# 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 20 **MAY 2024** 

## **Small Plan**

31g 15g 445kcal 46g Carbs Fat

## **Medium Plan**

665kcal 47g 69g 23g

SASSORIOBELLO AND TEMPER. ERB And Dio Olio Pasta, Tomato Sauce, and Sweet Snap Peas

aki Home Made Spinach Sic.

**Small Plan** 

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

**Medium Plan** 

46g 49g 550kcal 19g Protein Carbs Fat

DINNER

Elith Outhou and Sauté Mixed Jeon

**SNACK** 



**Small** Plan

Plan

**Medium** 

180kcal

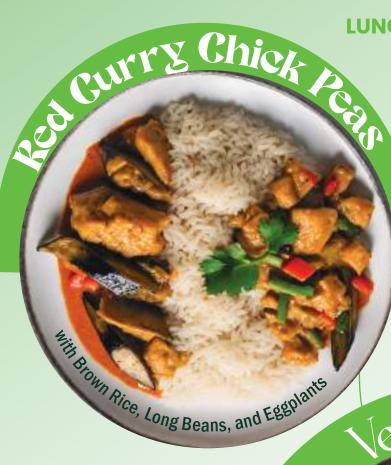
180kcal

6g

15g

5g





juesday. 91 **MAY 2024** 

## **Small Plan**

480kcal 31g 49g 18g Carbs Fat

## **Medium Plan**

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

egan Mealballs

## Small Plan

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

## **Medium Plan**

500kcal 48g Calories Protein

18g **36g** Carbs Fat

DINNER





8g 185kcal 20g 8g Protein Carbs

**Medium Plan** 

20g 185kcal **8g** 8g Protein Carbs



## Small Plan

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

## **Medium Plan**

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

LUNCH

en stir fry Tofu and Mushing

Brown Pice Edamame, and Kims EARTHMER

DINNER

## **Small Plan**

380kcal 33g 35g 12g

## **Medium Plan**

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

Arith Roasted Potato and Se

**SNACK** 



## **Small Plan**

180kcal 6g Calories Protein

16g **3**g



**Medium Plan** 

180kcal 6g Calories

3g 16g Carbs

LUNC Stushed Tofu and leading Brown Rice, Soy Egg, and Land ESS, MIN STEN A

shursday 23 **MAY 2024** 

## **Small Plan**

440kcal 34g 44g 14g Calories Carbs Fat

## **Medium Plan**

49g 635kcal 64g 20g

DINNER

## **Small Plan**

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

## **Medium Plan**

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

With Calin Poosted Sweet Potato, Broccoli, and Aicos Sweet Potato, Broccol cheesecolo

Protein Carbs

**Medium Plan** 

170kcal 8g 14g 9g Calories Protein Carbs

griday 24 **MAY 2024** 

## **Small Plan**

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

## **Medium Plan**

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

WITH EURIS HALL PROBHURT, CUCUMBER, AND TOMATO SALAD

OWER PROTEIN BINGS

# rumeric Earthmegy



## **Medium Plan**

46g 570kcal 17g 57g Calories Protein Carbs

DINNER

**SNACK** 



Small Plan

180kcal

4g Protein

5g

16g

Medium Plan

180kcal

5g Protein





sondar 27 **MAY 2024** 

## Small Plan

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

## **Medium Plan**

705kcal 27g 47g 69g Calories Carbs Fat

## Small Plan

345kcal 27g Calories Protein 32g 12g

## **Medium Plan**

515kcal 41g Calories Protein

48g 18g Carbs Fat

INNER

TO COLATE Energy Strices

# with Mashed Politices, Tomato Sauce, Saute Green Pedso

## **Small Plan**

16g 185kcal 6g 4g Protein

**Medium Plan** 

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



## Small Plan

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

## **Medium Plan**

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

WITH BROWN RICE, TOFU, AND SHAWCHIA

carthnear



William Con Coss. Avocado, Mixed Reales, St. Avocado, Mixed Reales, Mix

# DINNER

## Small Plan

365kcal 32g 21g 17g

## **Medium Plan**

48g 26g 550kcal 32g Calories Protein Fat CHOCOLATE BROWN

**SNACK** 



## **Small Plan**

8g 185kcal Calories Protein

8g 20g



## **Medium Plan**

185kcal 8g Calories Protein 20g



ednesda **MAY 2024** 

## **Small Plan**

440kcal 31g 45g 15g Carbs Fat

## **Medium Plan**

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

## DINNER

## **Small Plan**

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

## **Medium Plan**

560kcal 42g Calories Protein

42g 25g Carbs Fat

ENT CHEESEGARA

with Roasted Heart States Orling Salad, Pomegranate, and Honey Citris Inchies

**8**g 170kcal 14g 9g Protein Carbs

**Medium Plan** 

170kcal **8g** 14g Carbs Calories Protein



## **Small Plan**

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

## **Medium Plan**

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

A Saute Mushroom, and Box Chor

ou and Chick Peas

Hand Lemon Balk Beans, and Tornato Salad

## **Small Plan**

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

## **Medium Plan**

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

DINNER

SNACK



Small Plan

Plan

Medium

185kcal

**6g** Protein 6g 15g
Carbs Fat

185kcal
Calories

**6g** Protein **6g** Carbs

15g Fat





## K.... LUNCH

## Small Plan

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

## **Medium Plan**

690kcal 52g 68g 23g Calories Carbs

DINNER



## Small Plan

39g **26g** 375kcal 13g Fat

## **Medium Plan**

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

Cauliflower Protein British with Sweet Potatoes, Baked Shinach Egg, Broccoli, and House Made Chilican



Small Plan

20g

Carbs

**Medium** Plan

145kcal

5g Protein

