

The background of the entire page is a dark green color, overlaid with a pattern of light green, stylized line drawings 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 topped with yellow corn, green beans, and sliced red and green chili peppers. The chef is carefully placing a slice of red chili 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

# VEGETARIAN

Monday  
**06**

APR 2026

## Regular Plan

**390kcal** 31g  
Calories Protein

**24g** 19g  
Carbs Fat

LUNCH

## Large Plan

**585kcal** 47g  
Calories Protein

**36g** 29g  
Carbs Fat

Baked Peri Peri Tempeh



with Cauliflower Rice and French Beans

"Yu Xiang" Chickpeas and Tofu



With Brown Rice, Scrambled Tomato Eggs, and Cucumber Salad

## Regular Plan

**400kcal** 32g 41g 12g  
Calories Protein Carbs Fat

## Large Plan

**580kcal** 46g 59g 17g  
Calories Protein Carbs Fat

DINNER

Carrot Cake with Cashew Frosting



SNACK

## Regular Plan

**210kcal** 5g 25g 10g  
Calories Protein Carbs Fat

## Large Plan

**210kcal** 5g 25g 10g  
Calories Protein Carbs Fat

Images are for illustration only.

Baked Veggie Patties



With Quinoa, Edamame and Roasted Cauliflower, Mint yogurt

LUNCH

## Regular Plan

**425kcal** 32g 36g 17g  
Calories Protein Carbs Fat

## Large Plan

**640kcal** 48g 54g 26g  
Calories Protein Carbs Fat

Tuesday  
**07**

APR 2026

## Regular Plan

**395kcal** 29g 38g 14g  
Calories Protein Carbs Fat

## Large Plan

**570kcal** 42g 55g 20g  
Calories Protein Carbs Fat

Baiye and King Oyster Mushroom Bulgogi



With Brown Rice, kimchi and Spinach

DINNER

Roasted Mix Nuts



## 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 08

APR 2026

### Regular Plan

425kcal  
Calories

39g  
Protein

38g  
Carbs

13g  
Fat

### Large Plan

640kcal  
Calories

59g  
Protein

57g  
Carbs

20g  
Fat

LUNCH



with Scrambled Egg and Garlic Nai Bai

### Harissa Baked Tofu Steak



With Alio Oil Fusilli, Eggplant Caponata and Green Pea

### Regular Plan

395kcal  
Calories

32g  
Protein

33g  
Carbs

15g  
Fat

### Large Plan

595kcal  
Calories

48g  
Protein

50g  
Carbs

23g  
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.

### Coconut Curry Stew Sweet Potato and Lentils



with Brown Rice, and Mixed Veggies

LUNCH

### Regular Plan

445kcal  
Calories

31g  
Protein

44g  
Carbs

16g  
Fat

### Large Plan

645kcal  
Calories

45g  
Protein

64g  
Carbs

23g  
Fat

# Thursday 09

APR 2026

### Baked Gochujang Butter Beans and Button Mushroom



with Roasted Potato and Broccoli

DINNER

### Regular Plan

435kcal  
Calories

36g  
Protein

41g  
Carbs

14g  
Fat

### Large Plan

630kcal  
Calories

52g  
Protein

59g  
Carbs

20g  
Fat

SNACK

### Banana Oat Pancake With Apple Chutney



### Regular Plan

120kcal  
Calories

4g  
Protein

13g  
Carbs

6g  
Fat

### Large Plan

120kcal  
Calories

4g  
Protein

13g  
Carbs

6g  
Fat

Images are for illustration only.

Friday  
10

APR 2026

**Regular Plan**

445kcal  
Calories

33g  
Protein

36g  
Carbs

18g  
Fat

**LUNCH**

**Large Plan**

645kcal  
Calories

51g  
Protein

68g  
Carbs

19g  
Fat

**Rendang Tofu Chickpeas**



With Basmati Rice, curry cauliflower and Green Peas

**Yakiniku Lentils and King Oyster Mushroom**



With Sweet Potato Noodles, Braised Cabbage and Carrot

**Regular Plan**

440kcal  
Calories

33g  
Protein

36g  
Carbs

18g  
Fat

**Large Plan**

635kcal  
Calories

48g  
Protein

52g  
Carbs

26g  
Fat

**DINNER**

**Hazelnut and Chocolate Granola Bar**



**SNACK**

**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.

**Vegan Meatballs**



With Mashed Cauliflower, Stroganoff Sauce, and French Beans

**LUNCH**

**Regular Plan**

410kcal  
Calories

33g  
Protein

36g  
Carbs

15g  
Fat

**Large Plan**

595kcal  
Calories

45g  
Protein

59g  
Carbs

22g  
Fat

Monday  
13

APR 2026

**Gong Bao Tofu and Shiitake**



With Mix Veggie and Egg Fried Rice, Cucumber salad

**DINNER**

**Regular Plan**

425kcal  
Calories

31g  
Protein

41g  
Carbs

15g  
Fat

**Large Plan**

615kcal  
Calories

45g  
Protein

59g  
Carbs

22g  
Fat

**Peanut Butter Chocolate Cookie**



**Regular Plan**

180kcal  
Calories

4g  
Protein

5g  
Carbs

16g  
Fat

**Large Plan**

180kcal  
Calories

4g  
Protein

5g  
Carbs

16g  
Fat

**SNACK**

Images are for illustration only.

