

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 slices of citrus, mushrooms, bell peppers, leafy greens, and other produce items scattered across the surface.

# Vegetarian Menu

A close-up photograph of a chef's hand using a metal knife to garnish a dish. The dish is served in a black rectangular pan and consists of white rice topped with sliced red and green bell peppers, and other vegetables. The chef is wearing a white chef's hat, partially visible in the background. The lighting is soft and focused on the food.

# 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  
**29**

JUL 2024

LUNCH

### Regular Plan

450kcal  
Calories

28g  
Protein

48g  
Carbs

16g  
Fat

### Large Plan

670kcal  
Calories

42g  
Protein

72g  
Carbs

24g  
Fat

TERIYAKI STEW SPINACH EGG TOFU

With brown rice, kimchi, and edamame



### 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

9g  
Protein

9g  
Carbs

12g  
Fat

### Large Plan

180kcal  
Calories

9g  
Protein

9g  
Carbs

12g  
Fat

Chocolate Hazelnut Energy Bites



DINNER

LUNCH

### Regular Plan

460kcal  
Calories

38g  
Protein

41g  
Carbs

16g  
Fat

### Large Plan

665kcal  
Calories

55g  
Protein

59g  
Carbs

23g  
Fat

TURMERIC CHICK PEAS

With COCONUT BASMATI RICE, HARD BOILED EGG, AND CUCUMBER



### Regular Plan

370kcal  
Calories

32g  
Protein

36g  
Carbs

11g  
Fat

### Large Plan

555kcal  
Calories

48g  
Protein

54g  
Carbs

17g  
Fat

Thai Style Tofu Tom Yam

With Brown Rice Noodles, Beansprouts, and Cucumber



DINNER

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

SNACK

Tuesday  
**30**

JUL 2024

# Wednesday

# 31

JUL 2024

### 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 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 Earthmeat and White Beans

with Basmati Rice, Eggplants, and Long Beans

SNACK

### Regular Plan

175kcal  
Calories

5g  
Protein

16g  
Carbs

10g  
Fat

### Large Plan

175kcal  
Calories

5g  
Protein

16g  
Carbs

10g  
Fat

DINNER

## GLUTEN FREE BANANA BREAD

# Thursday

# 01

AUG 2024

LUNCH

## MALA MIXED VEGGIES AND SEMI-DRY TOFU

WITH FRIED BROWN RICE AND EGGS

### Regular Plan

425kcal  
Calories

27g  
Protein

46g  
Carbs

15g  
Fat

### Large Plan

640kcal  
Calories

41g  
Protein

69g  
Carbs

23g  
Fat

### 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

Friday  
02  
AUG 2024

**Regular Plan**

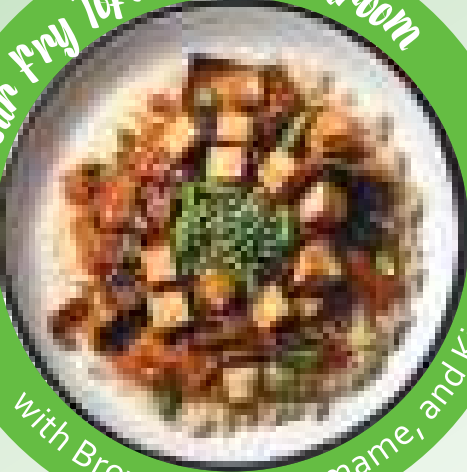
435kcal  
Calories  
29g  
Protein  
46g  
Carbs  
15g  
Fat

