

FOREWORD

From ranting about tasteless hostel food to telling our spouse about how fantastic maa's food tastes, or even trying her recipe and failing – at some point in our lives, we've all reminisced about the unparalleled taste of Maa ke haath ka khana. But what happens when we bring together the glory of home-cooked food and a reminder to consume one of the most important macronutrients – all dished up with a signature flavor of warmth and comfort by none other than our mothers?

This thought led to Right To Protein's nationwide recipe contest – #MaaKehaathKaProtein, encouraging Indian households to remember both, the beauty and benefits of traditional comfort food and that of the importance of protein in our everyday meals.

As 73% of urban rich India continues to be protein deficient and 81% households rarely look beyond the staple dal, roti and rice for their daily protein requirements, Maa Ke Haath Ka Protein, is also a means to spread protein awareness and accessibility through these handpicked Indian protein-rich home recipes that pack variety, flavor and nutrition.

It was a hunger-inducing, albeit challenging task to choose from over 500 entries that represented the diversity and splendor of India's food culture. Some recipes had a unique story to tell, many were a culmination of a lifelong passion for food. But every single one seemed to have the magic of a mother's love and adequate nutrition through the protein content. We would like to thank and congratulate every recipe contributor for helping us curate this book that pays

homage to the food that that we grew up eating and reminding every reader of the importance of protein in our everyday diet. Just as our mothers would try to sneak health foods in our meals, we hope this book will help you sneak in protein in many ways and become a Proteinfluencer for your family!

This book is dedication to the comfort of a home-cooked meal that will always hold a special place in our lives – only this time, with a nutritious twist! We hope you cherish it as much as we did while making this.

- Team Right To Protein

PANEER TIKKA MASALA RECIPE

Restaurant style Paneer Tikka Masala at home using my easy recipe. It is very delicious, luscious and saucy, you are going to love each and every bite!

Course | **Main Course**
Cuisine | **Indian**

Prep Time | **15 minutes**
Cook Time | **50 minutes**

Servings | **4 people**
Calories | **498kcal**

INGREDIENTS



To marinate the paneer

1/2 Capsicum (Cut into cubes)
1 Onion (Cut into cubes)
300 g Paneer (Cut into square pieces)
2 tbsp Hung Curd
2 tsp Ginger Garlic Paste
1 tsp Kashmiri Red Chilli Powder
Salt to taste
2 tbsp Lemon Juice
1/2 tsp Garam Masala Powder
2 tsp Mustard Oil

For the gravy

2 tbsp Vegetable Oil
2 tbsp Ghee
2-3 Cloves
5-6 Black Peppercorns
2 Cardamom
1 inch Cinnamon Stick
1 cup Onion (Grated)
2 tsp Ginger Garlic Paste
1 cup Tomato (Grated)
1/4 cup Tomato Puree
2 tsp Red Chilli Powder
1/2 tsp Turmeric Powder
Salt to taste
1 tsp Honey
1/4 cup Fresh Cream
1 tbsp Kasuri Methi

INSTRUCTIONS

For Paneer Tikka

Mix all the ingredients for marination and cover the bowl with a cling wrap. Refrigerate for at least 2 hours. Thread the paneer, onion and capsicum on skewers and grill on a grill pan or tandoor or barbeque till done and slightly blackened. Apply little oil while grilling. Keep aside.



For Paneer Tikka

- 1 Heat oil and ghee in a pan.
- 2 When the oil is hot, add cloves, black peppercorn, black cardamom and cinnamon and fry for a few seconds.
- 3 Add onion and fry till slightly browned.
- 4 Add ginger garlic paste and fry till onions are nicely browned.
- 5 Add grated tomato and tomato puree and cook for 2-3 minutes.
- 6 Add the leftover marinade, red chilli powder, turmeric powder and salt to taste and cook for a few minutes.
- 7 Add the grilled vegetables and a half cup of water.
- 8 Cook for 3-4 minutes till oil separates.
- 9 Add honey, lemon juice fresh cream and kauri methi and cook for a minute..
- 10 Serve hot with Naan or Lachcha Paratha.

Notes

If you don't have tomato puree available, use tomato paste instead. Make sure to reduce the amount as it is more concentrated.

Use ripe and red tomatoes to get the sweetness and avoid the sour unripe tomatoes.



QUINOA UPMA RECIPE

Quick, healthy and delicious, this one pot gluten-free and protein-rich meal packs in a punch like no other meal

Course | **Breakfast**

Prep Time | **5 minutes**

Cuisine | **Indian**

Cook Time | **10 minutes**

INGREDIENTS

1 cup Quinoa

1 cup water

1 inch finely chopped ginger

2-3 chopped green chilli

1 medium-sized chopped onion

2 tbsp handful of peas

1 medium-sized chopped carrots

5-6 chopped beans

½ finely chopped colored bell pepper

For tempering

1 tbsp oil or ghee

½ tsp mustard seeds

½ tsp cumin seeds

½ tsp split urad dal

1 tsp chana dal

1 sprig coriander and
curry leaves

1 tsp turmeric

Salt to taste

INSTRUCTIONS

- 1 Soak quinoa in water for 15 mins
- 2 In a cooker, add 1 tbsp of oil and add 1/2 a tsp mustard seeds and wait until it stops spluttering
- 3 Add 1/2 tsp cumin seeds, 1/2 tsp split urad dal, and 1 tsp chana dal
- 4 Next, add ginger and green chillies together and cook till the raw smell goes away
- 5 Add chopped onions and cook until they become transparent
- 6 Now add all your veggies, add salt per taste, and a pinch of turmeric
- 7 Sautee for 2-3 mins
- 8 Add 1 cup of water and bring to boil, and then add soaked quinoa with the water in which it is soaked in
- 9 Cover the lid and pressure cook it for 5 whistles
- 10 Once the pressure cools down, your Quinoa upma is ready to eat



Accompanied with-
Chutney or Raita

right to
protein



100 gm

| | |
|---------|--------|
| Protein | 3.6gm |
| Fats | 4.2gm |
| Carb | 16.0gm |
| Fiber | 2.1gm |

Image courtesy/Dish credit
Sahana Dasharathi

QUINOA BEETROOT SWEET POTATO PATTY

Quick, healthy and delicious, this one pot gluten-free and protein-rich meal packs in a punch like no other meal

Course | **Lunch**

Cuisine | **Indian**

Prep Time | **30 minutes**

Cook Time | **30 minutes**

INGREDIENTS

1 medium sized Boiled sweet potato
1 cup Quinoa cooked
1 small sized Beetroot grated
1/2 cup Onion chopped
1 tsp Garlic paste
1/2 tsp Cumin powder
1/2 tsp Chaat masala
1 tbsp Chaat masala
1 tsp Chaat masala
1 tbsp Chili flakes
1 tbsp grated Ginger
Coriander leaves/fresh parsley finely chopped- 2 Tbsp
Salt - As per taste
Oil for frying

INSTRUCTIONS

- 1 Soak quinoa in water for 15 mins
- 2 Cook quinoa with a little more than double the amount water, 2 pinches of salt and a tsp of oil for 15 minutes and, then leave it covered for 5 minutes. By this time all the water is absorbed and it's easier to fluff up the quinoa. You can generally cook a large batch of quinoa at one go and take from that batch whenever needed.
- 3 Meanwhile take 2 tbsp of oil in a nonstick pan, add the chopped onion and cook till it starts turning brown, then add the garlic paste (ginger garlic paste works fine too) and once the raw smell of garlic goes away add the grated beetroot and cook covered for 5 minutes and switch off the flame
- 4 Take grated/mashed sweet potato in a big bowl (best if boiled the previous day and stored in refrigerator)
- 5 Add the cooked quinoa, the cooked beetroot mix, mango powder or lemon juice, chaat masala, cumin powder, garam masala, chili flakes and coriander leaves, salt and give it a good mix (Fresh parsley or fresh methi leaves or dried fenugreek leaves can be alternatively used)
- 6 Ensure that this mixture is firm in order to make dough (should not be wet) If the dough is slightly wet, add few spoons of sattu
- 7 flour (roasted gram flour) or roasted semolina or rice powder or breadcrumbs whichever available. Also, alternatively after making the patties, they can be coated with breadcrumbs or semolina for additional outer crunch.
- 8 Make patties with the help of oiled palms and shallow fry by turning the sides until crisp.



Accompanied with-

Can be a great alternative
to aloo tikki



1 Momo

| | |
|---------|--------|
| Protein | 1.5gm |
| Fats | 4.81gm |
| Carb | 10.1gm |
| Fiber | 1.3gm |

Image courtesy/Dish Credit:
Rashmi Gautam

CHILLI CHANA DRY

Chilli chana dry is a crunchy and spicy appetizer or snack made with predominantly with chickpeas and sauces. It's an ideal party starter recipe.

Course | **Side dish**

Prep Time | **10 minutes**

Cuisine | **Indo Chinese**

Cook Time | **20 minutes**

INGREDIENTS

1 cup chickpea/ chana
3-4 tbsp of corn flour
Oil for deep frying
2 cloves of minced garlic
1 tsp minced ginger
2 green chilies
¼ tsp Kashmiri red chilli powder
1 tbsp spring onion finely chopped
2 tbsp chopped onions
2 tbsp chopped Capsicum
½ tbsp Red chilli sauce
1 tsp Ketchup
¼ tsp pepper
½ tbsp Vinegar
1/2 tbsp soy sauce
Salt to taste

INSTRUCTIONS

- 1 Firstly, take 1 cup chickpea/chana, ¼ tsp chilli powder, 3-4 tbsp corn flour and salt to taste
- 2 Mix everything well making sure to coat the chana well
- 3 Deep fry the coated chickpea in oil stir occasionally, and fry till the chana turns golden and crisp
- 4 Now in another pan heat oil, add garlic, ginger and green chili.
- 5 Next add onions and capsicum Sauté them for a minute or more, till the capsicum shrinks yet crunchy
- 6 Next add vinegar, soy sauce, pepper, chili sauce and salt to taste and stir them on high flame till the sauce thickens and turns translucent.
- 7 Now add the fried chana and mix everything well. Finally garnish it off with some fresh coriander and green onions!



Accompanied with-

It can also be extended as dry sabzi or side dish to roti's



100 gm

| | |
|---------|--------|
| Protein | 3.3gm |
| Fats | 5.1gm |
| Carb | 23.0gm |
| Fiber | 3.7gm |

Image courtesy/Dish Credit:
Ishita Kulkarni

EGG DELIGHT

Eggs are packed with protein and this unique recipe can be eaten for breakfast as well as during in-between mealtime.

Course | **Breakfast**
Cuisine | **Indian / American**

Prep Time | **10-20 minutes**
Cook Time | **20 minutes**

INGREDIENTS

6-8 eggs
2 Big onion
2 Tomato (optional)
2 green chilies
Freshly chopped coriander

2 tbsp red chili sauce
2 tablespoon chaat masala powder
Pinch of red chilli powder
Salt to taste

INSTRUCTIONS

- 1 Boil the egg and peel them once it cools down
In a bowl of eggs, add onion, green chilli, and tomatoes.
- 2 Then spread red chilli sauce over the egg.
- 3 Sprinkled chopped onions, tomatoes, and green chilli
Garnish chop coriander
- 4 Add a pinch of chat masala, salt, and red chilli powder as per taste.
- 5 Take it out on a serving plate and garnish with coriander leaves.



Accompanied with:
Toasted Brown bread

right to
protein



1 Egg Delight

| | |
|---------|-------|
| Protein | 6.3gm |
| Fats | 5.3gm |
| Carb | 0.6gm |
| Fiber | 0.0gm |



Image courtesy/Dish Credit:
Nishant Yusuf

DAL DHOKLI WITH CHARCOAL SMOKED CUCUMBER

Dal dhokli is popular Gujarati delicacy, that is protein rich and a healthy one pot meal. The key ingredient as the name suggests is dal.

Course | **Lunch**
Cuisine | **Indian**

Prep Time | **15 minutes**
Cook Time | **30 minutes**

INGREDIENTS

For the Dal

1/3 cup Arhar dal
1 tbsp Yellow gram dal
2 tbsp Split green moong dal
1 tbsp Yellow moong dal
1tsbp minced garlic and ginger
300 ml Water
Salt to taste

For Chouk

2- 3 tbsp Ghee
1 Bay leaf
1 tbsp Ginger garlic paste
5-6 Bay leaves
2-3 Chopped green chilli
1 medium size Chopped onions
1 medium size Chopped tomato
1/8 tbsp Hing
1 tbsp - Red chili powder
1/2 tbsp Turmeric powder
1/2 tbsp cumin seeds
1/4 tbsp Garam masala
1/2 tbsp Zeera powder
Salt to taste



INGREDIENTS

For the Dhokli

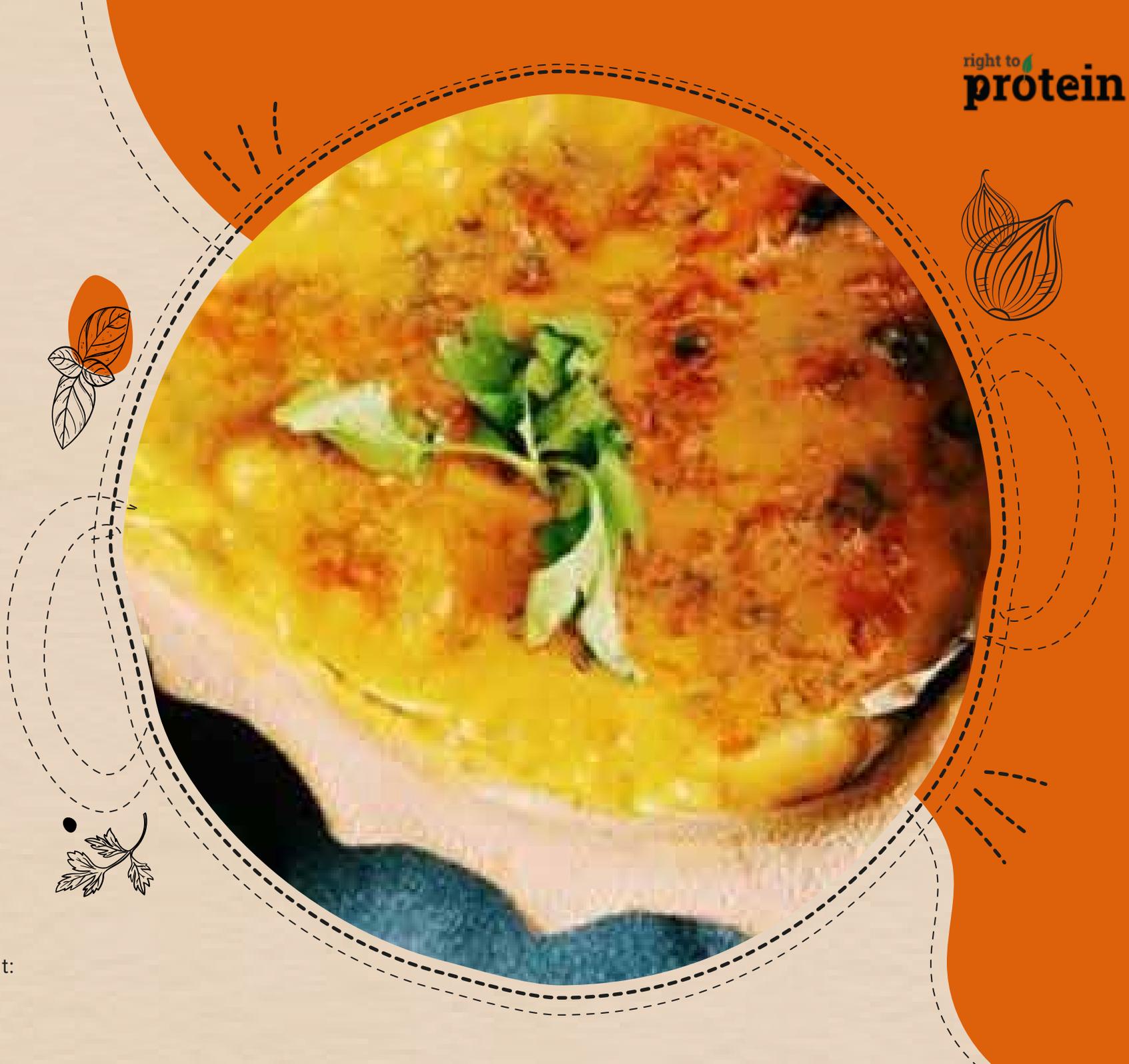
2 cups wheat flour
2 tbsp Oil
1 tbsp cumin seeds
1/2 tbsp chilli powder
1/4 tbsp turmeric powder
Salt to taste
Add few drops of lemon, ghee and garnish it with coriander

INSTRUCTIONS

- 1 Heat ghee in a pan and roast cumin seeds and bay leaf for 30 seconds
- 2 Pressure cook the dals for 10 - 12 mins (up to 4-5 whistles)
- 3 In another bowl add Wheat flour, salt, cumin seeds & 2 tbsp oil, for the making dough (dough should not be very hard)
- 4 Now roll the dough and make a big circle out of it
Cut the round dough into diamond like squares
- 5 Boil 3 cups of water and add the dhokli into it
- 6 On another pan, add ginger garlic paste, curry leaves & chopped green chilly
- 7 Add chopped onions and sauté well for 1 min.
- 8 Add chopped tomato and sauté well for further 2 mins more
- 9 Add red chili powder, turmeric powder, hing, jeera powder, garam masala and salt as per taste
- 10 Now add the cooked dal & cooked dhokli into the same pan
- 11 Cover it with a lid and let it cook for another 4-5 mins
- 12 Add few drops of lemon, ghee and garnish it with coriander

Accompanied with-
Masala Papad

right to
protein



100 gm

| | |
|---------|--------|
| Protein | 4.2gm |
| Fats | 2.9gm |
| Carb | 15.7gm |
| Fiber | 2.4gm |

Image courtesy/Dish Credit:
Priti Jain

PEANUT CHIKKI

One of the most famous and traditional indian sweets which is easy to make and easy to devour. Also known as groundnut chikki or shengdana chikki.

