



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

**APR 2025** 

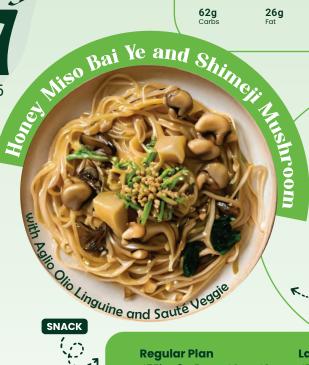
**Regular Plan** 

35g Protei 455kcal 17g Fat 41g Carbs

Large Plan

685kcal 53g Protein

62g 26g



**Regular Plan** 

LUNCH

With Coconut Basmati Rice, Cucumper, and Sag 12g Carbs Fat 370kcal 27g Protei

AJRMERIC BAKED TEMPEN

**Large Plan** 

535kcal 17g 39g 55g Carbs

K... DINNER

Images are for illustration only.

EGETARIAN - 🔍

**Regular Plan** 

175kcal 5g

10g 16g Carbs

Large Plan

175kcal 5g 16g Carbs 10g

Free Banan

TOPU AND MUSKIARE

**Regular Plan** 

410kcal 28g 41g Carbs 15g Fat

**Large Plan** 

615kcal 62g Carbs 23g Fat ruesday

**APR 2025** 

BROWN RICE, SOY EGG, AND CHO **Regular Plan** 

13g 390kcal 39g Carbs

Large Plan

565kcal 42g Protein **57g** Carbs **19g** Fat PAKED GOCHUJANG OF



Bashnahi Rice and Broccoli

**Regular Plan** 

200kcal 6g

Large Plan

16g

200kcal 6g 16g

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SNACK

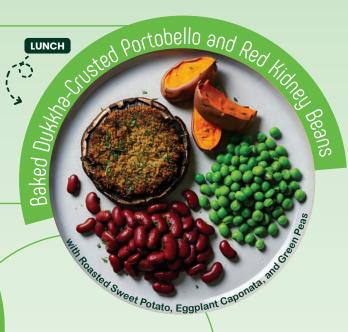


31g Proteir 395kcal **12g** Fat 41g Carbs

#### Large Plan

595kcal 47g Protein

62g 18g Fat



ESTATE BETTER BETTER with Brown Pice and Shanghai Greens

**Regular Plan** 

420kcal 36g 37g Carbs 14g Fat

Large Plan

605kcal 54g Carbs 52g 20g

K... DINNER

Images are for illustration only.

GETARI

185kcal 8g

Large Plan

185kcal 8g 20g Carbs OLATE TOFU BROWN



**Regular Plan** 

385kcal 41g Carbs **12g** Fat 28g

**Large Plan** 

575kcal

chursday

APR 2025

DINNER

#### **Regular Plan**

420kcal 32g Proteir 37g Carbs 16g Fat

Large Plan

Chocolate Energy 630kcal 48g Protein **56g** Carbs **24g** Fat



SNACK

**Regular Plan** 

190kcal 6g

16g

190kcal 6g 5g 16g



**APR 2025** 

**Regular Plan** 

425kcal 35g Proteir 13g Fat 42g Carbs

#### **Large Plan**

615kcal

61g Carbs 19g



Polanakan Curry Cylinder Paci Rice, Cauliflower and Cr

#### **Regular Plan**

395kcal 29g Protei 15g Fat 36g

#### Large Plan

595kcal 54g Carbs 23g Fat 44g

K... DINNER

SNACK

Images are for

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**Regular Plan** 

175kcal 5g 18g Carbs **Large Plan** 

9g Fat

175kcal 5g 18g Carbs











#### 425kcal 28g

**Regular Plan** 

44g Carbs **15g** Fat

#### **Large Plan**

615kcal Calories 64g Carbs 22g Fat Monday.

WITH CASHEW FROM SHOOT SEE

**APR 2025** 

Mith Roasted Potato, Herb Veggies and John

#### **Regular Plan**

405kcal Calories 31g Protein 41g Carbs 13g Fat

#### Large Plan

610kcal 47g Protein 62g Carbs 20g

22 July Butter Cookies

**Regular Plan** 

160kcal 7g 6g
Protein Carbs 12g

Aith dannati Rice and Sweet Snap Peds **Large Plan** 

160kcal 7g 6g
Calories Protein Carbs 12g

es chickpeas and peaking Beans

SNACK

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DINNER



395kcal 31g Proteir 12g Fat 41g Carbs

#### Large Plan

595kcal

## LUNCH Tofu and Musylhoon MITH BROWN RICE, SPICY EGGRANTS AND





**Regular Plan** 

395kcal 36g Proteir 14g Fat

Large Plan

590kcal 47g Carbs 54g

21g

DINNER

Images are for illustration only.

