

# Vegetarian Menu

 YoloPlans



# 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  
12

JAN 2026



**LUNCH**  
**Regular Plan**  
445kcal Calories 31g Protein  
46g Carbs 15g Fat

**Large Plan**  
665kcal Calories 47g Protein  
69g Carbs 23g Fat



**Regular Plan**  
380cal Calories 32g Protein 34g Carbs 13g Fat

**Large Plan**  
550kcal Calories 46g Protein 49g Carbs 19g Fat



Images are for illustration only.

**SNACK**

**Regular Plan**

155kcal Calories 8g Protein 8g Carbs 10g Fat

**Large Plan**

155kcal Calories 8g Protein 8g Carbs 10g Fat



**LUNCH**

**Regular Plan**  
480kcal Calories 31g Protein 49g Carbs 18g Fat

**Large Plan**  
725kcal Calories 47g Protein 74g Carbs 27g Fat

Tuesday  
13

JAN 2026

**Vegan Balls**



**DINNER**

**Regular Plan**

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

**Large Plan**

500kcal Calories 48g Protein 36g Carbs 18g 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

Wednesday  
14  
JAN 2026

**Regular Plan**

440kcal  
Calories  
47g  
Carbs

LUNCH

**Large Plan**

640kcal  
Calories  
68g  
Carbs



**SNACK**

Images are for  
illustration only.

**Basil Crushed Tofu and Lentils**



LUNCH

**Regular Plan**

440kcal  
Calories  
34g  
Protein

**Large Plan**

635kcal  
Calories  
49g  
Protein

Thursday  
15  
JAN 2026

**Baked Dukkah Spiced Butter Beans**



DINNER

**Regular Plan**

395kcal  
Calories  
21g  
Protein

**Large Plan**

595kcal  
Calories  
32g  
Protein

**Roasted Mix Nuts**



**SNACK**

Images are for  
illustration only.

Friday  
16

JAN 2026



**Regular Plan**

430kcal  
Calories  
43g  
Carbs

**Large Plan**

640kcal  
Calories  
65g  
Carbs

**LUNCH**



**Regular Plan**

390kcal 41g Protein 31g Carbs 12g Fat

**Large Plan**

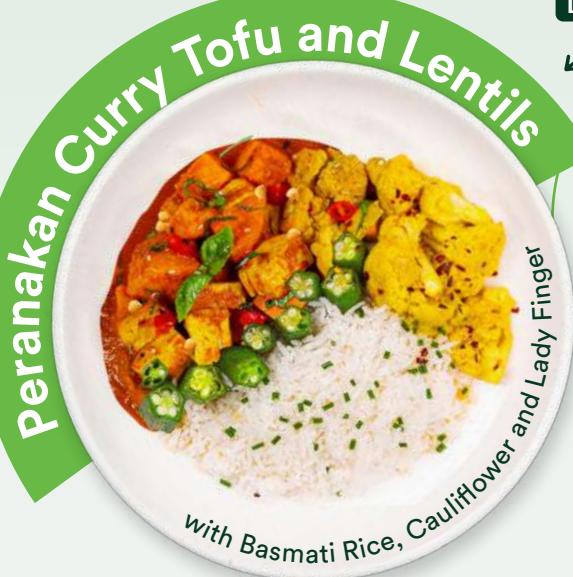
570kcal 46g Protein 57g Carbs 17g Fat

**DINNER**



**SNACK**

Images are for illustration only.



**Regular Plan**

470kcal 31g Protein 46g Carbs 18g Fat

**Large Plan**

705kcal 47g Protein 69g Carbs 27g Fat

Monday  
19

JAN 2026



**DINNER**

**Regular Plan**

345kcal 27g Protein 32g Carbs 12g Fat

**Large Plan**

515kcal 41g Protein 48g Carbs 18g Fat



**Regular Plan**

195kcal 6g Protein 4g Carbs 16g Fat

**Large Plan**

195kcal 6g Protein 4g Carbs 16g Fat

**SNACK**

Images are for illustration only.

VEGETARIAN - VEGETARIAN - VEGETARIAN

Tuesday  
20

JAN 2026

**Regular Plan**

445kcal  
Calories  
46g  
Carbs

**Large Plan**

670kcal  
Calories  
69g  
Carbs

**LUNCH**

36g  
Protein

13g  
Fat

54g  
Protein

20g  
Fat

**Tomato Soup**

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

**Sambal Butter Beans and Tofu**



with Brown Rice and Shanghai Green

**Regular Plan**

365kcal  
Calories  
32g  
Protein  
21g  
Carbs  
17g  
Fat

**Large Plan**

550kcal  
Calories  
48g  
Protein  
32g  
Carbs  
26g  
Fat

**Tofu Chocolate Brownie**



**SNACK**

**Large Plan**

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

**Large Plan**

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

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illustration only.

