



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.

Images are for

illustration only.

Regular Plan

390kcal 31g Protei 19g Fat 24g Carbs

Large Plan

585kcal

29g 36g KIANE" CHICKDEYN

Ned peri Tember With Cauliflower Rice and French Roses

41g 120

Regular Plan

400kcal

Large Plan

580kcal 46g 59g 17g

K... DINNER

carrot Cake

Schribled Tomato Eggs, and Cucumber Sol SNACK

O VEGGIE PATTIES

Regular Plan

210kcal 5g

Large Plan

10g Fat

210kcal 5g

10g

k'

Regular Plan

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

Large Plan

ruesday

DINNER

La.
649kca1
Calories

KING OYSTERMUSHROOM BULGOS **DEC 2025**

Regular Plan

14g 29g Proteir 38g Carbs

E ON A POAMAME, ROASTED CAULTED

Large Plan

570kcal **55g** Carbs 20g

395kcal

Alin Brown Rice, Kimchi, and Spinach

SNACK

Images are for illustration only.

Regular Plan

185kcal 8g

Large Plan 185kcal 8g

20g

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RIAN - VEGETARIAN - VEGETARIAN

sednes de 17 **DEC 2025**

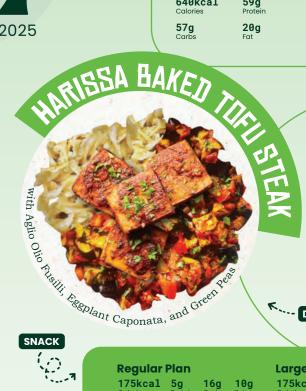
Regular Plan

425kcal 39g 38g Carbs 13g Fat

Large Plan

640kcal





Regular Plan

395kcal 32g 15g Fat

Large Plan

595kcal 48g 50g 23g Fat

K... DINNER

Images are for illustration only.

175kcal 5g 16g Large Plan

175kcal 5g 16g Carbs 10g Fat

10g

COO STEW SWART OF THE STEW SWA



Regular Plan

445kcal 44g Carbs 31g 16g Fat

Large Plan

645kcal 45g 64g Carbs 23g Fat inursday.

DEC 2025

FREE BANANA BEE

Regular Plan

Till tomils, Brown Rice, and Mix 1888

435kcal 36g Proteir 41g Carbs 14g Fat

Large Plan

630kcal **52g** Protein **59g** Carbs **20g** Fat SOCHUJANG BUTTER BEANS MADEL AND BROCCOLL

O/ DINNER

gat of the Day

GETARI

Regular Plan

115kcal 2g 2g **Large Plan**

115kcal 2g 22g SNACK



445kcal 35g Proteir 47g Carbs 13g

Large Plan

645kcal

Condang Tofu Chickpean

LENTILS AND KING PSER NUMBER OF THE PROPERTY O with Sweet Potato Noodles, Braised Cabbage, and Carlo

WITH CITEDAUT BASMATI RICE AND SWEET HAVE **Regular Plan**

440kcal 33g 36g 18g Fat

Large Plan

635kcal 48g 52g 26g

K... DINNER

esan Meatballs

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

100kcal 3g 9g Carbs Large Plan

100kcal 3g 9g Carbs



LUNCH

and French Beans



33g 36g Carbs

Large Plan

595kcal 48g 52g Carbs 22g Fat Nonday.

DEC 2025

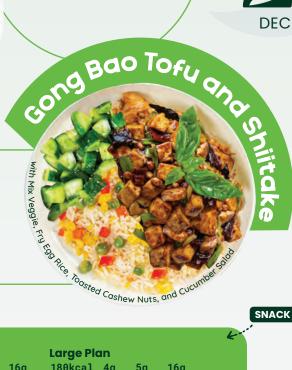
Regular Plan

Eith Mashed Cauliflower, Stroganor Sauce.

425kca1 31g Protein 41g Carbs **15g** Fat

Large Plan

45g Protein 615kcal **59g** Carbs 22g



15g Fat



Butter Chocolate Colsi Peanur B

Regular Plan

180kcal 4g 16g

180kcal 4g 16g SNACK

ruesday.
23 **DEC 2025**

Regular Plan

445kcal 33g Proteir **15g** Fat 44g Carbs

Large Plan

640kcal





Regular Plan

430kcal 36g Proteir 42g

Large Plan

620kcal

61g Carbs

C... DINNER

SNACK

Spiced Portobello

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

125kcal 4g

11g Fat

Large Plan

125kcal 4g

3g Carbs

199 CHOCOLATE ENERGY BILES

LUNCH

Regular Plan

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

Large Plan

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

DEC 2025

TOMATO PASTA. ROAST CARROLL NO.

Regular Plan

32g Protein 35g Carbs 360kcal 10g

Large Plan

PARMESAN BISCO

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

Veggie Palties with Steam Mir Salad, and Avocado Torrado

DINNER

SNACK

Images are for illustration only.

Regular Plan

150kcal 4g 16g Large Plan

150kcal 4g 16g 8g Fat

GETARIAN -

RIAN - VEGETARIAN - VEGETARIAN



HONEY MISO PORTE

Regular Plan

36g Protein 440kcal 42g 14g Carbs Fat

Large Plan

655kcal 54g 63g 21g Protein Carbs Fat

With Brown Reans Capsicum and French Beans

LUNCH

Tofu and Chickshall

DINNER

Regular Plan

375kcal 36g 12g Protein Carbs Fat

Large Plan

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

WITH COCONUT BASMATI RICE, CURRY CAULIFIC WER AND ON THE PARTY OF THE

SNACK

Regular Plan

8g Protein 185kcal

20g 8g Lord Chocolate Bround

Large Plan

185kcal 8g Protein 20g 8g



460kcal 29g 48g Carbs 17g Fat

Large Plan

690kcal 44g Protein

72g Carbs 26g



SAN MEATBALL With Cauliflower Rice, Edamane.

