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 01

JUL 2024

LUNCH

HERB ROASTED PORTOBELLO AND TEMPEH

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

Small Plan

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

Medium Plan

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

Teriyaki Home Made Spinach Egg Tofu

with Quinoa and Sauté Mixed Veggies

Small Plan

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

Medium Plan

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

DINNER

SNACK

Chocolate Hazelnut Energy Bites

Small Plan	180kcal Calories	6g Protein	5g Carbs	15g Fat
Medium Plan	180kcal Calories	6g Protein	6g Carbs	15g Fat

Tuesday
02
JUL 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

DINNER

Vegan Meatballs

with Cauliflower Rice and Spinach Egg

Small Plan

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

Medium Plan

500kcal	48g
Calories	Protein
36g	18g
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

Wednesday 03

JUL 2024

LUNCH

Yakniku 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 Roasted Potato and Herb Veggies

Small Plan

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

Medium Plan

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

SNACK

PEANUT BUTTER CHOCOLATE ENERGY BITES

Small Plan

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

Medium Plan

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

Thursday
04
JUL 2024

LUNCH

Basil Crushed Tofu and Lentils

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

DINNER

FRESH HERB AND LEMON STEW BUTTER BEANS

with Cajun Roasted Sweet Potato, Broccoli, and Riccota Cheese

Small Plan

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

Medium Plan

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

SNACK

Low Fat Cheesecake

Small Plan

170kcal	8g	14g	9g
Calories	Protein	Carbs	Fat

Medium Plan

170kcal	8g	14g	9g
Calories	Protein	Carbs	Fat

Friday 05 JUL 2024

LUNCH

CAULIFLOWER PROTEIN BITES

WITH COUSCOUS, BLACK BEANS, 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

DINNER

Turmeric Earthmeat

WITH BROWN RICE AND LADY FINGER

Small Plan

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

Medium Plan

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

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

Monday
08
JUL 2024

LUNCH

Tofu and Lentils Peranakan Curry

with Basmati Rice, Cauliflower, and Lady Finger

Small Plan

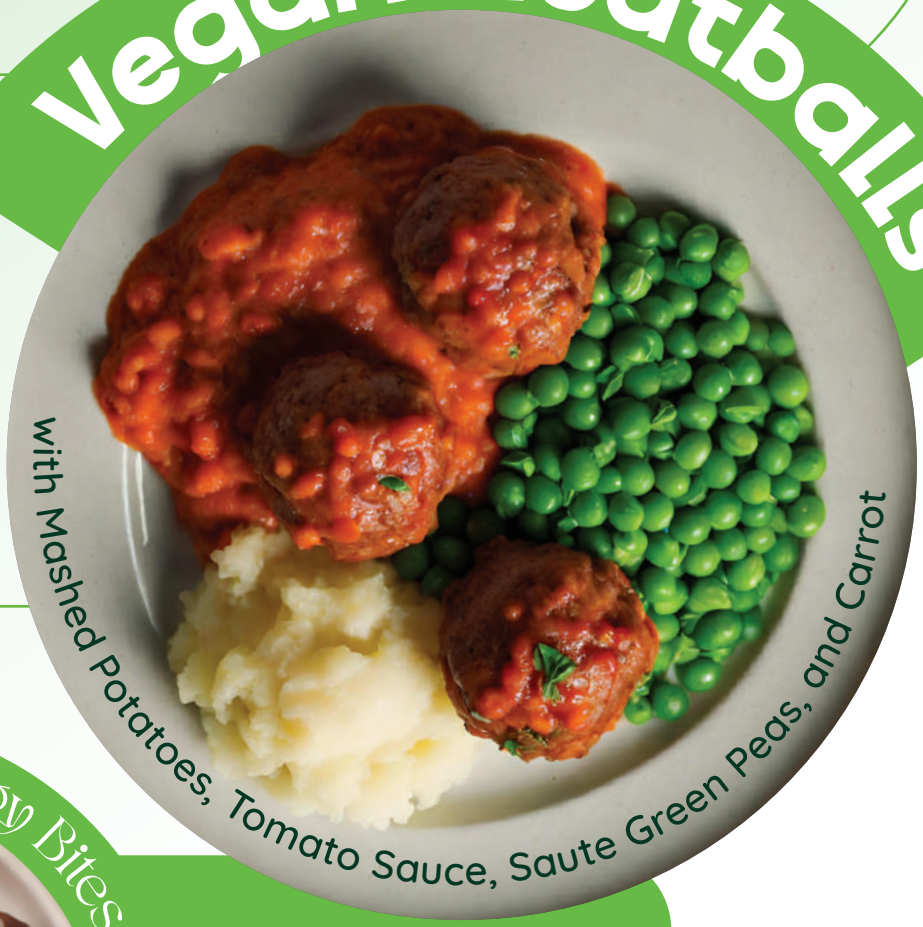
470kcal	31g	46g	18g
Calories	Protein	Carbs	Fat

