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

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	34g	14g
Calories	Protein	Carbs	Fat

Medium Plan

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

DINNER

SNACK

Peanut Butter Chocolate Cookie

Small Plan	180kcal Calories	4g Protein	5g Carbs	16g Fat
Medium Plan	180kcal Calories	4g Protein	5g Carbs	16g Fat

Tuesday 07 MAY 2024

LUNCH

Baked Herb Tempeh

with Cauliflower Rice and Spinach Egg

Small Plan

340kcal	33g	23g	13g
Calories	Protein	Carbs	Fat

Medium Plan

495kcal	48g	33g	19g
Calories	Protein	Carbs	Fat

DINNER

Baked Fresh Herb Mushrooms

With Quinoa and Broccoli

Small Plan

495kcal	31g
Calories	Protein
46g	21g
Carbs	Fat

Medium Plan

745kcal	47g
Calories	Protein
69g	32g
Carbs	Fat

SNACK

TOMATO SOUP

Small Plan

158kcal	3g	20g	8g
Calories	Protein	Carbs	Fat

Medium Plan

158kcal	3g	20g	8g
Calories	Protein	Carbs	Fat

Wednesday 08

MAY 2024

LUNCH

Tomato Earthmeat

Small Plan

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

Medium Plan

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

DINNER

Lemongrass Tofu and King Oyster Mushroom

Small Plan

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

Medium Plan

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

SNACK

OATMEAL COOKIE

Small Plan

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

Medium Plan

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

Thursday 09 MAY 2024

LUNCH

Ma Po Tofu

with Rice Noodles and Beansprouts

Small Plan

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

Medium Plan

530kcal	41g	46g	20g
Calories	Protein	Carbs	Fat

DINNER

RED CURRY EARTHMEAT

with Coconut Basmati Rice and Long Beans

Small Plan

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

Medium Plan

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

SNACK

ALMOND OATS ENERGY BAR

Small Plan

190kcal	6g	12g	13g
Calories	Protein	Carbs	Fat

Medium Plan

190kcal	6g	12g	13g
Calories	Protein	Carbs	Fat

Friday 10 MAY 2024

LUNCH

RENDANG EARTHMEAT

with Brown Rice and Roasted Cauliflower

Small Plan

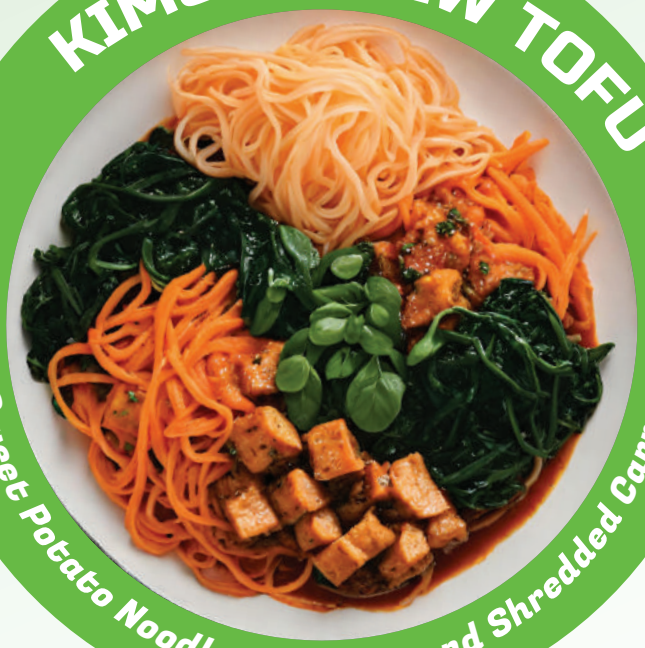
430kcal	31g	43g	15g
Calories	Protein	Carbs	Fat

Medium Plan

610kcal	43g	60g	22g
Calories	Protein	Carbs	Fat

DINNER

KIMCHI STEW TOFU



with Sweet Potato Noodles, Spinach and Shredded Carrot

Small Plan

405kcal	25g	33g	19g
Calories	Protein	Carbs	Fat

Medium Plan

545kcal	33g	44g	27g
Calories	Protein	Carbs	Fat

SNACK

LOW FAT CHEESECAKE

Small Plan	170kcal Calories	8g Protein	14g Carbs	9g Fat
Medium Plan	170kcal Calories	12g Protein	20g Carbs	13g Fat

