

The background of the entire page is a dark green color, overlaid with a pattern of white line-art illustrations of various vegetables and fruits. These include items like mushrooms, bell peppers, tomatoes, leafy greens, and citrus slices, scattered across the surface. The text is centered in the upper half of the page.

Vegetarian Menu

A close-up photograph of a hand using a metal garnishing tool to place a slice of red chili pepper on a dish. The dish is served in a dark, square, ceramic-style bowl and contains a bed of white rice or quinoa, topped with yellow corn, green beans, and other vegetables. The background is softly blurred, showing more of the kitchen or dining area.

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
13
JAN 2025

Regular Plan

420kcal
Calories

31g
Protein

31g
Carbs

19g
Fat

Large Plan

630kcal
Calories

47g
Protein

47g
Carbs

29g
Fat

LUNCH



Baked Peri Peri Temppeh



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

"Yu 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

Low Fat Cheesecake



Baked Veggie Patties



with Quinoa, Edamame, Roasted Cauliflower, and Mint Yoghurt

LUNCH

Regular Plan

425kcal
Calories

32g
Protein

36g
Carbs

17g
Fat

Large Plan

640kcal
Calories

48g
Protein

54g
Carbs

26g
Fat

Tuesday
14
JAN 2025

Baiye and King Oyster Mushroom Bulgogi



with Brown Rice, Kimchi, Shredded Carrot, and Spinach

DINNER

Regular Plan

395kcal
Calories

29g
Protein

38g
Carbs

14g
Fat

Large Plan

570kcal
Calories

42g
Protein

55g
Carbs

20g
Fat

ROASTED MIX NUTS



Regular Plan

185kcal
Calories

8g
Protein

20g
Carbs

8g
Fat

Large Plan

185kcal
Calories

8g
Protein

20g
Carbs

8g
Fat

SNACK



Wednesday 15 JAN 2025

Regular Plan

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

Large Plan

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

LUNCH

CLAY POT STYLE WHITE BEANS

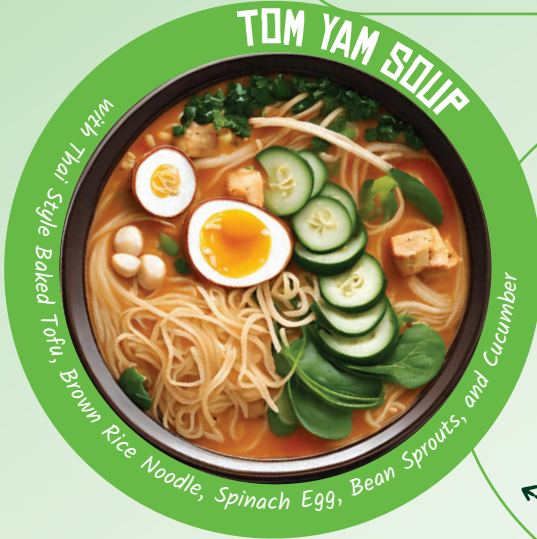


Regular Plan

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

Large Plan

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



SNACK

Regular Plan

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

Large Plan

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

GLUTEN FREE BANANA BREAD



DINNER

COCONUT CURRY STEW SWEET POTATO



LUNCH

Regular Plan

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

Large Plan

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

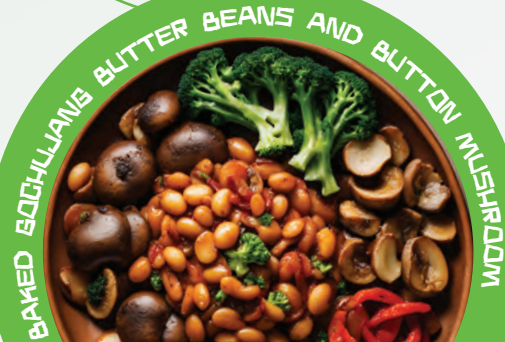
Thursday 16 JAN 2025

Regular Plan

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

Large Plan

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



DINNER

Chocolate Hazelnut Energy Bites



Regular Plan

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

Large Plan

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

SNACK

Friday

17

JAN 2025

Regular Plan

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

Large Plan

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

LUNCH

Rendang Tofu Chickpeas



with Coconut Basmati Rice, Cumin, and Garlic Roasted Mix Veggies (Eggplant, Zucchini, and Red Onion)