Course | **Dessert**
Cuisine | **Indian**

Prep Time | **10 minutes**
Cook Time | **20 minutes**

INGREDIENTS

2 cups peanut / groundnut
1½ cup of jaggery
2 tbsp water
oil or ghee for greasing



INSTRUCTIONS

- 1 In a pan dry roast 2 cups peanut on low flame, stir till the peanuts turn dark brown
- 2 Once the peanuts start to separate its skin, turn off the flame and cool completely.
- 3 Peel the peanut skin and keep aside
- 4 In a large kadai/pan, take 1½ cup of jaggery
- 5 Add in 2 tbsp of water and stir till the jaggery melts keeping flame on low
- 6 Allow the jaggery syrup to come on a boil on low flame for 2-3 minutes
- 7 Boil till the syrup turns glossy and thickens

Pro Tip: check the consistency, by dropping syrup into a bowl of water, it should form a hard ball and cut with a snap sound. Boil it for another minute if not done and check.

Turn off the flame then add roasted peanuts and stir it well continuously, making sure jaggery syrup coats well on the peanuts.

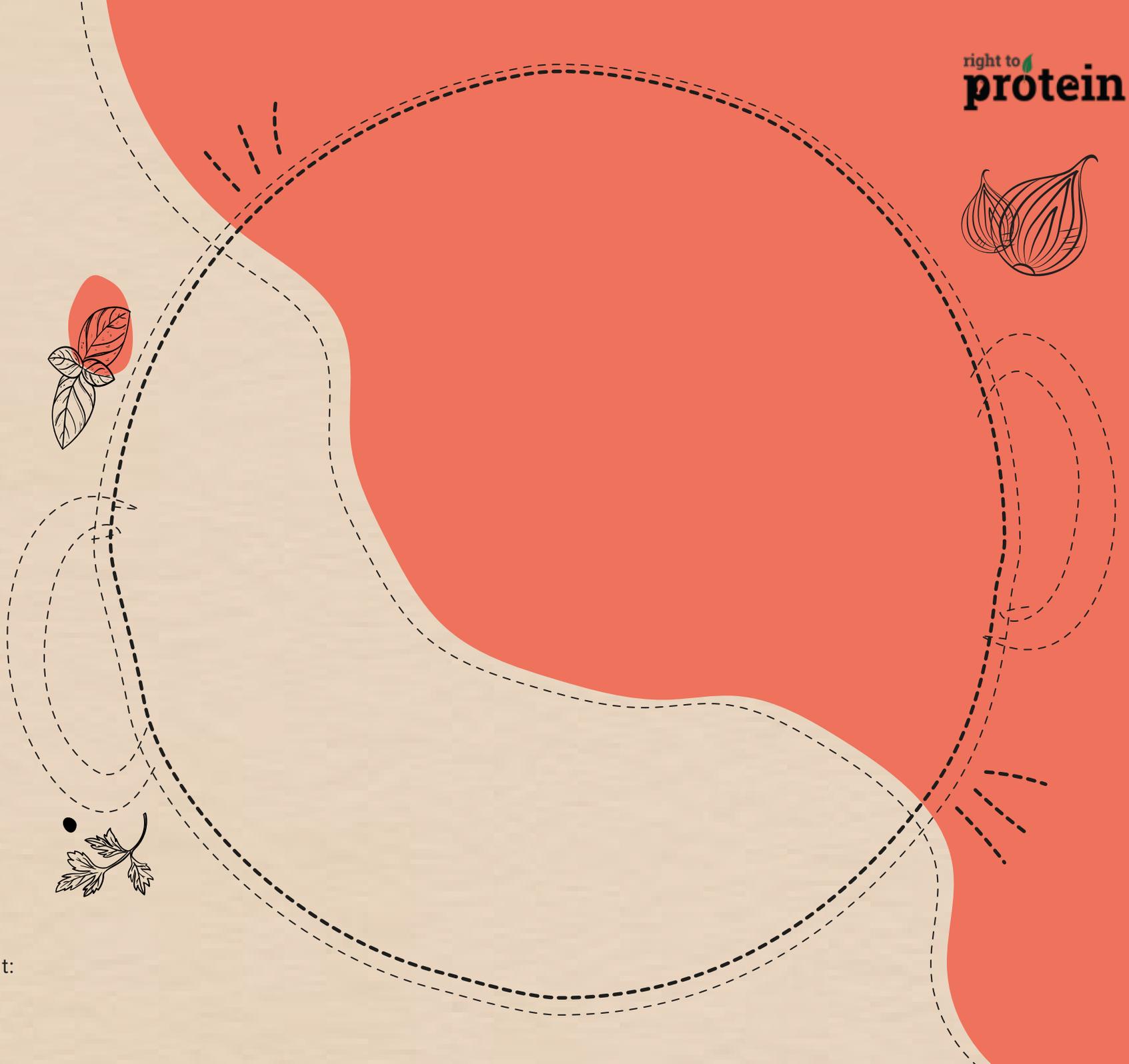
Once mixed well pour the mixture to a tray lined with butter paper.

Spread and pat with the help of a small cup to smoothen the top.

Allow it to for a minute, and when it's still warm cut into pieces. Serve peanut chikki once cooled completely, or store in an airtight container

Now add the cooked dal & cooked dhokli into the same pan
Cover it with a lid and let it cook for another 4-5 mins
Add few drops of lemon, ghee and garnish it with coriander





1 Square

| | |
|---------|-------|
| Protein | 1.2gm |
| Fats | 2.3gm |
| Carb | 3.0gm |
| Fiber | 0.4gm |

Image courtesy/Dish Credit:
Sujata Chandak

MATKA UNDHIYU

Chilli chana dry is a crunchy and spicy appetizer or snack made with predominantly with chickpeas and sauces. It's an ideal party starter recipe.

Course | **Lunch**
Cuisine | **Indian**

Prep Time | **30 minutes**
Cook Time | **30 minutes**

INGREDIENTS

250 grams Surti papdi
4 small Brinjals slit
100 grams Fresh papdi dana
4 small Potatoes
3-4 Sweet potatoes
Salt to taste
1 tsp Carom seeds
4 tbsp Sesame oil

For Muthiya

1 cup Gram flour
½ cup Fenugreek finely chopped
1 tsp turmeric powder
1 teaspoon red Chilli powder
1 pinch of Soda bi Carbonate
1 tablespoon Lemon Juice
1 tablespoon Sugar
2 tablespoon Oil
Salt to taste
Oil for frying

For gravy

½ cup Coriander chopped
10-12 Garlic cloves
2" piece Ginger
4-5 Green Chilies
1 tablespoon lemon juice
2 tbsp roasted skinless peanuts

INSTRUCTIONS

For Muthiya

Take a small pan, add oil, let it heat. Add some mustard/rai seeds, asafoetida, green chilli, grated coconut and curry leaves. Take onions, tomatoes and ginger in a blender. Puree till smooth.

Mix all ingredients, add some water as required and form into small lemon size balls and fry to golden brown on medium flame. Keep aside.



For Green Masala

- 1 Mix all ingredients and ground to paste
- 2 Make a plus slit in brinjals and baby potatoes and stuff Green masala in it. Keep remaining masala.
- 3 Wash and peel Thick slice the plantains.
- 4 Heat Oil in a big pan, add hing, add all vegetables, stuffed brinjals and potatoes.
- 4 Red Chili powder, Coriander powder, Remaining green paste, Salt and Jaggery.
- 5 Add muthiyas and mix well. Cover the pan and cook till it's done. Heat coal and put it on Undhiyu on an onion shell, pour 1 tablespoon ghee on it. Cover the lid for 10 minutes. Remove coal. Add lemon juice and
- 6 Garnish with chopped Coriander, peanuts & grated fresh Coconut.

For Matka Undhiyu

- 1 Wash all the veggies and cut the potatoes into pieces
- 2 Then take ajwain, turmeric, salt, ginger paste and add little water and make a thick paste

- 3 Then mix all the veggies into the ginger, garlic paste and then take an earthen pot put patrawali inside the pot then arrange cabbage leaves.
- 4 Then put all the veggies in cabbage leaves and sprinkle very little water (to keep it moist). Now again covered by cabbage leaves and patrawali.
- 5 Then on the side of the matka seal with dough and put mitti tawa on it and press little so that it closes nicely. Then leave it on the stove for 30min to 45 min on slow flame.
- 6 After 30 min or 45 min open the lid, add the muthiya and serve hot with lemon juice.

Accompanied with-
Bajara roti

100 gm

| | |
|---------|--------|
| Protein | 3.0gm |
| Fats | 6.7gm |
| Carb | 15.4gm |
| Fiber | 5.6gm |



Image courtesy/Dish Credit:
Rachna Sharma



PROTEIN TOFU SALAD

This salad is packed with protein and loaded with a bunch of fresh greens and veggies. To finish it off, we whipped up a quick and easy Guacamole that adds the perfect depth of flavor.

Course | **Dinner**
Cuisine | **Indian**

Prep Time | **15 minutes**
Cook Time | **15 minutes**

INGREDIENTS

1 block extra firm tofu, pressed and cubed
1/2 cup Sprouted Mung
1/2 Red pepper
1/2 Green bell peppers
8-9 Cherry tomatoes (cut into halves) or 2 regular tomato (cut into square pieces)
2 Carrot (cut into small pieces)
1 Cucumber (cut into small pieces)

4-5 olive slices
2 Spring onions, finely chopped
1/2 tsp Soy sauce or Schezwan chutney
1 or 1/2 Guacamole (optional)
Black pepper powder
Salt to taste
Seasoning: Chili flakes, Oregano, and spring onions

INSTRUCTIONS

- 1 Preheat the oven to 425°F or heat a large pan.
- 2 Add the tofu cubes to a large bowl, add in Soy sauce or Schezwan chutney.
- 3 Use a spatula or spoon to fully coat the tofu cubes on all sides.
- 4 Place the tofu on the lined baking sheet and bake for 25-30 minutes or until crispy. Remove from the oven and set aside to cool.
- 5 In a large bowl, toss all the salad ingredients together. Once mixed well, add in the crispy baked tofu.
- 6 Garnish the mixed salad with Oregano, chilli flakes and fresh thyme.



Accompanied with-
Quinoa or shredded chicken

right to
protein



100 gm

| | |
|---------|-------|
| Protein | 3.4gm |
| Fats | 3.7gm |
| Carb | 3.1gm |
| Fiber | 0.7gm |

Image courtesy/Dish Credit:
Hina Patel

MOONG DAL CHILLA WITH COTTAGE CHEESE AND PEAS

A healthy and delicious lentil recipe, that makes for a great breakfast option! It's extremely easy to make and nutritious too.

Course | **Lunch**
Cuisine | **Indian**

Prep Time | **10 minutes**
Cook Time | **30 minutes**

INGREDIENTS

1 cup soaked yellow moong dal
1-2 tsp water
½ tsp bhuna jeera powder
½ tsp red chilli powder
½ tsp turmeric powder
Salt to taste
¼ tsp hing
½ finely shredded ginger
1-2 finely chopped green chilli
Few sprigs of coriander
¼ cup diced paneer or cottage cheese
Handful of boiled peas
Finely chopped coriander sprigs
A pinch of bhuna jeera



INSTRUCTIONS

For the Chilla Batter

Add the soaked moong dal along with other ingredients like green chilies, ginger and salt in a blender, and grind them to a fine paste.

Add just a spoon or two of water.

Next, add ¼ tsp of hing along with a little turmeric, red chilli powder, bhuna jeera powder, and chopped coriander leaves. Give it a gentle mix and let it rest for 10 minutes.



For the stuffing

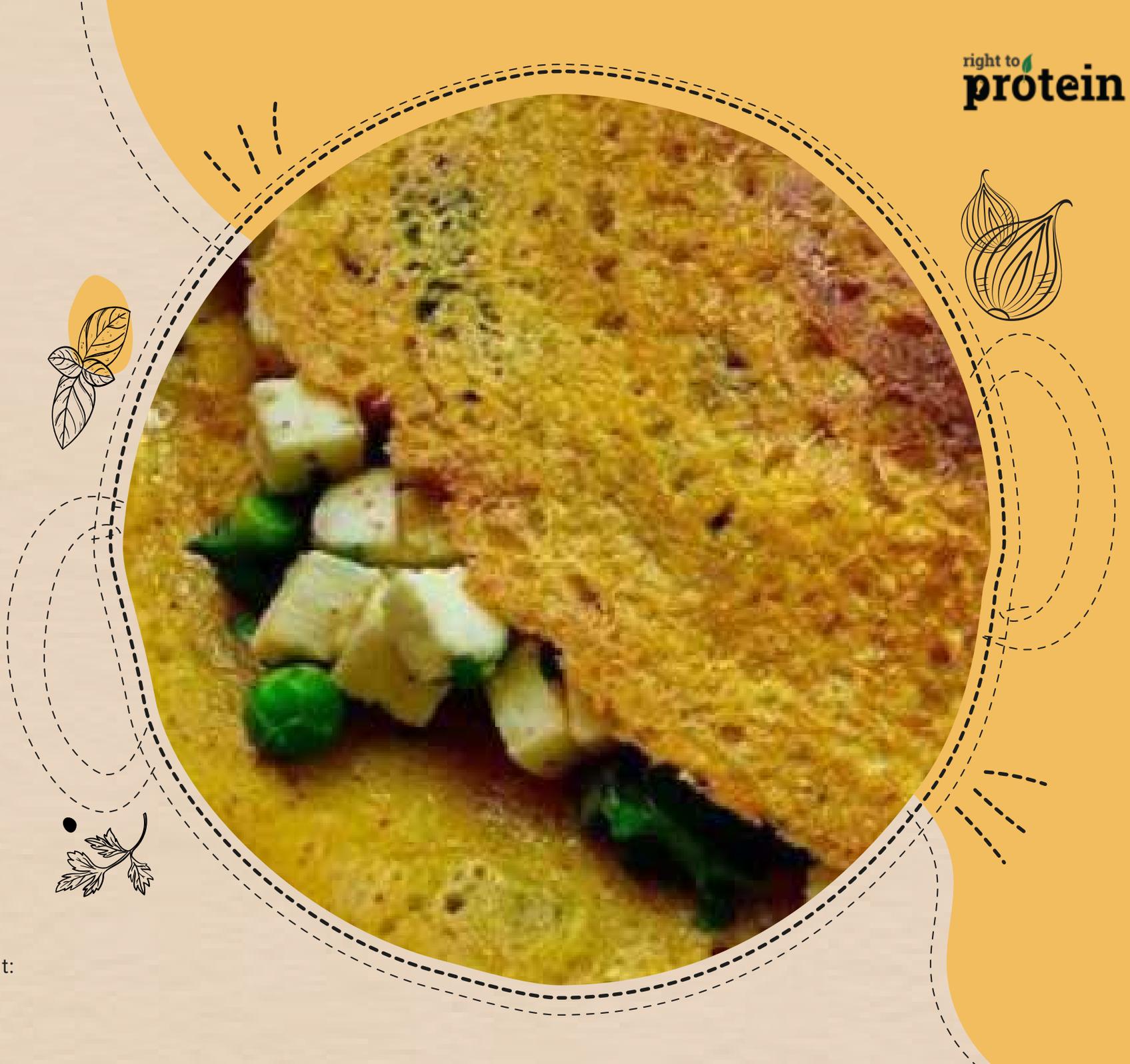
In a bowl, add the diced paneer, boiled peas, finely chopped green chilies and coriander leaves.

Add a pinch of salt, bhuna jeera powder and red chilli powder.

- ### For Paneer Tikka
- 1 Heat the tawa at a medium-high range, sprinkle some drops of water and wipe clean.
 - 2 Lower the heat and with a ladle pour the batter and spread it to form a perfectly round.
 - 3 Let it cook on medium heat.
 - 4 Pour oil on the sides and Centre, flip it gently and cook on the other side for less than a minute.
 - 5 Flip again, add your stuffing and serve it hot with any chutney of your choice.

Accompanied with-
Chutney of your choice

right to
protein



100 gm

| | |
|---------|--------|
| Protein | 11.6gm |
| Fats | 10.7gm |
| Carb | 21.3gm |
| Fiber | 3.4gm |

Image courtesy/Dish Credit:
Hungry plates by rsk

DAAWAT-E-MOONG KEBAB

One of the most famous and traditional indian sweets which is easy to make and easy to devour. Also known as groundnut chikki or shengdana chikki.

Course | **Lunch**
Cuisine | **Indian**

Prep Time | **10 minutes**
Cook Time | **30 minutes**

INGREDIENTS

1 cup partially boiled sprouted green moong dal
½ cup boiled and grated potatoes
½ cup grated paneer
1 cube cheddar cheese
1 cup blanched vegetables (corn, carrot and peas)
A handful of chopped coriander and mint
¼ cup breadcrumbs
1 tbsp pan-roasted sesame seeds
1 tbsp corn flour
¼ tsp roasted bhuna jeera
¼ tsp red chilli powder
¼ tsp coriander powder
¼ tsp black salt
¼ tsp mint powder
¼ tsp cardamom powder
¼ tsp kasoori methi
Salt to taste

INSTRUCTIONS

- 1 Clean, wash and boil the moong dal in water, until the dal is soft.
- 2 Coarsely blend the dal and vegetables, and then combine all the ingredients and spices together.
- 3 Shape them accordingly to make seekh kebabs and shallow fry, till they are evenly brown on both sides.
- 4 Serve hot with chutney and lachha pyaaz.



Accompanied with-
Chutney and lachcha pyaaz

right to
protein



1 Kebab

| | |
|---------|-------|
| Protein | 1.6gm |
| Fats | 2.6gm |
| Carb | 5.2gm |
| Fiber | 1.1gm |

Image courtesy/Dish Credit:
Hungry plates by rsk

AVOCADO TOAST & GREEN SMOOTHIE

Healthy avocado toast with chickpeas are super quick and easy to make. This makes the perfect addition to any breakfast!

