

A close-up photograph of a 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 softly blurred, showing more of the dish and some greenery.

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
30

JUN 2025

TERIYAKI STEW SPINACH EGG TOFU

LUNCH



with Brown Rice and Roast Veggies

Regular Plan

450kcal
Calories
48g
Carbs
28g
Protein
16g
Fat

Large Plan

670kcal
Calories
72g
Carbs
42g
Protein
24g
Fat

HERB ROASTED BUTTER BEANS AND PORTOBELLO



with Kale Quinoa Salad and Baked Pumpkin

Regular Plan

365kcal
Calories
26g
Protein
38g
Carbs
12g
Fat

Large Plan

530kcal
Calories
38g
Protein
55g
Carbs
17g
Fat

DINNER

SNACK

Peanut Butter Chocolate Energy Bites



Regular Plan

180kcal
Calories
6g
Protein
3g
Carbs
16g
Fat

Large Plan

180kcal
Calories
6g
Protein
3g
Carbs
16g
Fat

Images are for illustration only.

LUNCH

TURMERIC CHICKPEAS



WITH COCONUT BASMATI RICE, HARD BOILED EGG, AND CUCUMBER

Regular Plan

460kcal
Calories
38g
Protein
41g
Carbs
16g
Fat

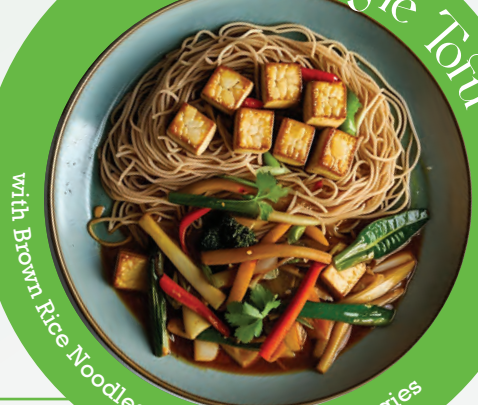
Large Plan

665kcal
Calories
55g
Protein
59g
Carbs
23g
Fat

Tuesday
01

JUL 2025

Thai Style Tofu



with Brown Rice Noodles and Braised Mix Veggies

DINNER

Regular Plan

370kcal
Calories
32g
Protein
36g
Carbs
11g
Fat

Large Plan

555kcal
Calories
48g
Protein
54g
Carbs
17g
Fat

Carrot Cake with Cashew Frosting



Regular Plan

175kcal
Calories
8g
Protein
18g
Carbs
8g
Fat

Large Plan

175kcal
Calories
8g
Protein
18g
Carbs
8g
Fat

SNACK

Images are for illustration only.

Wednesday 02

JUL 2025

Regular Plan

400kcal
Calories
42g
Carbs
31g
Protein
12g
Fat

Large Plan

600kcal
Calories
63g
Carbs
47g
Protein
18g
Fat

LUNCH

Vegan Meatball

With Aglio Olio Pasta, Tomato Sauce, and Mixed Veggies

Regular Plan

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

Large Plan

635kcal
Calories
52g
Protein
61g
Carbs
20g
Fat

Green Curry White Beans

With Basmati Rice, Spinach Eggs, Eggplants, and Long Beans

DINNER

SNACK

Images are for illustration only.

Regular Plan

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

Large Plan

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

GLUTEN FREE BANANA BREAD



MALA MIXED VEGGIES AND SEMI-DRY TOFU

WITH FRIED BROWN RICE AND EGGS

LUNCH

Regular Plan

425kcal
Calories
46g
Carbs
27g
Protein
15g
Fat

Large Plan

640kcal
Calories
69g
Carbs
41g
Protein
23g
Fat

Thursday 03

JUL 2025

Peri Peri Tempeh

WITH ROAST POTATO AND BROCCOLI

DINNER

Regular Plan

380kcal
Calories
31g
Protein
42g
Carbs
10g
Fat

Large Plan

575kcal
Calories
47g
Protein
63g
Carbs
15g
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

Friday 04

JUL 2025

Regular Plan

435kcal
Calories
46g
Carbs
29g
Protein
15g
Fat

Large Plan

630kcal
Calories
67g
Carbs
42g
Protein
22g
Fat

LUNCH

Yakiniku Stir Fry Tofu and Mushroom

with Brown Rice, Edamame, and Kimchi

Regular Plan

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

Large Plan

575kcal
Calories
45g
Protein
62g
Carbs
18g
Fat

White Beans and Mushroom Stew

with Soba Noodle, Scramble Egg, and Garlic Kailan

SNACK

Images are for illustration only.