Regular Plan

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

Large Plan

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

YAKINIKU LENTILS AND KING OYSTER MUSHROOM



with Sweet Potato Noodles, Braised Cabbage, and Carrot

SNACK

Regular Plan

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

Large Plan

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

DINNER

MANGO CHIA SEEDS PUDDING



Vegan Meatballs



with Mashed Cauliflower, Stroganoff Sauce, and French Beans

LUNCH

Regular Plan

410kcal 33g 36g 15g
Calories Protein Carbs Fat

Large Plan

595kcal 48g 52g 22g
Calories Protein Carbs Fat

Monday
20

JAN 2025

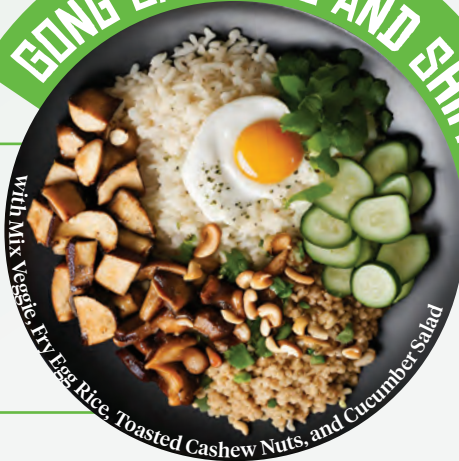
Regular Plan

425kcal 31g 41g 15g
Calories Protein Carbs Fat

Large Plan

615kcal 45g 59g 22g
Calories Protein Carbs Fat

GONG BAD TOFU AND SHITAKE



with Mix Veggie, Fry Egg Rice, Toasted Cashew Nuts, and Cucumber Salad

DINNER

Peanut Butter Chocolate Cookie



Regular Plan

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

Large Plan

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

SNACK

Tuesday 21

JAN 2025

Regular Plan

445kcal
Calories

44g
Carbs

33g
Protein

15g
Fat

Large Plan

640kcal
Calories

64g
Carbs

48g
Protein

22g
Fat

LUNCH

MIX BEANS



WITH CHILLI CON CARNE, BASMATI RICE, AND MIX VEGGIES

Regular Plan

430kcal
Calories

36g
Protein

42g
Carbs

13g
Fat

Large Plan

620kcal
Calories

52g
Protein

61g
Carbs

19g
Fat

DINNER

Basil Minced Tofu and Lentils



with Rice Noodle, Bean Sprout, Daikon, Carrot, and Soy Egg

SNACK

Regular Plan

125kcal
Calories

4g
Protein

3g
Carbs

11g
Fat

Large Plan

125kcal
Calories

4g
Protein

3g
Carbs

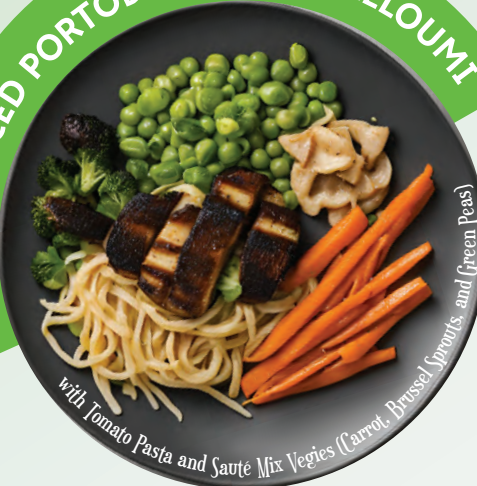
11g
Fat

PEANUT BUTTER CHOCOLATE ENERGY BITES



LUNCH

CAJUN SPICED PORTOBELLO AND HALLOUMI



with Tomato Pasta and Saute Mix Veggies (Carrot, Brussel Sprouts, and Green Peas)

Regular Plan

475kcal
Calories

34g
Protein

46g
Carbs

17g
Fat

Large Plan

685kcal
Calories

49g
Protein

67g
Carbs

25g
Fat

Wednesday 22

JAN 2025

Veggie Patties



with Purple Sweet Potato, Mix Leafy Salad, Avocado, Tomato, Toasted Mix Nuts and Seeds, and Honey Soy Vinaigrette