Course | **Breakfast**

Cuisine | **American Indian**

Prep Time | **10 minutes**

Cook Time | **15 minutes**

INGREDIENTS

For the Chickpea, Cherry tomato & Avocado Toast

1 thinly sliced avocado
1 cup boiled chickpeas
1 cherry tomato, cut into half
2 tbsp olive oil
Salt to taste
A pinch of turmeric powder
A pinch of chilli flakes
Lemon juice
Multigrain Bread or any bread of your choice

Smoothie

1-2 kale leaves
1 banana (frozen preferably)
1 kiwi
½ cup almond milk
½ cucumber
2-3 baby spinach
1 tsp chia seed (pre-soaked in water for 10 mins)
1 tbsp honey

Feta cheese and veggie Toast

Baby Spinach
Cherry tomato
1 small thinly sliced onion or shallots
Feta cheese
Black olives
Salt to taste
Pepper to taste
Oregano seasoning

INSTRUCTIONS

For the Chickpea, Cherry tomato & Avocado Toast

- 1 In a pan, add 2tbsp olive oil to medium flame, add the boiled chickpeas and sauté for a minute.
- 2 Next, add turmeric powder, cherry tomatoes, salt, and chilli flakes.
- 3 Turn off the flame and add 1 tsp lemon juice.
- 4 Toast the multigrain bread and top it with sliced avocado and sautéed chickpeas.
- 5 Toast the bread and top it with baby spinach leaves, cherry tomatoes, black olives, shallots or onion, and feta cheese.
- 6 Add salt & pepper to taste and finish off by sprinkling some oregano seasoning.



For the Green Smoothie

In a blender, add all the ingredients and blend it well until smooth. Pour it in a glass and enjoy the taste!



Accompanied with-
Walnuts and almonds

right to
protein



100 gm

| | |
|---------|--------|
| Protein | 2.6gm |
| Fats | 9.2gm |
| Carb | 16.0gm |
| Fiber | 4.1gm |

Image courtesy/Dish Credit:
Akanksha Tripathi



GHIYA AUR PANEER KI BAARAT

This vegetarian dish will be your go-to meal for a healthy and delicious lunch! The smooth, luscious tomato gravy will leave you wanting more.

Course | **Dinner**
Cuisine | **Indian**

Prep Time | **15 minutes**
Cook Time | **35 minutes**

INGREDIENTS

For Ghiya

1 ½ cup shredded ghiya
(bottle gourd)
½ cup grated paneer
(cottage cheese)
¾ cup chickpea flour
½ tsp grated ginger
½ tsp salt
½ tsp coriander powder
½ tsp anardana powder
(pomegranate powder)
½ tsp red chilli powder
¼ tsp kasoori methi powder
2-3 drops mustard oil

For gravy

1 large onion to make the paste
2 pureed tomatoes
4-5 cloves garlic
¼ tsp red chilli powder
¼ tsp garam masala powder
½ tsp salt
1 tsp turmeric
1 tsp coriander powder
½ tsp elaichi powder
Jeera to taste
Hing to taste

INSTRUCTIONS

For Ghiya

Combine all the ingredients mentioned in the dumplings section and mix them well. Do not add any water. Divide them in equal portions and keep aside. Use this dough and make round balls. Add 2-3 drops of mustard oil and let it heat. Lower the flame and add them to the pan one by one. Flip it until it is cooked to a nice golden-brown color.



For Gravy

- 1 Heat mustard oil in a pan till it begins to smoke.
- 2 Bring the flame to low and add jeera and hing.
- 3 Add the onion garlic paste, let it sauté until the oil separates, and the onion paste turns brown.
- 4 Next, add in the tomato puree and let it all blend together.
- 5 Add all the spices and give it a gentle stir.
- 6 Once the oil separates, add in the dumplings along with some elaichi powder, and let it all simmer for another 8-10 minutes.
- 7 Garnish it with cream and green chillies.

Note: Do not add water as the water content of ghiya will help to bind the mixture

Accompanied with-
Roti or Parantha

right to
protein



100 gm

| | |
|---------|--------|
| Protein | 6.6gm |
| Fats | 13.5gm |
| Carb | 2.4gm |
| Fiber | 1.4gm |

Image courtesy/Dish Credit:
Hungryplatesbyrsk

SOYA GRANULES MOMO

A tasty, healthy and protein-packed dish that can be eaten at any time of the day.

Course | **Snack**
Cuisine | **Asian**

Prep Time | **30 minutes**
Cook Time | **10 minutes**

INGREDIENTS

- 1 cup soya granules
- 1 cup maida (refined flour)
- 1 tsp ginger chopped
- 1 tsp garlic chopped
- 1 tsp green chillies finely chopped
- ½ cup onion finely chopped
- 1 tsp white vinegar
- 1 tsp soya sauce
- 1 tsp coriander finely chopped
- A pinch of red chilli flakes
- Salt to taste
- Water as required
- Oil



INSTRUCTIONS

- 1 Soak quinoa in water for 15 mins
- 2 In a cooker, add 1 tbsp of oil and add 1/2 a tsp mustard seeds and wait until it stops splattering
- 3 Add 1/2 tsp cumin seeds, 1/2 tsp split urad dal, and 1 tsp chana dal
- 4 Next, add ginger and green chillies together and cook till the raw smell goes away
- 5 Add chopped onions and cook until they become transparent
- 6 Now add all your veggies, add salt per taste, and a pinch of turmeric
- 7 Sautee for 2-3 mins
- 8 Add 1 cup of water and bring to boil, and then add soaked quinoa with the water in which it is soaked in
- 9 Cover the lid and pressure cook it for 5 whistles
- 10 Once the pressure cools down, your Quinoa upma is ready to eat



Accompanied with-
Tomato-onion salsa dip.

right to
protein



1 Momo

| | |
|---------|-------|
| Protein | 4.4gm |
| Fats | 0.6gm |
| Carb | 8.8gm |
| Fiber | 1.3gm |



Image courtesy/Dish Credit:
Chef Pankaj Bhadouria

DAL TADKA

A classic Indian favorite, that is a comfort food for many and never fails to

Course | **Lunch**
Cuisine | **Indian**

Prep Time | **05 minutes**
Cook Time | **10 minutes**

INGREDIENTS

1 cup yellow moong dal
4-5 cloves garlic
1 finely chopped onion
1 medium-sized finely
chopped tomato
1 tbsp ghee
½ tsp jeera
½ tbsp grated ginger
1 tsp red chilli powder
Salt to taste



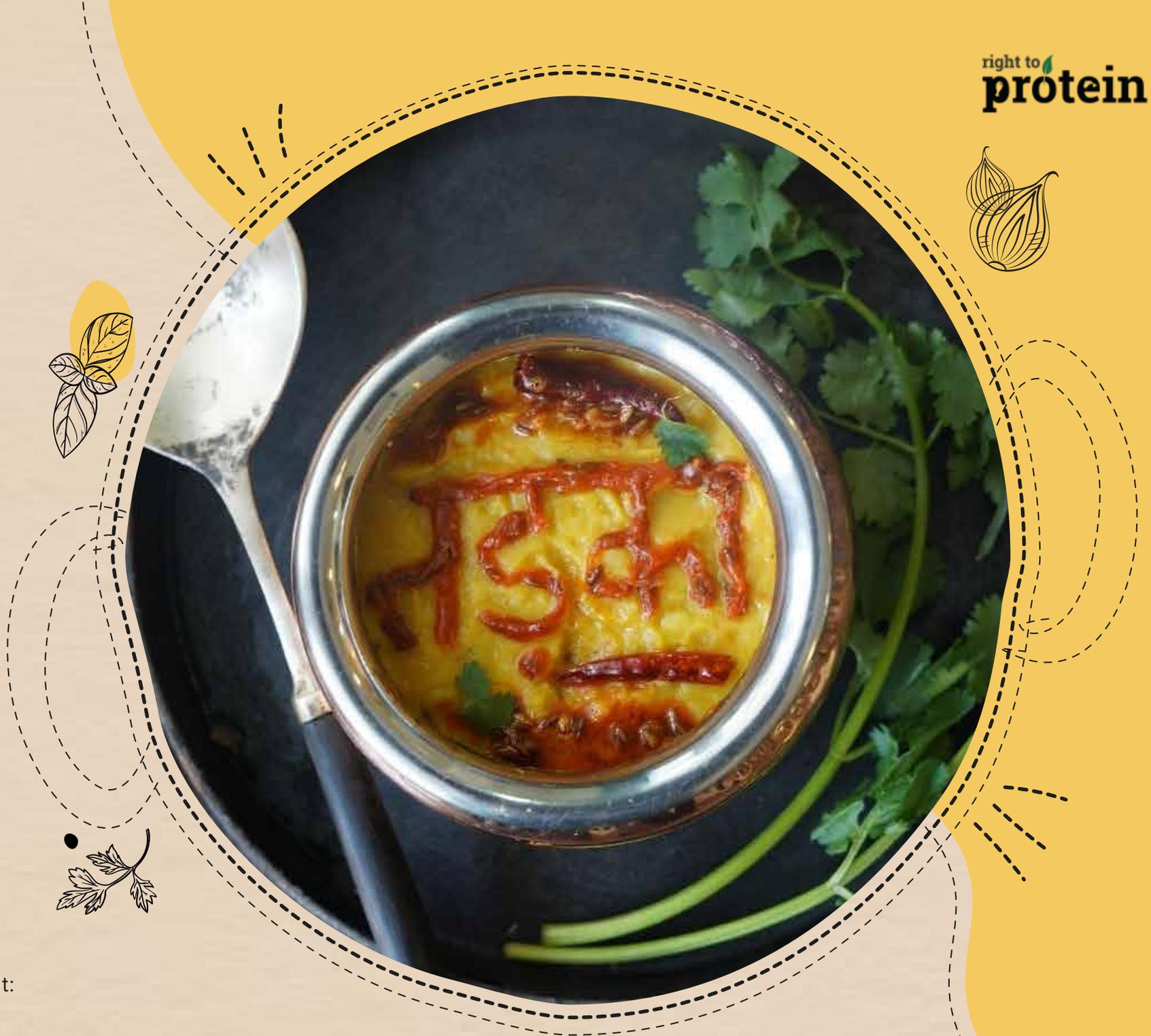
INSTRUCTIONS

- 1 In a pressure cooker, add 1 cup pre-soaked dal, 3 cups water, chopped tomato, ½ teaspoon turmeric powder, ¼ teaspoon red chilli powder, and ¾ tsp salt. Mix it well.
- 2 Once the pressure is released, open the lid of the cooker and give the dal a stir.
- 3 Adjust the consistency of dal at this point to your preference by adding the required amount of water.
- 4 For tempering, heat 1 tbsp of oil in a small pan on medium heat and add the cumin and mustard seeds.
- 5 Let the seeds sizzle and wait until the mustard seeds pop.
- 6 Add hing powder, and then the sliced garlic and dried red chillies.
- 7 Sauté for 2-3 minutes, until the garlic turns light brown in color.
- 8 Add the curry leaves and sauté for a few seconds.
- 9 Add the tempering to the cooked dal and stir.
- 10 Add in the lemon juice, chopped coriander leaves and mix.
- 11 Serve moong dal over rice for a comforting meal.



Accompanied with-
Rice or Roti

right to
protein



100 gm

| | |
|---------|--------|
| Protein | 4.0gm |
| Fats | 2.7gm |
| Carb | 11.0gm |
| Fiber | 1.9gm |

Image courtesy/Dish Credit:
Drishti Parekh

CHEESY PESTO CHICKEN ROLL UPS

This cheesy pesto chicken roll ups are one of the easiest chicken recipes to make. It packs in a ton of fresh flavor and healthy punch of protein too!

Course | **Dinner**
Cuisine | **Indian**

Prep Time | **05 minutes**
Cook Time | **15 minutes**

INGREDIENTS

2 sliced chicken breast pieces
2 tsp freshly prepared black pepper
Basil chopped or crushed
4 tbsp mozzarella cheese
200 gm chopped spinach
20 gm mint leaves
50 gm coriander leaves
3 tbsp walnut and almond powder
½ tbsp Mayonnaise
Cherry tomatoes/tomatoes
½ tsp cumin powder
¼ tsp black mustard seeds
Juliennes of cucumber
3 finely chopped green chillies
10 thinly sliced tomato slices
1 tsp olive oil
1 tsp ginger garlic paste



INSTRUCTIONS

- 1 In a grinder, add spinach, basil, mint and coriander leaves, salt, oil, almond and walnut powder, and green chillies to make a smooth paste. Do not add water to the paste.
- 2 Take the chicken breast and slice it into two equal halves and put in a zip lock pouch (1 piece at a time).
- 3 With a kitchen hammer or rolling pin, pat over the breast piece to make it thinner and bigger.
- 4 Sprinkle salt and pepper on both sides.
Next, add the ginger and garlic paste to the pesto paste.
- 5 Now take the paste and spread a thin layer over the chicken slices.
- 6 Spread the tomato slices over the chicken, 1 tbsp mozzarella cheese, mayonnaise and roll.
- 7 Seal it with a pointed slick wooden stick like a toothpick.
- 8 Heat oil in a pan. Add the chicken pieces and fry over high flame till it turns brown.
- 9 Sauté cherry tomatoes or diced tomatoes in the same oil for just a few seconds.
- 10 Preheat the oven at 250 degrees for 10 minutes.
In a bowl, place all the chicken rolls ups. Sprinkle cheese on top and bake it for 15 minutes.



Accompanied with:

Bowl of salad or sautéed vegetables



100 gm

| | |
|---------|--------|
| Protein | 10.5gm |
| Fats | 8.0gm |
| Carb | 2.4gm |
| Fiber | 0.9gm |



Image courtesy/Dish Credit:
Uzma Nizami

SHORSHE MAACH

One of the most commonly loved Bengali dishes, that is cooked in many households once a week.

Course | **Lunch/Dinner**
Cuisine | **Bengali/Indian**

Prep Time | **10 minutes**
Cook Time | **20 minutes**

INGREDIENTS

4 Slices of Rohu Fish
1 tbsp lemon juice
1 tbsp turmeric powder
3 tbsp mustard oil
1 tbsp mustard seeds
2 dried red chillies
1 bay leaf
2 tsp ginger garlic paste
1 finely chopped medium-sized onion
2 tbsp mustard and poppy paste
1 tbsp red chilli powder
1 tsp coriander powder
4 finely chopped green chillies
1 tsp freshly chopped coriander leaves (optional)
Salt to taste

INSTRUCTIONS

- 1 Marinate the fish with lemon juice, ½ a tsp of turmeric powder and salt, and refrigerate for at least 30 minutes.
- 2 Heat 2 tbsp of mustard oil in a pan and after thawing.
- 3 Followed by which shallow fry the fish on both sides till slightly brown and keep them aside.
- 4 Heat the remaining oil in the same pan, add mustard seeds, dried chillies and bay leaf, cook for a few minutes till the seeds start crackling.
- 5 Add the ginger garlic paste and cook for 2 more minutes.
- 6 Add chopped onion and fry till they turn golden brown in color. Add the mustard poppy paste, red chili powder, coriander powder and the remaining turmeric powder. Stir until the oil starts separating from the masala.
- 7 Add 1 1/2 cup of water and salt, bring to a boil and add the fried fish.
- 8 Add the slit green chillies and cook on low heat, until the fish is properly cooked.
- 9 Garnish the dish with freshly chopped coriander leaves and serve hot.



Accompanied with:

Rice

right to
protein



100 gm

| | |
|---------|--------|
| Protein | 11.4gm |
| Fats | 4.0gm |
| Carb | 2.3gm |
| Fiber | 0.3gm |

Image courtesy/Dish Credit:
Subhasish Banerjee

CHICKEN REZALA- HOMESTYLE CHICKEN GRAVY

Chicken Rezala is a delicious Bengali recipe with a Mughlai origin. It's known for its Juicy Chicken pieces, muddled with white gravy that has infinite layers of taste.

Course | **Snack**
Cuisine | **Asian**

Prep Time | **30 minutes**
Cook Time | **10 minutes**

INGREDIENTS

½ kg chicken (Preferably
curry cut)
4-5 large cloves of garlic and
a small piece of ginger
10-12 blanched cashew nuts
1-2 green chilies
2 large onions
2-3 tsp curd
½ cup milk
1 cinnamon stick and 1-2
bay leaves
3-4 tbsp oil
1-2 tsp ghee
A handful of finely chopped
coriander leaves

1 tsp turmeric powder
1 tsp red chili powder
1 tsp coriander powder
Garam masala (add
according to preference)
Any meat masala (E.g.,
Chicken curry masala)
Salt to taste
A pinch of sugar



INSTRUCTIONS

right to
protein

- 1 Cut the chicken pieces according to your preference, clean it and keep it aside. (We don't need to marinate the chicken in this recipe)
- 2 Chop the onions roughly and grind them into a fine paste. Blanch the cashew nuts in warm water while you do the first two steps.
- 3 Grind the cashew nuts along with the green chilies into a paste separately. Pound the ginger and garlic as well.
- 4 In a non-stick pan, add the oil and ghee (you can change the proportion of ghee to oil, but make sure there's enough oil in the pan as the onion paste absorbs oil and tends to stick).
- 6 Once the oil and ghee heats, add in the whole spices.
- 5 Next, pour the ground onion paste.
- 7 Let it fry for a few minutes and then proceed to add the ginger garlic paste.
- 8 Add in the dry spices after a minute or so of adding in the ginger garlic paste.
- 9 It's time to now add the chicken pieces and sauté them well.
- 10 Since you don't want the paste to turn dark brown, add in the salt and sugar after the chicken goes in.
- 11 Pour enough water to let the chicken cook for the next 25 mins (it should cover the chicken).
- 12 Now that the water has reduced, it is time for the cashew and green chili paste to go in
- 13 Add the curd after a minute or so of adding the cashew and green chili paste, and let it cook for 10 more minutes.
- 14 Finally, add half a cup of milk.
- 15 Adjust the salt and sugar.

