

The background is a solid dark green color. It is decorated with numerous white line-art illustrations of various vegetables and fruits. These include slices of citrus (lemons and limes), whole lemons, a chili pepper, a bell pepper, a cucumber, a carrot, a zucchini, a tomato, a mushroom, a pea pod, a corn cob, a bunch of broccoli, a head of cauliflower, a bunch of leafy greens, and various herbs like basil and parsley. The illustrations are scattered across the entire page, creating a dense, organic pattern.

Vegetarian Menu

A close-up photograph of a hand using a metal garnish tool to place a sliced red chili pepper onto a dish. The dish appears to be a bowl of rice or quinoa topped with green beans and other vegetables. The background is softly blurred, showing more of the dish and some greenery.

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
05
MAY 2025

LUNCH

Regular Plan

420kcal
Calories
31g
Protein
31g
Carbs
19g
Fat

Large Plan

630kcal
Calories
47g
Protein
47g
Carbs
29g
Fat

Baked peri peri Tempeh



with Cauliflower Rice and French Beans

Regular Plan

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

Large Plan

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

DINNER

"HU XIANG" CHICKPEAS AND TOFU



with Brown Rice, Scrambled Tomato Eggs, and Cucumber Salad

SNACK

Regular Plan

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

Large Plan

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

Pumpkin Parmesan Biscuit



Images are for illustration only.

LUNCH

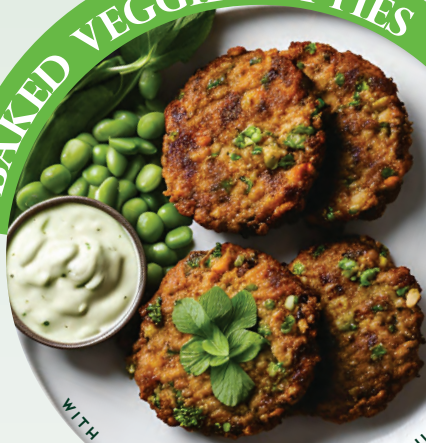
Regular Plan

400kcal
Calories
32g
Protein
36g
Carbs
17g
Fat

Large Plan

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

BAKED VEGGIE PATTIES



WITH QUINOA, EDAMAME, ROASTED CAULIFLOWER, AND MINT YOGURT

Regular Plan

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

Large Plan

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

ROASTED MIX NUTS



BAIYE AND KING OYSTER MUSHROOM BULGOGI



with Brown Rice, Kimchi, Shredded Carrot, and Spinach

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 07 MAY 2025

Regular Plan

425kcal
Calories
38g
Carbs
39g
Protein
13g
Fat

Large Plan

640kcal
Calories
57g
Carbs
59g
Protein
20g
Fat

LUNCH

Clay Pot Style White Beans

with Shiitake Rice, Scramble Egg, Garlic Nai Bai, and Chili Sauce

Regular Plan

395kcal
Calories
32g
Protein
33g
Carbs
15g
Fat

Large Plan

595kcal
Calories
48g
Protein
50g
Carbs
23g
Fat

HARISSA BAKED TOFU STEAK

with Aglio Olio Fusilli, Eggplant Caponata, and Green Peas

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

GLUTEN FREE BANANA BREAD



LUNCH

COCONUT CURRY STEW SWEET POTATO

with Lentils, Brown Rice, and Mix Veggies

Regular Plan

445kcal
Calories
31g
Protein
44g
Carbs
16g
Fat

Large Plan

645kcal
Calories
45g
Protein
64g
Carbs
23g
Fat

Thursday 08 MAY 2025

Regular Plan

435kcal
Calories
36g
Protein
41g
Carbs
14g
Fat

Large Plan

630kcal
Calories
52g
Protein
59g
Carbs
20g
Fat

BAKED GOCHUJANG BEANS AND BUTTON MUSHROOM

WITH ROASTED POTATO, ROASTED CAPSICUM, AND BROCCOLI

DINNER

Chocolate Hazelnut Energy Bites



SNACK

Images are for
illustration only.