**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

**Veggie Patties**



WITH MASHED SWEET POTATOES AND CAJUN GREEN PEAS

SNACK

**Regular Plan**

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

**Large Plan**

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

**Pistachio and Dates Energy Bites**



LUNCH

**GONG BAO BUTTER BEANS AND SHIITAKE**



with Brown Rice, Spicy Eggplant, and Cucumber Salad

**Regular Plan**

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

**Large Plan**

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

Monday  
05  
AUG 2024

**Regular Plan**

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

**Large Plan**

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

**HARISSA ROASTED TOFU STEAKS**



with Roasted Potato and French Beans

DINNER

**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

SNACK

# Tuesday 06

AUG 2024

### Regular Plan

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

### Large Plan

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

LUNCH



with White Beans, Quinoa, and Broccoli



with Cauliflower Rice and Spinach Egg

### Regular Plan

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

### Large Plan

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

DINNER



SNACK

### Regular Plan

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

### Large Plan

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

LUNCH



with Pasta, Mixed Mushrooms, and Green Peas

### Regular Plan

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

### Large Plan

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

# Wednesday 07

AUG 2024

### Regular Plan

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

### Large Plan

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



with Rice Vermicelli and Mixed Veggies Salad

DINNER



### Regular Plan

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

### Large Plan

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

SNACK



# Monday 12

AUG 2024

**LUNCH**

**HERB ROASTED PORTOBELLO**



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

<b>Regular Plan</b>	445kcal	31g		
Calories		Protein		
	46g	15g		
Carbs		Fat		

<b>Large Plan</b>	665kcal	47g		
Calories		Protein		
	69g	23g		
Carbs		Fat		

**SNACK**

**Teriyaki Home Made Spinach Eggs Tofu**




with Quinoa and Sauté Mixed Veggies

<b>Regular Plan</b>	180kcal	6g	5g	15g
Calories		Protein	Carbs	Fat

<b>Large Plan</b>	180kcal	6g	5g	15g
Calories		Protein	Carbs	Fat

**DINNER**

**Chocolate Hazelnut Energy Bites**



<b>Regular Plan</b>	380kcal	32g	34g	13g
Calories		Protein	Carbs	Fat

<b>Large Plan</b>	550kcal	46g	49g	19g
Calories		Protein	Carbs	Fat

**LUNCH**

**Red Curry Chick Peas**



with Brown Rice, Long Beans, and Eggplants

<b>Regular Plan</b>	330kcal	32g	24g	12g
Calories		Protein	Carbs	Fat

<b>Large Plan</b>	500kcal	48g	36g	18g
Calories		Protein	Carbs	Fat

# Tuesday 13

AUG 2024

**DINNER**

**Vegan Meatballs**



with Cauliflower Rice and Spinach Egg

<b>Regular Plan</b>	480kcal	31g	49g	18g
Calories		Protein	Carbs	Fat

<b>Large Plan</b>	725kcal	47g	74g	27g
Calories		Protein	Carbs	Fat

**SNACK**

**TOFU CHOCOLATE BROWNIE**



<b>Regular Plan</b>	185kcal	8g	20g	8g
Calories		Protein	Carbs	Fat

<b>Large Plan</b>	185kcal	8g	20g	8g
Calories		Protein	Carbs	Fat



Wednesday  
**14**  
 AUG 2024

LUNCH

**Regular Plan**

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

**Large Plan**

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

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



PERI PERI TEMPEH  
 with Roasted Potato and Herb Veggies



**Regular Plan**

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

**Large Plan**

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

DINNER

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

**Regular Plan**

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

**Large Plan**

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

Thursday  
**15**  
 AUG 2024

Basil Crushed Tofu and Lentils  
 with Brown Rice, Soy Egg, and Kailan



**Regular Plan**

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

**Large Plan**

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

FRESH HERB AND LEMON STEW BUTTER BEANS  
 with Cajun Roasted Sweet Potato and Broccoli