- 16 Add more garam masala and meat masala, since the milk tends to mellow down the gravy.
- 17 Add water if you want it thin or leave it thick.
- 18 Finally garnish it with finely chopped coriander leaves and enjoy its creaminess

Accompanied with:

Rice or Roti

100 gm

| | |
|---------|--------|
| Protein | 11.9gm |
| Fats | 5.8gm |
| Carb | 3.9gm |
| Fiber | 0.7gm |



Image courtesy/Dish Credit:
Shristi Kumar



CUCUMBER MOONG DAL SALAD

Cucumber Moong dal salad aka kosambari is a simple and easy to assemble South Indian salad. This salad is a low-calorie and healthy, made with cucumber and moong dal.

Course | **Lunch**
Cuisine | **Indian**

Prep Time | **05 minutes**
Cook Time | **10 minutes**

INGREDIENTS

For Salad

250ml Split Green Gram/
Moong Dal
Half cup Cucumber, finely
chopped
¼ cup grated coconut
1 chopped Green Chilli
½ Fresh Lime squeezed
2 tbsp chopped Coriander
Leaves
Salt to taste

For tempering kosambari salad

2 teaspoons oil
½ tsp mustard seeds (rai)
1 pinch hing
5- 6 curry leaves,
chopped
Method

INSTRUCTIONS



Wash and soak moong dal for 30 minutes to 1 hour in 2 cups of warm water
Drain the water and keep it aside
Heat oil in a fry-pan on medium heat, add 1.5 finely chopped cucumber, 3 tablespoons fresh grated coconut, 2 tablespoons coriander leaves and 1 green chili (chopped).

Instead of green chilies, you can use black pepper powder
Squeeze ½ lemon juice
Mix everything very well

For tempering the kosambari salad

- 1 Heat 2 teaspoon oil in a small pan and then add ½ teaspoon mustard seeds. Let the mustard seeds crackle, then add red chili, 5 chopped curry leaves, and hing in the tempering
- 2 Pour the tempering mixture in the salad. Mix very well. Add salt before serving as if added earlier, the cucumber releases water



Accompanied with-
Quinoa or shredded chicken

right to
protein



100 gm

| | |
|---------|-------|
| Protein | 2.0gm |
| Fats | 0.9gm |
| Carb | 7.8gm |
| Fiber | 1.8gm |

Image courtesy/Dish Credit:
Sourabh Agarwal

CRISPY SOYA CHUNKS FRY

This crunchy dish promises to be your quick fix when hunger strikes and satisfies your cravings with a healthy twist

Course | **Evening Snack**
Cuisine | **Indian**

Prep Time | **05 minutes**
Cook Time | **20 minutes**

INGREDIENTS

1 cup soya chunks
½ cup curd
½ cup all-purpose flour
½ cup corn flour
1 tbsp coriander powder
1 tbsp red chilli powder
1 tbsp chaat masala
1 tbsp lemon juice
1 tbsp salt
Coriander leaves to garnish

INSTRUCTIONS

- 1 Wash soya chunks thoroughly and soak them in water for 10 minutes.
- 2 In a bowl, add curd, all-purpose flour, corn flour, coriander powder, red chilli powder, lemon juice and salt. Mix well. You can add some chopped coriander for flavor.
- 3 Squeeze out all the water from soya chunks and add them to the bowl. Mix well so that they are coated evenly.
- 4 In a pan, heat oil on high flame and deep-fry the chunks.
- 5 Fry in small batches so that they don't stick together.
- 6 Once they turn golden brown, transfer them to a plate.
- 7 Sprinkle chaat masala, garnish with coriander leaves and serve hot.



Accompanied with:

Mint chutney, tomato ketchup or
mayonnaise dip



100gm

| | |
|---------|--------|
| Protein | 16.2gm |
| Fats | 14.4gm |
| Carb | 14.9gm |
| Fiber | 4.6gm |

Image courtesy/Dish Credit:
Naira Jaisinghani

HYDERABADI EGG BIRYANI

Biryani is an amazing invention of the Mughals and has been loved across the globe for its unique aroma, flair & taste. Got some rice and eggs? Turn them into a famous scrumptious one-pot meal – Egg Biryani.

Course | **Lunch**
Cuisine | **Indian**

Prep Time | **15 minutes**
Cook Time | **30 minutes**

INGREDIENTS

For Biryani

1 tbsp Oil
½ Bay Leaf
1 pinch Cinnamon
2 Cloves
2 Cardamom Pods
1 Tomato
2 tbsp Plain Yogurt
3 cups Basmati Rice
1 tbsp Biryani Masala
1 tsp red Chili Powder
1 Pinch Saffron

For Egg Masala

1 tsp Ginger Garlic Paste
2 tsp Red Chili Powder
1 tsp Black Pepper Powder
2 tbsp Besan Flour
2 tsp Salt
4 Boiled Eggs

INSTRUCTIONS

For Egg Masala

Combine all the ingredients mentioned in the dumplings section and mix them well. Do not add any water. Divide them in equal portions and keep aside. Use this dough and make round balls. Add 2-3 drops of mustard oil and let it heat. Lower the flame and add them to the pan one by one. Flip it until it is cooked to a nice golden-brown color.



For Biryani

- 1 Take a big pan, add oil or ghee in medium heat, add spices and ginger, garlic paste
- 2 Add in tomatoes and sauté them till the tomatoes are mushy
- 3 Add the yogurt, chilli powder, biryani powder and mix well. Add curd while continuously stirring the pan
- 4 Add rice and water (Quantity of water to be added is for one cup of rice, it is 1.5 cups of water)
- 5 Mix well and close the lid tight and keep it in medium heat for 10 minutes
- 6 Now add the marinated eggs, and chopped mint for garnish and keep it in low flame for 5 minutes
- 7 Drizzle the saffron over the rice and switch off the gas and keep for 5 minutes

Accompanied with:
Bundi Raita or plain yogurt

right to
protein



100 gm

| | |
|---------|--------|
| Protein | 3.3gm |
| Fats | 3.2gm |
| Carb | 17.1gm |
| Fiber | 0.7gm |

Image courtesy/Dish Credit:
Nishat Yusuf

POACHED EGG

Kick-start your day with the goodness of an egg that will keep you satiated till lunch time.

Course | **Snack**
Cuisine | **Asian**

Prep Time | **30 minutes**
Cook Time | **10 minutes**

INGREDIENTS

- 1 avocado
- 1 small onion finely chopped
- 1 small tomato chopped
- 1 fresh egg
- 2 tbsp lemon juice
- ¾ cup coriander leaves roughly chopped
- Jalapeño to taste
- Salt to taste
- Splash of white vinegar
- Paprika powder to taste
- 1 Burger Bun (whole wheat preferably)



INSTRUCTIONS

right to
protein

- 1 For guacamole, scoop out the avocado flesh and smash it in a bowl.
- 2 Add onion, tomato, coriander, jalapeño and salt to taste.
- 3 Mix well. If not consuming instantly, squeeze extra lemon juice to prevent oxidation.
- 4 Fill a shallow pot with water and heat on high flame.
- 5 Once it starts boiling, turn down the flame, add salt and a splash of white vinegar to help the egg white to set.
- 6 When water starts to simmer, stir it with a spatula in a circular motion to create a whirlpool.
- 7 Crack an egg into a bowl and tip it in the center of this whirlpool to prevent it from spreading.
- 8 Cook for 3-4 minutes for runny yolk and a set white. Cook for an extra minute for a solid yolk.
- 9 Before pulling out, test the egg by lifting it up with a spatula and prodding gently. Drain on a paper towel.
- 10 Slice a burger and toast its bottom half.
Spread a thick layer of guacamole on it, place the poached egg on top and garnish with a pinch of paprika.



Accompanied with-
Spinach and tomato salad

right to
protein



1 Poached Egg

| | |
|---------|--------|
| Protein | 5.9gm |
| Fats | 12.5gm |
| Carb | 16.5gm |
| Fiber | 4.1gm |

Image courtesy/Dish Credit:
Pragati Mitta

MOONG DAL LADOO

A simple and delicious sweet treat that you can enjoy at any time of the day.

Course | **Dessert**
Cuisine | **Indian**

Prep Time | **10 minutes**
Cook Time | **30 minutes**

INGREDIENTS

½ cup moong dal flour
½ cup ghee
½ cup powdered sugar
½ cup milk powder
1 cup water
¼ cup cream
1 cup dry nuts chopped
1 tsp cardamom powder
½ tsp vanilla essence
Desiccated coconut
Pistachio chopped/sliced



INSTRUCTIONS

- 1 In a non-stick pan, add ghee and roast the nuts for a few seconds.
- 2 Remove them and in the remaining ghee, roast the moong dal flour till its color changes slightly and it turns aromatic.
- 3 Cool the flour, add water and mix till no lumps remain.
- 4 Place the mixture on stove and add milk powder, cream and powdered sugar.
- 5 Keep cooking for 8-10 minutes till sugar melts and the mixture comes together.
- 6 At this point, add cardamom powder, vanilla essence, roasted nuts and mix well.
- 7 Switch off the flame and cool for 10 minutes.
Shape the ladoos and roll them in a tray of desiccated coconut to coat them well. Garnish with pistachios.





1 Ladoo

| | |
|---------|--------|
| Protein | 4.4gm |
| Fats | 4.7gm |
| Carb | 18.4gm |
| Fiber | 1.5gm |

Image courtesy/Dish Credit:
Rashmi Gautam

RAJMA CHAWAL

With rajma being a good quality source of plant-based protein, this dish makes for a nutritious and comforting meal.

Course | **Lunch**
Cuisine | **Indian**

Prep Time | **15 minutes**
Cook Time | **45 minutes**

INGREDIENTS

- 1 cup rajma (red kidney beans)
- 1 cup rice
- 2 large onions finely chopped
- 2 large tomatoes grated
- 1 tbsp garlic
- 1 tsp ginger
- 2 chopped green chilli
- 1 cinnamon stick
- 2 green cardamom
- 1 black cardamom
- 2 cloves
- 1 tbsp black peppercorn
- 1 tbsp coriander powder
- 1 tbsp cumin powder
- 1 tbsp black pepper powder
- 1 tbsp garam masala powder
- 3 tbsp mustard oil
- 1 tbsp ghee
- Salt to taste



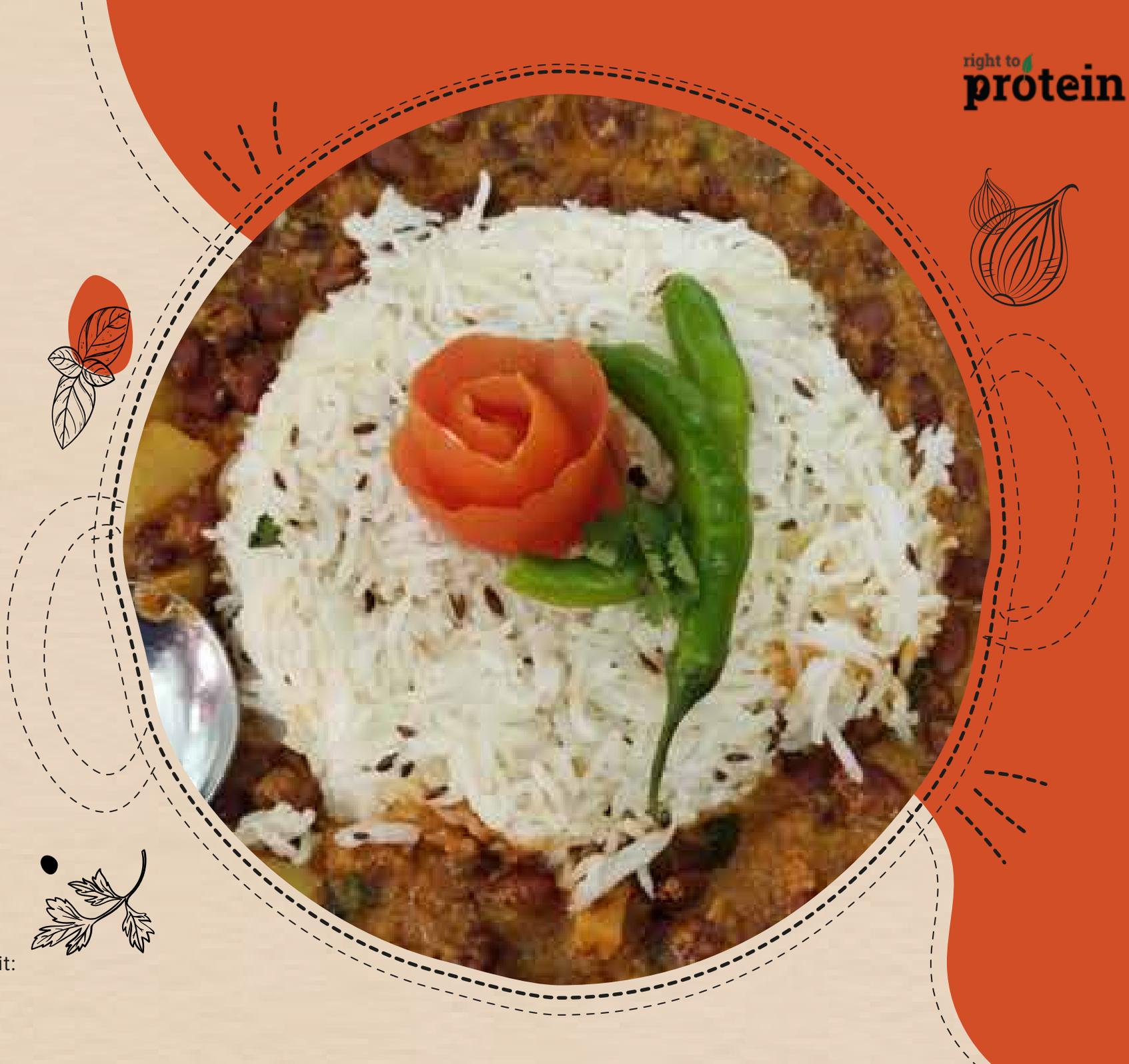
INSTRUCTIONS

- 1 Soak the rajma in water overnight. Next day, pressure cook it in two cups of water and salt till it's soft.
- 2 In a deep-bottom pan, heat mustard oil and add green cardamom, black cardamom, cinnamon, clove and peppercorn.
- 3 Once the spices become aromatic, add onions and cook till golden brown.
- 4 Now, add grated tomatoes and cook on high flame for 4-5 minutes.
- 5 Grind ginger, garlic and chilli together into a paste and add to tomatoes along with cumin powder, coriander powder and black pepper powder.
- 6 Once the spices turn fragrant and start releasing oil, add rajma and a cup of water.
- 7 Mix well, cover the pan with a lid and cook for 10 minutes.
- 8 Once done, add ghee, garnish with coriander leaves and serve with steamed rice.



Accompanied with:
Cucumber Raita and
Masala Chaas

right to
protein



100gm

| | |
|---------|-------|
| Protein | 3.1gm |
| Fats | 1.2gm |
| Carb | 16gm |
| Fiber | 2.7gm |

Image courtesy/Dish Credit:
Meenakshi Korani



SPROUTS CHAAT

This nutritious dish bursts with a mix of tangy, spicy, sweet flavours that are perfect for every season.

Course | **Snack**
Cuisine | **Indian**

Prep Time | **05 minutes**
Cook Time | **10 minutes**

INGREDIENTS

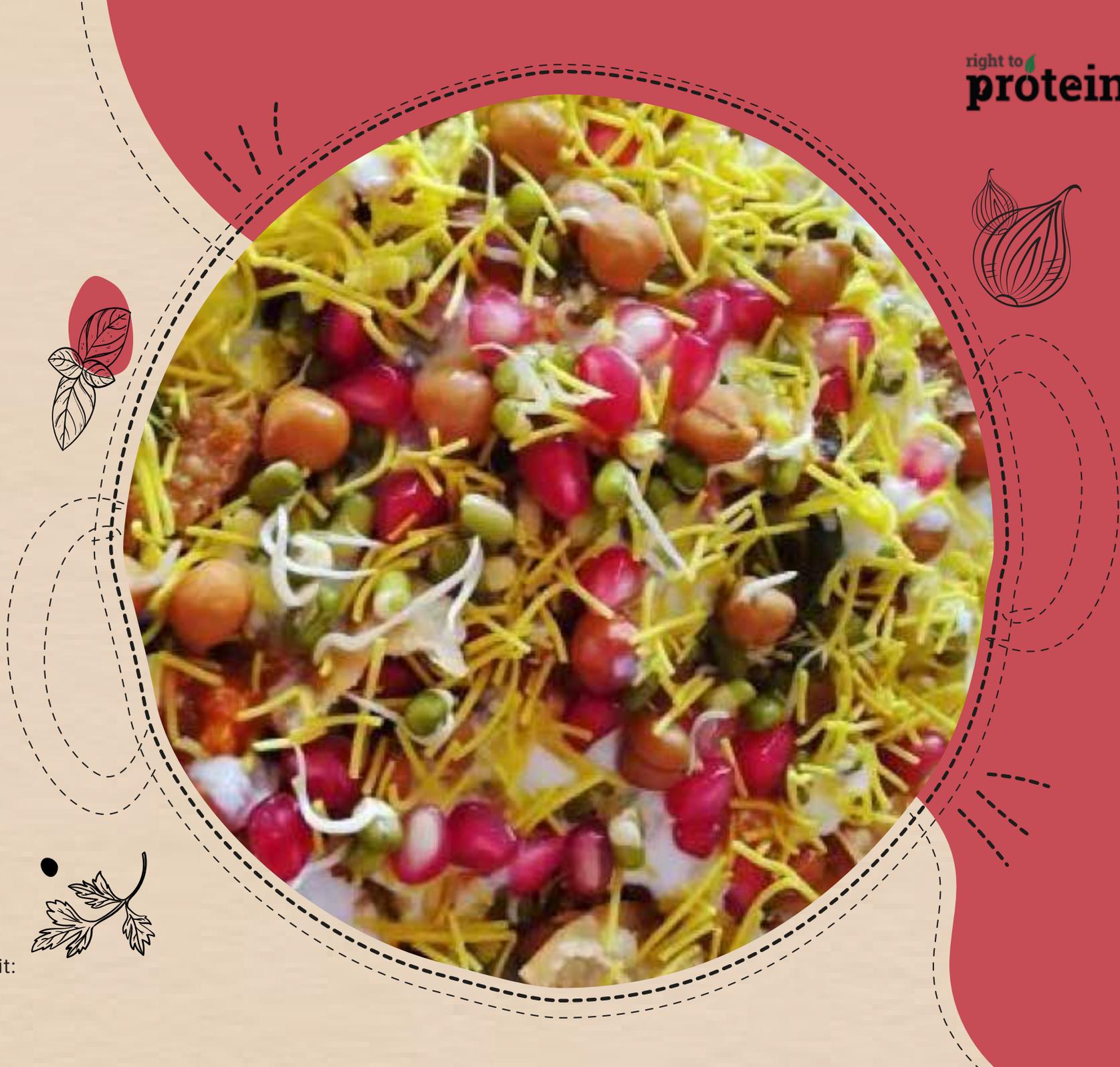
1 cup soaked chana
1 cup green sprouts
½ tbsp ghee
½ cup yogurt
¼ tsp red chilli powder
1 tsp cumin powder
1 tsp chaat masala
Salt to taste
Few fresh pomegranate seeds
Few pieces of fried puris
Poha chivda as required
Sev as required
Date chutney as required

INSTRUCTIONS

- 1 Heat ghee in a pan. Add mixed sprouts and roast for 2 minutes.
- 2 Add red chilli powder, chaat masala, salt and mix well.
- 3 Transfer the sprouts onto a plate.
- 4 Add puri, chivda, date chutney, chaat masala, yoghurt and sev.
- 5 Garnish with fresh pomegranate and serve.

right to
protein





100gm

| | |
|---------|-------|
| Protein | 2.0gm |
| Fats | 0.2gm |
| Carb | 6.0gm |
| Fiber | 1.7gm |

Image courtesy/Dish Credit:
Daya Hadiya



SOYA MANCHURIAN

This nutritious dish bursts with a mix of tangy, spicy, sweet flavours that are perfect for every season.

