

The background is a dark green color with a pattern of 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 pea pod, a tomato, a mushroom, a piece of broccoli, a piece of cauliflower, a piece of asparagus, and various leafy greens. The illustrations are scattered across the entire background.

Vegetarian Menu

A close-up photograph of a chef's 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 blurred, showing more of the kitchen environment.

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

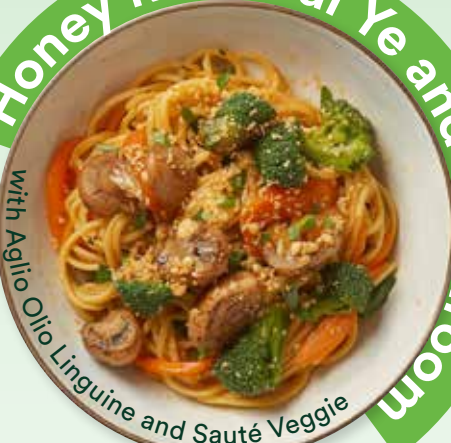
VEGETARIAN

Monday
09

MAR 2026

Honey Miso Bai Ye and Mushroom

with Aglio Olio Linguine and Sauté Veggie



Regular Plan				LUNCH			
455kcal	35g						
Calories	Protein						
41g	17g						
Carbs	Fat						
Large Plan							
685kcal	53g						
Calories	Protein						
62g	26g						
Carbs	Fat						

Baked Tumeric Tempeh

with Coconut Basmati Rice, Boiled Egg and Cucumber



Regular Plan							
360kcal	40g	29g	9g				
Calories	Protein	Carbs	Fat				
Large Plan							
510kcal	56g	41g	14g				
Calories	Protein	Carbs	Fat				

DINNER

Gluten Free Banana Bread



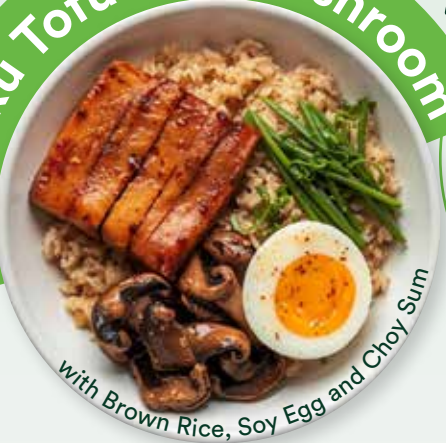
SNACK

Regular Plan				Large Plan			
175kcal	5g	16g	10g	175kcal	5g	46g	10g
Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat

Images are for illustration only.

Yakiniku Tofu and Mushroom

with Brown Rice, Soy Egg and Choy Sum



LUNCH

Regular Plan							
410kcal	28g	41g	15g				
Calories	Protein	Carbs	Fat				
Large Plan							
615kcal	42g	62g	23g				
Calories	Protein	Carbs	Fat				

Tuesday
10
MAR 2026

Baked Gochujang Tofu Steaks

with Basmati Rice and Broccoli



DINNER

Regular Plan							
390kcal	29g	39g	13g				
Calories	Protein	Carbs	Fat				
Large Plan							
565kcal	42g	57g	19g				
Calories	Protein	Carbs	Fat				

Roasted Mix Nuts



SNACK

Regular Plan				Large Plan			
200kcal	6g	8g	16g	200kcal	68g	8g	16g
Calories	Protein	Carbs	Fat	Calories	Protein	Carbs	Fat

Images are for illustration only.

Wednesday
11
MAR 2026

Regular Plan

395kcal
Calories
41g
Carbs
31g
Protein
12g
Fat

Large Plan

595kcal
Calories
62g
Carbs
47g
Protein
18g
Fat

LUNCH

Baked Dukkah-Crusted Portobello and Red Kidney Beans
With Tomato Couscous, eggplant caponata and Green Peas



Gong Bao Butter Beans and Shiitake
With Brown Rice and Shanghai Greens



Regular Plan

420kcal
Calories
32g
Protein
37g
Carbs
16g
Fat

Large Plan

605kcal
Calories
52g
Protein
54g
Carbs
20g
Fat

DINNER

Tofu Chocolate Brownie



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.