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

175kcal
Calories

5g
Protein

16g
Carbs

10g
Fat

Large Plan

175kcal
Calories

5g
Protein

16g
Carbs

10g
Fat

SNACK

Thursday 23

JAN 2025

Regular Plan

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

Large Plan

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

LUNCH



Thai Style Tofu



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

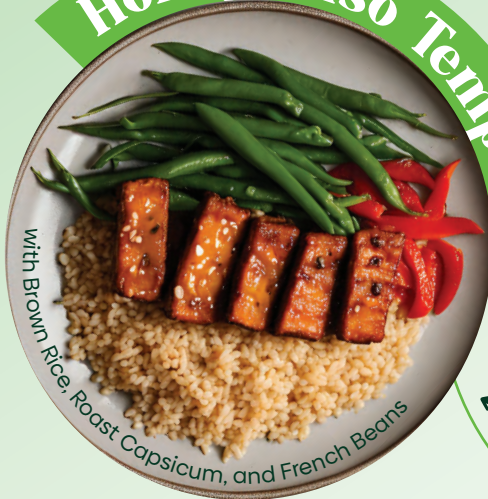
Regular Plan

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

Large Plan

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

Honey Miso Tempah



With Brown Rice, Roast Capsicum, and French Beans

SNACK



Regular Plan

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

Large Plan

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

DINNER

Overnight Oats with Roasted Apple and Chia Seeds



Friday 24

JAN 2025

LUNCH



Lemongrass Soy Stew Baiye and Oyster Mushroom



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

Regular Plan

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

Large Plan

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

Regular Plan

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

Large Plan

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

Peranakan Curry Tofu and Chickpeas



With Coconut Basmati Rice, Baked Pumpkin, and Okra

DINNER

Tofu Chocolate Brownie



Regular Plan

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

Large Plan

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

SNACK



Monday 27

JAN 2025

Regular Plan

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

Large Plan

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

LUNCH



Vegan Meatball



Regular Plan

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

Large Plan

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

DINNER

LOW FAT CHEESECAKE



SNACK

Regular Plan

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

Large Plan

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

LUNCH



Regular Plan

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

Large Plan

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

Tuesday 28

JAN 2025

Honey Miso Tempah



DINNER

Regular Plan

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

Large Plan

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



Regular Plan

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

Large Plan

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

SNACK

Wednesday 29

JAN 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 Shitake

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

SNACK

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 30

JAN 2025

BAKED GOCHUJANG TOFU STEAKS

with Steam Sweet Potato and Roasted Broccoli

Regular Plan

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

Large Plan