Course | **Snack**

Cuisine | **Indian**

Prep Time | **05 minutes**

Cook Time | **10 minutes**

INGREDIENTS

1 cup soya chunks
2 tsp corn flour
2 tsp all-purpose flour
1 tsp ginger-garlic paste
1 tsp black pepper powder
6-7 cloves garlic finely chopped
1 large-size onion sliced
½ capsicum sliced
1½ tsp tomato ketchup
1 tsp chilli garlic sauce
1 tsp vinegar
2 tsp soy sauce
1 tsp Schezwan chutney
Cooking oil
Spring onion to garnish
Salt to taste



INSTRUCTIONS

- 1 In a pan of boiling water, add soya chunks. Stir for 2 minutes.
- 2 Turn off the flame and keep aside for 2 minutes. Transfer them to a bowl with water at room temperature and then, squeeze out the water.
- 3 In a mixing bowl, combine all-purpose flour, corn flour, black pepper powder, ginger garlic paste, salt and schezwan chutney (optional).
- 4 Coat the chunks with this mix. Heat oil and deep fry them till golden brown.
- 5 Heat oil in another pan on high flame. Add garlic, onion, capsicum and fry for 3-4 minutes.
- 6 Then, add tomato ketchup, schezwan chutney, chilli garlic sauce, soy sauce, vinegar and salt. Remember that sauces contain salt already.
- 7 Mix 1 tsp corn flour with some water and add. Keep stirring the sauce for 1-2 minutes.
- 8 Add soya chunks, stir for 2 minutes and garnish with spring onion.



Accompanied with-
Hakka noodles, Fried rice.

right to
protein



100gm

| | |
|---------|--------|
| Protein | 6.5gm |
| Fats | 3.5gm |
| Carb | 11.9gm |
| Fiber | 2.2gm |



Image courtesy/Dish Credit:
Monika Balan

MILKY PANEER MASALA

A popular vegetarian meal and a great substitute for chicken masala, this dish promises to become a tasty addition to your weekend lunches.

Course | **Lunch**
Cuisine | **Indian**

Prep Time | **05 minutes**
Cook Time | **20 minutes**

INGREDIENTS

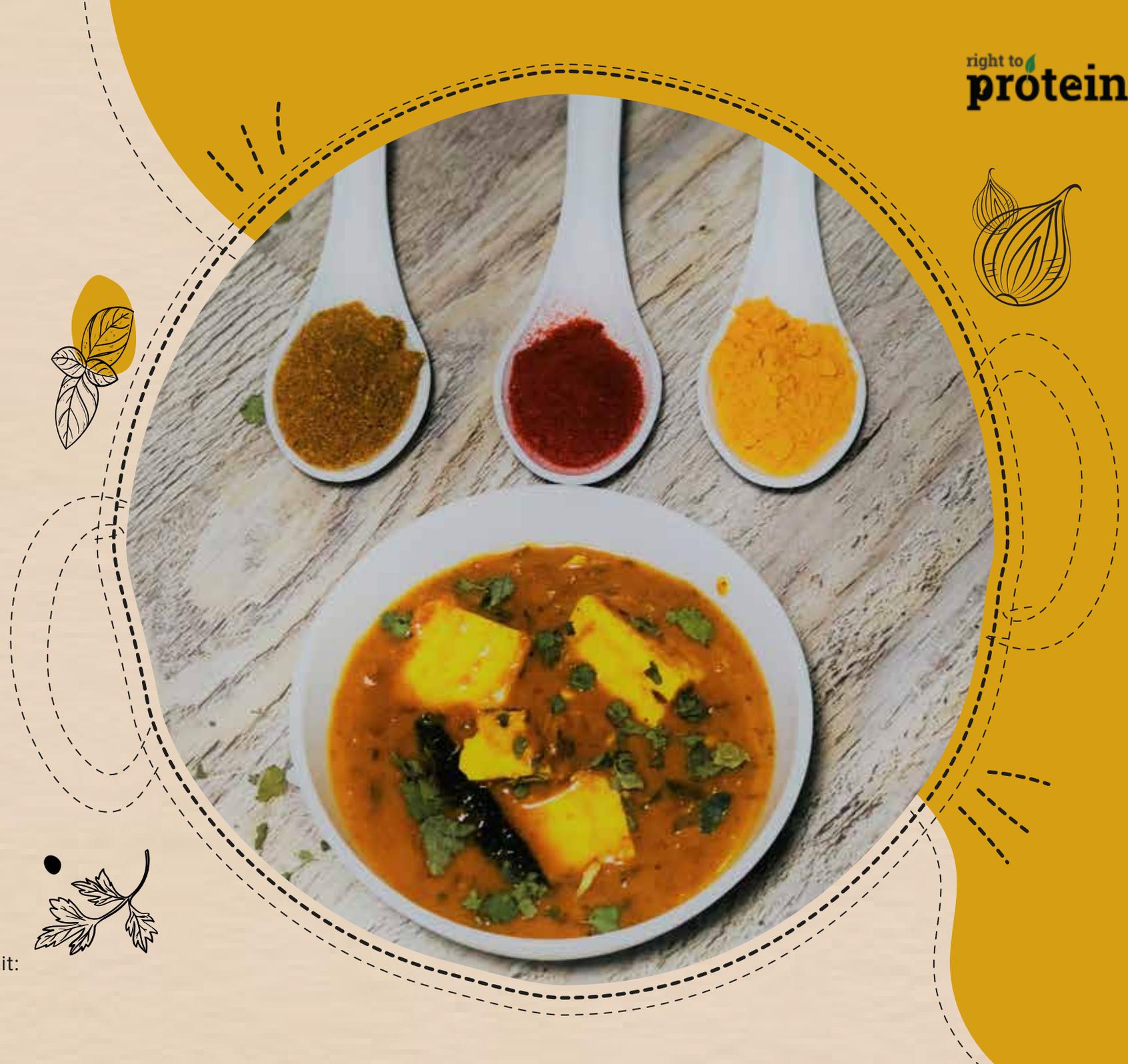
cup (200g) paneer cubes
1 cup milk
1 tsp ginger garlic paste
1 cup onions chopped
2 cups tomatoes chopped
1 tsp green chilli chopped
1 tsp cumin seeds
1 cinnamon stick
1/8 tsp cinnamon powder
1 tsp red chilli powder
1 tsp turmeric powder
1 tsp dry mango powder
1 tsp coriander powder
1 tsp garam masala
1 tsp kasuri methi
Salt to taste
2.5 cups water
Oil and butter



INSTRUCTIONS

- 1 Heat oil in a pan and add some butter to it.
- 2 Roast cumin seeds and cinnamon stick for 30 seconds.
- 3 Add onion, ginger-garlic paste and roast till light brown.
- 4 Lower the flame and add red chilli powder, turmeric powder and green chilli. Add $\frac{1}{4}$ cup water so that the masala doesn't burn.
- 5 Add tomatoes, salt, dry mango powder and coriander powder.
- 6 Mix well, cover and cook till the oil separates.
- 7 Add milk and sprinkle cinnamon powder. Boil the masala for 2 minutes.
- 8 Add paneer cubes and remaining water to get curry-like consistency. Boil for 2-3 minutes.
- 9 Sprinkle garam masala and mix well.
- 10 Garnish with kasuri methi and serve hot.





HANDVO RINGS

With rajma being a good quality source of plant-based protein, this dish makes for a nutritious and comforting meal.

Course | **Breakfast**
Cuisine | **Indian**

Prep Time | **10 minutes**
Cook Time | **15-20 minutes**

INGREDIENTS

1 cup sprouted moong
1 tbsp soya bean flour
1 tsp gram flour
2 tsp grated carrots or bottle gourd (or any other vegetable of choice)
2 tbsp coriander finely chopped
1 tbsp fresh curd
½ tsp sugar
1 tsp ginger-green chilli paste
2 tsp fruit salt
2 tsp oil
½ tsp mustard seeds
Few curry leaves
1 tsp sesame seeds
½ tsp hing
salt to taste



INSTRUCTIONS

right to
protein

- 1 Wash and drain sprouted moong. Grind $\frac{3}{4}$ cup of it into a smooth paste.
- 2 Combine the paste, soya bean flour, gram flour, curd, sugar, ginger-green chilli paste and salt in a bowl and mix well to make a thick batter. Leave it to ferment for 2-3 hours.
- 3 Then, add carrots, coriander and the remaining sprouted moong.
- 4 Just before baking, sprinkle fruit salt and add 2 tsp of water over it.
- 5 When the bubbles form, mix gently and keep aside. Grease ring-shaped moulds with oil and pour in the batter.
- 6 In a non-stick pan, heat oil and add mustard seeds. Once they crackle, add curry leaves, sesame seeds, hing and sauté on a medium flame for few seconds, while stirring continuously.
- 7 Pour tadka over the batter in moulds. Cover them with aluminium foil.
- 8 Bake in a pre-heated oven at 180°C for 10-15 minutes or till done.
- 9 To check if the handvo is cooked, insert a toothpick in the centre and see if it comes out clean.
- 10 Demould and serve hot.



Accompanied with:

Salad, any sace or
chutney of your choice.



100gm

| | |
|---------|--------|
| Protein | 6.7gm |
| Fats | 4.2gm |
| Carb | 30.1gm |
| Fiber | 3.2gm |

Image courtesy/Dish Credit:
Suman Prakash

CHOCOLATE AND PEANUT BUTTER CHIA PUDDING

This chocolate and chia pudding make for a delicious breakfast, dessert or healthy treat. Packed with rich flavors and good-for-you ingredients!

Course | **Breakfast/Dessert**
Cuisine | **Indian**

Prep Time | **05 minutes**
Cook Time | **05-10 minutes**

INGREDIENTS

3 tbsp chia seeds soaked overnight in water
1 cup milk of your choice (Almond)
2 tsp vanilla essence
1 tbsp chocolate spread (nutella)
2 tbsp chocolate powder
1.5 tbsp peanut butter (optional)
Half banana sliced
Few pieces of walnuts
Few pieces of raisins



INSTRUCTIONS

- 1 In a bowl add the soaked chia seeds.
- 2 Next add the chocolate spread, along with peanut butter, chocolate powder and vanilla essence.
- 3 Now Add milk slowly to the mixture and mix in well to get a smooth and creamy consistency.
- 4 Let it rest in fridge for a good 1-2 hours until it thickens and becomes like a pudding.
- 5 Once removed from the fridge, top the bowl with fresh banana, walnuts and raisins.



Accompanied with:
Green smoothie

right to
protein



100gm

| | |
|---------|--------|
| Protein | 3.1gm |
| Fats | 4.8gm |
| Carb | 19.4gm |
| Fiber | 5.6gm |

Image courtesy/Dish Credit:
Chef Kirti Bhoutika

OMELETTE CURRY

Omelette curry makes a perfect protein source for the body. And it's a dish that goes well with almost anything and everything.

Course | **Breakfast**
Cuisine | **Indian**

Prep Time | **10 minutes**
Cook Time | **15-20 minutes**

INGREDIENTS

3 eggs
3 large onion, thickly sliced
4 large tomatoes, roughly chopped
1/2 cup coriander leaves, finely chopped
2 Tbsp ginger and garlic paste
4 green chillies
4 dried red chillies
Salt, to taste
1 tsp chilli powder
1 tsp garam masala (optional)
1 tsp mustard seeds
1 tsp cumin seeds
1 tsp turmeric
1 tsp of pepper powder
2 tbsp tamarind pulp
2 tsp sugar
3 Tbsp ghee



INSTRUCTIONS

- 1 Take a deep bottom pan and add 2 tbsp of ghee.
- 2 Add in the sliced onion and fry them until its caramelized. Add finely chopped ginger and garlic and sauté for 60 secs.
- 3 Add roughly chopped tomatoes and cook for 15 minutes on medium flame.
- 4 Once the tomatoes are soft, take a pan for the tadka, add 1 tbsp ghee, 1 tsp mustard seed, 1 tsp cumin seeds, 4 dried red chillies, curry leaves, and 4 slit green chillies and toss it well.
- 5 Add the tadka in the sauté mix.
- 6 Add cumin powder, coriander powder, 1/2 tsp red chili powder, 1/4 tsp turmeric powder, 1 tsp pepper powder and mix it well.
- 7 Once the masala is ready, add 3 sliced potatoes and 1/2 cup water and simmer it for 15 minutes.
- 8 Add 400 ml coconut milk, reduce the flame and cover it for 10 minutes and add salt to taste and 2 tsp sugar.
- 9 Once its reduced, 2 tbsp of tamarind pulp and the curry is ready.

For the omelet

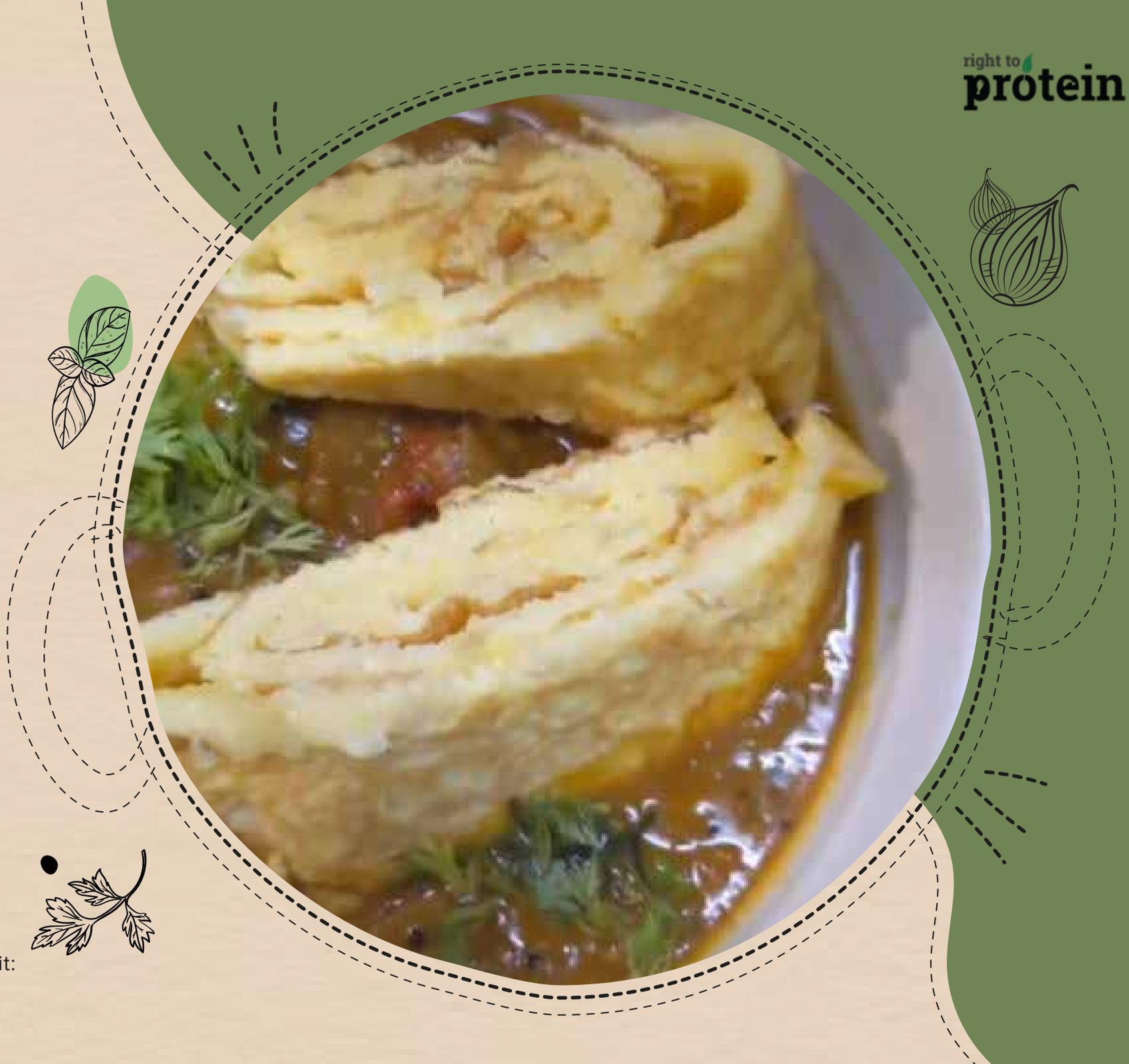
- 1 Take 3 eggs in a bowl and add salt to taste and whisk it till it becomes fluffy.
- 2 Add half beaten eggs in the pan to make an omelet and once cooked, make a wrap.
- 3 Pour the left beaten eggs and make a double wrap and slice it into thick pieces.
- 4 Finish the curry by adding the omelet wrap on the top of the curry.
- 5 Garnish it with fresh coriander.



