



# 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  
**30**

JUN 2025

Images are for illustration only.

## Regular Plan

450kcal  
Calories

28g  
Protein

48g  
Carbs

16g  
Fat

## Large Plan

670kcal  
Calories

42g  
Protein

72g  
Carbs

24g  
Fat

LUNCH

TERIYAKI STEW SPINACH EGG TOFU



with Brown Rice and Roast Veggies

## Regular Plan

365kcal  
Calories

26g  
Protein

38g  
Carbs

12g  
Fat

## Large Plan

530kcal  
Calories

38g  
Protein

55g  
Carbs

17g  
Fat

HERB ROASTED BUTTER BEANS AND PORTOBELLO



with Kale Quinoa Salad and Baked Pumpkin

SNACK

## Regular Plan

180kcal  
Calories

6g  
Protein

3g  
Carbs

16g  
Fat

## Large Plan

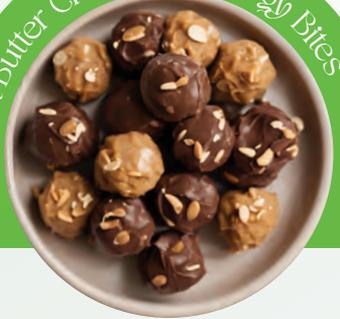
180kcal  
Calories

6g  
Protein

3g  
Carbs

16g  
Fat

Peanut Butter Chocolate Energy Bites



LUNCH

TURMERIC CHICKPEAS



WITH COCONUT BASMATI RICE, HARD BOILED EGG, AND CUCUMBER

## Regular Plan

460kcal  
Calories

38g  
Protein

41g  
Carbs

16g  
Fat

## Large Plan

665kcal  
Calories

55g  
Protein

59g  
Carbs

23g  
Fat

Tuesday  
**01**

JUL 2025

## Regular Plan

370kcal  
Calories

32g  
Protein

36g  
Carbs

11g  
Fat

## Large Plan

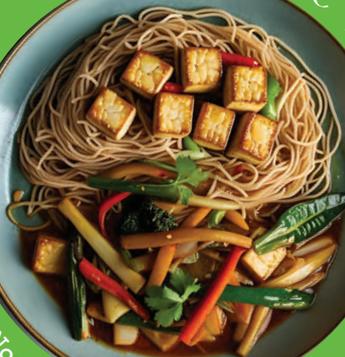
555kcal  
Calories

48g  
Protein

54g  
Carbs

17g  
Fat

Thai Style Tofu



with Brown Rice Noodles and Braised Mix Veggies

DINNER

SNACK

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

Images are for illustration only.

