# Vegetarian Menu

YoloPlans

# 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
# 06
MAY 2024

## LUNCH

## TERIYAKI STEW SPINACH EGG TOFU

with brown rice, kimchi, and edamame

### Small Plan

| 450kcal | 28g | 48g | 16g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

### Medium Plan

| 670kcal | 42g | 72g | 24g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

## HERB ROASTED BUTTER BEANS

with Kale Quinoa Salad, Baked Pumpkin, and Snap Peas

### Small Plan

| 365kcal | 26g | 38g | 12g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

### Medium Plan

| 530kcal | 38g | 55g | 17g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

## DINNER

## Chocolate Hazelnut Energy Bites

## SNACK

| | | | | |
|---|---|---|---|---|
| Small Plan | 180kcal Calories | 9g Protein | 9g Carbs | 12g Fat |
| Medium Plan | 180kcal Calories | 9g Protein | 9g Carbs | 12g Fat |

# Tuesday 07 MAY 2024

## LUNCH

### Turmeric Earthmeat

with coconut basmati rice, hard boiled egg, and cucumber

**Small Plan**

| 460kcal | 38g | 41g | 16g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

**Medium Plan**

| 665kcal | 55g | 59g | 23g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

## DINNER

### Thai Style Tofu Tom Yam

with Brown Rice Noodles, Beansprouts, and Cucumber

**Small Plan**

| 370kcal | 32g |
|---|---|
| Calories | Protein |
| 36g | 11g |
| Carbs | Fat |

**Medium Plan**

| 555kcal | 48g |
|---|---|
| Calories | Protein |
| 54g | 17g |
| Carbs | Fat |

## SNACK

### Carrot Cake with Cashew Frosting

**Small Plan**

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

**Medium Plan**

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

# Wednesday 08

MAY 2024

## LUNCH

### Vegan Meatball with Aglio Olio Pasta and Mixed Veggies

**Small Plan**

| 400kcal | 31g | 42g | 12g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

**Medium Plan**

| 600kcal | 47g | 63g | 18g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

### Green Curry Earthmeat and White Beans with Basmati Rice, Eggplants, and Long Beans

## DINNER

**Small Plan**

| 440kcal | 36g | 42g | 14g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

**Medium Plan**

| 635kcal | 52g | 61g | 20g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

## SNACK

### GLUTEN FREE BANANA BREAD

**Small Plan**

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

**Medium Plan**

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

Thursday
# 09
MAY 2024

LUNCH

## MALA MIXED VEGGIES AND SEMI-DRY TOFU

WITH FRIED BROWN RICE AND EGGS

**Small Plan**

| 425kcal | 27g | 46g | 15g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

**Medium Plan**

| 640kcal | 41g | 69g | 23g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

DINNER

## PERI PERI TEMPEH

With Roast Potato and Broccoli

**Small Plan**

| 380kcal | 31g |
|---|---|
| Calories | Protein |
| 42g | 10g |
| Carbs | Fat |

**Medium Plan**

| 575kcal | 47g |
|---|---|
| Calories | Protein |
| 63 | 15g |
| Carbs | Fat |

SNACK

## TOFU CHOCOLATE BROWNIE

**Small Plan**

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

**Medium Plan**

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

# Friday 10

MAY 2024

LUNCH

## Yakiniku Stir Fry Tofu and Mushroom

with Brown Rice, Edamame, and Kimchi

**Small Plan**

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

**Medium Plan**

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

DINNER

## Veggie Patties

WITH MASHED SWEET POTATOES AND TOASTED GREEN PEAS

**Small Plan**

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

**Medium Plan**

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

SNACK

## Pistachio and Dates Energy Bites

| | | | | |
|---|---|---|---|---|
| **Small Plan** | 180kcal Calories | 6g Protein | 12g Carbs | 12g Fat |
| **Medium Plan** | 185kcal Calories | 6g Protein | 12g Carbs | 12g Fat |