# Tuesday

# 14

APR 2026

### Regular Plan

445kcal  
Calories

33g  
Protein

44g  
Carbs

15g  
Fat

### Large Plan

640kcal  
Calories

48g  
Protein

64g  
Carbs

22g  
Fat

LUNCH

## Mixed Beans Chilli Con Carne



with Basmati Rice, and Mixed Veggies

### Regular Plan

430kcal  
Calories

36g  
Protein

42g  
Carbs

13g  
Fat

### Large Plan

620kcal  
Calories

52g  
Protein

61g  
Carbs

19g  
Fat

## Basil Minced Crushed Tofu and Lentils



with Rice Noodles, Beans Sprout and Scrambled Egg

DINNER

SNACK

### Regular Plan

125kcal  
Calories

4g  
Protein

2g  
Carbs

11g  
Fat

### Large Plan

125kcal  
Calories

4g  
Protein

2g  
Carbs

11g  
Fat

## Peanut Butter Chocolate Energy Bites



Images are for illustration only.

# Wednesday

# 15

APR 2026

LUNCH

### Regular Plan

47kcal  
Calories

34g  
Protein

46g  
Carbs

17g  
Fat

### Large Plan

685kcal  
Calories

49g  
Protein

67g  
Carbs

25g  
Fat

## Calum Spiced Portobello & Paneer Cheese



with Tomato Pasta and Saute Mix Veggies

### Regular Plan

360kcal  
Calories

32g  
Protein

35g  
Carbs

10g  
Fat

### Large Plan

535kcal  
Calories

48g  
Protein

53g  
Carbs

15g  
Fat

## Veggie Patties



with Steam Sweet Potato, Mix Salad, Avocado and Tomato Salad

DINNER

## Pumpkin Parmesan Biscuit



### Regular Plan

150kcal  
Calories

7g  
Protein

13g  
Carbs

8g  
Fat

### Large Plan

150kcal  
Calories

7g  
Protein

13g  
Carbs

8g  
Fat

SNACK

Images are for illustration only.

# Thursday 16

APR 2026

### Regular Plan

425kcal  
Calories    31g  
Protein  
42g    15g  
Carbs    Fat

### Large Plan

620kcal    45g  
Calories    Protein  
61g    22g  
Carbs    Fat

LUNCH

## Harissa Tofu Steaks



with Couscous, Saute Zucchini and Green Peas

### Regular Plan

425kcal    37g    38g    14g  
Calories    Protein    Carbs    Fat

### Large Plan

620kcal    54g    55g    20g  
Calories    Protein    Carbs    Fat

## Lemongrass Soy Lentils and King Oyster Mushroom



with Brown Rice Noodle, Cabbage and Carrot

DINNER

SNACK

### Regular Plan

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

### Large Plan

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

## Overnight Oats with Apple and Mix Nuts



Images are for illustration only.

# Friday 17

APR 2026

LUNCH

### Regular Plan

440kcal    36g    42g    14g  
Calories    Protein    Carbs    Fat

### Large Plan

655kcal    54g    63g    21g  
Calories    Protein    Carbs    Fat

## Honey Miso Tempeh



with Brown rice, Roast Capsicum and French Beans

### Regular Plan

375kcal    31g    36g    12g  
Calories    Protein    Carbs    Fat

### Large Plan

565kcal    47g    54g    18g  
Calories    Protein    Carbs    Fat

## Peranakan Curry Tofu and Chickpeas



with Coconut Basmati Rice, Curry Cauliflower and Garlic Okra

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 20

APR 2026

### Regular Plan

460kcal  
Calories

29g  
Protein

48g  
Carbs

17g  
Fat

### Large Plan

690kcal  
Calories

44g  
Protein

72g  
Carbs

26g  
Fat

LUNCH

## Peri Peri Tofu Steaks



## Vegan Meatball



### Regular Plan

365kcal  
Calories

31g  
Protein

33g  
Carbs

12g  
Fat

### Large Plan

530kcal  
Calories

45g  
Protein

48g  
Carbs

17g  
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.

