

The background is a dark green color with various white line-art illustrations of vegetables and fruits scattered throughout. These include slices of citrus, mushrooms, bell peppers, leafy greens, and other produce items.

Vegetarian Menu

A close-up photograph of a hand using a metal garnishing tool to place a sliced red chili pepper on top of a dish. The dish appears to be a bowl of rice or quinoa with various vegetables like green beans and corn. The background is softly blurred, showing more of the kitchen or dining area.

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
02

JUN 2025

Regular Plan

445kcal
Calories

31g
Protein

46g
Carbs

15g
Fat

Large Plan

665kcal
Calories

47g
Protein

69g
Carbs

23g
Fat

LUNCH



Regular Plan

380kcal
Calories

32g
Protein

34g
Carbs

13g
Fat

Large Plan

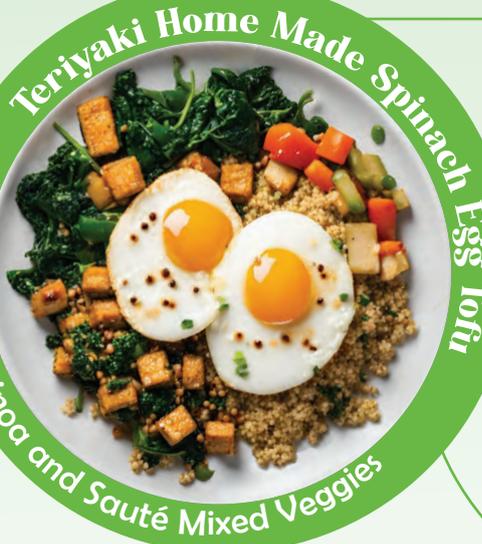
550kcal
Calories

46g
Protein

49g
Carbs

19g
Fat

DINNER



SNACK



Images are for illustration only.

Regular Plan

180kcal
Calories

6g
Protein

5g
Carbs

15g
Fat

Large Plan

180kcal
Calories

6g
Protein

5g
Carbs

15g
Fat



LUNCH

Regular Plan

480kcal
Calories

31g
Protein

49g
Carbs

18g
Fat

Large Plan

725kcal
Calories

47g
Protein

74g
Carbs

27g
Fat

Tuesday
03

JUN 2025

Regular Plan

330kcal
Calories

32g
Protein

24g
Carbs

12g
Fat

Large Plan

500kcal
Calories

48g
Protein

36g
Carbs

18g
Fat



DINNER



SNACK

Regular Plan

185kcal
Calories

8g
Protein

20g
Carbs

8g
Fat

Large Plan

185kcal
Calories

8g
Protein

20g
Carbs

8g
Fat

Images are for illustration only.