205kcal 8g

16g

12g Fat

**Large Plan** 

205kcal 8g

16g Carbs 12g







460kcal 46g Carbs **17g** Fat 31g

Large Plan

670kcal 67g Carbs 25g Fat



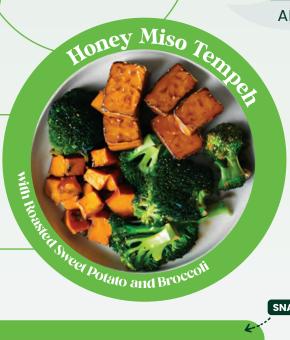
TOFU AND LETTING HEST CRUCK WITH BROWN RICE. SOY EGG.

#### **Regular Plan**

360kcal 32g 35g 10g

**Large Plan** 

535kcal 48g Protein 53g Carbs **15g** Fat



DINNER

FREE BANANA BREE

GETARIAN

**Regular Plan** 

175kcal 5g 16g 10g **Large Plan** 

175kcal 5g 10g 16g

SNACK

fursday **APR 2025** 

**Regular Plan** 

430kca1 35g 36g Carbs 16g Fat

#### Large Plan

640kcal

geraled Portobello and Buller, Iteals

Ir Plan
36-

Sakiniku Tofu and Illio Roos with sweet paration woodle, Beansprouts, and

#### **Regular Plan**

400kcal 36g 14g Fat

#### Large Plan

595kcal 54g Protein 48g Carbs 21g Fat

K... DINNER

THE KIN FARMESAN BISTALL

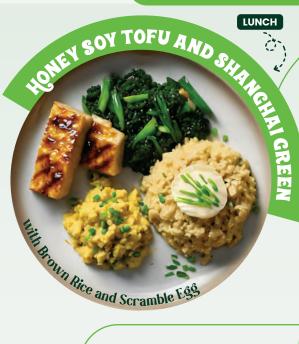
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170kcal 8g 9g Fat 14g

**Large Plan** 

170kcal 8g

14g Carbs 9g



#### **Regular Plan**

420kcal 42g Carbs 32g Proteir 14g Fat

#### Large Plan

610kcal Calories **46g** Protei **20g** Fat 61g Carbs

griday **APR 2025** 

**Regular Plan** 395kcal 33g Protei

Large Plan

34g Carbs

590kcal **51g** Carbs

Kidney Beans and Danney ALLIFIOWER RICE, SPINACH EGG, AND CHIM

DINNER

Dito and Dates Energy Dito

**Regular Plan** 

185kcal 6g 15g **Large Plan** 

185kcal 6g 15g SNACK

Images are for illustration only.

**14g** Fat

**21g** Fat



31g 425kca1 42g Carbs 15g Fat

Large Plan

640kcal 47g Protein

63g 23g





THE AND KING OVER With Brown Rice, Kimchi

with Poarked Potato, French Beans, and Carro **Regular Plan** 

415kcal 34g Proteir 14g Fat

Large Plan

600kcal 49g Protein 55g Carbs 20g Fat

K... DINNER

OVIN PARMESAN PICE

ITH ROASTED APPLA

Images are for illustration only. **Regular Plan** 

150kcal 4g

16g Carbs 8g Fat Large Plan

150kcal 4g

16g

LUNCH STOFU CHICKPEAS With Brown Rice and Curris

**Regular Plan** 

430kcal Calories 35g Protein 13g Fat 43g Carbs

Large Plan

645kcal 53g 65g Carbs **20g** Fat juesday. **APR 2025** 

**Regular Plan** 

425kcal 37g 33g Carbs **16g** Fat

**Large Plan** 

615kcal **54g** Protein 48g Carbs **23g** Fat

Nocado Fricos PUTH PUMPKIN CARROL AND SALED AND SA

DINNER

SNACK

Images are for

**Regular Plan** 

145kcal 5g

**Large Plan** 

145kcal 8g 20g 8g Fat

GETARIA.

