

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 central text is in a white, serif font.

Vegetarian Menu

A close-up photograph of a chef's hand using a metal garnishing tool to place a slice of red chili pepper on a dish. The dish is served in a black rectangular pan and contains white rice, yellow corn, green beans, and other vegetables. The background is softly 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
04

MAY 2026

LUNCH

Regular Plan

445kcal
Calories

31g
Protein

46g
Carbs

15g
Fat

Large Plan

665kcal
Calories

47g
Protein

69g
Carbs

23g
Fat



Regular Plan

380kcal
Calories

32g
Protein

34g
Carbs

13g
Fat

Large Plan

550kcal
Calories

46g
Protein

49g
Carbs

19g
Fat

DINNER



SNACK

Regular Plan

155kcal
Calories

8g
Protein

8g
Carbs

10g
Fat

Large Plan

155kcal
Calories

8g
Protein

8g
Carbs

10g
Fat

Images are for illustration only.

LUNCH

Regular Plan

480kcal
Calories

31g
Protein

49g
Carbs

18g
Fat

Large Plan

725kcal
Calories

47g
Protein

74g
Carbs

27g
Fat

Tuesday
05

MAY 2026



Regular Plan

330kcal
Calories

32g
Protein

24g
Carbs

12g
Fat

Large Plan

500kcal
Calories

48g
Protein

36g
Carbs

18g
Fat

DINNER



Regular Plan

185kcal
Calories

8g
Protein

20g
Carbs

8g
Fat

Large Plan

185kcal
Calories

8g
Protein

20g
Carbs

8g
Fat

SNACK

Images are for illustration only.

Wednesday 06

MAY 2026

Regular Plan

440kcal
Calories 34g
Protein
47g
Carbs 13g
Fat

Large Plan

640kcal
Calories 49g
Protein
68g
Carbs 19g
Fat

LUNCH

Yakiniku Stir Fry Tofu and Mushroom

with Brown Rice, Edamame and Kimchi

Regular Plan

380kcal
Calories 33g 35g 12g
Protein Carbs Fat

Large Plan

570kcal
Calories 50g 53g 18g
Protein Carbs Fat

Peri Peri Tempheh

with Roasted Potato, Herb Veggies

DINNER

SNACK

Regular Plan

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

Large Plan

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

Peanut Butter Chocolate Energy Bites

Images are for illustration only.

Thursday 07

MAY 2026

LUNCH

Regular Plan

440kcal
Calories 34g 44g 14g
Protein Carbs Fat

Large Plan

635kcal
Calories 49g 64g 20g
Protein Carbs Fat

Basil Crushed Tofu and Lentils

with Brown Rice, Scrambled Egg and Kailan

DINNER

Regular Plan

395kcal
Calories 21g 42g 16g
Protein Carbs Fat

Large Plan

595kcal
Calories 32g 63g 24g
Protein Carbs Fat

Baked Dukkah Spiced Butter Beans

with Couscous, Eggplant Caponata and Broccoli

SNACK

Roasted Mix Nuts

Regular Plan

180kcal
Calories 6g 7g 14g
Protein Carbs Fat

Large Plan

180kcal
Calories 6g 7g 14g
Protein Carbs Fat

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Friday 08

MAY 2026

Regular Plan

430kcal
Calories 28g
Protein
43g 16g
Carbs Fat

Large Plan

640kcal 42g
Calories Protein
65g 24g
Carbs Fat

LUNCH

Cauliflower Protein Bites



Tumeric Chickpeas and Tempeh



Regular Plan

390kcal 41g 31g 12g
Calories Protein Carbs Fat

Large Plan

570kcal 46g 57g 17g
Calories Protein Carbs Fat

DINNER

Peanut Butter Chocolate Cookie



SNACK

Regular Plan

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

Large Plan

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

Images are for illustration only.

Monday 11

MAY 2026

LUNCH

Regular Plan

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

Large Plan

705kcal 47g 69g 27g
Calories Protein Carbs Fat

Peranakan Curry Tofu and Lentils



Regular Plan

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

Large Plan

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

Vegan Meatballs



DINNER

SNACK

Peanut Butter Chocolate Energy Bites



Regular Plan

195kcal 6g 4g 16g
Calories Protein Carbs Fat

Large Plan

195kcal 6g 4g 16g
Calories Protein Carbs Fat

Images are for illustration only.

Tuesday

12

MAY 2026

Regular Plan

445kcal
Calories 36g
Protein
46g
Carbs 13g
Fat

Large Plan

670kcal
Calories 54g
Protein
69g
Carbs 20g
Fat

LUNCH

Sambal Butter Beans and Tofu



With Brown Rice and Shanghai Green

Tomato Soup



With Spinach Egg, Avocado and Mixed Beans, Feta Cheese

Regular Plan

365kcal 32g 21g 17g
Calories Protein Carbs Fat

Large Plan

550kcal 48g 32g 26g
Calories Protein Carbs Fat

DINNER

Tofu Chocolate Brownie



SNACK

Large Plan

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

Large Plan

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

Images are for illustration only.