Wednesday 04

JUN 2025

Regular Plan

440kcal
Calories

47g
Carbs

34g
Protein

13g
Fat

Large Plan

640kcal
Calories

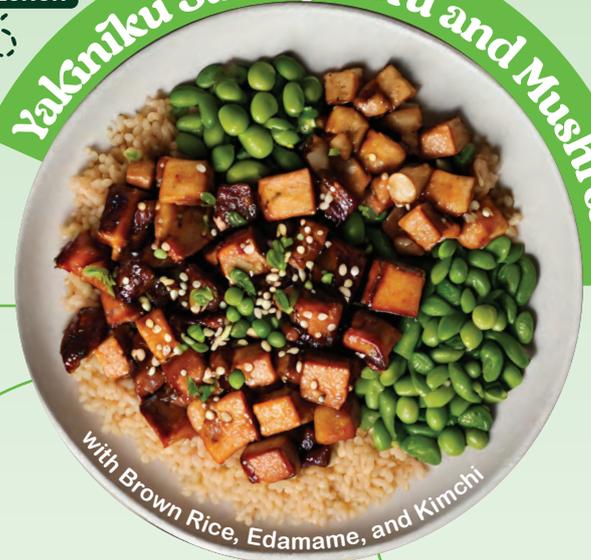
68g
Carbs

49g
Protein

19g
Fat

LUNCH

Yakniku Stir Fry Tofu and Mushroom



with Brown Rice, Edamame, and Kimchi

Regular Plan

380kcal
Calories

33g
Protein

35g
Carbs

12g
Fat

Large Plan

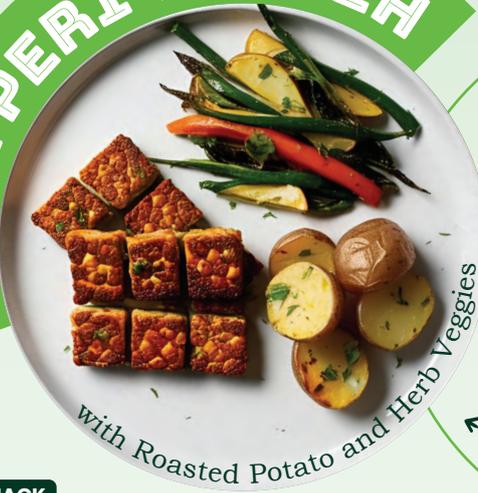
570kcal
Calories

50g
Protein

53g
Carbs

18g
Fat

PERI PERI TEMPEH



with Roasted Potato and Herb Veggies

SNACK

Images are for illustration only.

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

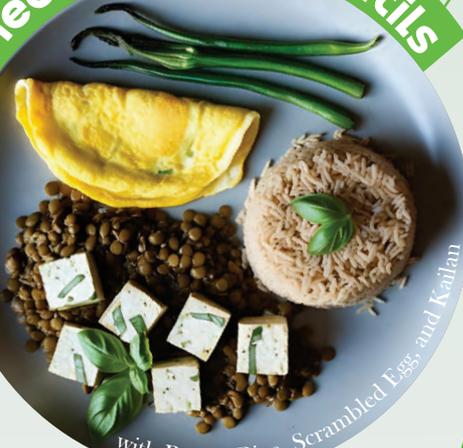


Thursday 05

JUN 2025

LUNCH

Basil Crushed Tofu and Lentils



with Brown Rice, Scrambled Egg, and Kailan

Regular Plan

440kcal
Calories

44g
Carbs

34g
Protein

14g
Fat

Large Plan

635kcal
Calories

64g
Carbs

49g
Protein

20g
Fat

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

Carrot Cake with Cashew Frosting



Regular Plan

180kcal
Calories

8g
Protein

19g
Carbs

8g
Fat

Large Plan

180kcal
Calories

8g
Protein

19g
Carbs

8g
Fat

SNACK

Images are for illustration only.

Friday 06

JUN 2025

Regular Plan

430kcal
Calories 28g
Protein
43g
Carbs 16g
Fat

Large Plan

640kcal
Calories 42g
Protein
65g
Carbs 24g
Fat

LUNCH

CAULIFLOWER PROTEIN BITES

WITH MASHED SWEET POTATO, GREEN PEAS, AND CORIANDER LIME SAUCE

Turmeric Chickpeas and Pumpkin



with Brown Rice, Lady Finger, and Scramble Egg

SNACK

Images are for illustration only.

Regular Plan

180kcal 4g 5g 16g
Calories Protein Carbs Fat

Large Plan

180kcal 4g 5g 16g
Calories Protein Carbs Fat

Regular Plan

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

Large Plan

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

DINNER

PEANUT BUTTER CHOCOLATE COOKIE



TOFU and Lentils Peranakan CURRY



with Basmati Rice, Cauliflower, and Lady Finger

LUNCH

Regular Plan

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

Large Plan

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

Monday 09

JUN 2025

Regular Plan

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

Large Plan

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

Vegan Meatballs



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

DINNER

SNACK

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

Images are for illustration only.

Tuesday

10

JUN 2025

Regular Plan

445kcal
Calories

36g
Protein

46g
Carbs

13g
Fat

Large Plan

670kcal
Calories

54g
Protein

69g
Carbs

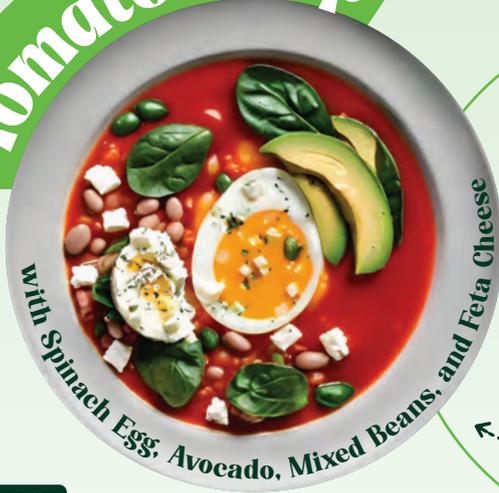
20g
Fat

LUNCH



WITH BROWN RICE AND SHANGHAI GREEN

Tomato Soup



WITH SPINACH EGG, AVOCADO, MIXED BEANS, AND FETA CHEESE

Regular Plan

365kcal
Calories

32g
Protein

21g
Carbs

17g
Fat

Large Plan

550kcal
Calories

48g
Protein

32g
Carbs

26g
Fat

SNACK

Images are for illustration only.