**Mala Bajye Tofu and Lentils**



with Brown Rice and Honey Soy Mixed Veggies

**Regular Plan**

435kcal  
Calories  
26g  
Protein  
49g  
Carbs  
15g  
Fat

**Large Plan**

655kcal  
Calories  
39g  
Protein  
74g  
Carbs  
23g  
Fat

**Wednesday  
21**

JAN 2026

**Baked Honey Miso Tempeh**



with Roasted Herb Veggies Quinoa Salad,  
Honey Citrus Dressing

**Regular Plan**

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

**Large Plan**

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

**Carrot Cake with Cashew Frosting**



**DINNER**

**SNACK**

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illustration only.

**Regular Plan**

180kcal  
Calories  
8g  
Protein  
19g  
Carbs  
8g  
Fat

**Large Plan**

180kcal  
Calories  
8g  
Protein  
19g  
Carbs  
8g  
Fat

Thursday  
**22**

JAN 2026



**Regular Plan**

460kcal  
Calories  
45g  
Carbs

**Large Plan**

665kcal  
Calories  
65g  
Carbs

**LUNCH**

36g  
Protein

15g  
Fat

52g  
Protein

22g  
Fat



**Regular Plan**

380kcal  
Calories  
23g  
Protein

38g  
Carbs  
15g  
Fat

**Large Plan**

570kcal  
Calories  
35g  
Protein

57g  
Carbs  
23g  
Fat



**SNACK**

**Regular Plan**

150kcal  
Calories  
3g  
Protein

16g  
Carbs  
8g  
Fat

**Large Plan**

150kcal  
Calories  
3g  
Protein

16g  
Carbs  
8g  
Fat

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**Regular Plan**

475kcal  
Calories  
36g  
Protein

47g  
Carbs  
16g  
Fat

**Large Plan**

690kcal  
Calories  
52g  
Protein

68g  
Carbs  
23g  
Fat

**Friday**  
**23**

JAN 2026



**Regular Plan**

375kcal  
Calories  
39g  
Protein

26g  
Carbs  
13g  
Fat

**Large Plan**

565kcal  
Calories  
59g  
Protein

39g  
Carbs  
20g  
Fat

**DINNER**



**Regular Plan**

145kcal  
Calories  
5g  
Protein

20g  
Carbs  
5g  
Fat

**Large Plan**

145kcal  
Calories  
5g  
Protein

20g  
Carbs  
5g  
Fat

**SNACK**

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VEGETARIAN

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# Monday 26

JAN 2026

## LUNCH

### Regular Plan

485kcal  
Calories  
45g  
Carbs

34g  
Protein  
19g  
Fat

### Large Plan

730kcal  
Calories  
68g  
Carbs

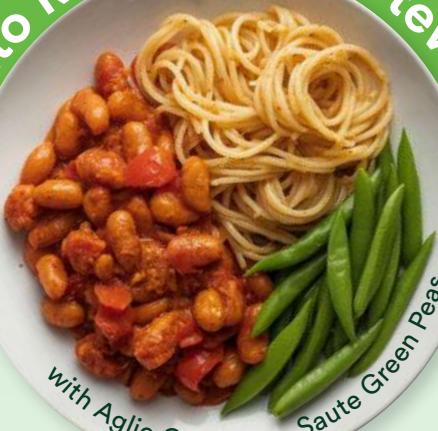
51g  
Protein  
29g  
Fat

## Peri Peri Tofu Steaks



with Roasted Potatoes, French Beans and Carrot

## Tomato Mixed Beans Stew



with Aglio Olio Pasta, Saute Green Peas

### Regular Plan

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

### Large Plan

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

## 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

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illustration only.

## Gong Bao Butter Beans and Shiitake Mushroom



with Brown Rice, Spicy Eggplant, Garlic Choy Sum

# Tuesday 27

JAN 2026

## LUNCH

### Regular Plan

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

### Large Plan

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

## Basil Crushed Tofu, Lentils and King Oyster Mushroom



with Rice Noodles and Honey Soy Mixed Veggies

### Regular Plan

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

### Large Plan

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

## Tofu Chocolate Brownie



## 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

Wednesday  
28  
JAN 2026

**LUNCH**

**Regular Plan**

470kcal  
Calories  
48g  
Carbs

34g  
Protein  
16g  
Fat

**Large Plan**

685kcal  
Calories  
70g  
Carbs

49g  
Protein  
23g  
Fat

**Veggie Pattie, Avocado Fritter**



with Cauliflower Rice, Sauté Edamame

**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

**DINNER**

**Coconut and Cranberry Bar**



**SNACK**

**Regular Plan**

170kcal  
Calories  
4g  
Protein  
27g  
Carbs  
5g  
Fat

**Large Plan**

170kcal  
Calories  
4g  
Protein  
27g  
Carbs  
5g  
Fat

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**Tom Yam Stew Tofu and Oyster Mushroom**