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sednesola 23 APR 2025

**Regular Plan** 

410kcal 31g 42g Carbs 13g Fat

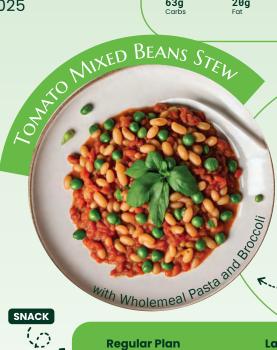
Large Plan

615kcal

63g 20g LUNCH

Creen Curry Buller, Ereals With Coconut Basmati. Rice, Long Beans, and Eggland





**Regular Plan** 

390kcal 33g Protein 31g Carbs

Large Plan

565kcal 45g 48g 22g

- DINNER

SNACK

Images are for illustration only. **Regular Plan** 

200kcal 6g

Large Plan





**Regular Plan** 

420kcal 33g Proteir 41g 14g

Large Plan

610kcal 59g Carbs 20g



ED MIX NU

**Regular Plan** 

14g 400kcal 32g Proteir 37g Carbs

**Large Plan** 

48g 605kcal **56g** Carbs **21g** Fat





oty Brownie



**Regular Plan** 

185kcal 8g

Large Plan

185kcal 8g 20g SNACK



420kcal 35g 41g Carbs 13g Fat

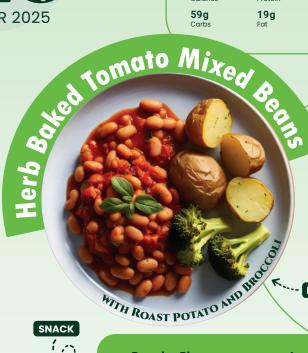
#### Large Plan

610kcal

59g 19g LUNCH







**Regular Plan** 

450kcal 36g 18g 36g

Large Plan

655kcal **52g**Carbs 52g 26g

DINNER

Images are for Tomato Chickoego illustration only.

GETARIAN -

Regular Plan

120kcal 4g

**Large Plan** 

120kcal 4g

istachio Energy Bile

LUNCH

**Regular Plan** 

425kcal 33g Proteir 39g Carbs 15g Fat

Large Plan

615kcal **22g** Fat **57g** Carbs

Nonday 28 **APR 2025** 

Elicit Aglio Olio Pasta, Mix Mushroom **Regular Plan** 

> 405kcal 31g 41g Carbs **13g** Fat

Large Plan

585kcal **59g** Carbs 45g 19g with Cashew Frogring

EURINUT SWEET POTATO AND E With Brown Rice I Inner Rigg. Roasted Cauliflower and

DINNER

SNACK

**Regular Plan** 

175kcal 8g 18g

175kcal 8g 18g 8g

nesday. **APR 2025** 

**Regular Plan** 

445kcal 33g Proteir 15g Fat 44g Carbs

#### Large Plan

640kcal

64g 22g Fat







#### **Regular Plan**

430kcal 36g 38g Carbs 15g Fat

#### **Large Plan**

625kcal 55g Carbs 52g 22g

DINNER

Images are for illustration only. **Regular Plan** 

**Large Plan** 

130kcal 3g

21g Carbs

AANCO CHIA SEEDS PUDO

#### LUNCH

#### **Regular Plan**

400kcal 28g Protein 41g Carbs 14g Fat

#### Large Plan

585kcal Calories **59g** Carbs **20g** Fat

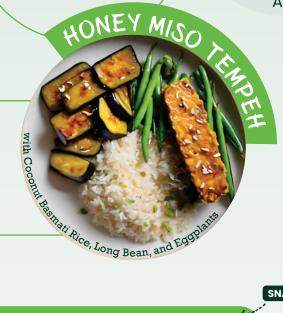


# PORTOBELLO PORTOBELLO Regul-

420kcal 32g Protein 41g Carbs **14g** Fat

#### Large Plan

625kcal 48g Protein 62g Carbs 21g Fat



DINNER

GETAR

625kca Calories

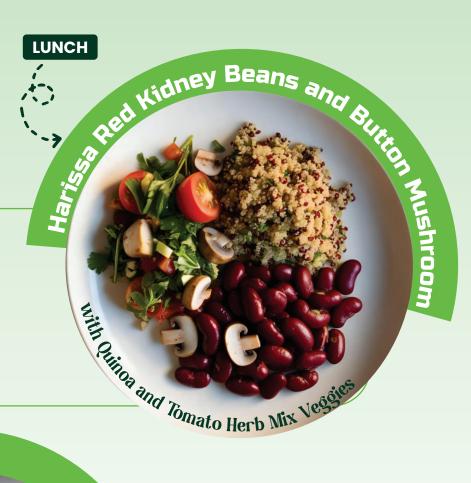
625kca Calories

**Regular Plan** 

180kcal 6g 12g 12g Large Plan

180kcal 6g 12g 12g SNACK





390kcal 34g 37g 12g Calories Protein Carbs Fat

Large Plan

**570kcal 49g 54g 17g** Calories Protein Carbs Fat

SESSEN RICE, SCRAMBLE EGG, AND HORSE



#### **Regular Plan**

435kcal 35g 38g 16g
Calories Protein Carbs Fat

**Large Plan** 

630kcal 51g 55g 23g
Calories Protein Carbs Fat

Banana Bread



#### **Regular Plan**

175kcal 5g Calories Protein 16g 10g

**16g 10g** Carbs Fat



#### Large Plan

175kcal 5g Calories Protein 16g 10g

Carbs Fat