# Wednesday 02 JUL 2025

## Regular Plan

400kcal  
Calories

42g  
Carbs

31g  
Protein

12g  
Fat

## Large Plan

600kcal  
Calories

63g  
Carbs

47g  
Protein

18g  
Fat

### LUNCH

## Vegan Meatball

With Aglio Olio Pasta, Tomato Sauce, and Mixed Veggies

## Regular Plan

440kcal  
Calories

36g  
Protein

42g  
Carbs

14g  
Fat

## Large Plan

635kcal  
Calories

52g  
Protein

61g  
Carbs

20g  
Fat

## Green Curry White Beans

With Basmati Rice, Spinach Eggs, Eggplants, and Long Beans

### DINNER

### 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

## GLUTEN FREE BANANA BREAD



## MALA MIXED VEGGIES AND SEMI-DRY TOFU

WITH FRIED BROWN RICE AND EGGS

### LUNCH

## Regular Plan

425kcal  
Calories

46g  
Carbs

27g  
Protein

15g  
Fat

## Large Plan

640kcal  
Calories

69g  
Carbs

41g  
Protein

23g  
Fat

# Thursday 03 JUL 2025

## Regular Plan

380kcal  
Calories

31g  
Protein

42g  
Carbs

10g  
Fat

## Large Plan

575kcal  
Calories

47g  
Protein

63g  
Carbs

15g  
Fat

## Peri Peri Tempeh

WITH ROAST POTATO AND BROCCOLI

### 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.

# Friday 04

JUL 2025

## Regular Plan

435kcal  
Calories 29g  
Protein 46g  
Carbs 15g  
Fat

## Large Plan

630kcal  
Calories 42g  
Protein 67g  
Carbs 22g  
Fat

LUNCH

Yakiniku Stir Fry Tofu and Mushroom

with Brown Rice, Edamame, and Kimchi



## Regular Plan

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

## Large Plan

575kcal  
Calories 45g  
Protein 62g  
Carbs 18g  
Fat

DINNER

White Beans and Mushroom Stew



with Soba Noodle, Scramble Egg, and Garlic Kailan

SNACK

## Regular Plan

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

## Large Plan

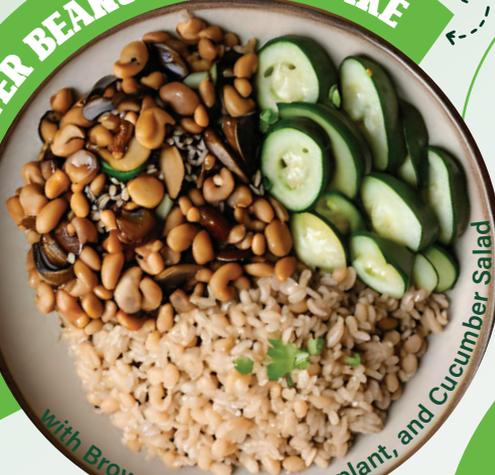
180kcal  
Calories 6g  
Protein 12g  
Carbs 12g  
Fat

Images are for illustration only.

Pistachio and Dates Energy Bites



GONG BAO BUTTER BEANS AND SHIITAKE



with Brown Rice, Spicy Eggplant, and Cucumber Salad

LUNCH

## Regular Plan

440kcal  
Calories 31g  
Protein 48g  
Carbs 14g  
Fat

## Large Plan

640kcal  
Calories 45g  
Protein 70g  
Carbs 20g  
Fat

# Monday 07

JUL 2025

HARISSA ROASTED TOFU STEAKS



with Roasted Potato and French Beans

DINNER

## Regular Plan

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

## Large Plan

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

SNACK

Pistachios and Dates Energy Bites



## Regular Plan

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

## Large Plan

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

Images are for illustration only.

# Tuesday

# 08

JUL 2025

### Regular Plan

460kcal  
Calories

31g  
Protein

41g  
Carbs

19g  
Fat

### Large Plan

665kcal  
Calories

45g  
Protein

59g  
Carbs

28g  
Fat

LUNCH

Baked Fresh Herb Paneer Cheese



with White Beans, Quinoa, and Broccoli

### Regular Plan

345kcal  
Calories

33g  
Protein

24g  
Carbs

13g  
Fat

### Large Plan

520kcal  
Calories

50g  
Protein

36g  
Carbs

20g  
Fat

Baked Honey Miso Tempah



with Cauliflower Rice and Spinach Egg

DINNER

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

GLUTEN FREE BANANA BREAD



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

# 09

JUL 2025

### Regular Plan

380kcal  
Calories

24g  
Protein

39g  
Carbs

14g  
Fat

### Large Plan

530kcal  
Calories

34g  
Protein

55g  
Carbs

20g  
Fat

Lemongrass Tofu and King Oyster Mushroom



with Rice Vermicelli and Mixed Veggies Salad

DINNER

OATMEAL COOKIE



SNACK

### Regular Plan

145kcal  
Calories

5g  
Protein

9g  
Carbs

10g  
Fat

### Large Plan

145kcal  
Calories

5g  
Protein

9g  
Carbs

10g  
Fat

Images are for illustration only.