Regular Plan

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

Large Plan

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

Pistachio and Dates Energy Bites



LUNCH

GONG BAO BUTTER BEANS AND SHIITAKE

with Brown Rice, Spicy Eggplant, and Cucumber Salad

Regular Plan

440kcal
Calories
31g
Protein
48g
Carbs
14g
Fat

Large Plan

640kcal
Calories
45g
Protein
70g
Carbs
20g
Fat

Monday
07

JUL 2025

Regular Plan

380kcal
Calories
29g
Protein
34g
Carbs
14g
Fat

Large Plan

565kcal
Calories
44g
Protein
51g
Carbs
21g
Fat

HARISSA ROASTED TOFU STEAKS

with Roasted Potato and French Beans

DINNER

SNACK

Pistachios and Dates Energy Bites



Regular Plan

185kcal
Calories
6g
Protein
6g
Carbs
15g
Fat

Large Plan

185kcal
Calories
6g
Protein
6g
Carbs
15g
Fat

Images are for illustration only.

Tuesday
08
JUL 2025

Regular Plan

460kcal
Calories
41g
Carbs
31g
Protein
19g
Fat

Large Plan

665kcal
Calories
59g
Carbs
45g
Protein
28g
Fat

LUNCH

Baked Fresh Herb Paneer Cheese

with White Beans, Quinoa, and Broccoli

Regular Plan

345kcal
Calories
33g
Protein
24g
Carbs
13g
Fat

Large Plan

520kcal
Calories
50g
Protein
36g
Carbs
20g
Fat

Baked Honey Miso Tempah

with Cauliflower Rice and Spinach Egg

DINNER

SNACK

Images are for illustration only.

Regular Plan

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

Large Plan

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

GLUTEN FREE BANANA BREAD

Tomato Mixed Beans Stew

WITH PASTA, MIXED MUSHROOMS, AND GREEN PEAS

LUNCH

Regular Plan

480kcal
Calories
31g
Protein
49g
Carbs
18g
Fat

Large Plan

725kcal
Calories
47g
Protein
74g
Carbs
27g
Fat

Wednesday
09
JUL 2025

Lemongrass Tofu and King Oyster Mushroom

with Rice Vermicelli and Mixed Veggies Salad

DINNER

Regular Plan

380kcal
Calories
24g
Protein
39g
Carbs
14g
Fat

Large Plan

530kcal
Calories
34g
Protein
55g
Carbs
20g
Fat

OATMEAL COOKIE

SNACK

Regular Plan

145kcal
Calories
5g
Protein
9g
Carbs
10g
Fat

Large Plan

145kcal
Calories
5g
Protein
9g
Carbs
10g
Fat

Images are for illustration only.

Thursday

10

JUL 2025

Regular Plan

450kcal
Calories

48g
Carbs

29g
Protein

16g
Fat

Large Plan

680kcal
Calories

72g
Carbs

44g
Protein

24g
Fat

LUNCH

peranakan Curry Chickpeas



with Coconut Basmati Rice, Hard Boiled Egg, and Garlic Okra

Regular Plan

355kcal
Calories

28g
Protein

32g
Carbs

13g
Fat

Large Plan

520kcal
Calories

41g
Protein

46g
Carbs

19g
Fat

Vegan Meatballs



with Stroganoff Sauce, French Beans, and Mashed Cauliflower

SNACK

Images are for illustration only.

Regular Plan

190kcal
Calories

6g
Protein

12g
Carbs

13g
Fat

Large Plan

190kcal
Calories

6g
Protein

12g
Carbs

13g
Fat

ALMOND OATS ENERGY BAR



LUNCH

Rendang Tempeh



WITH BROWN RICE AND ROASTED CAULIFLOWER

Regular Plan

420kcal
Calories

34g
Protein

42g
Carbs

13g
Fat

Large Plan

630kcal
Calories

51g
Protein

63g
Carbs

20g
Fat

Friday

11

JUL 2025

Regular Plan

400kcal
Calories

28g
Protein

38g
Carbs

15g
Fat

Large Plan

580kcal
Calories

41g
Protein

55g
Carbs

22g
Fat

PERI PERI TOFU



with Cajun Sweet Potato and Broccoli

DINNER

SNACK

TOFU CHOCOLATE BROWNIE



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.