Accompanied with:

Rice, Quinoa, Bread Dalia

right to
protein



100gm

| | |
|---------|-------|
| Protein | 2.3gm |
| Fats | 4.3gm |
| Carb | 3.1gm |
| Fiber | 1.0gm |

Image courtesy/Dish Credit:

Chef Saransh Goila

PALAK PAKODA

These deep-fried crispy and tasty pakoda's are made with spinach leaves, making them a healthy and munchy snack that can be eaten guilt free.

Course | **Snack**

Cuisine | **Indian**

Prep Time | **15 minutes**

Cook Time | **15 minutes**

INGREDIENTS

1 cup Besan
Rice flour
Salt to taste
Red chili powder
Turmeric powder
1 tsp chopped ginger
1 green chili chopped
1 tsp fennel seed powder
Coriander leaves
Pinch of Baking soda
2 cups spinach or palak finely chopped



INSTRUCTIONS

- 1 Rinse the palak very well and finely chop them.
- 2 Next In a bowl add the chopped palak leaves.
- 3 Add chopped ginger and chopped 1 green chili.
- 4 Then add spice powders red chili powder, coriander powder, cumin powder, fennel seed powder and sesame seeds.
- 5 Next add 1 cup besan and salt as per taste.
- 6 Then add a pinch of baking soda at this step.
- 7 Mix all the ingredients very well and keep aside for 5 minutes.
- 8 Then in a pan heat the oil. When the oil is medium hot, drop the pakora batter in the oil.
- 9 And fry them until golden brown and stiff on each side.



Accompanied with:
Green chutney

right to
protein



1 Pakoda

| | |
|---------|-------|
| Protein | 0.6gm |
| Fats | 4.gm |
| Carb | 1.4gm |
| Fiber | 0.4gm |

Image courtesy/Dish Credit:
Monika Balan



JIDLI DHOKLA SANDWICH

Sandwich Dhokla is a Gujarat's delicacy, but is very popular all over India. They can be made with gram flour, mixed grains, lentil and rice and many more other healthy combinations.

Course | **Breakfast/Snacks**
Cuisine | **Indo-Chinese**

Prep Time | **10 minutes**
Cook Time | **15-20 minutes**

INGREDIENTS

For the Stuffing

1 tbsp Oil
1 tbsp Garlic
1/2 cup Onion
1/2 cup carrot
1 cup Cabbage
1 tbsp Soy sauce
1 tsp Vinegar
Salt to taste

For Dhokla

1/2 cup Besan
Salt to taste
1 tsp Sugar
1 tsp Turmeric powder
1 tbsp Curd
1/2 tsp for Eno
2 tbsp Oil
1 tsp Mustard seeds
Few curry leaves
Bread - 4 slices

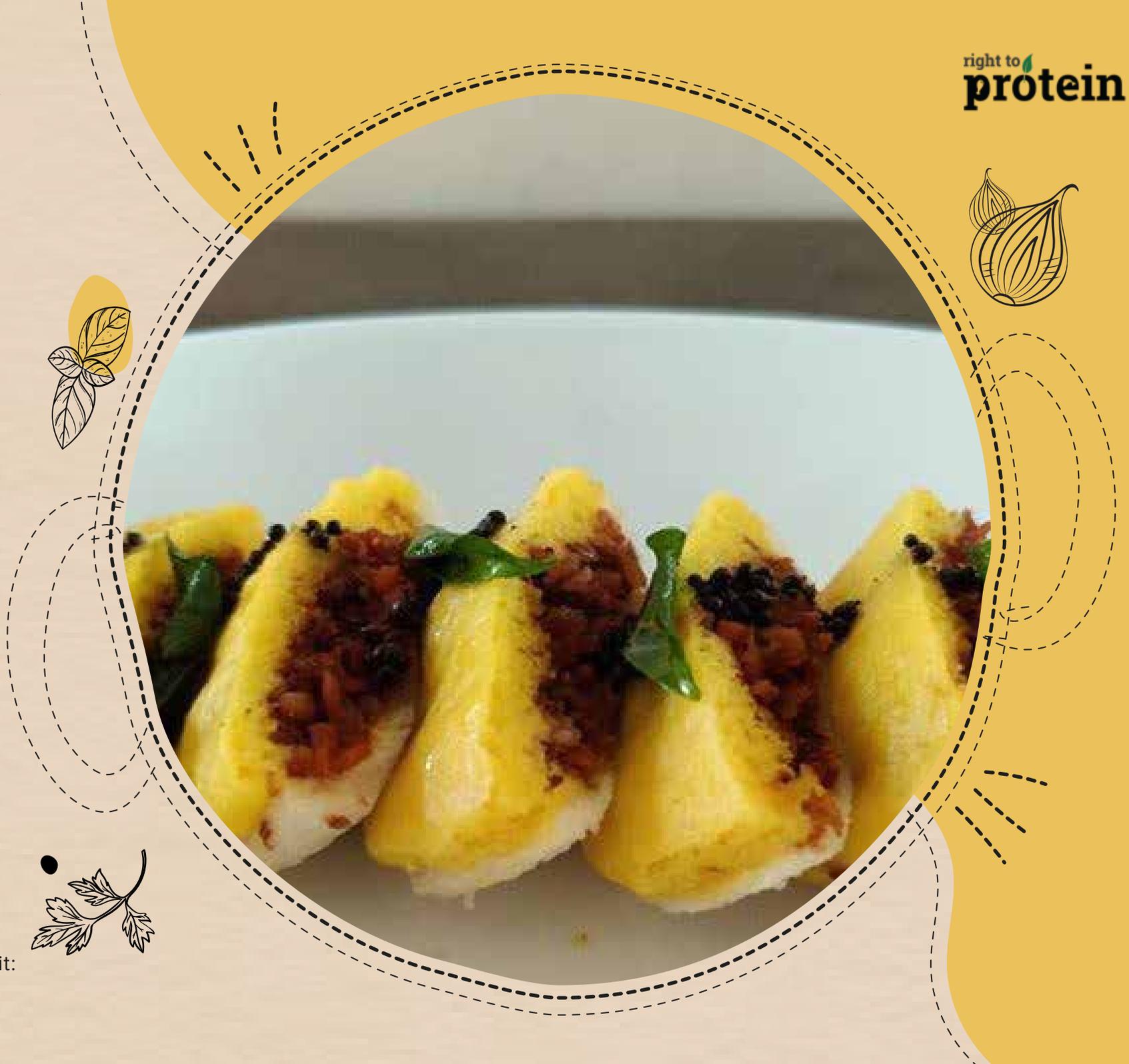
INSTRUCTIONS

- 1 First take a pan and heat oil in it, to that add the garlic and sauté is well. Next to that add the onions and sauté well. Once cooked add the cabbage to this and cook for a minute.
- 2 Once the cabbage is cooked add the carrot and cook for another minute now add the soy sauce, vinegar and salt and mix well and keep it aside to cool.
- 3 Now take the bread slices and cut roundels out of it. And place those bread roundels over the idli mold. And over it place a good amount of the prepared filling.
- 4 Now take a bowl and add the dry ingredients that's are needed to make Dhokla and mix it well with the wet ingredients and keep the Dhokla batter ready.
- 5 Now pour a tbsp of Dhokla batter over the filling and seal it well.
- 6 Place the idli mould in the idli cooker and steam it for 15-20 minutes.
- 7 Now to prepare the Tempering in another pan, by heating oil and adding the mustard seeds to it and once it starts to sparkle add the curry leaves!
- 8 Now pour this Tempering over the prepared idli - Dhokla Sandwich and done!



Accompanied with:
Green or coconut chutney

right to
protein



1 Dhokla

| | |
|---------|-------|
| Protein | 2.1gm |
| Fats | 3.2gm |
| Carb | 7.8gm |
| Fiber | 1.1gm |

Image courtesy/Dish Credit:
Ishita Kulkarni

RAGI KE LADDOO

A great dessert to calm your sweet cravings, Ragi laddoo are really very healthy and nutritious specially during wintertime. Make sure each laddoo has some nuts in it to make it even more healthy.

Course | **Dessert**
Cuisine | **Indian**

Prep Time | **05 minutes**
Cook Time | **20 minutes**

INGREDIENTS

1 cup Ragi Flour/Finger millet
1/2 cup Sugar
6 tbsp Ghee
Assorted nuts (walnuts and almonds)

INSTRUCTIONS

- 1 Heat pan on a medium high flame and add 6 tsp of homemade or store-bought ghee.
- 2 Once ghee melts down add ragi flour and stir for 5 mts. Cook on a low heat.
- 3 Now add assorted nuts, mix well and cook for another 10 mts till the time nice aroma starts to come out and ghee starts to lose out from the flour.
- 4 Now turn off the gas heat and wait till the time mixture gets cool down.
- 5 Now add powdered sugar, mix well and start making small balls from the mixture.
- 6 Decorate laddoo with pistachios and almond chunks. Its ready to serve!

Tips: This laddoo has a great shelf life, stays good for 3 to 4 weeks.





1 Ladoo

| | |
|---------|--------|
| Protein | 1.4gm |
| Fats | 2.9gm |
| Carb | 15.4gm |
| Fiber | 1.5gm |

Image courtesy/Dish Credit:
Chef Madhura Bachal

CHILI FISH

Chili Fish is everything an appetizer or a side dish should be. It is crunchy, delicious, filling and brimming with fragrant flavors to have your taste buds enticing.

Course | **Dinner**
Cuisine | **Indian**

Prep Time | **15 minutes**
Cook Time | **30 minutes**

INGREDIENTS

200 gm of fish deboned fish
3 tbsp + 1 tsp of corn flour / corn starch
3 tbsp all-purpose flour
1 tsp ginger paste
1 tsp garlic paste
1 tsp black pepper powder
1 capsicum diced
1 onion diced
1 tbsp soya sauce
1 tsp green chilli sauce
1 tsp tomato sauce
Chopped spring onions
Fresh coriander leaves



INSTRUCTIONS

- 1 Make a thick batter of 3 tbsp corn flour + flour + 1 tsp ginger garlic paste + salt + pepper powder + water.
- 2 Dip the fish pieces into this batter and shallow fry the fish in oil until golden brown.
- 3 Drain the excess oil and set aside. In the same oil, add the onions and capsicum.
- 4 When the onions start to turn pink, add the ginger garlic paste and sauté until slight burnt and golden brown.
- 5 Turn heat to high and add the soya sauce, chili sauce and tomato sauce.
- 6 Mix well and cook on low heat for few minutes.
- 7 Meanwhile, mix the 1 tsp corn flour in 4 tbsp water without lumps. Add to the fish mixture and cook until the sauce thickens and coats the fish
- 8 Add freshly chopped coriander leaves
- 9 Followed by spring onions and remove from stove



Accompanied with:
Rice, Quinoa or Roti

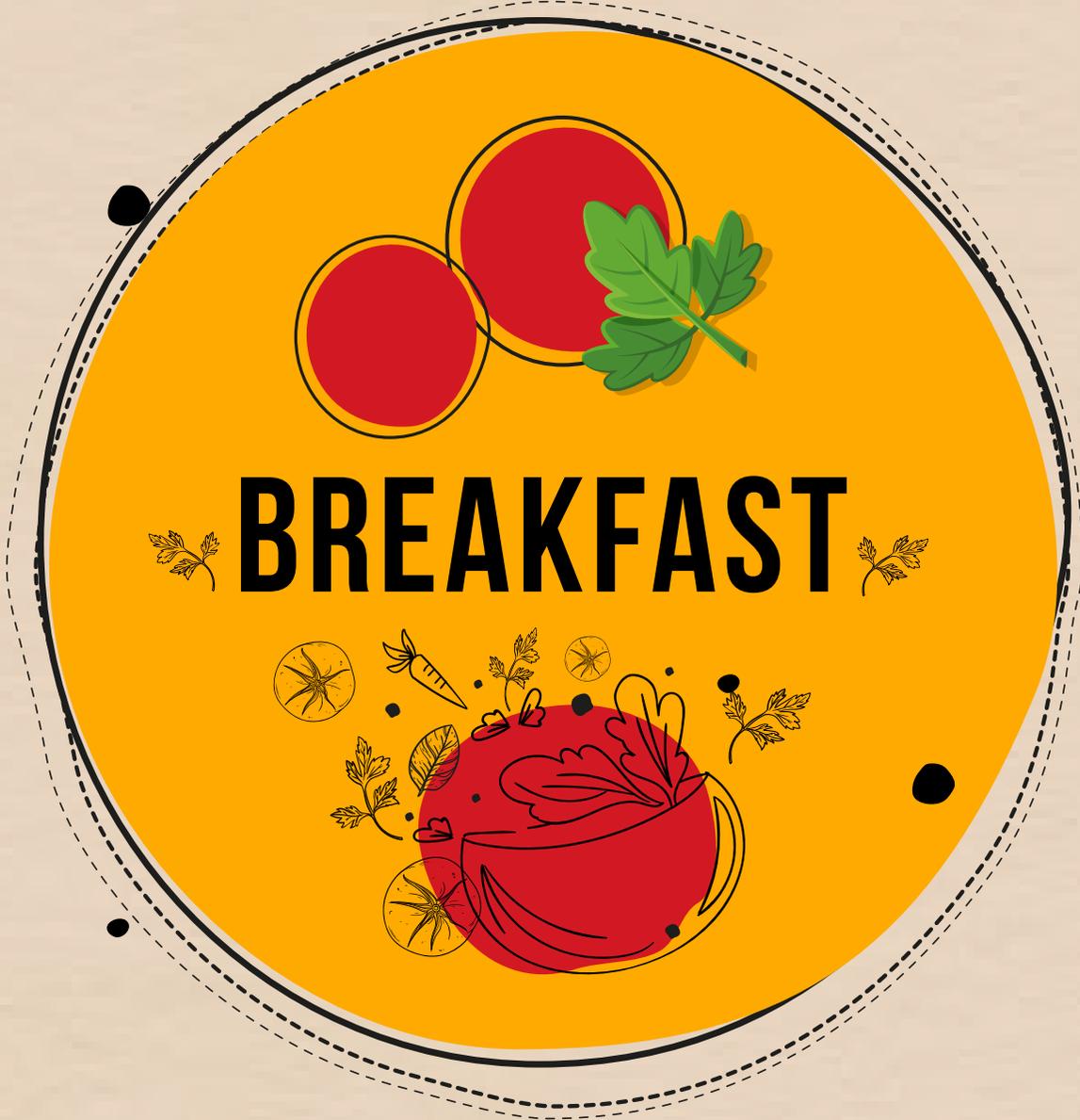
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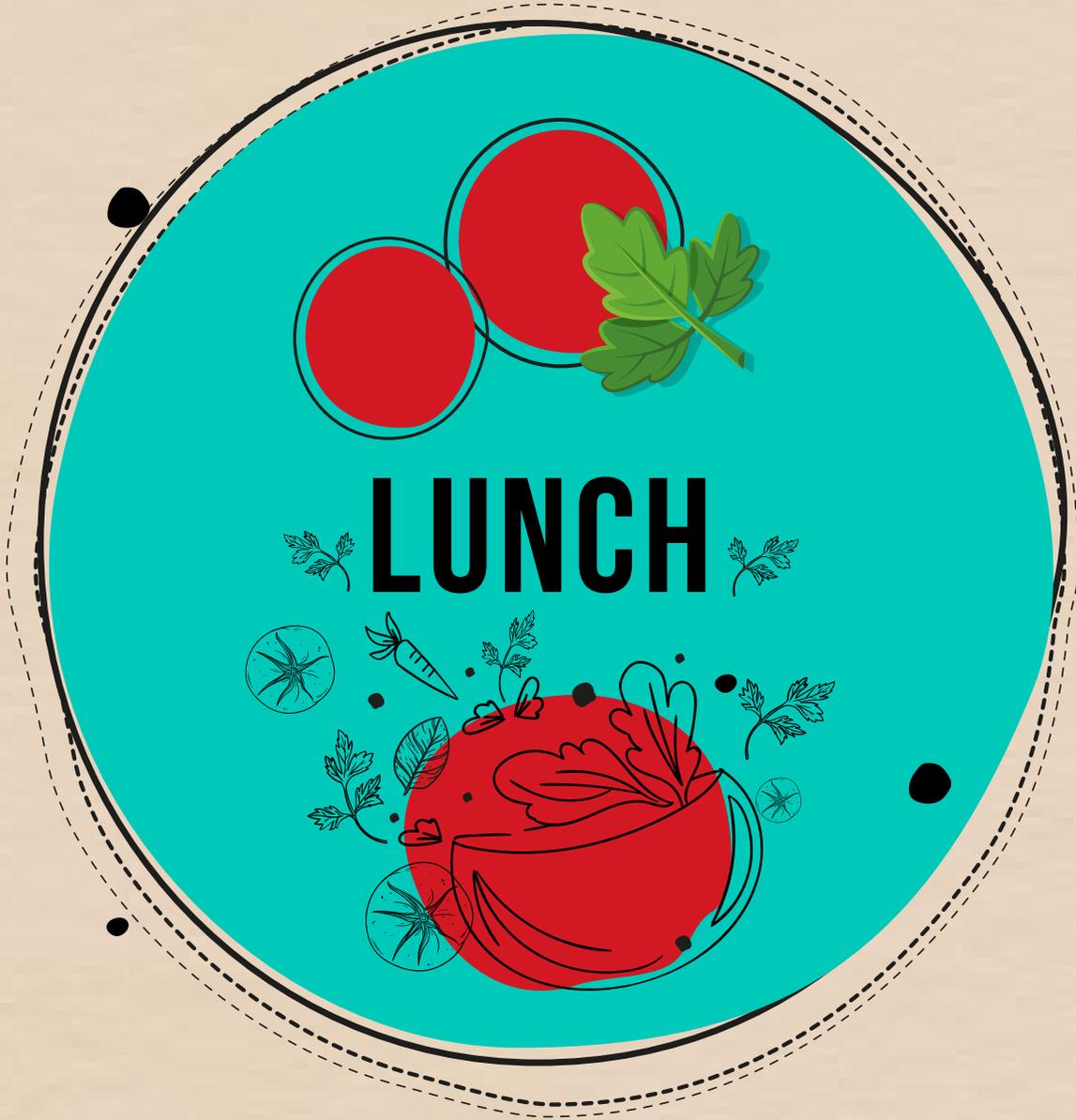
100gm