Regular Plan

185kcal
Calories

8g
Protein

20g
Carbs

8g
Fat

Large Plan

185kcal
Calories

8g
Protein

20g
Carbs

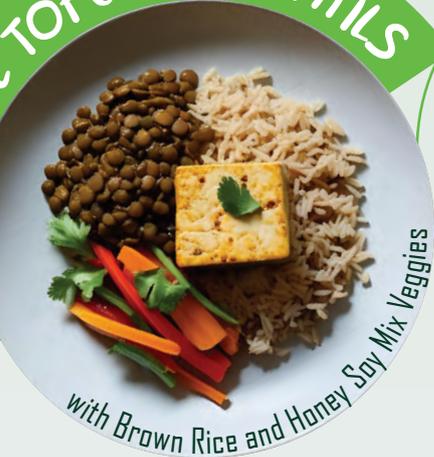
8g
Fat

TOFU CHOCOLATE BROWNIE



LUNCH

MALA BAYE TOFU AND LENTILS



WITH BROWN RICE AND HONEY SOY MIX VEGGIES

Regular Plan

435kcal
Calories

26g
Protein

49g
Carbs

15g
Fat

Large Plan

655kcal
Calories

39g
Protein

74g
Carbs

23g
Fat

Wednesday

JUN 2025

Regular Plan

385kcal
Calories

29g
Protein

29g
Carbs

17g
Fat

Large Plan

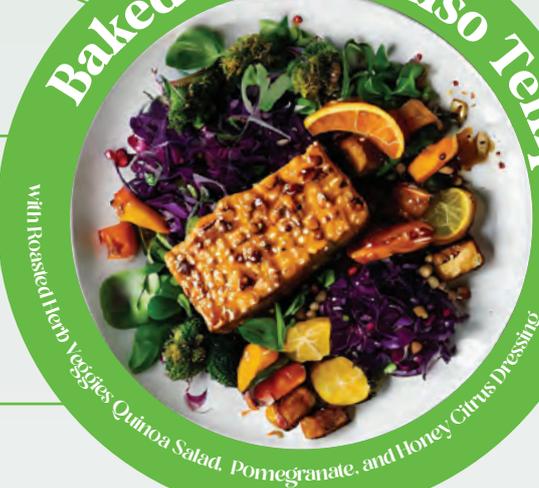
560kcal
Calories

42g
Protein

42g
Carbs

25g
Fat

Baked Honey Miso Tempah



WITH ROASTED HERB VEGGIES, QUINOA SALAD, POMEGRANATE, AND HONEY CITRUS DRESSING

DINNER

SNACK

CARROT CAKE WITH CASHEW FROSTING



Regular Plan

180kcal
Calories

8g
Protein

19g
Carbs

8g
Fat

Large Plan

180kcal
Calories

8g
Protein

19g
Carbs

8g
Fat

Images are for illustration only.

Thursday 12

JUN 2025

Regular Plan

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

Large Plan

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

LUNCH



Yuxiang Tofu and Chick Peas

with Brown Rice and Bok Choy

Regular Plan

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

Large Plan

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

Fresh Herb and Lemon Baked Paneer Cheese

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

DINNER

SNACK

Images are for illustration only.



Regular Plan

185kcal 6g 6g 15g
Calories Protein Carbs Fat

Large Plan

185kcal 6g 6g 15g
Calories Protein Carbs Fat

PISTACHIO AND DATES ENERGY BITES



GREEN CURRY WHITE BEANS

with Basmati Rice, Eggplants, and Long Beans

LUNCH

Regular Plan

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

Large Plan

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

Friday 13

JUN 2025

Cauliflower Protein Bites

with Sweet Potatoes, Baked Spinach Egg, and Broccoli

DINNER

Regular Plan

37kcal 39g 26g 13g
Calories Protein Carbs Fat

Large Plan

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

Overnight Oats

with Roasted Apple and Chia Seeds

SNACK

Images are for illustration only.