# Thursday

# 10

JUL 2025

### Regular Plan

450kcal  
Calories

29g  
Protein

48g  
Carbs

16g  
Fat

### Large Plan

680kcal  
Calories

44g  
Protein

72g  
Carbs

24g  
Fat

LUNCH

## Peranakan Curry Chickpeas



with Coconut Basmati Rice, Hard Boiled Eggs, and Garlic Okra

### Regular Plan

355kcal  
Calories

28g  
Protein

32g  
Carbs

13g  
Fat

### Large Plan

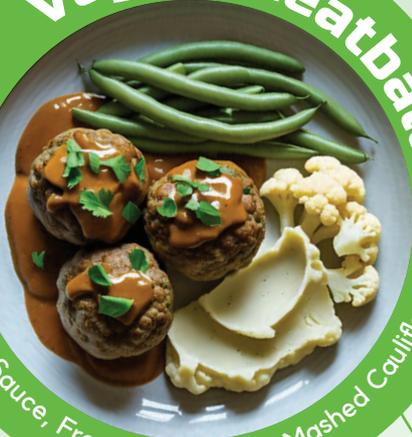
520kcal  
Calories

41g  
Protein

46g  
Carbs

19g  
Fat

## Vegan Meatballs



with Stragounoff Sauce, French Beans, and Mashed Cauliflower

SNACK

DINNER

### Regular Plan

190kcal  
Calories

6g  
Protein

12g  
Carbs

13g  
Fat

### Large Plan

190kcal  
Calories

6g  
Protein

12g  
Carbs

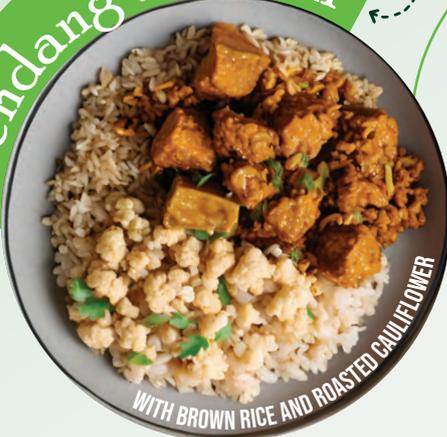
13g  
Fat

## ALMOND OATS ENERGY BAR



Images are for illustration only.

## Rendang Tempeh



WITH BROWN RICE AND ROASTED CAULIFLOWER

LUNCH

### Regular Plan

420kcal  
Calories

34g  
Protein

42g  
Carbs

13g  
Fat

### Large Plan

630kcal  
Calories

51g  
Protein

63g  
Carbs

20g  
Fat

# Friday



JUL 2025

### Regular Plan

400kcal  
Calories

28g  
Protein

38g  
Carbs

15g  
Fat

### Large Plan

580kcal  
Calories

41g  
Protein

55g  
Carbs

22g  
Fat

## PERI PERI TOFU



with Cajun Sweet Potato and Broccoli

DINNER

## TOFU CHOCOLATE BROWNIE



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.

# Monday 14

JUL 2025

Images are for illustration only.

### Regular Plan

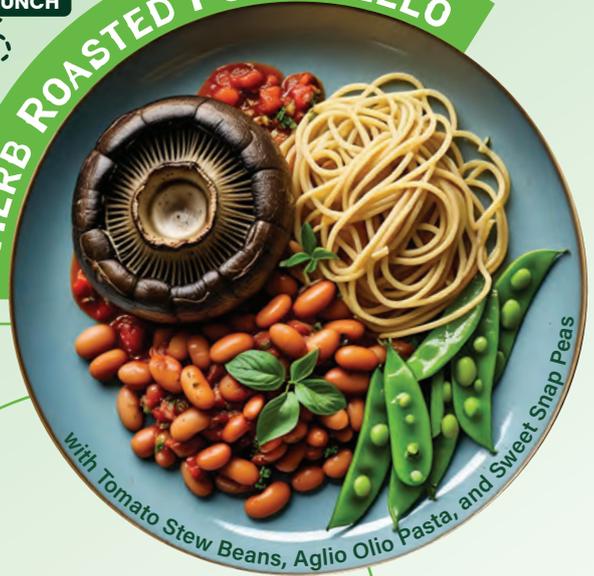
445kcal  
Calories      31g  
Protein  
46g  
Carbs      15g  
Fat

