

The background of the entire page is a dark green color, overlaid with a pattern of white line-art illustrations of various vegetables and fruits. These include items like mushrooms, bell peppers, tomatoes, leafy greens, and citrus slices, scattered across the surface. The central text is white and stands out against the dark background.

Vegetarian Menu

A close-up photograph of a chef's hand using a silver knife to garnish a dish. The dish is served in a black rectangular pan and consists of white rice, yellow corn, green beans, and sliced red and green peppers. The chef is carefully placing a slice of red pepper on top. The background is softly blurred, showing other kitchen items and ingredients.

Dear guests

In the bustling world of culinary artistry, where flavors dance and ingredients harmonize, lies the heart of our philosophy: the Balanced Menu. As a seasoned chef, I've embarked on a journey to redefine gourmet cuisine, making health-conscious choices not only accessible but utterly irresistible. Join me as we explore the intricate fusion of culinary excellence and nutritional wisdom.

In a landscape inundated with culinary indulgences, the quest for balance becomes paramount. The Balanced Menu emerges as a beacon of culinary innovation, marrying the realms of health and taste seamlessly.

Embracing the ethos of calorie consciousness, our menu transcends mere sustenance, offering a symphony of flavors meticulously calibrated to nourish both body and soul. Every dish is a testament to our unwavering commitment to crafting culinary masterpieces that tantalize the taste buds while respecting the boundaries of a calorie-conscious lifestyle.

Let's savor the delights of a Balanced Menu—a testament to the notion that healthy living and gastronomic pleasure need not be mutually exclusive.

- Chef Ken

Wednesday 03

JUNE 2026

Regular Plan

400kcal
Calories

31g
Protein

42g
Carbs

12g
Fat

Large Plan

600kcal
Calories

47g
Protein

63g
Carbs

18g
Fat

LUNCH

Vegan Meatball



With Aglio Olio Pasta, Tomato Sauce and Mixed Veggies

Green Curry White Beans



With Basmati Rice, Long Beans and Eggplants

Regular Plan

440kcal
Calories

36g
Protein

42g
Carbs

14g
Fat

Large Plan

635kcal
Calories

52g
Protein

61g
Carbs

20g
Fat

DINNER

Gluten Free Banana Bread



SNACK

Regular Plan

175kcal
Calories

5g
Protein

16g
Carbs

10g
Fat

Large Plan

175kcal
Calories

5g
Protein

16g
Carbs

10g
Fat

Images are for illustration only.

Mala Mixed Veges and Semi-Dry Tofu



With Fried Brown Rice with Eggs

LUNCH

Regular Plan

425kcal
Calories

27g
Protein

46g
Carbs

15g
Fat

Large Plan

640kcal
Calories

41g
Protein

69g
Carbs

23g
Fat

Thursday 04

JUNE 2026

Peri Peri Tempeh



With Roast Potato and Broccoli

DINNER

Regular Plan

380kcal
Calories

31g
Protein

42g
Carbs

10g
Fat

Large Plan

575kcal
Calories

47g
Protein

63g
Carbs

15g
Fat

SNACK

Hazelnut and Chocolate Granola Bar



Regular Plan

190kcal
Calories

5g
Protein

24g
Carbs

8g
Fat

Large Plan

190kcal
Calories

5g
Protein

24g
Carbs

8g
Fat

Images are for illustration only.

Friday 05

JUNE 2026

Regular Plan

470kcal
Calories 29g
Protein

52g
Carbs 16g
Fat

Large Plan

680kcal
Calories 42g
Protein

75g
Carbs 23g
Fat

LUNCH



Yakiniku Stir Fry Tofu and Mushroom
with Brown Rice, Edamame and Kimchi

Regular Plan

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

Large Plan

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



White Beans and Mushroom Stew
with Soba Noodle and Garlic Kailan

DINNER

SNACK

Regular Plan

135kcal 3g 15g 7g
Calories Protein Carbs Fat

Large Plan

135kcal 3g 15g 7g
Calories Protein Carbs Fat



Pumpkin Parmesan Biscuit

LUNCH



Gong Bao Butter Beans and Shitake
with Brown Rice, Spicy Eggplant, Cucumber Salad

Regular Plan

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

Large Plan

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

Monday 08

JUNE 2026

Regular Plan

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

Large Plan

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



Harissa Roasted Tofu Steaks
with Roasted Potato, French Beans

DINNER



Peanut Butter Chocolate Energy Bites

Regular Plan

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

Large Plan

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

SNACK

Images are for illustration only.