Monday 13

MAY 2024

LUNCH

Herb Roasted Portobello and Tempeh

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

Small Plan

475kcal	33g	48g	17g
Calories	Protein	Carbs	Fat

Medium Plan

700kcal	49g	70g	25g
Calories	Protein	Carbs	Fat

DINNER

Teriyaki Home Made Spinach Egg Tofu

with Quinoa and Sauté Mixed Veggies

Small Plan

415kcal	34g
Calories	Protein
36g	15g
Carbs	Fat

Medium Plan

580kcal	48g
Calories	Protein
50g	21g
Carbs	Fat

SNACK

Cumin Carrot Soup

Small Plan

120kcal	6g	6g	8g
Calories	Protein	Carbs	Fat

Medium Plan

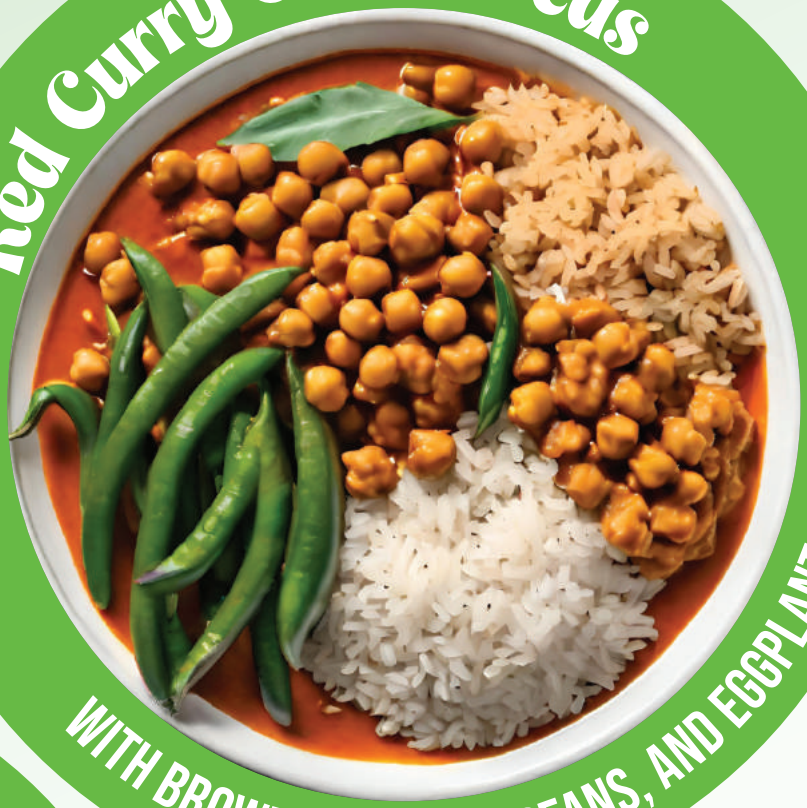
120kcal	6g	6g	8g
Calories	Protein	Carbs	Fat