Regular Plan

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

Large Plan

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

Monday 16

JUN 2025

Regular Plan

485kcal
Calories 34g
Protein

45g
Carbs 19g
Fat

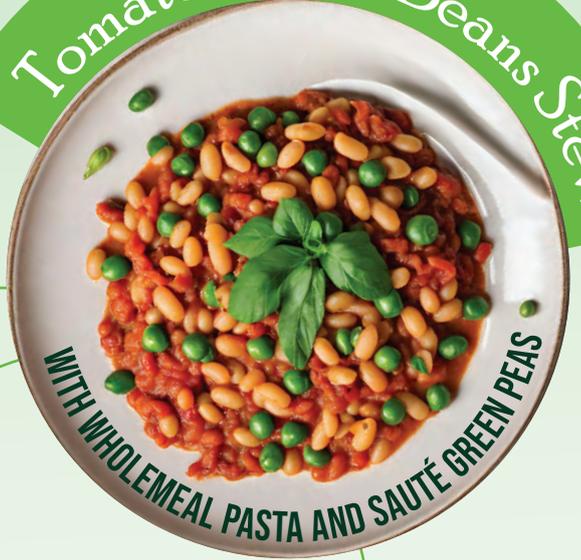
Large Plan

730kcal
Calories 51g
Protein

68g
Carbs 29g
Fat

LUNCH

Tomato Mixed Beans Stew



WITH WHOLEMEAL PASTA AND SAUTÉ GREEN PEAS

Regular Plan

350kcal 29g 29g 13g
Calories Protein Carbs Fat

Large Plan

505kcal 42g 42g 19g
Calories Protein Carbs Fat

PERI PERI TOFU STEAKS



With Roasted Potatoes, Green Beans, and Carrot

DINNER

SNACK

Images are for illustration only.

Regular Plan

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

Large Plan

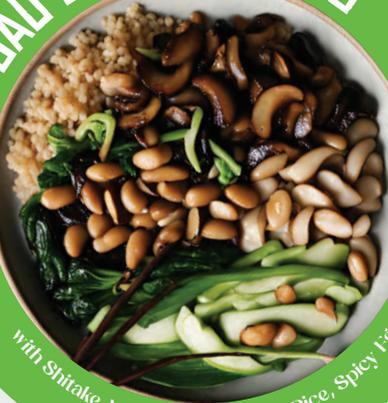
175kcal 5g 16g 10g
Calories Protein Carbs Fat

GLUTEN FREE BANANA BREAD



LUNCH

GONG BAD BUTTER BEANS



With Shiitake Mushrooms, Brown Rice, Spicy Eggplant, and Garlic Chives

Regular Plan

430kcal 31g 41g 16g
Calories Protein Carbs Fat

Large Plan

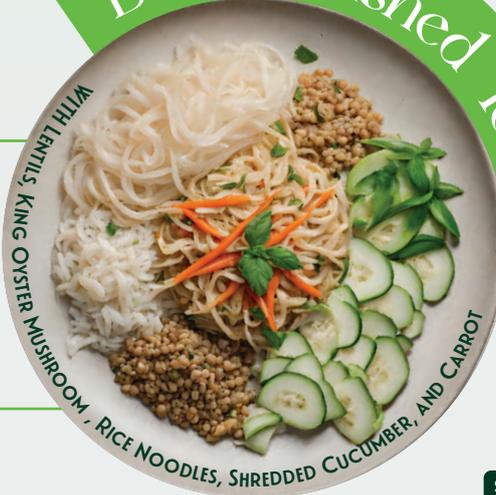
650kcal 47g 62g 24g
Calories Protein Carbs Fat

Tuesday

17

JUN 2025

Basil Crushed Tofu



WITH LENTILS, KING OYSTER MUSHROOM, RICE NOODLES, SHREDDED CUCUMBER, AND CARROT

DINNER

Regular Plan

385kcal 29g 38g 13g
Calories Protein Carbs Fat

Large Plan

560kcal 42g 55g 19g
Calories Protein Carbs Fat

TOFU CHOCOLATE BROWNIE



SNACK

Images are for illustration only.

Regular Plan

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

Large Plan

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

Wednesday 18 JUN 2025

Regular Plan

470kcal
Calories
48g
Carbs
34g
Protein
16g
Fat

Large Plan

685kcal
Calories
70g
Carbs
49g
Protein
23g
Fat

LUNCH

Baked Turmeric Tempeh

with Basmati Rice, Boiled Egg, and Cucumber



Regular Plan

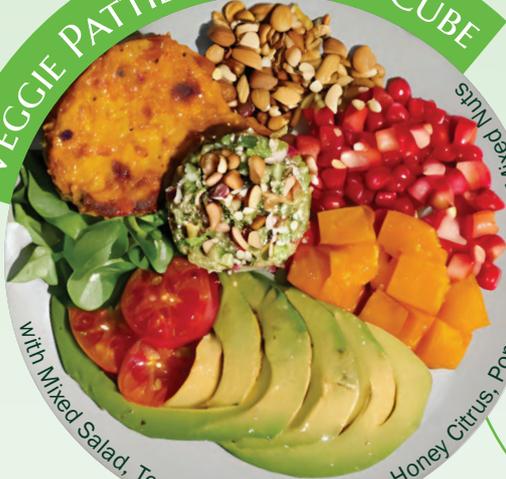
360kcal
Calories
26g
Protein
26g
Carbs
17g
Fat

