Vegetarian Menu

YoloPlans



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

Nonday 20 MAY 2024

Small Plan

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

Medium Plan

705kcal 69g VEL SELECTION OF THE SE With Basmati Rice, Cauliflower, and Abey

LUNCH

Medto

Small Plan

345kcal 27g 32g 12g

Medium Plan

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

DINNER

SNACK



Small Plan

185kcal 6g 4g Protein

Medium Plan

185kcal

16g

16g



Sal Parthmean LUNCH Small -

juesday.
21 **MAY 2024**

Small Plan

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

Medium Plan

670kcal 54g 69g 20g Calories Protein Carbs

Small Plan

365kcal 32g Calories Protein 17g 21g

Medium Plan

Fat

550kcal 48g Calories Protein

32q 26q Carbs Fat

DINNER

domato so Ess. Woodeno, Mixed Beans, and Feta Cheese

Medium Plan

185kcal **8g** 20g 8g Protein Carbs





440kcal 31g 45g 15g Calories Protein Carbs Fat

Medium Plan

660kcal 47g 68g 23g
Calories Protein Carbs Fat

SO LUNCH

WITH Pice Noodles, Kimchi, and Laboratory

Pale Honey Miso with Rossied Weight of Salad Pomegranate, and Honey Citrus Research



Small Plan

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

Medium Plan

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

SNACK



Small Plan

180kcal 8g
Calories Protein

19g 8g



CARROT CAK

Medium Plan

180kcal 8g Calories Protein 19g 8g

Carbs Fat

Solution Chick peace LUNCH Zith Drown Pice, Saute Mushroom, and Box Chol shursday 23 **MAY 2024**

Small Plan

460kcal 36g 45g 15g Calories Carbs Fat

Medium Plan

52g 665kcal 65g **22g** Protein Carbs Calories Fat

erb and Lemon Berg

Tree

DINNER

Small Plan

365kcal 23g Calories Protein 34g 15g Carbs Fat

Medium Plan

545kcal 35g Calories Protein 23g 51a

Carbs

Fat

With Road Politoroes, French Beans, Black Beans, and Tornational Conditional C



Small Plan

15g 185kcal 6g 6g Protein Fat

Medium Plan

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

SNACK



475kcal 47g 16g Fat

Medium Plan

68g 690kcal 52g 23g Calories Carbs

Rill Milita Beans, Basmati Rice, Eggplants, and Long, Basmati Rice, Eggplants, and Lon

CURRY EAR

LUNCH

Cauliflower Protein Brien

With Sweet Potatoes, Baked Spinoch Egg, Broccoli, and House Made Chili Saute

Small Plan

375kcal 39g **26g** 13g

Medium Plan

565kcal 39g 20g Fat

K... DINNER



Plan

Plan

Medium

145kcal

145kcal

5g 20g 5g

20g

5g



Seed Beans Story UNCH MITH WHOLEMEAL PASTA AMINISH SHEEN DENS

Nonday.
27 **MAY 2024**

Small Plan

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

Medium Plan

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

Small Plan

350kcal 29q Calories Protein 29g 13g

Carbs

Medium Plan

Fat

505kcal 42g Calories Protein

19g 42g Carbs Fat

DINNER

With Poosted Potatoes, Green Beans, and of the contract of the CREE DANAMA DREAD



Small Plan

10g 5g 16g 175kcal Protein Carbs

Medium Plan

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

SNACK



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

Medium Plan

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

IG BAO EARTHAIN With Shints Brown Rice, Spicy Eggplant, and carlie on

Tosus Santa Tosus

DINNER

Small Plan

385kcal 29g 38g 13g Protein Carbs Fat

Medium Plan

42g 560kcal 55g 19g

SNACK



Small Plan

8g 185kcal Calories Protein

8g 20g



Medium Plan

185kcal 8g 20g

8g



ednesda **MAY 2024**

Small Plan

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

Medium Plan

70g 685kcal 49g 23g Protein Carbs Fat

Small Plan

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

Medium Plan

ON FAT CHEESECH

540kcal 39g Calories Protein

39g **26g** Carbs Fat

with Mixed Salad, Tomakin, Honey Citrus, Porneghande

Small Plan

170kcal 14g 9g 8g Protein Carbs Fat

Medium Plan

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

SNACK



46g 450kcal 31g Calories Carbs

16g Fat

Medium Plan

655kcal 45g 67g 23g Carbs

Tom Sam Stew Beansprouts and Lone Beansprouts

LUNCH

A Pri KED KED KED Q H. Relio Olio Roasted Herb Veggies with Tomato, treather the Veggies with Tomato, treather the State of the S Mഗ

Small Plan

390kcal 28g **42g** 12g Calories Carbs

Medium Plan

42g 580kcal 18g Calories Protein Carbs Fat

DINNER

SNACK

With Spaghetti



Small Plan

Plan

Medium

160kcal

7g Protein

12g 6g Carbs

160kcal Calories

Protein

12g 6g



Miso Stew Earthmean Miso S With Bittergourd, and Red Color



K.... LUNCH

Small Plan

435kcal 32g 13g 47g Calories Protein Carbs Fat

Medium Plan

630kcal 46g 68g 19g

DINNER



Small Plan

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

Medium Plan

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

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Small Plan

Plan

Medium

180kcal 6g 12g

12g

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



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