER PROTEIN BITES



With Steamed Sweet Potato, Spinach Egg, and Edamame

SNACK

Regular Plan

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

Large Plan

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

DINNER

PEANUT BUTTER COOKIES



Harissa Red Kidney Beans



WITH BUTTON MUSHROOM, QUINOA, AND TOMATO HERB MIX VEGGIES

LUNCH

Regular Plan

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

Large Plan

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

Friday

21

AUG 2025

Ma La Tofu



With Shiitake, Brown Rice, Scramble Egg, and Honey Soy Mix Veggies

DINNER

Regular Plan

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

Large Plan

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

Banana Bread



Regular Plan

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

Large Plan

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

SNACK