Monday
13
MAY 2024

LUNCH

# Gong Bao Earthmeat

with Brown Rice, Spicy Eggplant, and Cucumber Salad

**Small Plan**

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

**Medium Plan**

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

# HARISSA ROASTED TOFU STEAKS

With Roasted Potato and French Beans

**Small Plan**

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

**Medium Plan**

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

DINNER

# Pistachios and Dates Energy Bites

**Small Plan**

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

**Medium Plan**

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

SNACK

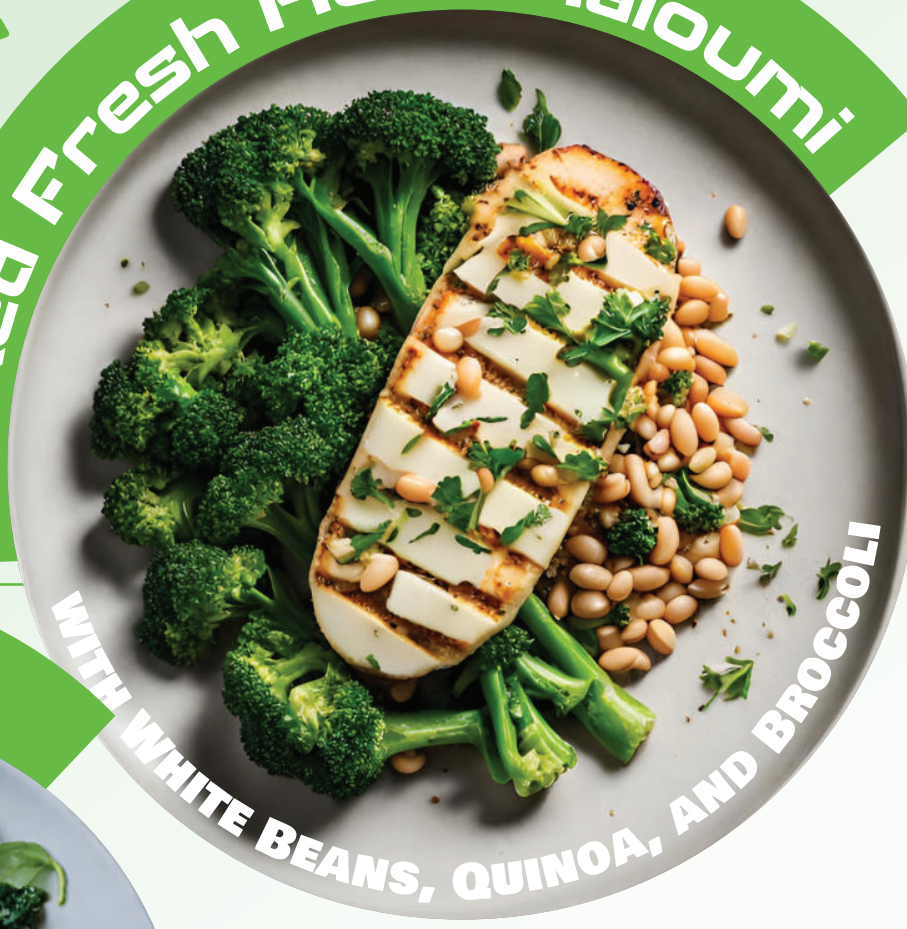
VEGETARIAN - VEGETARIAN - VEGETARIAN - VEGETARIAN - VEGETARIAN - VEGETARIAN - VEGETARIAN - VEGETARIAN - VEGETARIA