Tuesday 09

JUNE 2026

Regular Plan

460kcal
Calories
41g
Carbs
31g
Protein
19g
Fat

Large Plan

665kcal
Calories
59g
Carbs
45g
Protein
28g
Fat

LUNCH

Baked Fresh Herb Paneer Cheese



with White Beans and Quinoa and Broccoli

Cauliflower Rice



with Baked Honey Miso Tempeh and Spinach Egg

Regular Plan

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

Large Plan

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

DINNER

Gluten Free Banana Bread



SNACK

Regular Plan

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

Large Plan

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

Images are for illustration only.

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 10

JUNE 2026

Regular Plan

380kcal
Calories
24g
Protein
39g
Carbs
148g
Fat

Large Plan

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

Lemongrass Tofu Skin and King Oyster Mushroom



with Rice Vermicelli and Mixed Veggies Salad

DINNER

Peanut Butter Chocolate Cookie



Regular Plan

155kcal
Calories
5g
Protein
4g
Carbs
13g
Fat

Large Plan

155kcal
Calories
5g
Protein
4g
Carbs
13g
Fat

SNACK

Images are for illustration only.

Thursday

11

JUNE 2026

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 Egg and pure Garlic Okra

Regular Plan

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

Large Plan

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

Vegan Meatballs



with Stroganoff Sauce, French Beans and Mashed Cauliflower

DINNER

Apple and Chia Seeds Oatmeal



SNACK

Regular Plan

175kcal 6g 24g 6g
Calories Protein Carbs Fat

Large Plan

175kcal 6g 24g 6g
Calories Protein Carbs Fat

Images are for illustration only.

Rendang Tempeh



with Brown Rice, Roasted Cauliflower

LUNCH

Regular Plan

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

Large Plan

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

Friday

12

JUNE 2026

Regular Plan

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

Large Plan

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

Peri Peri Tofu



with Cajun Sweet Potato and Broccoli

DINNER

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.

Monday 15

JUNE 2026

LUNCH

Regular Plan

415kcal
Calories 26g
Protein
46g
Carbs 14g
Fat

Large Plan

620kcal
Calories 39g
Protein
69g
Carbs 21g
Fat



Regular Plan

345kcal 27g 34g 11g
Calories Protein Carbs Fat

Large Plan

515kcal 41g 51g 17g
Calories Protein Carbs Fat

DINNER



SNACK

Regular Plan

245kcal 8g 26g 12g
Calories Protein Carbs Fat

Large Plan

245kcal 8g 26g 12g
Calories Protein Carbs Fat

Images are for illustration only.

LUNCH



Regular Plan

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

Large Plan

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

Tuesday 16

JUNE 2026



Regular Plan

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

Large Plan

500kcal 48g 38g 18g
Calories Protein Carbs Fat

DINNER



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 17

JUNE 2026

Regular Plan

440kcal
Calories 34g
Protein

47g
Carbs 13g
Fat

Large Plan

640kcal
Calories 49g
Protein

68g
Carbs 19g
Fat

LUNCH

Yakiniku Stir Fry Tofu and Mushroom



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

Peri Peri Tempeh



with Roast Potato and Broccoli

DINNER

SNACK

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



Images are for illustration only.

Basil Crushed Tofu and Lentils



with Brown Rice, Scrambled Egg and Kailan

LUNCH

Regular Plan

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

Large Plan

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

Thursday 18

JUNE 2026

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 Beans



with Cajun Roasted Sweet Potato, Broccoli

DINNER

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

SNACK

Images are for illustration only.