Regular Plan

120kcal
Calories
4g
Protein
8g
Carbs
8g
Fat

Large Plan

120kcal
Calories
4g
Protein
8g
Carbs
8g
Fat

Friday
09
MAY 2025

Regular Plan

445kcal
Calories
47g
Carbs
35g
Protein
13g
Fat

Large Plan

645kcal
Calories
68g
Carbs
51g
Protein
19g
Fat

LUNCH

Rendang Tofu Chickpeas



WITH CUCUMBER, BASMATI RICE, CUMIN AND GARLIC ROASTED MIX VEGGIES (EGGPLANT, ZUCCHINI, AND RED ONION)

Regular Plan

440kcal
Calories
33g
Protein
36g
Carbs
18g
Fat

Large Plan

635kcal
Calories
48g
Protein
52g
Carbs
26g
Fat

DINNER

YAKINIKU LENTILS AND KING OYSTER MUSHROOM



With Sweet Potato Noodles, Braised Cabbage, and Carrot

SNACK

Regular Plan

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

Large Plan

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

Images are for illustration only.

MANGO CHIA SEEDS PUDDING



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
48g
Protein
52g
Carbs
22g
Fat

Monday
12
MAY 2025

Gong Bao Tofu and Shiitake



With Mix Veggie, Fry Egg Rice, Toasted Cashew Nuts, and 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
13
MAY 2025

Regular Plan

445kcal
Calories
44g
Carbs
33g
Protein
15g
Fat

Large Plan

640kcal
Calories
64g
Carbs
48g
Protein
22g
Fat

LUNCH

MIX BEANS CHILLI CON CARNE



WITH BASMATI RICE AND MIX VEGGIES

Basil Minced Crushed Tofu and Lentils



WITH RICE NOODLE, BEANS SPROUT, DAIKON, CARROT, AND SOY EGG

Regular Plan

430kcal
Calories
36g
Protein
42g
Carbs
13g
Fat

Large Plan

620kcal
Calories
52g
Protein
61g
Carbs
19g
Fat

DINNER

SNACK

Images are for
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Regular Plan

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

Large Plan

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

PEANUT BUTTER CHOCOLATE ENERGY BITES



LUNCH

Cajun Spiced Portobello



WITH PANEER CHEESE, TOMATO PASTA, ROAST CARROT, AND FRENCH BEANS

Regular Plan

475kcal
Calories
34g
Protein
46g
Carbs
17g
Fat

Large Plan

685kcal
Calories
49g
Protein
67g
Carbs
25g
Fat

Wednesday
14
MAY 2025

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 LEAFY SALAD, AND AVOCADO TOMATO

DINNER

PUMPKIN PARMESAN BISCUIT



Regular Plan

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

Large Plan

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

SNACK

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illustration only.

Thursday

15

MAY 2025

Regular Plan

425kcal
Calories
38g
Carbs
35g
Protein
15g
Fat

Large Plan

620kcal
Calories
55g
Carbs
51g
Protein
22g
Fat

LUNCH

Thai Style Tofu



With Sweet Potato Noodles, Scrambled Egg, Long Beans, and Toasted Cashew Nuts

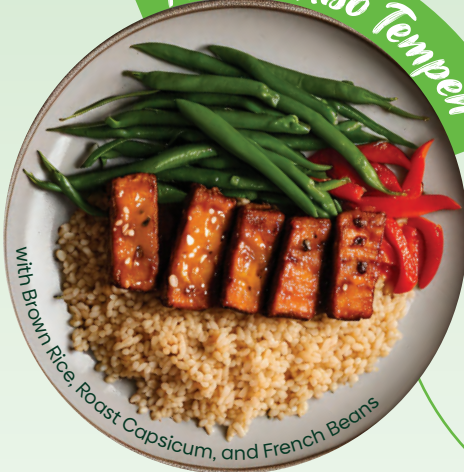
Regular Plan

435kcal
Calories
39g
Protein
38g
Carbs
14g
Fat

Large Plan

630kcal
Calories
57g
Protein
55g
Carbs
20g
Fat

Honey Miso Tempen



With Brown Rice, Roast Capsicum, and French Beans

SNACK

Regular Plan

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

Large Plan

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

Images are for illustration only.

Overnight Oats with Roasted Apple and Chia Seeds



Regular Plan

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

Large Plan

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

LUNCH

Lemongrass Soy Stew Baiye and Oyster Mushroom



With Brown Rice Noodle, Cabbage, Carrot, and Toasted Peanuts

Regular Plan

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

Large Plan

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

Friday

16

MAY 2025

Peranakan Curry Tofu and Chickpeas



With Coconut Basmati Rice, Curry Cauliflower, and Garlic Okra

DINNER

SNACK

Regular Plan

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

Large Plan

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

Tofu Chocolate Brownie



Images are for illustration only.