Teriyaki Baked Tofu Steaks
With Brown Rice, Kimchi and Edamame



LUNCH

Regular Plan

385kcal
Calories
28g
Protein
41g
Carbs
12g
Fat

Large Plan

575kcal
Calories
42g
Protein
62g
Carbs
18g
Fat

Thursday
12
MAR 2026

Vegan Meatballs
With Kale Pesto Pasta, Cajun Mix Veggies



DINNER

Regular Plan

420kcal
Calories
32g
Protein
37g
Carbs
16g
Fat

Large Plan

630kcal
Calories
48g
Protein
56g
Carbs
24g
Fat

Peanut Butter Chocolate Energy Bites



Regular Plan

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

Large Plan

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

SNACK

Images are for illustration only.

Friday
13
MAR 2026

Regular Plan

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

Large Plan

615kcal
Calories
61g
Carbs
51g
Protein
19g
Fat

LUNCH

Peri Peri Tempeh



with Roast Potato and Broccoli

Peranakan Curry Chickpeas & Pumpkin
With Basmati Rice, curry cauliflower and Green Peas



Regular Plan

395kcal
Calories
29g
Protein
36g
Carbs
15g
Fat

Large Plan

595kcal
Calories
44g
Protein
54g
Carbs
23g
Fat

DINNER

SNACK

Regular Plan

190kcal
Calories
5g
Protein
24g
Carbs
8g
Fat

Large Plan

190kcal
Calories
5g
Protein
24g
Carbs
8g
Fat

Hazelnut and Chocolate Granola Bar



Images are for
illustration only.

LUNCH

Regular Plan

425kcal
Calories
28g
Protein
44g
Carbs
15g
Fat

Large Plan

615kcal
Calories
41g
Protein
64g
Carbs
22g
Fat

Monday
16
MAR 2026

Lemon & Dill Baked Button Mushroom & Butter Beans
With Roasted Potato, Herb Veggies and tomato



Regular Plan

405kcal
Calories
31g
Protein
41g
Carbs
12g
Fat

Large Plan

610kcal
Calories
47g
Protein
62g
Carbs
20g
Fat

Butter Tomato Chickpeas & Red Kidney Beans
With Basmati Rice & Sweet Snap Peas



DINNER

Peanut Butter 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
17
MAR 2026

Regular Plan

395kcal
Calories
41g
Carbs

31g
Protein
12g
Fat

LUNCH

Large Plan

595kcal
Calories
62g
Carbs

47g
Protein
18g
Fat

Roast Yuxiang Tofu and Mushroom

with Brown rice, Spicy Eggplants and Kailan

Regular Plan

365kcal
Calories

29g
Protein

31g
Carbs

14g
Fat

Large Plan

550kcal
Calories

44g
Protein

47g
Carbs

21g
Fat

Veggie Patties

with Cauliflower Rice, Spinach Egg and Edamame

SNACK

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illustration only.

Regular Plan

120kcal
Calories

4g
Protein

13g
Carbs

6g
Fat

Large Plan

120kcal
Calories

4g
Protein

13g
Carbs

6g
Fat

Banana Oat Pancake With Apple Chutney

Basil Crushed Tofu and Lentils

with Brown Rice, Scrambled Egg and Kailan

LUNCH

Regular Plan

460kcal
Calories

31g
Protein

46g
Carbs

17g
Fat

Large Plan

670kcal
Calories

45g
Protein

67g
Carbs

25g
Fat

Wednesday
18
MAR 2026

Honey Miso Tempeh

with Roasted Sweet Potato, Broccoli

DINNER

Regular Plan

360kcal
Calories

32g
Protein

35g
Carbs

10g
Fat

Large Plan

535kcal
Calories

48g
Protein

53g
Carbs

15g
Fat

Pumpkin Parmesan Biscuit

Regular Plan

150kcal
Calories

7g
Protein

13g
Carbs

8g
Fat

Large Plan

150kcal
Calories

7g
Protein

13g
Carbs

8g
Fat

SNACK

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Thursday
19
MAR 2026

Regular Plan

430kcal
Calories

35g
Protein

36g
Carbs

16g
Fat

Large Plan

640kcal
Calories

53g
Protein

54g
Carbs

24g
Fat

LUNCH



Regular Plan

400kcal
Calories

36g
Protein

32g
Carbs

14g
Fat

Large Plan

595kcal
Calories

54g
Protein

48g
Carbs

21g
Fat

Yakiniku Tofu and Mushroom



DINNER

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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Gluten Free Banana Bread