LUNCH

Mala Baiye Tofu and Lentils



With Brown Rice and Honey Soy Mixed Veggies

Regular Plan

435kcal 26g 49g 15g
Calories Protein Carbs Fat

Large Plan

655kcal 39g 74g 23g
Calories Protein Carbs Fat

Wednesday

13

MAY 2026

Regular Plan

385kcal 29g 29g 17g
Calories Protein Carbs Fat

Large Plan

560kcal 42g 42g 25g
Calories Protein Carbs Fat

Baked Honey Miso Tempeh



With Roasted Herb Veggies Quinoa Salad, Pomegranate, Honey Citrus Dressing

DINNER

Carrot Cake with Cashew Frosting



Regular Plan

180kcal 8g 19g 8g
Calories Protein Carbs Fat

Large Plan

180kcal 8g 19g 8g
Calories Protein Carbs Fat

SNACK

Images are for illustration only.

Thursday 14

MAY 2026

Regular Plan

460kcal
Calories 36g
Protein

45g
Carbs 15g
Fat

Large Plan

665kcal
Calories 52g
Protein

65g
Carbs 22g
Fat

LUNCH

"Yuxiang" Tofu and Chickpeas



with Brown Rice and Bok Choy

Regular Plan

380kcal 23g 38g 15g
Calories Protein Carbs Fat

Large Plan

570kcal 35g 57g 23g
Calories Protein Carbs Fat

Fresh Herb and Lemon Baked Paneer Cheese



with Roasted Potatoes, French Beans

DINNER

Pumpkin Parmesan Biscuit



SNACK

Regular Plan

150kcal 3g 16g 8g
Calories Protein Carbs Fat

Large Plan

150kcal 3g 16g 8g
Calories Protein Carbs Fat

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Green Curry White Beans



with Basmati Rice, Long Beans and Eggplants

LUNCH

Regular Plan

475kcal 36g 47g 16g
Calories Protein Carbs Fat

Large Plan

690kcal 52g 68g 23g
Calories Protein Carbs Fat

Friday

15

MAY 2026

Regular Plan

375kcal 39g 26g 13g
Calories Protein Carbs Fat

Large Plan

565kcal 59g 39g 20g
Calories Protein Carbs Fat

Cauliflower Protein Bites



with Sweet Potatoes, Baked Spinach Egg and Broccoli

DINNER

SNACK

Overnight Oats with Apple and Mix Nuts



Regular Plan

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

Large Plan

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

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Monday 18

MAY 2026

Regular Plan

485kcal
Calories 34g
Protein
45g 19g
Carbs Fat

Large Plan

730kcal
Calories 51g
Protein
68g 29g
Carbs Fat

LUNCH

Tomato Mixed Beans Stew



with Aglio Olio Pasta, Saute Green Peas

Peri Peri Tofu Steaks



with Roasted Potatoes, French Beans and Carrot

Regular Plan

350kcal 29g 29g 13g
Calories Protein Carbs Fat

Large Plan

505kcal 42g 42g 19g
Calories Protein Carbs Fat

DINNER

Gluten Free Banana Bread



SNACK

Regular Plan

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

Large Plan

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

Images are for illustration only.

Gong Bao Butter Beans and Shiitake Mushroom



with Brown Rice, Spicy Eggplant, Garlic Choy Sun

LUNCH

Regular Plan

430kcal 31g 41g 16g
Calories Protein Carbs Fat

Large Plan

650kcal 47g 62g 24g
Calories Protein Carbs Fat

Tuesday 19

MAY 2026

Basil Crushed Tofu, Lentils and King Oyster Mushroom



with Rice Noodles and Honey Soy Mixed Veggies

DINNER

Regular Plan

385kcal 29g 38g 13g
Calories Protein Carbs Fat

Large Plan

560kcal 42g 55g 19g
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.

Wednesday 20

MAY 2026

Regular Plan

470kcal
Calories 34g
Protein
48g 16g
Carbs Fat

Large Plan

685kcal 49g
Calories Protein
70g 23g
Carbs Fat

LUNCH

Baked Tumeric Tempeh



with Basmati Rice, Boiled Egg and Cucumber

Regular Plan

360kcal 26g 26g 17g
Calories Protein Carbs Fat

Large Plan

540kcal 39g 39g 26g
Calories Protein Carbs Fat

Veggie Pattie, Avocado Fritter



with Cauliflower Rice, Saute Edamame

DINNER

Coconut and Cranberry Bar



SNACK

Regular Plan

170kcal 4g 27g 5g
Calories Protein Carbs Fat

Large Plan

170kcal 4g 27g 5g
Calories Protein Carbs Fat

Images are for illustration only.