Friday 19

JUNE 2026

LUNCH

Regular Plan

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

Large Plan

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

Veggie Patties



With Mashed Sweet Potato, Green Peas and Coriander Lime Juice

Tumeric Baked Tempeh



With Brown Rice and Lady Finger

Regular Plan

420kcal 32g 39g 15g
Calories Protein Carbs Fat

Large Plan

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

Peanut Butter Chocolate Cookie



SNACK

Regular Plan

125kcal 4g 5g 16g
Calories Protein Carbs Fat

Large Plan

125kcal 4g 5g 16g
Calories Protein Carbs Fat

Images are for illustration only.

LUNCH

Peranakan Curry Tofu and Lentils



With Basmati Rice, Cauliflower and Lady Finger

Regular Plan

470kcal 32g 46g 14g
Calories Protein Carbs Fat

Large Plan

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

Monday 22

JUNE 2026

Vegan Meatballs



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

DINNER

Regular Plan

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

Large Plan

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

Peanut Butter Chocolate Energy Bites



SNACK

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

23

JUNE 2026

LUNCH

Regular Plan

440kcal
Calories 32g
Protein

46g 14g
Carbs Fat

Large Plan

635kcal 46g
Calories Protein

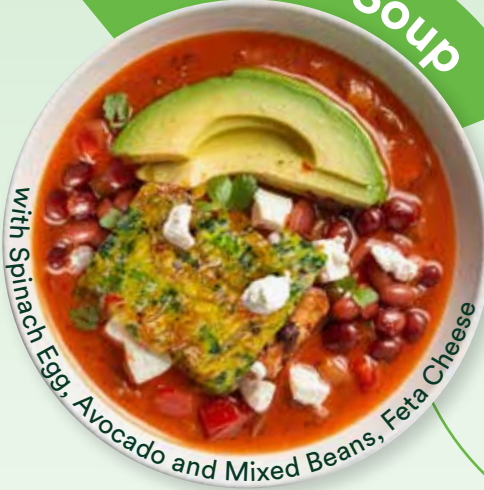
67g 20g
Carbs Fat

Sambal Tofu and Button Mushroom



with Brown Rice and Shanghai Green

Tomato Soup



with Spinach Egg, Avocado and Mixed Beans, Feta Cheese

Regular Plan

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

Large Plan

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

Hazelnut and Chocolate Granola Bar



DINNER

SNACK

Regular Plan

190kcal 5g 24g 8g
Calories Protein Carbs Fat

Large Plan

190kcal 5g 24g 8g
Calories Protein Carbs Fat

Images are for illustration only.

Wednesday

24

JUNE 2026

LUNCH

Regular Plan

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

Large Plan

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

Mala Baiye and King Oyster Mushroom



with Brown Rice and Honey Soy Mixed Veggies

Baked Honey Miso Temppeh



with Roasted Herb Veggies Quinoa Salad

DINNER

Regular Plan

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

Large Plan

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

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

SNACK

Images are for illustration only.

Thursday 25

JUNE 2026

Regular Plan

415kcal
Calories 29g
Protein
45g 13g
Carbs Fat

Large Plan

620kcal 44g
Calories Protein
68g 20g
Carbs Fat

LUNCH

Yuxiang Tofu and Chickpeas



Fresh Herb and Lemon Baked Butter Beans



Regular Plan

335kcal 23g 34g 12g
Calories Protein Carbs Fat

Large Plan

505kcal 35g 51g 18g
Calories Protein Carbs Fat

DINNER

Pumpkin Parmesan Biscuit



SNACK

Regular Plan

270kcal 6g 30g 14g
Calories Protein Carbs Fat

Large Plan

270kcal 6g 30g 14g
Calories Protein Carbs Fat

Images are for illustration only.

LUNCH

Green Curry White Beans



Regular Plan

465kcal 36g 42g 17g
Calories Protein Carbs Fat

Large Plan

675kcal 52g 61g 25g
Calories Protein Carbs Fat

Friday 26

JUNE 2026

Regular Plan

385kcal 34g 28g 15g
Calories Protein Carbs Fat

Large Plan

575kcal 51g 42g 23g
Calories Protein Carbs Fat

Cauliflower Protein Bites



DINNER

Apple and Chia Seeds Oatmeal



Regular Plan

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

Large Plan

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

SNACK

Images are for illustration only.