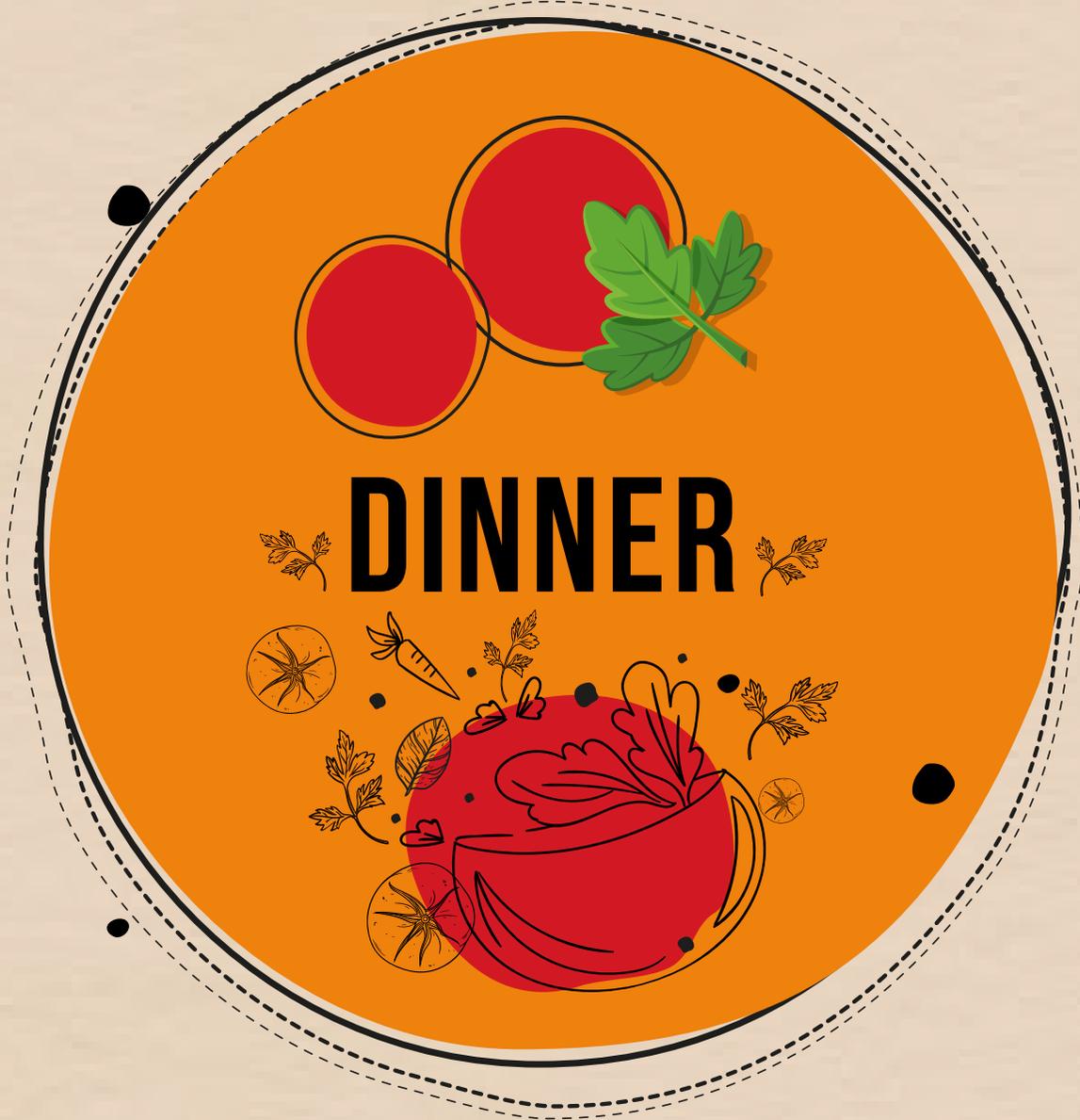
| | |
|---------|--------|
| Protein | 8.8gm |
| Fats | 9.0gm |
| Carb | 10.3gm |
| Fiber | 0.5gm |

Image courtesy/Dish Credit:
Dr. Shreya Haldar



BREAKFAST





DINNER





CHANA DAL STUFFED ROAT

A traditional homecooked recipe with a mélange of spices and roasted to perfection.

Course | **Lunch**
Cuisine | **Indian**

Prep Time | **30 minutes**
Cook Time | **15 minutes**

INGREDIENTS

2 cup whole wheat flour
1 tsp carom seeds
¼ cup ghee
1 cup chana dal (soak for 2 hours)
Salt as per taste
2 green chilly chopped
1 tsp ginger paste
½ tsp jeera powder
¼ tsp dry mango powder
¼ tsp garam masala
1 tbsp oil



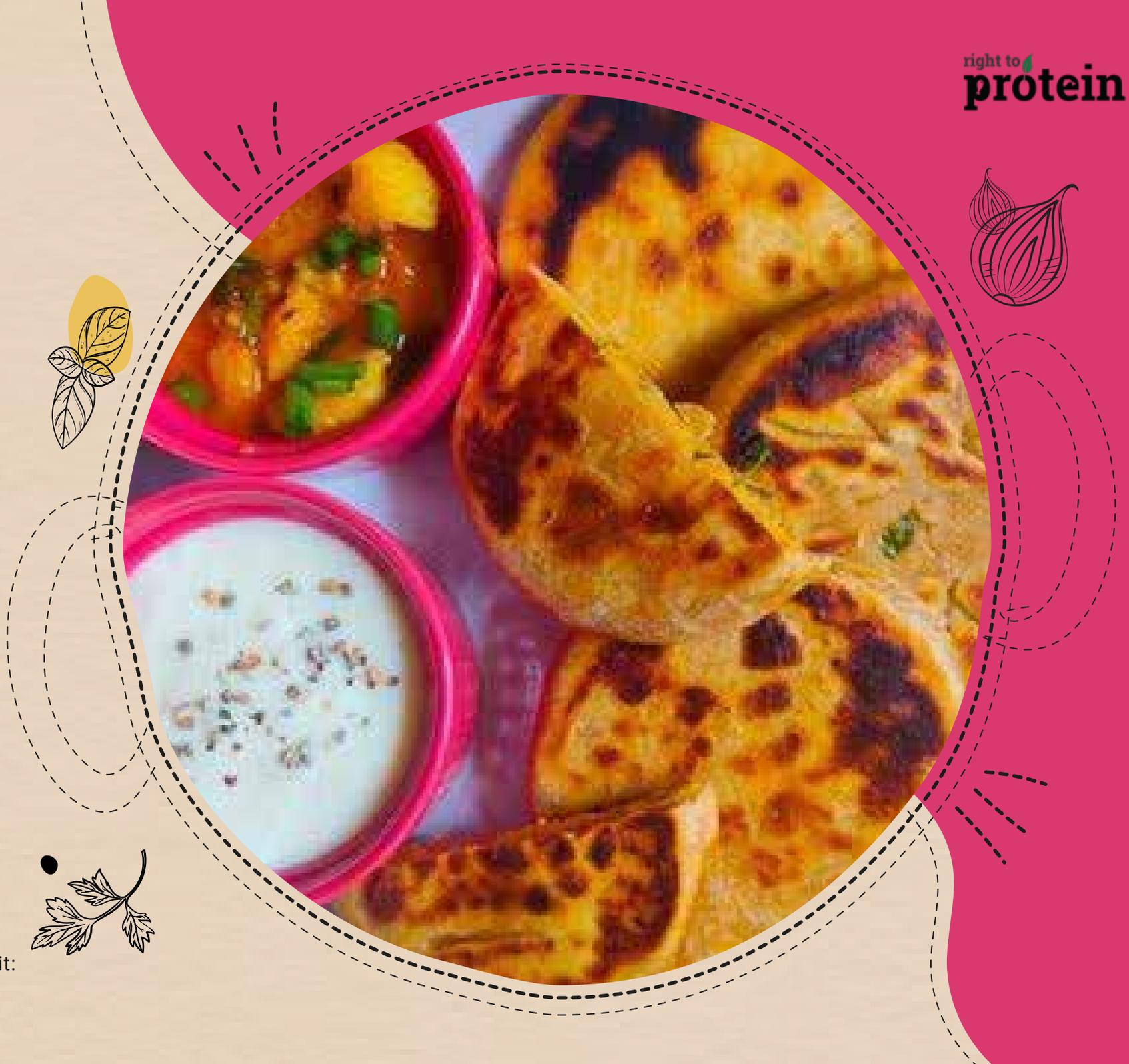
INSTRUCTIONS

- 1 In a bowl, mix whole wheat flour, carom seeds, salt and ¼ cup melted ghee.
- 2 Add required amount of water to this mixture and knead into a semi-stiff dough. Allow it to rest for 20 mins and later divide in 4-5 parts.
- 3 In a pressure cooker, cook the chana dal until two whistles.
- 4 Ensure the dal is just soft and not runny.
- 5 Strain the water from dal and grind it to form a paste.
- 6 Heat up oil in a pan, add ginger paste and cook for 30 seconds.
- 7 Now add the chana dal paste along with jeera powder. Cook it until the mixture dries in the pan. Add mango powder, garam masala and salt.
- 8 Keep this mixture aside to cool down completely.
- 9 Take one part of the dough and fill it with the chana dal mixture and flatten it with your palm or rolling pin. Ensure the thickness is around half inch.
- 10 Heat a tawa, place the roat on it and cook on both sides at a very low flame.
- 11 Smear a generous spread of ghee on the piping hot roat. Note: You can also grill it instead of cooking on tawa.



Accompanied with:
Potato curry and kheer

right to
protein



Per Roat

| | |
|---------|--------|
| Protein | 5.4gm |
| Fats | 1.1gm |
| Carb | 23.5gm |
| Fiber | 4.4gm |

Image courtesy/Dish Credit:
Neelam Agarwal

KEBAB NAZAKAT WALE

A quick healthy snack that can uplift your mood anytime.

Course | **Snacks**
Cuisine | **Indian**

Prep Time | **15 minutes**
Cook Time | **30 minutes**

INGREDIENTS

For Kebab

Half cup grated paneer.
Half cup hung curd.
¼ cup sattu powder.
½ cup boiled sprouts.
Salt to taste.
1 tsp bhuna Jeera powder.
2 green chilly chopped.
½ tsp powder sugar.
½ tsp garam masala.
½ tsp cardamom powder

For Sprouts Chutney

¼ cup boiled sprouts (green gram, black gram, moth beans)
¼ cup curd
¼ cup grated coconut
2 tsp roasted peanuts
Salt to taste
1 green chilly
1 tsp ginger paste
½ tsp jeera

INSTRUCTIONS

For Kebab

- 1 Mix all the ingredients in a bowl and form a dough.
- 2 Take a portion of the dough and give it your desired shape of a kebab
- 3 Pan fry the kebabs with oil from both the sides until it is golden brown.

For Chutney

Grind all the ingredients to form a thick paste. Add required curd to obtain the chutney consistency.





Per Piece

| | |
|---------|-------|
| Protein | 5.4gm |
| Fats | 5.3gm |
| Carb | 4.9gm |
| Fiber | 0.2gm |

Image courtesy/Dish Credit:
Neelam Agarwal

CHILI FISH

Chili Fish is everything an appetizer or a side dish should be. It is crunchy, delicious, filling and brimming with fragrant flavors to have your taste buds enticing.

Course | **Dinner**
Cuisine | **Indian**

Prep Time | **15 minutes**
Cook Time | **30 minutes**

INGREDIENTS

200 gm of fish deboned fish
3 tbsp + 1 tsp of corn flour / corn starch
3 tbsp all-purpose flour
1 tsp ginger paste
1 tsp garlic paste
1 tsp black pepper powder
1 capsicum diced
1 onion diced
1 tbsp soya sauce
1 tsp green chilli sauce
1 tsp tomato sauce
Chopped spring onions
Fresh coriander leaves



INSTRUCTIONS

- 1 Make a thick batter of 3 tbsp corn flour + flour + 1 tsp ginger garlic paste + salt + pepper powder + water.
- 2 Dip the fish pieces into this batter and shallow fry the fish in oil until golden brown.
- 3 Drain the excess oil and set aside. In the same oil, add the onions and capsicum.
- 4 When the onions start to turn pink, add the ginger garlic paste and sauté until slight burnt and golden brown.
- 5 Turn heat to high and add the soya sauce, chili sauce and tomato sauce.
- 6 Mix well and cook on low heat for few minutes.
- 7 Meanwhile, mix the 1 tsp corn flour in 4 tbsp water without lumps. Add to the fish mixture and cook until the sauce thickens and coats the fish
- 8 Add freshly chopped coriander leaves
- 9 Followed by spring onions and remove from stove



Accompanied with:
Rice, Quinoa or Roti

right to
protein



100gm

| | |
|---------|--------|
| Protein | 8.8gm |
| Fats | 9.0gm |
| Carb | 10.3gm |
| Fiber | 0.5gm |

Image courtesy/Dish Credit:
Dr. Shreya Haldar

PROTEIN RICH MOONG DAL IDLI

A delicious breakfast recipe that can keep you full and energized throughout the d

Course | **Breakfast**

Prep Time | **10 minutes**

Cuisine | **Indian**

Cook Time | **30 minutes**

Soaking Time | **5 hours**

INGREDIENTS

For Idli Batter (Yellow moong dal Idli)

Oil-1tbsp
Bay leaf – ½
1 cup yellow moong dal
½ cup oats flour
1 tsp flex seeds
1 tsp roasted peanuts (crushed)
½ tsp baking powder
¼ tsp baking soda
½ cup curd
Salt to taste

For Idli Batter (Green moong dal Idli)

1 cup green gram
¼ cup urad dal
½ cup oats flour
2 tsp chia seeds

½ tsp baking powder
¼ tsp baking soda
¾ cup curd
Salt to taste.

For Tadka/ Tempering

1 tbsp oil
3 tsp chana dal
Few curry leaves
1 tsp mustard seeds
4 tbsp cashew chopped.

INGREDIENTS

For Yellow Moong Dal Idli Stuffing

100 gm grated paneer
1 green chilly chopped
2 tsp roasted crushed walnuts
Salt to taste
Chat masala to taste
For Green Moong Dal Idli
Stuffing

½ cup-soaked soya granules
1 small onion finely
chopped
1 green chilly chopped
½ tsp garam masala
Salt to taste
Chat masala to taste
1 tbsp oil

INSTRUCTIONS

For Idli Batter

Soak washed dals separately in water for 4-5 hours (Yellow moong dal), 6-7 hours (green moong dal) and 2-3 hours (urad dal)

In a food processor, grind the soaked dals (Yellow moong dal and green moong dal + urad dal) and curd to make a fine paste.

Add all other ingredients to this batter respectively except baking powder and baking soda. Allow the batter to rest for 30 min for fermentation.

For Idli Stuffing

Mix all the ingredients in a bowl respectively and make small balls for stuffing

For Tadka/ Tempering

Heat oil in a pan and add mustard, chana dal, curry leaves and cashew. Allow this to cook for 1 min.

CHUPA RUSTAM

A savory healthy snack that can keep you intrigued on its ingredients.

Course | **Snack**
Cuisine | **Indian**

Prep Time | **10 minutes**
Cook Time | **30 minutes**

INGREDIENTS

1 cup overnight soaked rajma.
1 small onion chopped.
2-3 garlic cloves.
1 tsp ginger paste.
2 tbsp white sesame.
1 tsp aamchur powder.
1 tsp bhuna jeera powder.
½ tsp garam masala.
Oil for frying.

INSTRUCTIONS

- 1 Drain water from the rajma, add all the ingredients and grind to make a coarse mixture.
- 2 Make small portions of the mixture. Deep fry them in hot oil.

right to
protein



Accompanied with:
Green chutney

right to
protein



Per Piece

| | |
|---------|-------|
| Protein | 3.1gm |
| Fats | 4.gm |
| Carb | 06gm |
| Fiber | 1.7gm |

Image courtesy/Dish Credit:
Priti Jain



MOONG DAL PANCAKE

A simple yet amazingly delicious Indian savory moong dal pancakes that are perfect for breakfast.