Medium Plan

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

DINNER

Vegan Meatballs



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

Small Plan

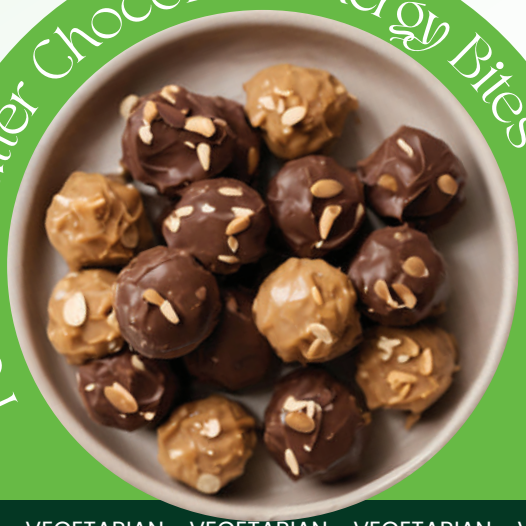
345kcal	27g
Calories	Protein
32g	12g
Carbs	Fat

Medium Plan

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

SNACK

Peanut Butter Chocolate Energy Bites



Small Plan

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

Medium Plan

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

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Tuesday 09 JUL 2024

LUNCH

Sambal Earthmeat

with Brown Rice, Tofu, and Shanghai Green

Small Plan

445kcal	36g	46g	13g
Calories	Protein	Carbs	Fat

Medium Plan

670kcal	54g	69g	20g
Calories	Protein	Carbs	Fat

DINNER

Tomato Soup

with Spinach Egg, Avocado, Mixed Beans, and Feta Cheese

Small Plan

365kcal	32g	21g	17g
Calories	Protein	Carbs	Fat

Medium Plan

550kcal	48g	32g	26g
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
10
JUL 2024

LUNCH

YAKINIKU STIR FRY BAIYE AND LENTILS

with Rice Noodles, Kimchi, and Edamame

Small Plan

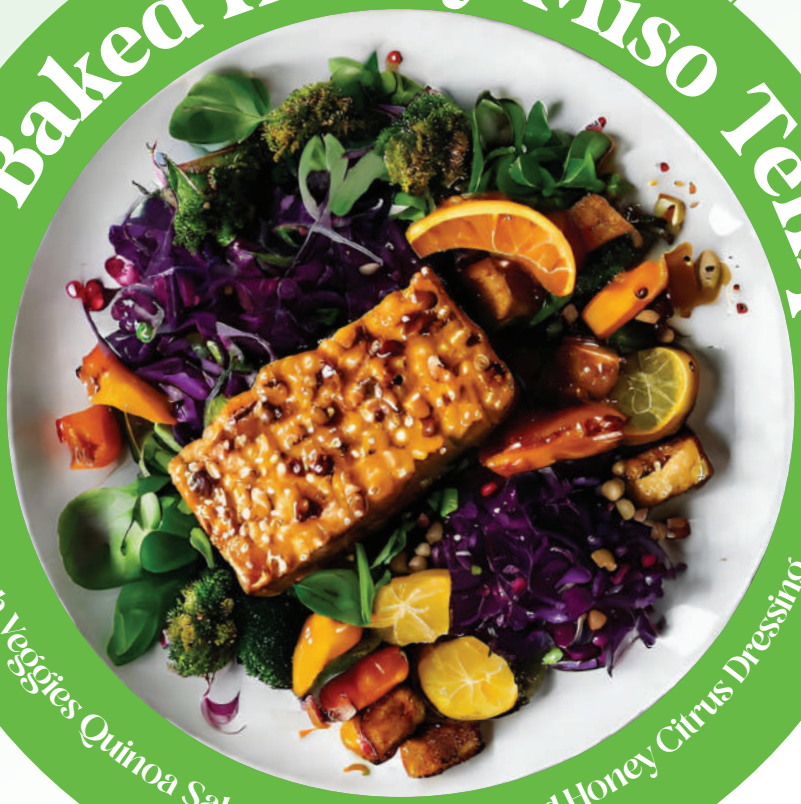
440kcal	31g	45g	15g
Calories	Protein	Carbs	Fat