### Large Plan

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

LUNCH

## HERB ROASTED PORTOBELLO



with Tomato Stew Beans, Aglio Olio Pasta, and Sweet Snap Peas

### Regular Plan

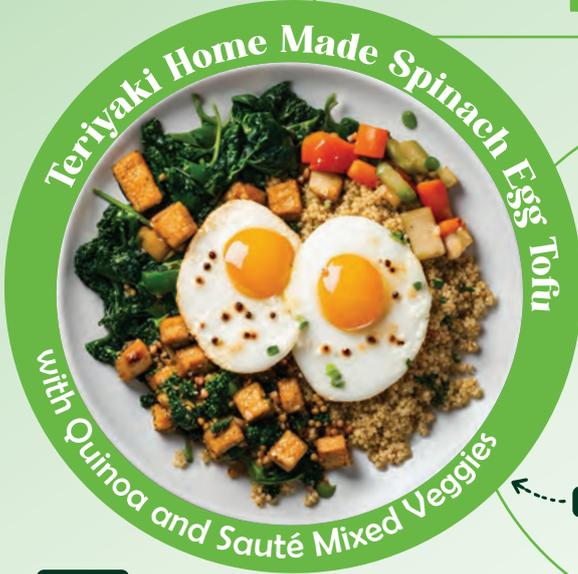
380kcal  
Calories      32g      34g      13g  
Protein      Carbs      Fat

### Large Plan

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

DINNER

## Teriyaki Home Made Spinach Eggs Tofu



with Quinoa and Sauté Mixed Veggies

SNACK

### Regular Plan

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

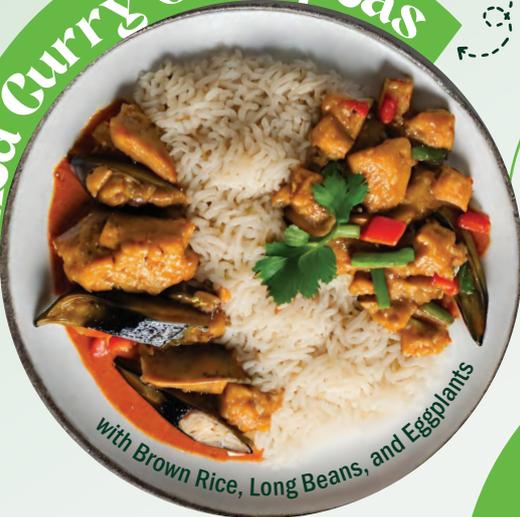
### Large Plan

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

## Pistachio and Dates Energy Bites



## Red Curry Chickpeas



with Brown Rice, Long Beans, and Eggplants

LUNCH

### Regular Plan

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

### Large Plan

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

# Tuesday 15

JUL 2025

### Regular Plan

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

### Large Plan

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

## Vegan Meatballs



with Cauliflower Rice and Spinach Egg

DINNER

## 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 16 JUL 2025

## Regular Plan

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

## Large Plan

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

LUNCH



With Brown Rice, Edamame, and Kimchi

## Regular Plan

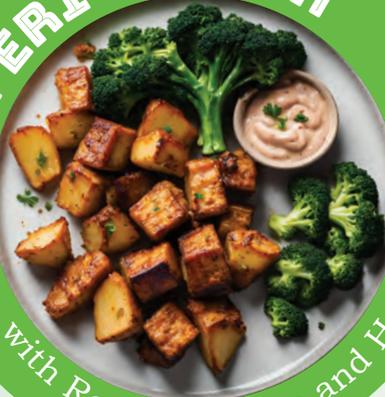
380kcal      33g      35g      12g  
Calories      Protein      Carbs      Fat

## Large Plan

570kcal      50g      53g      18g  
Calories      Protein      Carbs      Fat

DINNER

## PERI PERI TEMPEH



with Roasted Potato and Herb Veggies

SNACK

Images are for illustration only.