Monday
14

JUL 2025

Regular Plan

445kcal
Calories

46g
Carbs

31g
Protein

15g
Fat

Large Plan

665kcal
Calories

69g
Carbs

47g
Protein

23g
Fat

LUNCH

HERB ROASTED PORTOBELLO



with Tomato Stew Beans, Aglio Olio Pasta, and Sweet Snap Peas

Regular Plan

380kcal
Calories

32g
Protein

34g
Carbs

13g
Fat

Large Plan

550kcal
Calories

46g
Protein

49g
Carbs

19g
Fat

DINNER

Teriyaki Home Made Spinach Eggs Tofu



with Quinoa and Sauté Mixed Veggies

SNACK

Regular Plan

180kcal
Calories

6g
Protein

6g
Carbs

15g
Fat

Large Plan

180kcal
Calories

6g
Protein

6g
Carbs

15g
Fat

Pistachio and Dates Energy Bites



Images are for illustration only.

Red Curry Chickpeas



Regular Plan

330kcal
Calories

32g
Protein

24g
Carbs

12g
Fat

Large Plan

500kcal
Calories

48g
Protein

36g
Carbs

18g
Fat

LUNCH

Regular Plan

480kcal
Calories

31g
Protein

49g
Carbs

18g
Fat

Large Plan

725kcal
Calories

47g
Protein

74g
Carbs

27g
Fat

Tuesday
15

JUL 2025

Vegan Meatballs



with Cauliflower Rice and Spinach Egg

DINNER

SNACK

TOFU CHOCOLATE BROWNIE



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.

Wednesday 16 JUL 2025

Regular Plan

440kcal
Calories

34g
Protein

47g
Carbs

13g
Fat

Large Plan

640kcal
Calories

49g
Protein

68g
Carbs

19g
Fat

LUNCH

Yakniku Stir Fry Tofu and Mushroom

With Brown Rice, Edamame, and Kimchi

Regular Plan

380kcal
Calories

33g
Protein

35g
Carbs

12g
Fat

Large Plan

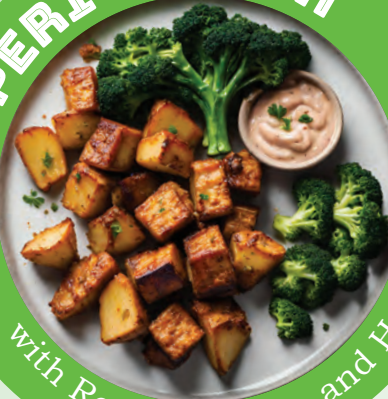
570kcal
Calories

50g
Protein

53g
Carbs

18g
Fat

PERI PERI TEMPEH



With Roasted Potato and Herb Veggies

SNACK

DINNER

Regular Plan

180kcal
Calories

6g
Protein

3g
Carbs

16g
Fat

Large Plan

180kcal
Calories

6g
Protein

3g
Carbs

16g
Fat

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PEANUT BUTTER CHOCOLATE ENERGY BITES



LUNCH

Basil Crushed Tofu and Lentils



With Basmati Rice, Scramble Egg, and Long Beans

Regular Plan

440kcal
Calories

34g
Protein

44g
Carbs

14g
Fat

Large Plan

635kcal
Calories

49g
Protein

64g
Carbs

20g
Fat

*This dish features scrambled eggs, not fried eggs.

Thursday
17
JUL 2025

FRESH HERB AND LEMON STEW BUTTER BEANS



With Cajun Roasted Sweet Potato and Broccoli

DINNER

Regular Plan

395kcal
Calories

32g
Protein

37g
Carbs

13g
Fat

Large Plan

590kcal
Calories

48g
Protein

56g
Carbs

20g
Fat

Carrot Cake with Cashew Frosting



Regular Plan

180kcal
Calories

8g
Protein

19g
Carbs

8g
Fat

Large Plan

180kcal
Calories

8g
Protein

19g
Carbs

8g
Fat

SNACK

Images are for illustration only.