Tuesday 14

MAY 2024

LUNCH

Red Curry Chick Peas



WITH BROWN RICE, LONG BEANS, AND EGGPLANTS

Small Plan

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

Medium Plan

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

BRAISED EARTHMEAT

with Cauliflower Rice and Spinach Egg

DINNER

Small Plan

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

Medium Plan

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

SNACK

TOFU CHOCOLATE BROWNIE

Small Plan

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

Medium Plan

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

Wednesday
15
MAY 2024

LUNCH

Yakiniku Stir Fry Tofu and Mushroom

with Brown Rice, Edamame, and Kimchi

Small Plan

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

Medium Plan

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

DINNER

PERI PERI EARTHMEAT

with Roast Potato and Herb Veggies

Small Plan

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

Medium Plan

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

SNACK

PEANUT BUTTER CHOCOLATE ENERGY BITES

Small Plan

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

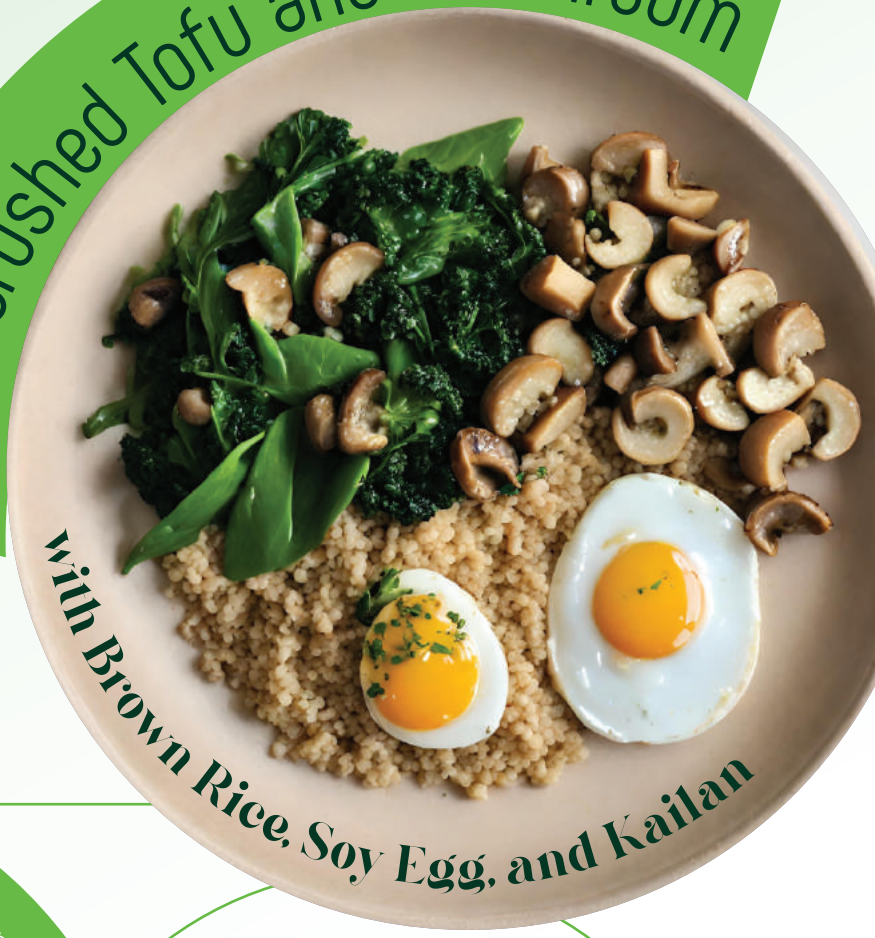
Medium Plan

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

Thursday 16 MAY 2024

LUNCH

Basil Crushed Tofu and Mushroom



with Brown Rice, Soy Egg, and Kailan

Small Plan

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

Medium Plan

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

Fresh Herb Stew Beans

with Cajun Roasted Sweet Potato, Broccoli, and Riccota Cheese

Small Plan

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

Medium Plan

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

DINNER

SNACK

LOW FAT CHEESECAKE

Small Plan	170kcal Calories	8g Protein	14g Carbs	9g Fat
Medium Plan	170kcal Calories	8g Protein	14g Carbs	9g Fat

Friday 17 MAY 2024

TURMERIC EARTHMEAT

with Brown Rice and Lady Finger

LUNCH

Small Plan

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

Medium Plan

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

DINNER

Tempeh Kofta

with Couscous, Mint Yoghurt, Cucumber, and Tomato Salad

Small Plan

435kcal	32g	48g	13g
Calories	Protein	Carbs	Fat

Medium Plan

655kcal	48g	72g	20g
Calories	Protein	Carbs	Fat

PEANUT BUTTER CHOCOLATE COOKIE

Small Plan	180kcal Calories	4g Protein	5g Carbs	16g Fat
Medium Plan	180kcal Calories	4g Protein	5g Carbs	16g Fat

SNACK