with Brown Rice Noodles,  
Bean Sprouts and Long Beans

**Thursday  
29**

JAN 2026

**LUNCH**

**Regular Plan**

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

**Large Plan**

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

**Herb Baked Butter Beans**



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

**Regular Plan**

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

**Large Plan**

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

**Peanut Butter Chocolate Cookie**



**Regular Plan**

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

**Large Plan**

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

**SNACK**

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Friday  
30

JAN 2026



LUNCH

Regular Plan

410kcal  
Calories  
41g  
Carbs

32g  
Protein  
13g  
Fat

Large Plan

595kcal  
Calories  
59g  
Carbs

46g  
Protein  
19g  
Fat



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

Regular Plan

365kcal  
Calories

28g  
Protein

32g  
Carbs

14g  
Fat

Large Plan

550kcal  
Calories

42g  
Protein

48g  
Carbs

21g  
Fat

DINNER



SNACK

Regular Plan

245kcal  
Calories

8g  
Protein

26g  
Carbs

12g  
Fat

Large Plan

245kcal  
Calories

8g  
Protein

26g  
Carbs

12g  
Fat

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Monday  
02

JAN 2026



LUNCH

Regular Plan

430kcal  
Calories

28g  
Protein

48g  
Carbs

14g  
Fat

Large Plan

625kcal  
Calories

41g  
Protein

78g  
Carbs

20g  
Fat



Regular Plan

410kcal  
Calories

29g  
Protein

44g  
Carbs

13g  
Fat

Large Plan

615kcal  
Calories

44g  
Protein

66g  
Carbs

20g  
Fat

VEGETARIAN

Regular Plan

160kcal  
Calories

7g  
Protein

6g  
Carbs

12g  
Fat

Large Plan

160kcal  
Calories

7g  
Protein

6g  
Carbs

12g  
Fat

SNACK

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VEGETARIAN - VEGETARIAN - VEGETARIAN

Tuesday  
03

FEB 2026

Tomato Stew Beans



with Pasta, Mixed Mushrooms and Green Peas

Regular Plan

415kcal  
Calories  
44g  
Carbs

33g  
Protein  
12g  
Fat

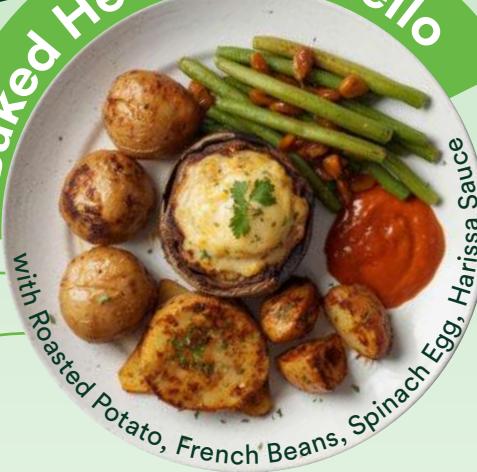
Large Plan

605kcal  
Calories  
64g  
Carbs

48g  
Protein  
17g  
Fat

LUNCH

Baked Herb Portobello



with Roasted Potato, French Beans, Spinach Egg, Harissa Sauce

Regular Plan

445kcal  
Calories  
31g  
Protein  
46g  
Carbs

15g  
Fat

Large Plan

665kcal  
Calories  
47g  
Protein  
69g  
Carbs

23g  
Fat

Pumpkin Parmesan Biscuit



DINNER

SNACK

Regular Plan

150kcal  
Calories  
4g  
Protein  
15g  
Carbs  
8g  
Fat

Large Plan

150kcal  
Calories  
4g  
Protein  
15g  
Carbs  
8g  
Fat

Images are for illustration only.

Rendang Tofu and Chickpeas



with Coconut Basmati Rice, Roasted Cauliflower

Regular Plan

445kcal  
Calories  
32g  
Protein  
46g  
Carbs

15g  
Fat

Large Plan

650kcal  
Calories  
46g  
Protein  
67g  
Carbs

22g  
Fat

Wednesday  
04

FEB 2026

Fresh Herb and Lemon Baked Halloumi and Butter Beans



with Cajun Roasted Sweet Potato, Herb Veggies

Regular Plan

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

Large Plan

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

DINNER

Gluten Free Banana Bread



Regular Plan

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

5g  
Protein  
16g  
Carbs  
10g  
Fat

Large Plan

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

5g  
Protein  
16g  
Carbs  
10g  
Fat

SNACK

Images are for illustration only.

Thursday  
05

FEB 2026

Peri Peri Tofu Steak



with Mushroom Barley Risotto and Braised Purple Cabbage

Regular Plan

425kcal  
Calories  
42g  
Carbs

Large Plan

640kcal  
Calories  
63g  
Carbs

LUNCH

Baked Tempeh



With Quinoa, Baked Spinach Egg, Broccoli, House Made Chili Sauce

Regular Plan

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

Large Plan

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

DINNER

SNACK

Regular Plan

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

Large Plan

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



Friday  
06

FEB 2026

Cauliflower Protein Bites



with Mashed Sweet Potato, Green Peas and Coriander Lime Juice

LUNCH

Regular Plan

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

Large Plan

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



with Brown Rice, Scrambled Egg and Kailan

DINNER

Regular Plan

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

Large Plan

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



Peanut Butter Chocolate Energy Bites

DINNER

Regular Plan

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

Large Plan

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

SNACK

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