## Regular Plan

180kcal      6g      3g      16g  
Calories      Protein      Carbs      Fat

## Large Plan

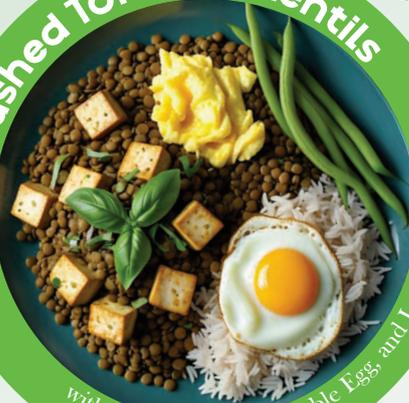
180kcal      6g      3g      16g  
Calories      Protein      Carbs      Fat

## PEANUT BUTTER CHOCOLATE ENERGY BITES



LUNCH

## Basil Crushed Tofu and Lentils



with Basmati Rice, Scramble Egg, and Long Beans

## Regular Plan

440kcal      34g      44g      14g  
Calories      Protein      Carbs      Fat

## Large Plan

635kcal      49g      64g      20g  
Calories      Protein      Carbs      Fat

\*This dish features scrambled eggs, not fried eggs.

# Thursday 17 JUL 2025

## Regular Plan

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

## Large Plan

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

## FRESH HERB AND LEMON STEW BUTTER BEANS



with Cajun Roasted Sweet Potato and Broccoli

DINNER

SNACK

Images are for illustration only.

## Regular Plan

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

## Large Plan

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

## Carrot Cake with Cashew Frosting



Friday  
18

JUL 2025

**Regular Plan**

485kcal  
Calories    28g  
Protein  
42g  
Carbs    14g  
Fat

**Large Plan**

610kcal  
Calories    42g  
Protein  
63g  
Carbs    21g  
Fat

LUNCH

**VEGGIE PATTIES**



**Turneric Baked Tempeh**



WITH BROWN RICE, HARD BOILED EGG, AND LADY FINGER

**Regular Plan**

420kcal  
Calories    32g    39g    12g  
Protein    Carbs    Fat

**Large Plan**

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

DINNER

SNACK

Images are for illustration only.

**Regular Plan**

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

**Large Plan**

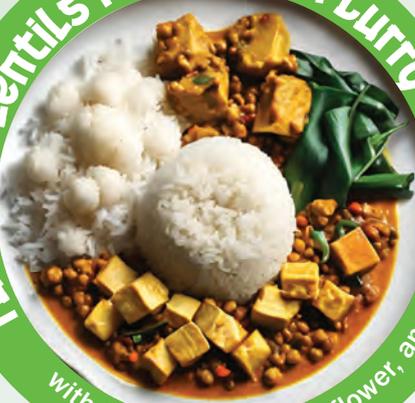
180kcal    4g    5g    16g  
Calories    Protein    Carbs    Fat

**PEANUT BUTTER CHOCOLATE COOKIE**



LUNCH

**TOFU AND LENTILS PERANAKAN CURRY**



with Basmati Rice, Cauliflower, and Lady Finger

**Regular Plan**

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

**Large Plan**

785kcal    47g    69g    27g  
Calories    Protein    Carbs    Fat

Monday  
21

JUL 2025

**Vegan Meatballs**



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

**Regular Plan**

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

**Large Plan**

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

DINNER

SNACK

**Peanut Butter Chocolate Energy Bites**



**Regular Plan**

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

**Large Plan**

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

Images are for illustration only.