Tom Yam Stew Tofu and Oyster Mushroom



with Brown Rice Noodles, Bean Sprouts and Long Beans

LUNCH

Regular Plan

450kcal 31g 46g 16g
Calories Protein Carbs Fat

Large Plan

655kcal 45g 67g 23g
Calories Protein Carbs Fat

Thursday 21

MAY 2026

Herb Baked Butter Beans



with Spaghetti, Aglio Olio, Roasted Veggies with Tomato, Fresh Herb Ricotta Cheese

DINNER

Regular Plan

390kcal 28g 42g 12g
Calories Protein Carbs Fat

Large Plan

580kcal 42g 63g 18g
Calories Protein Carbs Fat

Peanut Butter Chocolate Cookie



SNACK

Regular Plan

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

Large Plan

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

Images are for illustration only.

Friday

22

MAY 2026

LUNCH

Regular Plan

410kcal	32g
Calories	Protein
41g	13g
Carbs	Fat

Large Plan

595kcal	46g
Calories	Protein
59g	19g
Carbs	Fat

Teriyaki Stew White Beans and Baiye



Moroccan Spice Baked Tofu Steak



Regular Plan

365kcal	28g	32g	14g
Calories	Protein	Carbs	Fat

Large Plan

550kcal	42g	48g	21g
Calories	Protein	Carbs	Fat

DINNER

Banana Oat Pancake With Apple Chutney



SNACK

Regular Plan

245kcal	8g	26g	12g
Calories	Protein	Carbs	Fat

Large Plan

245kcal	8g	26g	12g
Calories	Protein	Carbs	Fat

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LUNCH

Monday

25

MAY 2026

Yakiniku Baiye and King Oyster Mushroom



Regular Plan

430kcal	28g	48g	14g
Calories	Protein	Carbs	Fat

Large Plan

625kcal	41g	70g	20g
Calories	Protein	Carbs	Fat

Gong Bao Butter Beans and Shiitake



DINNER

Regular Plan

410kcal	29g	44g	13g
Calories	Protein	Carbs	Fat

Large Plan

615kcal	44g	66g	20g
Calories	Protein	Carbs	Fat

Peanut Butter Chocolate Cookie



SNACK

Regular Plan

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

Large Plan

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

Images are for illustration only.

Tuesday 26

MAY 2026

Regular Plan

415kcal
Calories

33g
Protein

44g
Carbs

12g
Fat

Large Plan

605kcal
Calories

48g
Protein

64g
Carbs

17g
Fat

LUNCH

Baked Herb Portobello



Regular Plan

445kcal
Calories

31g
Protein

46g
Carbs

15g
Fat

Large Plan

665kcal
Calories

47g
Protein

69g
Carbs

23g
Fat

Tomato Stew Beans



With Pasta, Mixed Mushrooms and Green Peas

DINNER

SNACK

Regular Plan

150kcal
Calories

4g
Protein

15g
Carbs

8g
Fat

Large Plan

150kcal
Calories

4g
Protein

15g
Carbs

8g
Fat

Pumpkin Parmesan Biscuit



Images are for illustration only.

LUNCH

Regular Plan

445kcal
Calories

32g
Protein

46g
Carbs

15g
Fat

Large Plan

650kcal
Calories

46g
Protein

67g
Carbs

22g
Fat

Wednesday 27

MAY 2026

Rendang Tofu and Chickpeas



With Coconut Basmati Rice, Roasted Cauliflower

Regular Plan

375kcal
Calories

27g
Protein

35g
Carbs

14g
Fat

Large Plan

560kcal
Calories

41g
Protein

53g
Carbs

21g
Fat

Fresh Herb and Lemon Baked Halloumi and Butter Beans



With Calpan Roasted Sweet Potato, Herb Veggies

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

Images are for illustration only.

Thursday

28

MAY 2026

Peri Peri Tofu Steak



With Mushroom Barley Risotto and Braised Purple Cabbage

Regular Plan

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

Large Plan

640kcal 53g
Calories Protein
63g 20g
Carbs Fat

LUNCH

Baked Tempeh



With Quinoa, Baked Spinach Egg, Broccoli, House Made Chilli Sauce

Regular Plan

400kcal 32g 36g 14g
Calories Protein Carbs Fat

Large Plan

595kcal 48g 54g 21g
Calories Protein Carbs Fat

DINNER

Overnight Oats with Apple and Mix Nuts



SNACK

Regular Plan

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

Large Plan

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

Images are for illustration only.

Cauliflower Protein Bites



With Mashed Sweet Potato, Green Peas and Coriander Lime Juice

LUNCH

Regular Plan

430kcal 28g 43g 16g
Calories Protein Carbs Fat

Large Plan

640kcal 42g 65g 24g
Calories Protein Carbs Fat

Friday

29

MAY 2026

Basil Crushed Tofu and Lentils



With Brown Rice, Scrambled Egg and Kailan

DINNER

Regular Plan

430kcal 28g 43g 16g
Calories Protein Carbs Fat

Large Plan

575kcal 45g 59g 18g
Calories Protein Carbs Fat

Peanut Butter Chocolate Energy Bites



Regular Plan

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

Large Plan

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

SNACK

Images are for illustration only.