## Veggie Patties and Avocado Fritters



LUNCH

### Regular Plan

410kcal  
Calories

35g  
Protein

31g  
Carbs

16g  
Fat

### Large Plan

610kcal  
Calories

53g  
Protein

47g  
Carbs

24g  
Fat

# Tuesday 21

APR 2026

## Honey Miso Tempeh



DINNER

### Regular Plan

405kcal  
Calories

29g  
Protein

38g  
Carbs

15g  
Fat

### Large Plan

585kcal  
Calories

42g  
Protein

55g  
Carbs

22g  
Fat

SNACK

Images are for illustration only.

## Overnight Oats with Roasted Apple and Chia Seed



### Regular Plan

185kcal  
Calories

8g  
Protein

20g  
Carbs

8g  
Fat

### Large Plan

185kcal  
Calories

8g  
Protein

20g  
Carbs

8g  
Fat

# Wednesday 22

APR 2026

### Regular Plan

430kcal  
Calories 28g  
Protein  
41g  
Carbs 17g  
Fat

### Large Plan

645kcal  
Calories 42g  
Protein  
62g  
Carbs 26g  
Fat

LUNCH

Gong Bao Butter Beans and Shiitake



Baked Harissa Halloumi & Portobello



### Regular Plan

405kcal  
Calories 26g  
Protein 35g  
Carbs 18g  
Fat

### Large Plan

590kcal  
Calories 38g  
Protein 51g  
Carbs 26g  
Fat

DINNER

Tofu Chocolate Brownie



SNACK

### Regular Plan

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

### Large Plan

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

Images are for illustration only.

LUNCH

Cocunut Curry Sweet Potato and Lentils



### Regular Plan

440kcal  
Calories 28g  
Protein 44g  
Carbs 17g  
Fat

### Large Plan

640kcal  
Calories 41g  
Protein 64g  
Carbs 25g  
Fat

# Thursday 23

APR 2026

### Regular Plan

380kcal  
Calories 26g  
Protein 26g  
Carbs 19g  
Fat

### Large Plan

570kcal  
Calories 39g  
Protein 39g  
Carbs 29g  
Fat

Cauliflower Protein Bites, Baked Spinach Egg



DINNER

Peanut Butter Chocolate Energy Bites



### Regular Plan

125kcal  
Calories 4g  
Protein 3g  
Carbs 11g  
Fat

### Large Plan

125kcal  
Calories 4g  
Protein 3g  
Carbs 11g  
Fat

SNACK

Images are for illustration only.

# Friday 24

APR 2026

LUNCH

### Regular Plan

420kcal  
Calories      27g  
Protein  
44g  
Carbs          15g  
Fat

### Large Plan

610kcal  
Calories      39g  
Protein  
64g  
Carbs          22g  
Fat



### Regular Plan

410kcal    26g    41g    16g  
Calories    Protein    Carbs    Fat

### Large Plan

620kcal    39g    62g    24g  
Calories    Protein    Carbs    Fat

DINNER

### Roasted Mix Nuts



SNACK

### Regular Plan

160kcal    7g    6g    12g  
Calories    Protein    Carbs    Fat

### Large Plan

160kcal    7g    6g    12g  
Calories    Protein    Carbs    Fat

Images are for illustration only.

LUNCH



### Regular Plan

450kcal    33g    44g    16g  
Calories    Protein    Carbs    Fat

### Large Plan

655kcal    48g    64g    23g  
Calories    Protein    Carbs    Fat

# Monday 27

APR 2026

### Peri Peri Tempeh



DINNER

### Regular Plan

380kcal    31g    26g    17g  
Calories    Protein    Carbs    Fat

### Large Plan

470kcal    47g    39g    26g  
Calories    Protein    Carbs    Fat

### Peanut Butter Cookie



### Regular Plan

160kcal    7g    6g    12g  
Calories    Protein    Carbs    Fat

### Large Plan

160kcal    7g    6g    12g  
Calories    Protein    Carbs    Fat

SNACK

Images are for illustration only.

# Tuesday

# 28

APR 2026

LUNCH

### Regular Plan

385kcal  
Calories

26g  
Protein

41g  
Carbs

13g  
Fat

### Large Plan

580kcal  
Calories

39g  
Protein

62g  
Carbs

20g  
Fat



### Regular Plan

435kcal  
Calories

31g  
Protein

42g  
Carbs

16g  
Fat

### Large Plan

630kcal  
Calories

45g  
Protein

61g  
Carbs

23g  
Fat



DINNER

SNACK

### 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.

LUNCH

### Regular Plan

430kcal  
Calories

28g  
Protein

41g  
Carbs

17g  
Fat

### Large Plan

620kcal  
Calories

41g  
Protein

59g  
Carbs

25g  
Fat



# Wednesday

# 29

APR 2026



DINNER

### Regular Plan

395kcal  
Calories

27g  
Protein

38g  
Carbs

15g  
Fat

### Large Plan

595kcal  
Calories

41g  
Protein

57g  
Carbs

23g  
Fat



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.