# Tuesday

# 22

JUL 2025

LUNCH

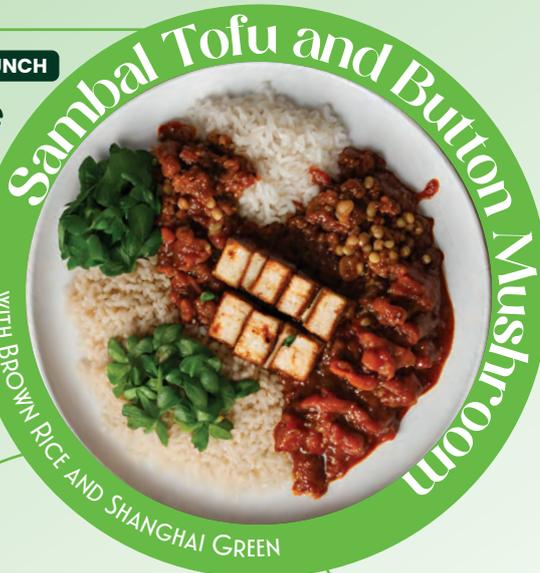
### Regular Plan

440kcal  
Calories      32g  
Protein  
46g  
Carbs          14g  
Fat

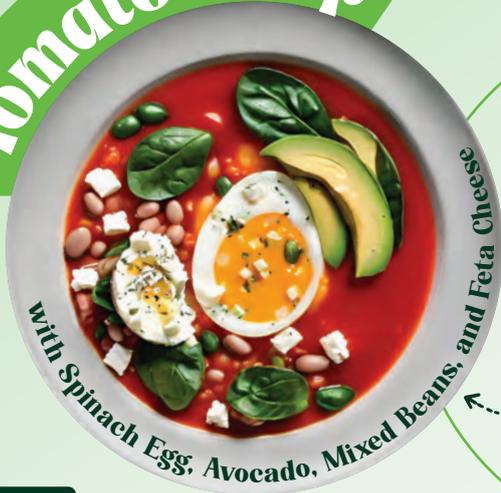
### Large Plan

635kcal  
Calories      46g  
Protein  
67g  
Carbs          20g  
Fat

LUNCH



## Tomato Soup



### Regular Plan

380kcal    32g    25g    17g  
Calories    Protein    Carbs    Fat

### Large Plan

570kcal    48g    38g    26g  
Calories    Protein    Carbs    Fat

DINNER

## TOFU CHOCOLATE BROWNIE



SNACK

Images are for illustration only.

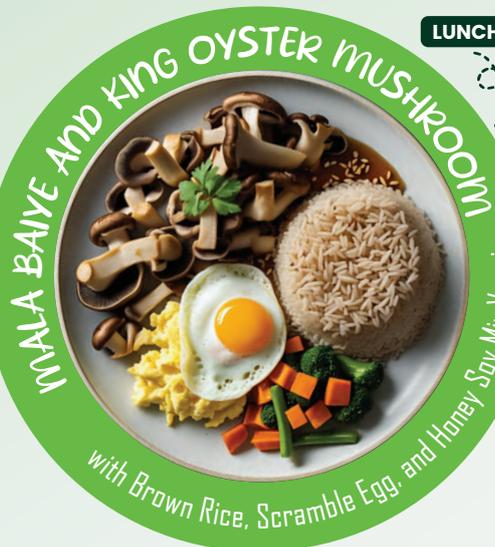
### Regular Plan

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

### Large Plan

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

LUNCH



### Regular Plan

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

### Large Plan

660kcal    47g    68g    23g  
Calories    Protein    Carbs    Fat

\*This dish features scrambled eggs, not fried eggs.

# Wednesday

# 23

JUL 2025

## Baked Honey Miso Temppeh



DINNER

### Regular Plan

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

### Large Plan

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

SNACK

## Carrot Cake with Cashew Frosting



### Regular Plan

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

### Large Plan

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

Images are for illustration only.