Honey Soy Tofu & Shanghai Green



LUNCH

Regular Plan

420kcal
Calories

32g
Protein

42g
Carbs

14g
Fat

Large Plan

610kcal
Calories

46g
Protein

61g
Carbs

20g
Fat

Friday
20
MAR 2026

Regular Plan

395kcal
Calories

33g
Protein

34g
Carbs

14g
Fat

Large Plan

590kcal
Calories

50g
Protein

51g
Carbs

21g
Fat

Mix Herb Baked Red Kidney Beans and Paneer Cheese



DINNER

Peanut Butter Chocolate Energy Bites



SNACK

Regular Plan

125kcal
Calories

4g
Protein

3g
Carbs

11g
Fat

Large Plan

125kcal
Calories

4g
Protein

3g
Carbs

11g
Fat

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VEGETARIAN - VEGETARIAN - VEGETARIAN

Monday
23

MAR 2026

Regular Plan

425kcal
Calories
42g
Carbs
31g
Protein
15g
Fat

Large Plan

640kcal
Calories
63g
Carbs
47g
Protein
23g
Fat

LUNCH

Peri Peri Tofu Steaks

With Roasted Potatoes, French Beans and Carrot

Regular Plan

415kcal
Calories
34g
Protein
38g
Carbs
14g
Fat

Large Plan

600kcal
Calories
49g
Protein
55g
Carbs
20g
Fat

DINNER

Yakiniku Lentils & King Oyster Mushroom

With Brown Rice, Edamame and Kimchi

SNACK

Regular Plan

150kcal
Calories
4g
Protein
16g
Carbs
8g
Fat

Large Plan

150kcal
Calories
4g
Protein
16g
Carbs
8g
Fat

Pumpkin Parmesan Biscuit



Images are for illustration only.

Rendang Tofu and Chickpeas

With Brown Rice, Roasted Curry Cauliflower

LUNCH

Regular Plan

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

Large Plan

645kcal
Calories
53g
Protein
65g
Carbs
20g
Fat

Tuesday
24

MAR 2026

Avocado Fritters

With Pumpkin Carrot Quinoa Salad, Spinach Egg and Sweet Snap Peas

DINNER

Regular Plan

425kcal
Calories
37g
Protein
33g
Carbs
16g
Fat

Large Plan

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

Large Plan

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

SNACK

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Overnight Oats with Roasted Apple and Chia Seed



Regular Plan

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

Wednesday 25

MAR 2026

Regular Plan

410kcal 31g
Calories Protein
42g 13g
Carbs Fat

Large Plan

615kcal 47g
Calories Protein
63g 20g
Carbs Fat

LUNCH

Green Curry Chickpeas



With Brown Rice, Long Beans and Eggplants

Tomato Mix Beans Stew



with Whole Meal Pasta, Broccoli

Regular Plan

390kcal 33g 31g 15g
Calories Protein Carbs Fat

Large Plan

565kcal 48g 45g 22g
Calories Protein Carbs Fat

DINNER

Roasted Mix Nuts



SNACK

Regular Plan

200kcal 6g 8g 16g
Calories Protein Carbs Fat

Large Plan

200kcal 6g 8g 16g
Calories Protein Carbs Fat

Images are for illustration only.

Baked Teriyaki Tofu Steaks



with Brown Rice, Roasted Capsicum and French Beans

LUNCH

Regular Plan

420kcal 33g 41g 14g
Calories Protein Carbs Fat

Large Plan

610kcal 48g 59g 20g
Calories Protein Carbs Fat

Thursday 26

MAR 2026

Vegan Meatballs



with Mashed Sweet Potato and Green Peas

DINNER

Regular Plan

400kcal 32g 37g 14g
Calories Protein Carbs Fat

Large Plan

605kcal 48g 56g 21g
Calories Protein Carbs Fat

Tofu Chocolate Brownie



Regular Plan

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

Large Plan

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

SNACK

Images are for illustration only.