Large Plan

540kcal
Calories
39g
Protein
39g
Carbs
26g
Fat

VEGGIE PATTIE AVOCADO CUBE

with Mixed Salad, Tomato, Baked Pumpkin, Honey Citrus, Pomegranate, and Cucumber



SNACK

Images are for illustration only.

Regular Plan

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

Large Plan

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

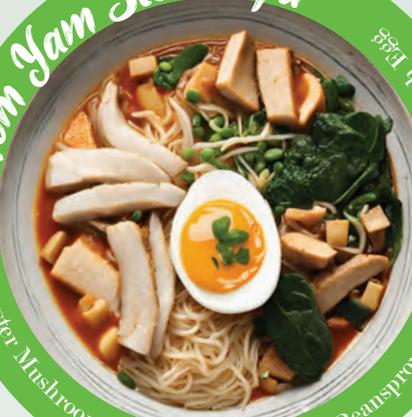
LOW FAT CHEESECAKE



DINNER

Tom Yam Stew Tofu

with Oyster Mushroom, Brown Rice Noodles, Beansprouts, Long Beans, and Sprouts Egg



LUNCH

Regular Plan

450kcal
Calories
31g
Protein
46g
Carbs
16g
Fat

Large Plan

655kcal
Calories
45g
Protein
67g
Carbs
23g
Fat

Thursday 19 JUN 2025

Regular Plan

390kcal
Calories
28g
Protein
42g
Carbs
12g
Fat

Large Plan

580kcal
Calories
42g
Protein
63g
Carbs
18g
Fat

HERB BAKED BUTTER BEANS

with Spaghetti, Aglio Olio, Roasted Herb Veggies with Tomato, Fresh Herb Ricotta Cheese



DINNER

Peanut Butter Chocolate Cookie



SNACK

Regular Plan

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

Large Plan

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

Images are for illustration only.

Friday 20

JUN 2025

Regular Plan

435kcal
Calories 32g
Protein
47g 13g
Carbs Fat

Large Plan

630kcal 46g
Calories Protein
68g 19g
Carbs Fat

LUNCH

Teriyaki Stew White Beans and Baije

with Brown Rice, Stew Tofu, Bitter Gourd, and Red Capsicum

with Brown Rice, Stew Tofu, Bitter Gourd, and Red Capsicum

Regular Plan

395kcal 28g 39g 14g
Calories Protein Carbs Fat

Large Plan

590kcal 42g 59g 21g
Calories Protein Carbs Fat

DINNER

Moroccan Spice Baked Tofu Steak



WITH QUINOA, ROASTED PUMPKIN, CARROTS SALAD, AND BROCCOLI

SNACK

Chocolate Hazelnut Energy Bites



Images are for illustration only.

Regular Plan

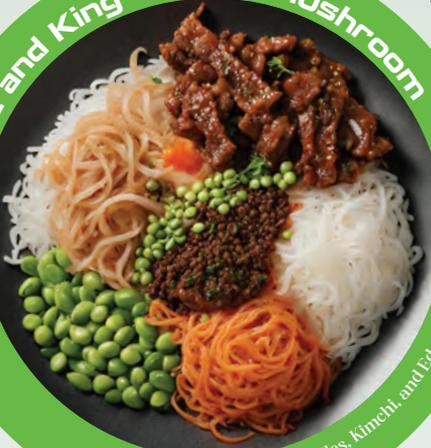
180kcal 6g 12g 12g
Calories Protein Carbs Fat

Large Plan

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

LUNCH

Yakiniku Baije and King Oyster Mushroom



with Sweet Potato Noodles, Kimchi, and Edamame

Regular Plan

430kcal 28g 48g 14g
Calories Protein Carbs Fat

Large Plan

625kcal 41g 70g 20g
Calories Protein Carbs Fat

Monday 23

JUN 2025

Regular Plan

410kcal 29g 44g 13g
Calories Protein Carbs Fat

Large Plan

615kcal 44g 66g 20g
Calories Protein Carbs Fat

GONG BAO BUTTER BEANS



with Shiitake, Brown Rice, Spicy Eggplant, and Garlic Bok Choy

DINNER

Peanut Butter Chocolate Cookie



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.