Medium Plan

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

DINNER

Baked Honey Miso Tempeh



With Roasted Herb Veggies Quinoa Salad, Pomegranate, and Honey Citrus Dressing

Small Plan

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

Medium Plan

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

SNACK

LOW FAT CHEESECAKE

Small Plan

170kcal	8g	14g	9g
Calories	Protein	Carbs	Fat

Medium Plan

170kcal	8g	14g	9g
Calories	Protein	Carbs	Fat

Thursday 11 JUL 2024

LUNCH

Yuxiang Tofu and Chick Peas

with Brown Rice, Saute Mushroom, and Bok Choy

Small Plan

460kcal	36g	45g	15g
Calories	Protein	Carbs	Fat

Medium Plan

665kcal	52g	65g	22g
Calories	Protein	Carbs	Fat

DINNER

Fresh Herb and Lemon Baked Halloumi

with Roasted Potatoes, French Beans, Black Beans, and Tomato Salsa

Small Plan

365kcal	23g	34g	15g
Calories	Protein	Carbs	Fat

Medium Plan

545kcal	35g	51g	23g
Calories	Protein	Carbs	Fat

SNACK

PISTACHIO AND DATES ENERGY BITES

Small Plan	185kcal Calories	6g Protein	6g Carbs	15g Fat
Medium Plan	185kcal Calories	6g Protein	6g Carbs	15g Fat

Friday 12 JUL 2024

GREEN CURRY EARTHMEAT

with White Beans, Basmati Rice, Eggplants, and Long Beans

LUNCH

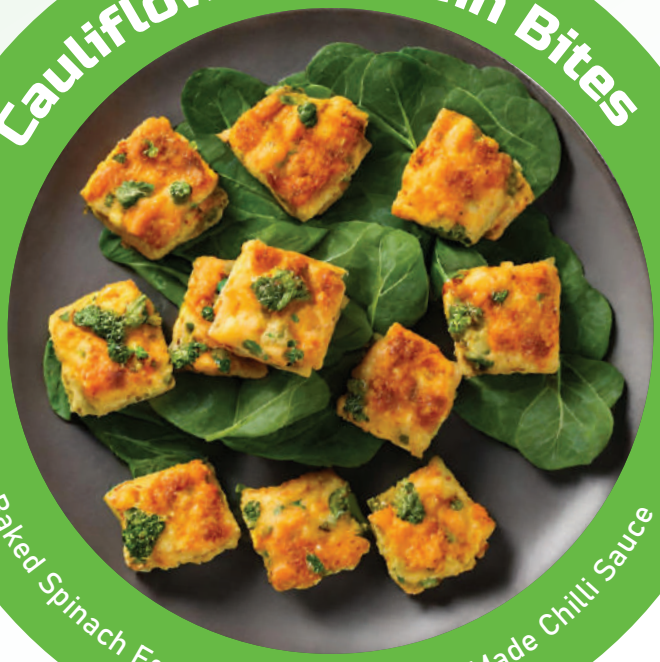
Small Plan

475kcal	36g	47g	16g
Calories	Protein	Carbs	Fat

Medium Plan

690kcal	52g	68g	23g
Calories	Protein	Carbs	Fat

Cauliflower Protein Bites



with Sweet Potatoes, Baked Spinach Egg, Broccoli, and House Made Chilli Sauce

DINNER

Small Plan

375kcal	39g	26g	13g
Calories	Protein	Carbs	Fat

Medium Plan

565kcal	59g	39g	20g
Calories	Protein	Carbs	Fat

Overnight Oats

with Roasted Apple and Chia Seeds

SNACK

	145kcal	5g	20g	5g
Small Plan	Calories	Protein	Carbs	Fat
Medium Plan	145kcal Calories	5g Protein	20g Carbs	5g Fat