Friday
27

MAR 2026

LUNCH

Regular Plan

395kcal
Calories
41g
Carbs
29g
Protein
13g
Fat

Large Plan

595kcal
Calories
62g
Carbs
44g
Protein
20g
Fat

Kung Pao Butter Beans & Shitake

with Brown Rice, Spicy Eggplant and Cucumber Salad

Herb Baked Portobello & Tofu

with Roast Potato and Broccoli

Regular Plan

365kcal
Calories
28g
Protein
36g
Carbs
12g
Fat

Large Plan

545kcal
Calories
42g
Protein
54g
Carbs
18g
Fat

DINNER

SNACK

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illustration only.

Regular Plan

120kcal
Calories
4g
Protein
13g
Carbs
6g
Fat

Large Plan

120kcal
Calories
4g
Protein
13g
Carbs
6g
Fat

Banana Oat Pancake With Apple Chutney

Harissa and Tomato Chickpeas

with Alio Oil Pasta, Mix Mushroom and Green Peas

LUNCH

Regular Plan

425kcal
Calories
33g
Protein
39g
Carbs
15g
Fat

Large Plan

615kcal
Calories
48g
Protein
57g
Carbs
22g
Fat

Monday
30

MAR 2026

Vegan Coconut Sweet Potato & Chickpea Curry

with Brown Rice, Hard Boiled Egg, Roasted Cauliflower, Garlic Okra

DINNER

Regular Plan

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

Large Plan

585kcal
Calories
45g
Protein
59g
Carbs
19g
Fat

Coconut and Cranberry Granola Bar

Regular Plan

170kcal
Calories
3g
Protein
28g
Carbs
5g
Fat

Large Plan

170kcal
Calories
3g
Protein
28g
Carbs
5g
Fat

SNACK

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illustration only.

Tuesday
31
MAR 2026

LUNCH

Regular Plan

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

Large Plan

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

Tomato Baked Tofu Steak



Veggie Patties



Regular Plan

4050kcal 36g 38g 12g
Calories Protein Carbs Fat

Large Plan

585kcal 52g 55g 17g
Calories Protein Carbs Fat

Pumpkin Parmesan Biscuit



DINNER

SNACK

Regular Plan

150kcal 4g 16g 8g
Calories Protein Carbs Fat

Large Plan

150kcal 4g 16g 8g
Calories Protein Carbs Fat

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illustration only.

LUNCH

Herb Baked Portobello



Regular Plan

400kcal 28g 41g 14g
Calories Protein Carbs Fat

Large Plan

585kcal 41g 59g 20g
Calories Protein Carbs Fat

Wednesday
01
APR 2026

Honey Miso Tempeh



DINNER

Regular Plan

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

Large Plan

625kcal 48g 62g 21g
Calories Protein Carbs Fat

Peanut Butter Chocolate Energy Bites



Regular Plan

125kcal 4g 2g 11g
Calories Protein Carbs Fat

Large Plan

125kcal 4g 2g 11g
Calories Protein Carbs Fat

SNACK

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illustration only.

VEGETARIAN - VEGETARIAN - VEGETARIAN

Thursday
02

APR 2026

Regular Plan

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

Large Plan

625kcal
Calories
62g
Carbs
48g
Protein
21g
Fat

LUNCH

Yakiniku Lentils and King Oyster Mushroom
with Sweet Potato Noodles, Bean Sprouts and Kimchi



Cauliflower Protein Bites
with Sweet Potatoes, Cajun Green peas and Broccoli



Regular Plan

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

Large Plan

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

DINNER

Peanut Butter Chocolate Cookie



SNACK

Images are for
illustration only.

Regular Plan

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

Large Plan

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

LUNCH

Harrissee Red Kidney Beans and Button Mushroom
with Quinoa, Tomato Herb Mix Veggies



Regular Plan

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

Large Plan

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

Friday
03

APR 2026

Mala Tofu with Shiitake
with Brown Rice, Scrambled Eggs, and Honey Soy Mix Veggies



Regular Plan

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

Large Plan

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

DINNER

Gluten Free Banana Bread



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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