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

DINNER

Roasted Mix Nuts



Regular Plan

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

Large Plan

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

SNACK

Friday
31
JAN 2025

Regular Plan

440kcal
Calories
44g
Carbs
28g
Protein
17g
Fat

Large Plan

640kcal
Calories
64g
Carbs
41g
Protein
25g
Fat

LUNCH

Coconut Curry Sweet Potato and Lentils

with Basmati Rice, Braised Cabbage, and Mushroom

Cauliflower Protein Bites

WITH BAKED SPINACH EGG, ARUGULA, AND PUMPKIN SALAD

Regular Plan

380kcal
Calories
26g
Protein
26g
Carbs
19g
Fat

Large Plan

570kcal
Calories
39g
Protein
39g
Carbs
29g
Fat

DINNER

Pistachio Energy Bites



SNACK

Regular Plan

180kcal
Calories
6g
Protein
12g
Carbs
12g
Fat

Large Plan

180kcal
Calories
6g
Protein
12g
Carbs
12g
Fat

LUNCH

Yakiniku Tofu and Mushroom

with Brown Rice, Kimchi Salad, and Edamame

Regular Plan

450kcal
Calories
33g
Protein
44g
Carbs
16g
Fat

Large Plan

655kcal
Calories
48g
Protein
64g
Carbs
23g
Fat

Monday
03
FEB 2025

Regular Plan

380kcal
Calories
31g
Protein
26g
Carbs
17g
Fat

Large Plan

570kcal
Calories
47g
Protein
39g
Carbs
26g
Fat

PERI PERI TEMPEH

with Cauliflower Rice and Soy Egg

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

Tuesday 04

FEB 2025

Regular Plan

385kcal
Calories

26g
Protein

41g
Carbs

13g
Fat

LUNCH

Large Plan

580kcal
Calories

39g
Protein

62g
Carbs

20g
Fat



Chickpea Fritters



Regular Plan

435kcal
Calories

31g
Protein

42g
Carbs

16g
Fat

Large Plan

630kcal
Calories

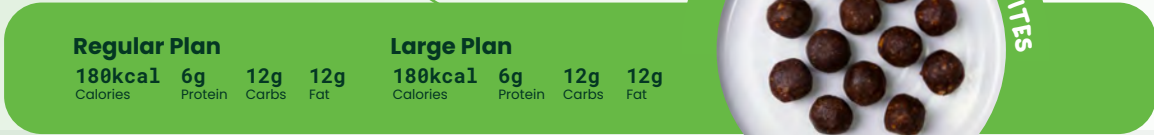
45g
Protein

61g
Carbs

23g
Fat

DINNER

SNACK



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 05

FEB 2025

Regular Plan

395kcal
Calories

27g
Protein

38g
Carbs

15g
Fat

Large Plan

595kcal
Calories

41g
Protein

57g
Carbs

23g
Fat



DINNER

CARROT CAKE



Regular Plan

175kcal
Calories

5g
Protein

16g
Carbs

10g
Fat

Large Plan

175kcal
Calories

5g
Protein

16g
Carbs

10g
Fat

SNACK

Thursday 06

FEB 2025

Regular Plan

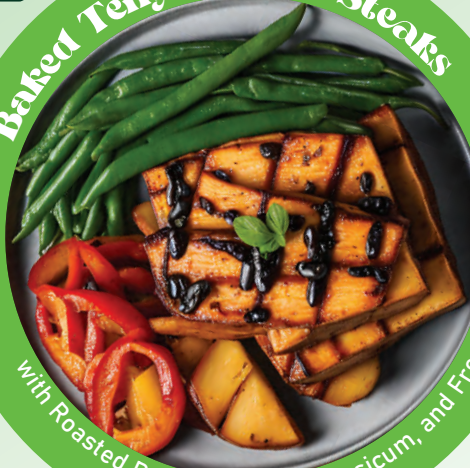
425kcal
Calories
41g
Carbs
31g
Protein
15g
Fat

Large Plan

635kcal
Calories
62g
Carbs
47g
Protein
23g
Fat

LUNCH

Baked Teriyaki Tofu Steaks



With Roasted Potato, Roasted Capsicum, and French Beans

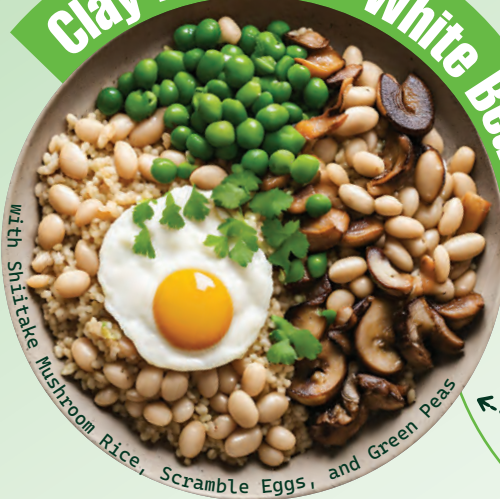
Regular Plan

395kcal
Calories
28g
Protein
35g
Carbs
16g
Fat

Large Plan

595kcal
Calories
42g
Protein
53g
Carbs
24g
Fat

Clay Pot Style White Beans



With Shitake Mushroom Rice, Scramble Eggs, and Green Peas

DINNER

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



With Coconut Basmati Rice, Curry Cauliflower, and Okra

Regular Plan

440kcal
Calories
29g
Protein
41g
Carbs
18g
Fat

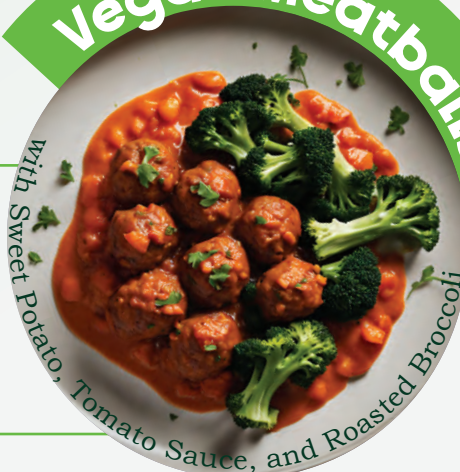
Large Plan

640kcal
Calories
42g
Protein
59g
Carbs
26g
Fat

Friday 07

FEB 2025

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