Regular Plan

365kcal 31g Protein 33g Carbs 12g Fat

Large Plan

530kcal 45g Protein 48g Carbs 17g Fat

K... DINNER

Images are for

175kcal 2g 21g Carbs Large Plan

175kcal 2g 21g Carbs DERRY MUFFIN

illustration only.

9g Fat



Regular Plan

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

Large Plan

610kcal

ruesday **DEC 2025**

Regular Plan

15g Fat 405kcal 29g Protein 38g Carbs

Large Plan

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



DINNER

SNACK

Images are for

Regular Plan

185kcal 8g

185kcal 8g 20g 8g Fat

GETARIA.

illustration only.



Bao Chicken

Regular Plan

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

Large Plan

645kcal 42g 62g 26g Calories Protein Carbs Fat with Brown Aice, Scramble Tomato Eggs 1

With Roas tand Tomato Stew Mix Beans

DINNER

Regular Plan

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

Large Plan

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

SNACK

Regular Plan

170kcal 8g Calories Protein 14g 9g

Carbs Fa



Large Plan

170kcal 8g
Calories Protein
14g 9g
Carbs

gridar 02 **JAN 2026**

Regular Plan

420kcal 27g Proteir 44g Carbs 15g Fat

Large Plan

610kcal

64g 22g



Radisled Turmeric Chickpeas and Hum Mushroom with Brown Rice and Roasted Curry Cauliflones

Led Gochujang Tofu Skeak THE THOMAN RICE AND ROASTED CURRY CONTROL

Regular Plan

410kcal 26g 41g Carbs 16g

Large Plan

620kcal 62g Carbs 39g 24g

DINNER

asted Mix Nu

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

160kcal 7g

12g Fat 6g Carbs

Large Plan

160kcal 7g 6g Carbs 12g Fat

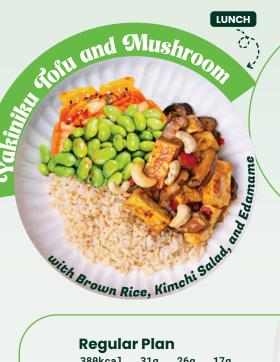


Regular Plan 450kcal 33g Proteir 44g Carbs 16g Fat

Large Plan

655kcal 48g Protei 64g Carbs 23g Fat





380kcal 31g 26g Carbs **17g** Fat

Large Plan

570kcal 47g Protein 39g Carbs 26g



DINNER

earnt Butter Cookies

GETARIAN -

Regular Plan

160kcal 7g

12g

Large Plan

160kcal 7g 12g SNACK



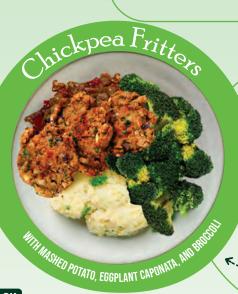
385kcal 26g Proteir 13g Fat 41g Carbs

Large Plan

580kcal

20g 62g





Real House, Beansprouts, and Chinese Spineth **Regular Plan**

435kcal Calories 31g Protein 42g Carbs 16g Fat

Large Plan

630kcal 45g Protein 61g Carbs 23g Fat

K... DINNER

SNACK

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

190kcal 5g

Large Plan

190kcal 5g

9g Fat

AD CHOCOLATE CRA

SOY KING OYSTER MUSHROOM AND LENTILS



Regular Plan

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

Large Plan

9g

620kcal Calories **59g** Carbs 25g Fat edneso

JAN 2026

Regular Plan

27g Protein 38g Carbs **15g** Fat 395kcal

Large Plan

595kcal Calories 23g Fat 41g Protein **57g** Carbs

RINCED MUSHROOM MARROCAL with Brown Rice of the Romato Eggs, and Cuchting

DINNER

SNACK

Images are for illustration only.

Regular Plan

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

10g Fat

GETARIAN -



425kcal 31g 41g Carbs 15g Fat

Large Plan

635kcal

62g 23g









Regular Plan

395kcal 28g Protei 35g Carbs **16g** Fat

Large Plan

595kcal 42g **53g** Carbs 24g Fat

K... DINNER

SNACK

Regular Plan

170kcal 8g

14g

Large Plan

9g Fat

170kcal 8g

14g Carbs 9g



Images are for illustration only. TAN CHICK DE AS AND TORE

LUNCH

Regular Plan

440kcal 29g Protei **18g** Fat 41g Carbs

Large Plan

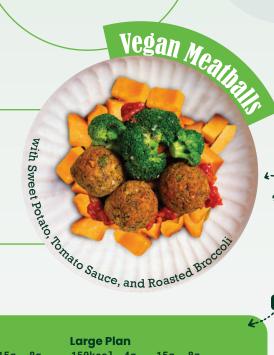
640kcal Calories **42g** Protei 59g Carbs **26g** Fat griday **JAN 2026**

hills Coconut Basmati Rice. Curry Califford **Regular Plan**

> 420kcal 31g 42g 14g

Large Plan

625kcal **47g** Protein 63g Carbs **21g** Fat



DINNER

STORM PARMESAN BISCUIT

Regular Plan

150kcal 4g 15g 8g Large Plan

150kcal 4g 15g 8g Fat SNACK