

The background of the entire page is a dark green color, overlaid with a pattern of light green, stylized line drawings of various vegetables and fruits. These include items like bell peppers, mushrooms, tomatoes, leafy greens, and citrus slices, scattered across the surface. The central text is white and stands out prominently against the dark background.

Vegetarian Menu

A close-up photograph of a chef's hand using a metal knife to garnish a dish. The dish is served in a dark, square pan and consists of white rice topped with yellow corn, green beans, and sliced red and green chili peppers. The chef is carefully placing a slice of red chili on top. The background is softly blurred, showing more of the kitchen environment.

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

Monday
27

MAY 2024

Tomato Mixed Beans Stew



WITH WHOLEMEAL PASTA AND SAUTÉ GREEN PEAS

LUNCH

Small Plan

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

Medium Plan

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

Small Plan

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

Medium Plan

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

DINNER

PERI PERI TOFU STEAKS



With Roasted Potatoes, Green Beans, and Carrot

GLUTEN FREE BANANA BREAD



Small Plan

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

Medium Plan

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

SNACK

LUNCH

Wednesday 29

MAY 2024

Baked Turmeric Tempeh



with Basmati Rice, Boiled Egg, and Cucumber

Small Plan

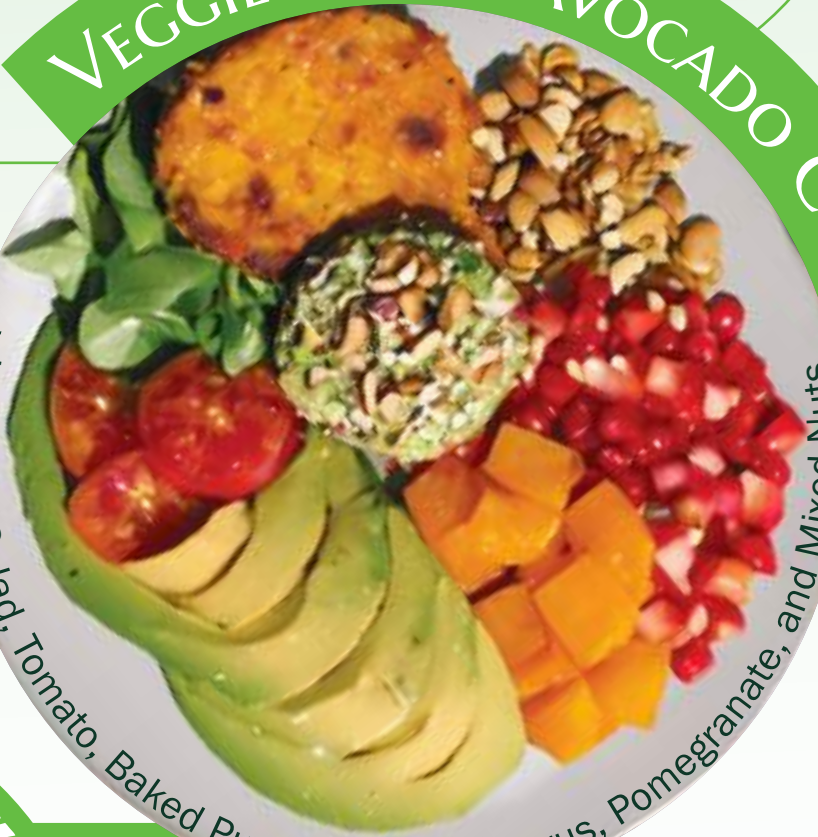
470kcal 34g 48g 16g
Calories Protein Carbs Fat

Medium Plan

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

DINNER

VEGGIE PATTIE AVOCADO CUBE



with Mixed Salad, Tomato, Baked Pumpkin, Honey Citrus, Pomegranate, and Mixed Nuts

Small Plan

360kcal 26g
Calories Protein

26g 17g
Carbs Fat

Medium Plan

540kcal 39g
Calories Protein

39g 26g
Carbs Fat

LOW FAT CHEESECAKE



Small Plan

170kcal 8g 14g 9g
Calories Protein Carbs Fat

Medium Plan

170kcal 8g 14g 9g
Calories Protein Carbs Fat

SNACK