Tuesday 24

JUN 2025

Regular Plan

415kcal
Calories
44g
Carbs
33g
Protein
12g
Fat

Large Plan

605kcal
Calories
64g
Carbs
48g
Protein
17g
Fat

LUNCH

Baked Herb Portobello

With Roasted Potato, French Beans, Spinach Egg, and Harissa Sauce



Tomato Stew Beans



WITH PASTA, MIXED MUSHROOMS, AND GREEN PEAS

Regular Plan

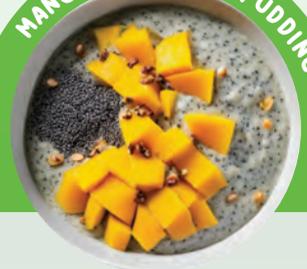
445kcal
Calories
31g
Protein
46g
Carbs
15g
Fat

Large Plan

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

DINNER

Mango Chia Seeds Pudding



SNACK

Images are for illustration only.

Regular Plan

130kcal
Calories
3g
Protein
21g
Carbs
4g
Fat

Large Plan

130kcal
Calories
3g
Protein
21g
Carbs
4g
Fat

Rendang Tofu and Chick Peas



with Coconut Basmati Rice and Roasted Cauliflower

LUNCH

Regular Plan

445kcal
Calories
32g
Protein
46g
Carbs
15g
Fat

Large Plan

650kcal
Calories
46g
Protein
67g
Carbs
22g
Fat

Wednesday 25

JUN 2025

Regular Plan

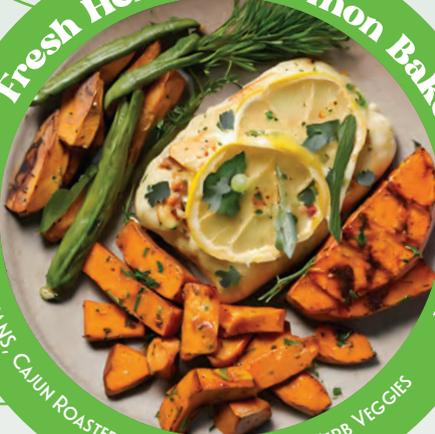
375kcal
Calories
27g
Protein
35g
Carbs
14g
Fat

Large Plan

560kcal
Calories
41g
Protein
53g
Carbs
21g
Fat

Fresh Herb and Lemon Baked Halloumi

With Butter Beans, Cajun Roasted Sweet Potatoes, and Herb Veggies



DINNER

Gluten Free Banana Bread



SNACK

Images are for illustration only.

Regular Plan

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

Large Plan

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

Thursday 26

JUN 2025

Regular Plan

425kcal
Calories 35g
Protein
42g 13g
Carbs Fat

Large Plan

640kcal
Calories 53g
Protein
63g 20g
Carbs Fat

LUNCH

Baked Tempeh

with Quinoa, Baked Spinach Egg, Broccoli, and House Made Chilli Sauce

Regular Plan

400kcal 32g 36g 14g
Calories Protein Carbs Fat

Large Plan

595kcal 48g 54g 21g
Calories Protein Carbs Fat

PERI PERI TOFU STEAK



with Mushroom Barley Risotto and Braised Purple Cabbage

DINNER

SNACK

OVERNIGHT OATS WITH APPLE AND MIX NUTS



Images are for illustration only.

Regular Plan

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

Large Plan

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

Cauliflower Protein Bites



with Mashed Sweet Potato, Green Peas, and Coriander Lime Sauce

LUNCH

Regular Plan

430kcal 28g 43g 16g
Calories Protein Carbs Fat

Large Plan

640kcal 42g 65g 24g
Calories Protein Carbs Fat

Friday 27

JUN 2025

Regular Plan

385kcal 30g 39g 12g
Calories Protein Carbs Fat

Large Plan

575kcal 45g 59g 18g
Calories Protein Carbs Fat

Basil Crushed Tofu and Lentils



with Brown Rice, Scrambled Egg, and Kailan

DINNER

Peanut Butter Chocolate Energy Bites



SNACK

Regular Plan

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

Large Plan

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

Images are for illustration only.