Friday
18
JUL 2025

Regular Plan

485kcal
Calories
42g
Carbs
28g
Protein
14g
Fat

Large Plan

610kcal
Calories
63g
Carbs
42g
Protein
21g
Fat

LUNCH

VEGGIE PATTIES

WITH MASHED SWEET POTATO, GREEN PEAS, AND CORIANDER LIME SAUCE

Regular Plan

420kcal
Calories
32g
Protein
39g
Carbs
12g
Fat

Large Plan

610kcal
Calories
46g
Protein
57g
Carbs
22g
Fat

Turneric Baked Tempeh



WITH BROWN RICE, HARD BOILED EGG, AND LADY FINGER

DINNER

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

PEANUT BUTTER CHOCOLATE COOKIE



LUNCH

Tofu and Lentils Peranakan Curry

with Basmati Rice, Cauliflower, and Lady Finger

Regular Plan

470kcal
Calories
31g
Protein
46g
Carbs
18g
Fat

Large Plan

785kcal
Calories
47g
Protein
69g
Carbs
27g
Fat

Monday
21
JUL 2025

Vegan Meatballs

With Mashed Potatoes, Tomato Sauce, Saute Green Peas, and Carrot

Regular Plan

345kcal
Calories
27g
Protein
32g
Carbs
12g
Fat

Large Plan

515kcal
Calories
41g
Protein
48g
Carbs
18g
Fat

DINNER

SNACK

Images are for illustration only.

Regular Plan

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

Large Plan

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

Peanut Butter Chocolate Energy Bites



Tuesday
22

JUL 2025

Regular Plan

440kcal
Calories
46g
Carbs

32g
Protein
14g
Fat

Large Plan

635kcal
Calories
67g
Carbs

46g
Protein
20g
Fat

LUNCH

Sambal Tofu and Button Mushroom
WITH BROWN RICE AND SHANGHAI GREEN



Regular Plan

380kcal
Calories

32g
Protein

25g
Carbs

17g
Fat

Large Plan

570kcal
Calories

48g
Protein

38g
Carbs

26g
Fat

DINNER

Tomato Soup



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

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

TOFU CHOCOLATE BROWNIE



LUNCH

MALA BAIYE AND KING OYSTER MUSHROOM
with Brown Rice, Scramble Egg, and Honey Soy Mix Veggie



Regular Plan

440kcal
Calories

31g
Protein

45g
Carbs

15g
Fat

Large Plan

660kcal
Calories

47g
Protein

68g
Carbs

23g
Fat

*This dish features scrambled eggs, not fried eggs.

Wednesday
23

JUL 2025

Regular Plan

385kcal
Calories

29g
Protein

29g
Carbs

17g
Fat

Large Plan

560kcal
Calories

42g
Protein

42g
Carbs

25g
Fat

Baked Honey Miso Tempeh
with Roasted Herb Veggies Quinoa Salad



DINNER

SNACK

Carrot Cake with Cashew Frosting



Regular Plan

180kcal
Calories

8g
Protein

19g
Carbs

8g
Fat

Large Plan

180kcal
Calories

8g
Protein

19g
Carbs

8g
Fat

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illustration only.

Thursday
24

JUL 2025

Regular Plan

460kcal
Calories

45g
Carbs

36g
Protein

15g
Fat

Large Plan

665kcal
Calories

65g
Carbs

52g
Protein

22g
Fat

LUNCH

Yuxiang Tofu and Chick Peas

With Sweet Potato Noodle, Sauté Mushrooms, and Bok Choy

Regular Plan

365kcal
Calories

23g
Protein

34g
Carbs

15g
Fat

Large Plan

545kcal
Calories

35g
Protein

51g
Carbs

23g
Fat

Fresh Herb and Lemon Baked Butter Beans

With Paneer Cheese, Roasted Potatoes, and French Beans

SNACK

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illustration only.

Regular Plan

185kcal
Calories

6g
Protein

6g
Carbs

15g
Fat

Large Plan

185kcal
Calories

6g
Protein

6g
Carbs

15g
Fat

PISTACHIO AND DATES ENERGY BITES



LUNCH

GREEN CURRY WHITE BEANS

With Basmati Rice, Spinach Eggs, Eggplants, and Long Beans

Regular Plan

465kcal
Calories

36g
Protein

42g
Carbs

17g
Fat

Large Plan

675kcal
Calories

52g
Protein

61g
Carbs

25g
Fat

Friday
25

JUL 2025

Cauliflower Protein Bites

With Sweet Potatoes, Cajun Green Peas, and Broccoli

DINNER

Regular Plan

385kcal
Calories

34g
Protein

28g
Carbs

15g
Fat

Large Plan

575kcal
Calories

51g
Protein

42g
Carbs

23g
Fat

Overnight Oats

With Roasted Apple and Chia Seeds

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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illustration only.