Monday
19
MAY 2025

Regular Plan

460kcal
Calories
48g
Carbs
29g
Protein
17g
Fat

Large Plan

690kcal
Calories
72g
Carbs
44g
Protein
26g
Fat

LUNCH

PERI PERI TOFU STEAKS

with Mushroom Barley Risotto and Braised Purple Cabbage

VEGAN MEATBALL

with Cauliflower Rice, Edamame, and Chili Sauce

Regular Plan

365kcal
Calories
31g
Protein
33g
Carbs
12g
Fat

Large Plan

530kcal
Calories
45g
Protein
48g
Carbs
17g
Fat

DINNER

SNACK

Regular Plan

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

Large Plan

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

GLUTEN FREE BANANA BREAD



Images are for
illustration only.

LUNCH

VEGGIE PATTIES AND AVOCADO FRITTER

with Greek Salad

Regular Plan

410kcal
Calories
35g
Protein
31g
Carbs
16g
Fat

Large Plan

610kcal
Calories
53g
Protein
47g
Carbs
24g
Fat

Tuesday
20
MAY 2025

Regular Plan

405kcal
Calories
29g
Protein
38g
Carbs
15g
Fat

Large Plan

585kcal
Calories
42g
Protein
55g
Carbs
22g
Fat

DINNER

Honey Miso Tempen

WITH PUMPKIN MILLET, SPICY EGGPLANTS, AND GARLIC OKRA

SNACK

OVERNIGHT OATS WITH APPLE AND MIX NUTS



Regular Plan

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

Large Plan

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

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Wednesday 21 MAY 2025

Regular Plan

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

Large Plan

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

LUNCH

Gong Bao Butter Beans and Shiitake



with Brown Rice, Scramble Tomato Eggs, and Cucumber

Regular Plan

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

Large Plan

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

BAKED HARISSA HALLOUMI AND PORTOBELLO



with Roasted Potato, French Beans, and Tomato Stew Mix Beans

DINNER

SNACK

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illustration only.

Regular Plan

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

Large Plan

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

TOFU BROWNIE



LUNCH

Roasted Turmeric Chickpeas and Button Mushroom



with Brown Rice and Roasted Curry Cauliflower

Regular Plan

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

Large Plan

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

Thursday 22 MAY 2025

Regular Plan

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

Large Plan

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

BAKED GOCHUJANG TOFU STEAKS



with Seitan Sweet Potato and Roasted Broccoli

DINNER

SNACK

Roasted Mix Nuts



Regular Plan

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

Large Plan

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

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illustration only.

Friday

23

MAY 2025

Regular Plan

440kcal
Calories

44g
Carbs

28g
Protein

17g
Fat

Large Plan

640kcal
Calories

64g
Carbs

41g
Protein

25g
Fat

LUNCH



Cauliflower Protein Bites



SNACK

Regular Plan

380kcal
Calories

26g
Protein

26g
Carbs

19g
Fat

Large Plan

570kcal
Calories

39g
Protein

39g
Carbs

29g
Fat

DINNER

Pistachio Energy Bites



Regular Plan

180kcal
Calories

6g
Protein

12g
Carbs

12g
Fat

Large Plan

180kcal
Calories

6g
Protein

12g
Carbs

12g
Fat

Images are for illustration only.

LUNCH



Regular Plan

450kcal
Calories

33g
Protein

44g
Carbs

16g
Fat

Large Plan

655kcal
Calories

48g
Protein

64g
Carbs

23g
Fat

Monday

26

MAY 2025

Regular Plan

380kcal
Calories

31g
Protein

26g
Carbs

17g
Fat

Large Plan

570kcal
Calories

47g
Protein

39g
Carbs

26g
Fat

PERI PERI TEMPEH



DINNER

Peanut Butter Cookies



Regular Plan

160kcal
Calories

7g
Protein

6g
Carbs

12g
Fat

Large Plan

160kcal
Calories

7g
Protein

6g
Carbs

12g
Fat

SNACK

Images are for illustration only.

Tuesday

27

MAY 2025

Regular Plan

385kcal
Calories

41g
Carbs

26g
Protein

13g
Fat

Large Plan

580kcal
Calories

62g
Carbs

39g
Protein

20g
Fat

LUNCH



Regular Plan

435kcal
Calories

31g
Protein

42g
Carbs

16g
Fat

Large Plan

630kcal
Calories

45g
Protein

61g
Carbs

23g
Fat



SNACK

Images are for illustration only.