DINNER

Low Fat Cheesecake



**Regular Plan**

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

**Large Plan**

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

SNACK

Friday  
16  
AUG 2024

**Regular Plan**

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

**Large Plan**

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

LUNCH

**VEGGIE PATTIES**

WITH COUSCOUS AND BLACK BEANS, MINT YOGHURT, CUCUMBER, AND TOMATO SALAD



**Turmeric Baked Tempeh**



WITH BROWN RICE, HARD BOILED EGG, AND LADY FINGER

**Regular Plan**

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

**Large Plan**

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

DINNER

SNACK

**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  
19  
AUG 2024

**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

**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

SNACK

# Tuesday 20

AUG 2024

LUNCH

### Regular Plan

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

### Large Plan

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

LUNCH

Sambal Tofu and Button Mushroom  
WITH BROWN RICE, TOFU, AND SHANGHAI GREEN



Tomato Soup



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

### Regular Plan

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

### Large Plan

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

DINNER

SNACK

### Regular Plan

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

### Large Plan

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

TOFU CHOCOLATE BROWNIE



LUNCH

### Regular Plan

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

### Large Plan

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

# Wednesday 21

AUG 2024

YAKINIKU STIR FRY BAIYE AND LENTILS  
with Rice Noodles, Kimchi, and Edamame



### Regular Plan

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

### Large Plan

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

Baked Honey Miso Temppeh  
with Roasted Herb Veggies, Quinoa Salad, Pomegranate, and Honey Citrus Dressing



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

# Thursday 22

AUG 2024

LUNCH

### Regular Plan

460kcal  
Calories

36g  
Protein

45g  
Carbs

15g  
Fat

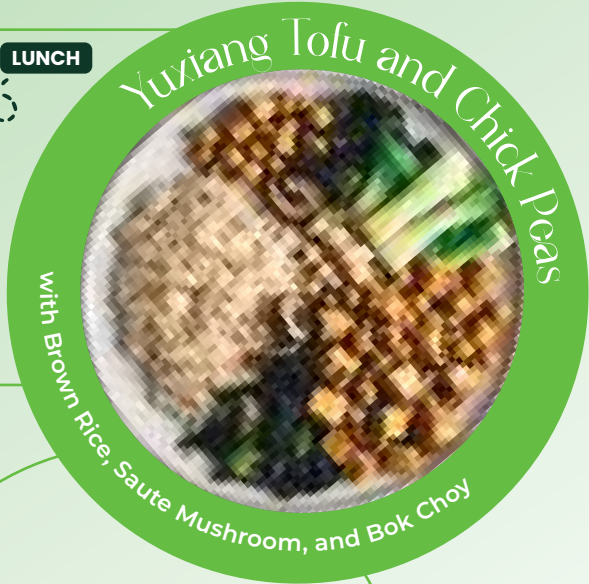
### Large Plan

665kcal  
Calories

52g  
Protein

65g  
Carbs

22g  
Fat



### Regular Plan

365kcal  
Calories

23g  
Protein

34g  
Carbs

15g  
Fat

### Large Plan

545kcal  
Calories

35g  
Protein

51g  
Carbs

23g  
Fat



SNACK

### Regular Plan

185kcal  
Calories

6g  
Protein

6g  
Carbs

15g  
Fat

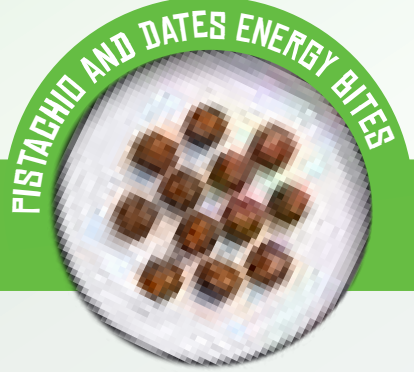
### Large Plan

185kcal  
Calories

6g  
Protein

6g  
Carbs

15g  
Fat



DINNER

LUNCH



### Regular Plan

465kcal  
Calories

36g  
Protein

42g  
Carbs

17g  
Fat

### Large Plan

675kcal  
Calories

52g  
Protein

61g  
Carbs

25g  
Fat

# Friday 23

AUG 2024

### Regular Plan

385kcal  
Calories

34g  
Protein

28g  
Carbs

15g  
Fat

### Large Plan

575kcal  
Calories

51g  
Protein

42g  
Carbs

23g  
Fat



DINNER



### Regular Plan

145kcal  
Calories

5g  
Protein

20g  
Carbs

5g  
Fat

### Large Plan

145kcal  
Calories

5g  
Protein

20g  
Carbs

5g  
Fat

SNACK