# Tuesday 14

MAY 2024

## LUNCH

### Baked Fresh Herb Haloumi




**Small Plan**

| 515kcal | 31g | 48g | 22g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

**Medium Plan**

| 745kcal | 45g | 70g | 32g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

### Baked Tempeh

## DINNER

**Small Plan**

| 345kcal | 33g | 24g | 13g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

**Medium Plan**

| 520kcal | 50g | 36g | 20g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

## SNACK

### ROASTED MIXED NUTS

**Small Plan**

| 140kcal | 6g |
|---|---|
| Calories | Protein |
| 4g | 11g |
| Carbs | Fat |

**Medium Plan**

| 140kcal | 6g |
|---|---|
| Calories | Protein |
| 4g | 11g |
| Carbs | Fat |

Wednesday
15
MAY 2024

LUNCH

## Tomato Mixed Beans Stew

WITH PASTA, MIXED MUSHROOMS, AND GREEN PEAS

### Small Plan

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

### Medium Plan

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

DINNER

## Lemongrass Tofu Skin and King Oyster Mushroom

with Rice Vermicelli and Mixed Veggies Salad

### Small Plan

| 380kcal | 24g |
|---|---|
| Calories | Protein |
| 39g | 14g |
| Carbs | Fat |

### Medium Plan

| 530kcal | 34g |
|---|---|
| Calories | Protein |
| 55g | 20g |
| Carbs | Fat |

SNACK

## OATMEAL COOKIE

### Small Plan

| 145kcal | 5g | 9g | 10g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

### Medium Plan

| 145kcal | 5g | 9g | 10g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

VEGETARIAN - VEGETARIAN - VEGETARIAN - VEGETARIAN - VEGETARIAN - VEGETARIAN - VEGETARIAN - VEGETARIAN - VEGETAR

Thursday
# 16
MAY 2024

LUNCH

## VEGAN RED CURRY

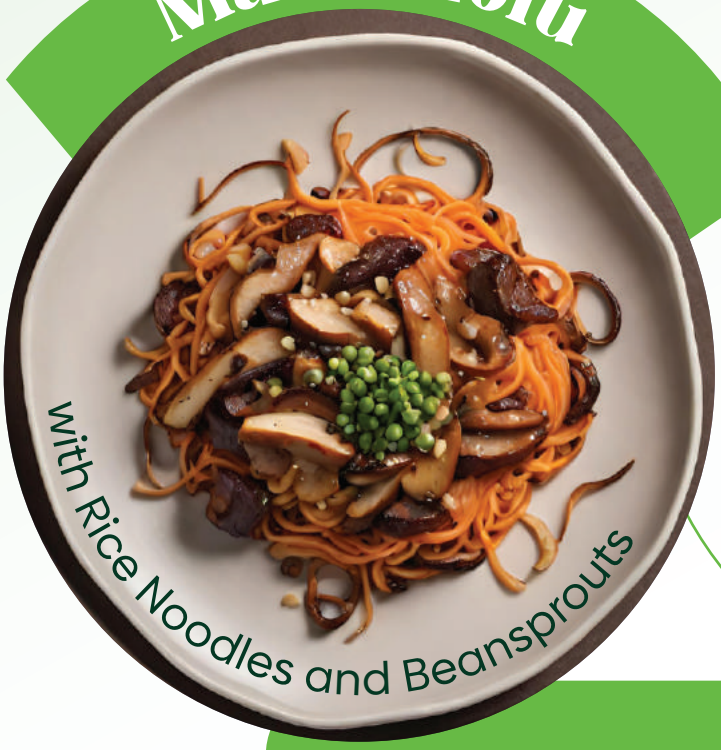
**Small Plan**

| 450kcal | 29g | 48g | 16g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

**Medium Plan**

| 680kcal | 44g | 72g | 24g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

## Ma Po Tofu




**Small Plan**

| 355kcal | 28g | 32g | 13g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

**Medium Plan**

| 520kcal | 41g | 46g | 19g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

DINNER

SNACK

## ALMOND OATS ENERGY BAR

| | | | | |
|---|---|---|---|---|
| **Small Plan** | 190kcal Calories | 6g Protein | 12g Carbs | 13g Fat |
| **Medium Plan** | 190kcal Calories | 6g Protein | 12g Carbs | 13g Fat |

# Friday 17 MAY 2024

## RENDANG EARTHMEAT

with Brown Rice and Roasted Cauliflower

### LUNCH

**Small Plan**

| 420kcal | 34g | 42g | 13g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

**Medium Plan**

| 630kcal | 51g | 63g | 20g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

## Kimchi Stew Tofu

with Sweet Potato Noodles, Spinach, and Shredded Carrot

### DINNER

**Small Plan**

| 400kcal | 28g | 38g | 15g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

**Medium Plan**

| 580kcal | 41g | 55g | 22g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

## TOFU CHOCOLATE BROWNIE

### SNACK

| | | | | |
|---|---|---|---|---|
| Small Plan | 185kcal Calories | 8g Protein | 20g Carbs | 8g Fat |
| Medium Plan | 185kcal Calories | 8g Protein | 20g Carbs | 8g Fat |