# Thursday 24

JUL 2025

LUNCH

### Regular Plan

460kcal  
Calories

36g  
Protein

45g  
Carbs

15g  
Fat

### Large Plan

665kcal  
Calories

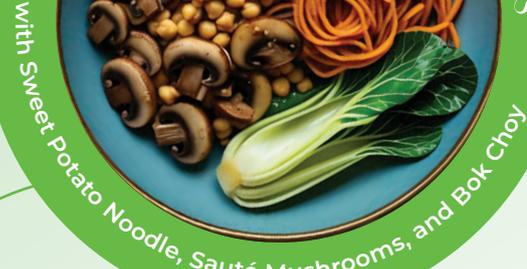
52g  
Protein

65g  
Carbs

22g  
Fat

LUNCH

## Yuxiang Tofu and Chick Peas



With Sweet Potato Noodle, Sauté Mushrooms, and Bok Choy

### Regular Plan

365kcal  
Calories

23g  
Protein

34g  
Carbs

15g  
Fat

### Large Plan

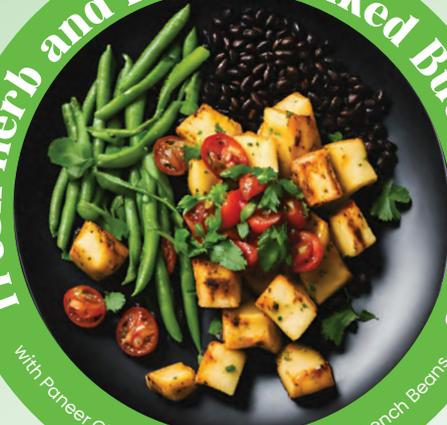
545kcal  
Calories

35g  
Protein

51g  
Carbs

23g  
Fat

## Fresh Herb and Lemon Baked Butter Beans



With Paneer Cheese, Roasted Potatoes, and French Beans

SNACK

Images are for illustration only.

### Regular Plan

185kcal  
Calories

6g  
Protein

6g  
Carbs

15g  
Fat

### Large Plan

185kcal  
Calories

6g  
Protein

6g  
Carbs

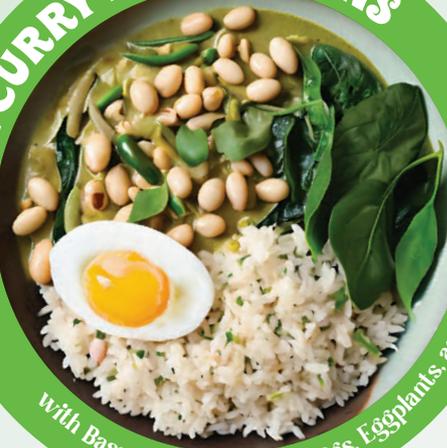
15g  
Fat

## PISTACHIO AND DATES ENERGY BITES



LUNCH

## GREEN CURRY WHITE BEANS



With Basmati Rice, Spinach Eggs, Eggplants, and Long Beans

### Regular Plan

465kcal  
Calories

36g  
Protein

42g  
Carbs

17g  
Fat

### Large Plan

675kcal  
Calories

52g  
Protein

61g  
Carbs

25g  
Fat

# Friday 25

JUL 2025

### Regular Plan

385kcal  
Calories

34g  
Protein

28g  
Carbs

15g  
Fat

### Large Plan

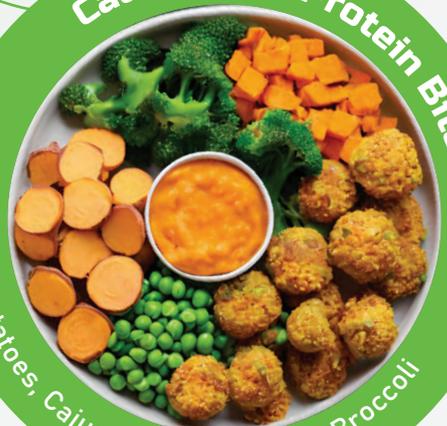
575kcal  
Calories

51g  
Protein

42g  
Carbs

23g  
Fat

## Cauliflower Protein Bites



With Sweet Potatoes, Cajun Green Peas, and Broccoli

DINNER

SNACK

### Regular Plan

145kcal  
Calories

5g  
Protein

20g  
Carbs

5g  
Fat

### Large Plan

145kcal  
Calories

5g  
Protein

20g  
Carbs

5g  
Fat

## Overnight Oats



With Roasted Apple and Chia Seeds

Images are for illustration only.