Regular Plan

180kcal
Calories

6g
Protein

12g
Carbs

12g
Fat

Large Plan

180kcal
Calories

6g
Protein

12g
Carbs

12g
Fat



LUNCH



Regular Plan

430kcal
Calories

28g
Protein

41g
Carbs

17g
Fat

Large Plan

620kcal
Calories

41g
Protein

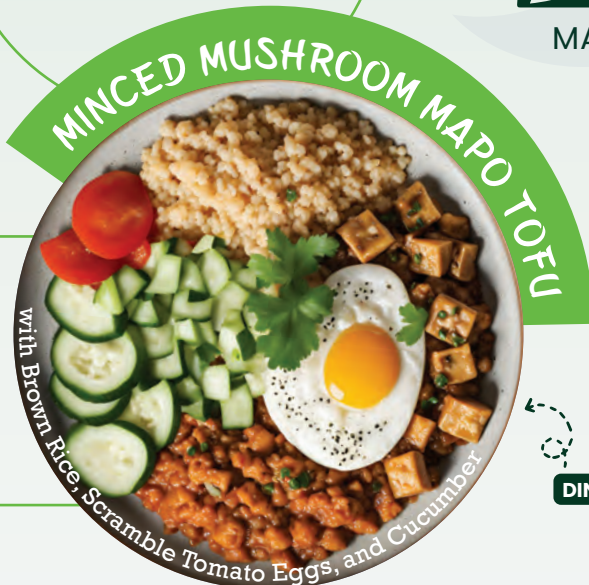
59g
Carbs

25g
Fat

Wednesday

28

MAY 2025



DINNER

Regular Plan

395kcal
Calories

27g
Protein

38g
Carbs

15g
Fat

Large Plan

595kcal
Calories

41g
Protein

57g
Carbs

23g
Fat

CARROT CAKE



Regular Plan

175kcal
Calories

5g
Protein

16g
Carbs

10g
Fat

Large Plan

175kcal
Calories

5g
Protein

16g
Carbs

10g
Fat

SNACK

Images are for illustration only.

Thursday

29

MAY 2025

Regular Plan

425kcal
Calories

41g
Carbs

31g
Protein

15g
Fat

Large Plan

635kcal
Calories

62g
Carbs

47g
Protein

23g
Fat

LUNCH



Baked Teriyaki Tofu Steaks
with Roasted Potato, Roasted Capsicum, and French Beans

Regular Plan

395kcal
Calories

28g
Protein

35g
Carbs

16g
Fat

Large Plan

595kcal
Calories

42g
Protein

53g
Carbs

24g
Fat

DINNER

Clay Pot Style White Beans



Clay Pot Style White Beans
with Shiitake Mushroom Rice, Scramble Eggs, and Green Peas

SNACK

Regular Plan

170kcal
Calories

8g
Protein

14g
Carbs

9g
Fat

Large Plan

170kcal
Calories

8g
Protein

14g
Carbs

9g
Fat

GLUTEN FREE BANANA BREAD



LUNCH

PERANAKAN CURRY CHICKPEAS AND TOFU



PERANAKAN CURRY CHICKPEAS AND TOFU
with Coconut Basmati Rice, Curry Cauliflower, and Okra

Regular Plan

440kcal
Calories

29g
Protein

41g
Carbs

18g
Fat

Large Plan

640kcal
Calories

42g
Protein

59g
Carbs

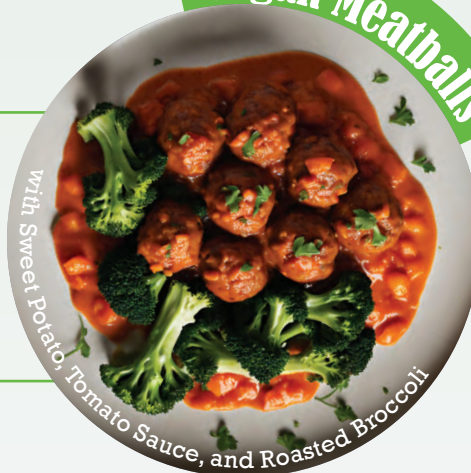
26g
Fat

Friday

30

MAY 2025

Vegan Meatballs



Vegan Meatballs
with Sweet Potato, Tomato Sauce, and Roasted Broccoli

DINNER

Regular Plan

420kcal
Calories

31g
Protein

42g
Carbs

14g
Fat

Large Plan

625kcal
Calories

47g
Protein

63g
Carbs

21g
Fat

MANGO CHIA SEEDS PUDDING



Regular Plan

125kcal
Calories

4g
Protein

3g
Carbs

11g
Fat

Large Plan

125kcal
Calories

4g
Protein

3g
Carbs

11g
Fat

SNACK

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