Course | **Snack**
Cuisine | **Indian**

Prep Time | **10 minutes**
Cook Time | **18 minutes**

INGREDIENTS

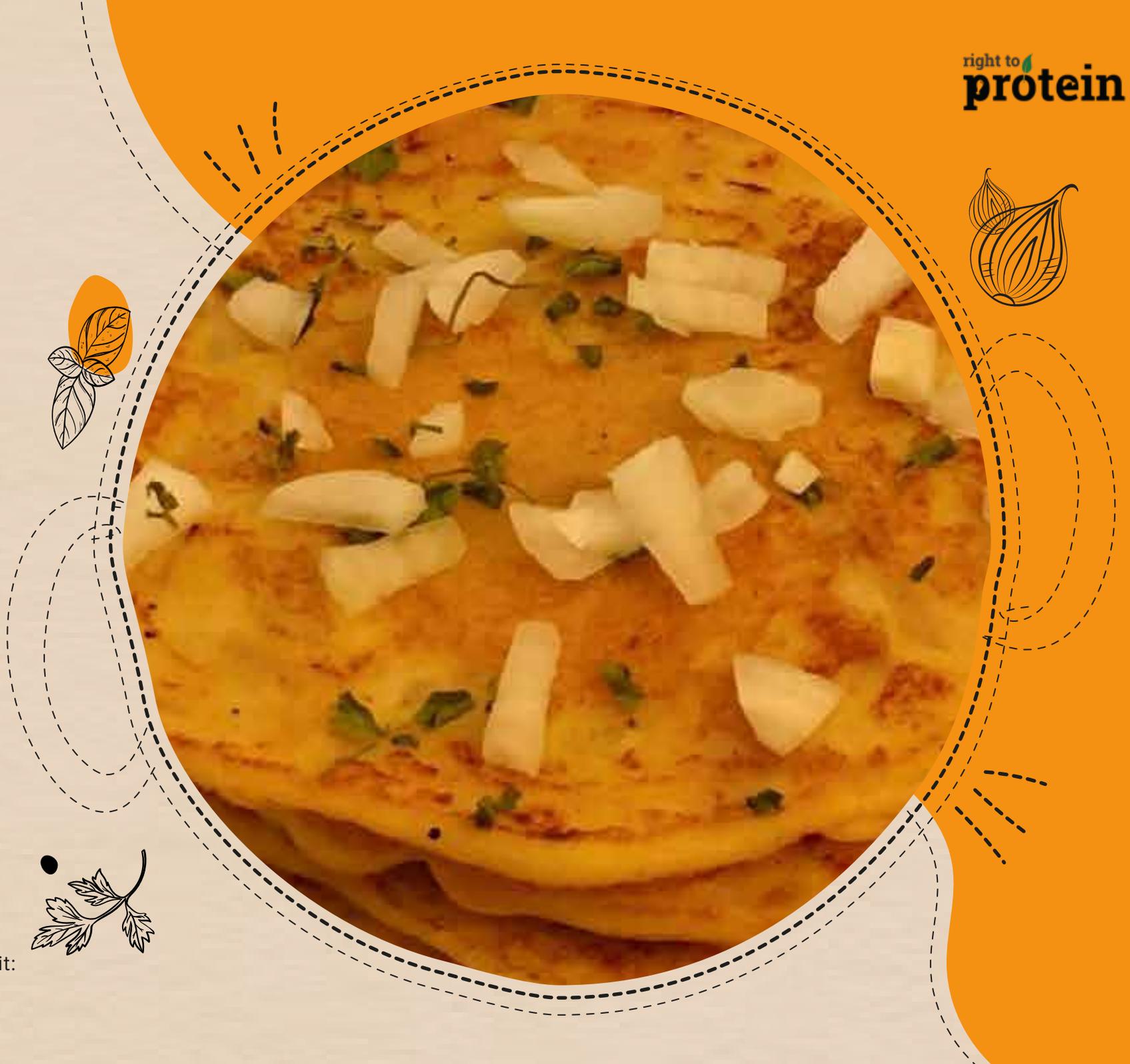
1 cup moong dal (soaked in water for about 2-3 hours)
1/4 cup semolina/ sooji
1/4 tsp baking powder
1/4 cup finely chopped onion
1/4 cup finely chopped tomato
1/4 cup finely chopped carrot
1/4 cup mustard seeds
2tbs oil
1/4 cup curd
Curry leaves
Salt as per your taste

INSTRUCTIONS

- 1 Grind the soaked moong dal in a food processor to make a paste - thick but 'pour-able' to get the consistency of pancake batter.
- 2 Heat oil in a heavy-bottomed pan on medium heat. Add mustard seeds, curry leaves and all the finely chopped vegetable to the pan.
- 3 Once this mixture gets caramelized, remove it in the bowl. Add the earlier prepared dal paste, curd, baking powder and salt to this mixture and mix well
- 4 Heat a flat non-stick pan on medium heat and grease it with cooking oil. Take a half-cut onion and rub it on the pan
- 5 Now pour a ladle full of batter onto the pan and spread it. Cook for 1 minute.
- 6 Flip once you see the bubbles on the top side and cook till the other side is golden too.
- 7 Remove from pan and serve with chutney of your choice.



Accompanied with:
Chutney of your choice.



Per Medium-sized Piece

| | |
|---------|-------|
| Protein | 2.4gm |
| Fats | 05gm |
| Carb | 7.6gm |
| Fiber | 0.6gm |

Image courtesy/Dish Credit:
Ragini Sain

PINNI

A festive celebration or simply for sweet cravings, this laddoo is perfect for every occasion.

Course | **Dessert**
Cuisine | **Indian**

Prep Time | **10 minutes**
Cook Time | **20 minutes**

INGREDIENTS

1/2 kg semolina
1/2 kg powdered sugar
1/2 kg condensed milk
1/4 cup finely chopped mix dry fruits
1/4 cup grated coconut

INSTRUCTIONS

- 1 Heat a heavy-bottomed pan, add the semolina and cook it on low flame until you get the aroma.
- 2 Add condensed milk to this mixture and cook for 10 minutes on low flame.
- 3 Add powdered sugar, roasted dry fruits and grated coconut and mix well. (You may also add gond katira/ Tragacanth gum when preparing in winters)
- 4 Take a small portion of the mixture onto your palm and shape it like a round ball. Repeat the process with the rest of the mixture and form the pinnis. You can store these laddoos for a month.



Accompanied with:
Chutney of your choice.

right to
protein



Per Piece

| | |
|---------|--------|
| Protein | 4.3gm |
| Fats | 4.7gm |
| Carb | 25.6gm |
| Fiber | 1.1gm |

Image courtesy/Dish Credit:
Dimple Arora

GREEN MOONG DAL DHOKLA

A savory steamed mung cake seasoned with Mustard that is delicious and nutritious.

Course | **Breakfast**
Cuisine | **Indian**

Prep Time | **15 minutes**
Cook Time | **25 minutes**

Soaking Time | **5-6 hours/ overnight**

INGREDIENTS

1 cup green moong dal
2-inch piece of ginger, finely
grated
3 finely chopped green chilies
Juice of 1 lemon
1 1/2 Tsp Eno fruit salt
Salt to taste
Cooking oil
Grated coconut (for garnishing)
Coriander leaves (for garnishing)

For tadka/ tempering
1 & 1/2 Tsp cooking oil
1 tsp Mustard seeds
4 green chilies
Curry leaves

INSTRUCTIONS

- 1 Soak the green moong dal overnight in water
- 2 Grind the moong along with green chilies, ginger, lemon, salt, oil, and water in a food processor to get a fine paste.
- 3 Pour the batter into a cake tin, add eno fruit salt and mix it gently
- 4 Place the tin in the slightly pre-heated steamer and steam it until it is fully cooked.
- 5 Take it out and let it cool down
- 6 Meanwhile, prepare the tadka/ tempering by heating up some oil in a small kadai. Add mustard seeds, green chilies, and curry leaves and let it splutter
- 7 Pour the tempered ingredients on to the dhokla
- 8 Cut in squares and garnish it with coriander leaves and grated coconut.



Accompanied with:
Chutney of your choice.

right to
protein



Per Piece

| | |
|---------|-------|
| Protein | 2.7gm |
| Fats | 1.2gm |
| Carb | 7.7gm |
| Fiber | 1.9gm |

Image courtesy/Dish Credit:
Eula Mathias

CHICKEN MASALA

A spicy curry with soft and tender pieces of flavorful chicken.

Course | **Dinner**
Cuisine | **Indian**

Prep Time | **15 minutes**
Cook Time | **30 minutes**

INGREDIENTS

½ Kg chicken (cubed)

Marination

½ tsp red chili powder
¾ tsp garam masala
½ tsp turmeric
¾ tsp ginger garlic paste
¼ tsp Salt or as needed
2 tbsp curd or yogurt

Curry

1 bay leaf (small)
2 green cardamoms
1 cinnamon stick (small)
2 to 4 cloves
1 cup onions finely chopped
¾ tsp ginger garlic paste
1 to 2 green chilies (milder variety) chopped
½ cup tomato puree or finely chopped
¾ to ½ tsp red chili powder
¾ to ½ tsp garam masala
Curry leaves
1 dried red chili sliced
2 tbsp Oil
½ tsp Salt or as needed
1 Handful mint or pudina leaves (finely chopped)
1 Handful coriander leaves (finely chopped)



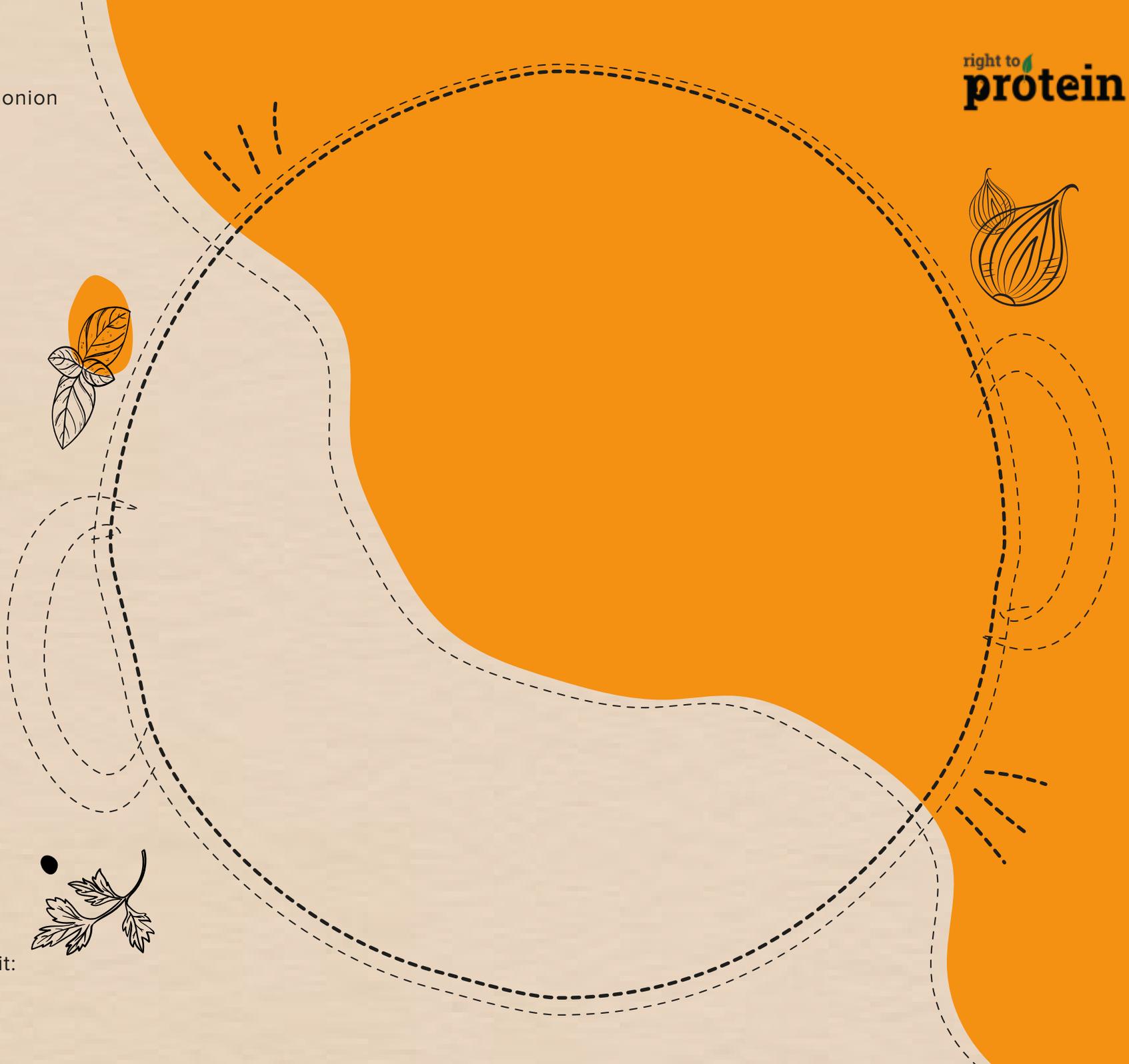
INSTRUCTIONS

right to
protein

- 1 Clean and wash the chicken pieces well. Drain completely with no excess water.
- 2 Marinate the pieces with ginger garlic paste, turmeric, red chili powder, salt, yogurt and garam masala.
- 3 Cover & keep aside for about 45 mins to 1 hour. It can also be left overnight in the refrigerator.
- 3 Heat oil in a pan or pot and sauté cloves, cinnamon, cardamoms and bay leaf for 1 minute. You can also add curry leaves if needed
- 4 Next add in green chilies and onions. Sauté them until the onions turn completely golden.
- 5 Now add ginger garlic paste and sauté until the raw aroma goes off.
- 6 Pour the tomato puree. Then add salt, red chili powder and garam masala as well.
- 7 Sauté well until the mixture begins to leave the sides of the pan.
- 8 You will also see the oil getting separated from the mixture.
- 9 Add the marinated chicken and sauté for 4 to 5 mins on a medium flame.
- 10 Turn the flame to completely low and cook 5 mins with the lid.
- 11 Flip the chicken pieces and mix everything well. Add coriander leaves or mint leaves and give a stir.
- 12 Cover the pan again and continue to cook on a low heat until chicken is completely cooked to soft and tender. Chicken gets cooked in its own moisture, so don't need to add water.
- 13 Add half tsp of garam masala and chili powder while cooking the tomato puree.
- 14 Add little hot water or coconut milk to make a gravy. Cook until the gravy turns thick.

Accompanied with:

Steamed rice, roti, sliced onion wedges and lemon



100gm

| | |
|---------|-------|
| Protein | 06gm |
| Fats | 03gm |
| Carb | 16gm |
| Fiber | 2.3gm |



Image courtesy/Dish Credit:
Syam Kumar

INDIAN STYLE FALAFAL WITH A DIP

A tasty and crispy vada that you can relish anytime!

Course | **Snack**

Cuisine | **Indian**

Prep Time | **10 minutes**

Cook Time | **15 minutes**

Soaking Time | **5 hours/overnight**

INGREDIENTS

For Falafal/ Vada

1 tbsp Oil
1 tbsp Garlic
1 cup white channa
3 cloves of Garlic
½ tbsp chili powder
½ tbsp coriander powder
½ tbsp jeera powder
½ tbsp pepper powder
2 tbsp maida
½ finely chopped onion
½ tbsp Lemon
¼ tbsp Baking soda
Salt to taste
Coriander leaves
Oil to fry

For Hummus Dip

2 tbsp white sesame powder
1 cup cooked chana
3 cloves of garlic
¼ tbsp Jeera powder
½ lemon
Salt to taste
¼ cup Olive oil

INSTRUCTIONS

- For Falafal/ vada**
- 1 Soak the chana overnight. In a blender, grind chana & the rest of the ingredients into a coarse mixture
 - 2 Now shape this mixture into small balls
 - 3 Deep fry it in medium hot oil until golden brown
 - 4 Crispy & yummy falafel or chana vada is ready.

- For Hummus Dip**
- 1 In a blender, add all the ingredients except olive oil. Grind to make a smooth mixture
 - 2 Add olive oil & blend well.



Accompanied with:
Mint Chutney

right to
protein



Per Piece

| | |
|---------|-------|
| Protein | 2.1gm |
| Fats | 6.4gm |
| Carb | 6.2gm |
| Fiber | 1.5gm |

Image courtesy/Dish Credit:
Sumaiya Uthuman

GATTE KI SABJI

A delight from the Rajasthani cuisine to cook when you have no veggies or meat at home.

Course | **Dinner**
Cuisine | **Indian**

Prep Time | **10 minutes**
Cook Time | **40 minutes**

INGREDIENTS

For Gatte/ Besan Dumplings

½ tsp coriander seeds
crushed or powdered
¼ tsp ajwain/ carom seeds
¼ tsp turmeric
¼ tsp kashmiri red chili
powder
Pinch of hing/ asafoetida
¼ tsp salt
2 tbsp ghee/ clarified butter
2 tbsp curd/ yogurt
2 tbsp water

For Curry

½ tsp coriander seeds crushed or
powde
2 tbsp oil
1 tsp cumin
1 tsp kasuri methi / dry
fenugreek leaves
½ tsp fennel
Pinch of asafetida
1 cup of tomato puree
1 tsp ginger garlic paste
¼ tsp turmeric
1 tsp kashmiri red chili powder
½ tsp coriander powder
¼ tsp cumin powder
1 cup whisked yogurt
½ tsp salt
¼ tsp garam masala
2 tbsp finely chopped coriander

INSTRUCTIONS

For Gatte/ Besan Dumpling

- 1 In a large bowl, take 1 cup besan, ½ tsp coriander seeds, ¼ tsp ajwain, ¼ tsp turmeric, ¼ tsp chilli powder, a pinch of hing, ¼ tsp salt, 2 tbsp ghee and 2 tbsp curd.
- 2 Start to knead this into a soft dough adding required amount of water for 5 minutes.
- 3 Add oil and knead again so that it doesn't stick to your palms.
- 4 You can now just divide it and roll them out into long thin strips.
- 5 In a large vessel, boil 4 cups of water.
- 6 Once the water comes to a boil, drop the prepared gatte/ besan dumpling into it
- 7 Once the gatte/ besan dumpling is cooked, it will start to float.
- 8 Take them out and drain off the excess oil. Cut the gatte/ besan dumpling into small pieces and keep aside.

For Curry

- 1 In a large kadai/ pot, heat 2 tbsp oil and saute jeera and saunf in it.
- 2 Add tomato puree, 1 tsp ginger-garlic paste and saute well
- 3 Keeping the flame on low, add all spices except garam masala and saute till the oil separates.
- 4 Next add 1 cup of curd and keep stirring continuously until the mixture comes to a boil.

- 5 Now add the gatte/ besan dumpling pieces, water, coriander and ½ tsp salt.
- 6 Let it simmer for about 5-7 minutes for the flavors to concentrate
- 7 Now add ¼ tsp garam masala and mix well. Add coriander leaves for garnishing

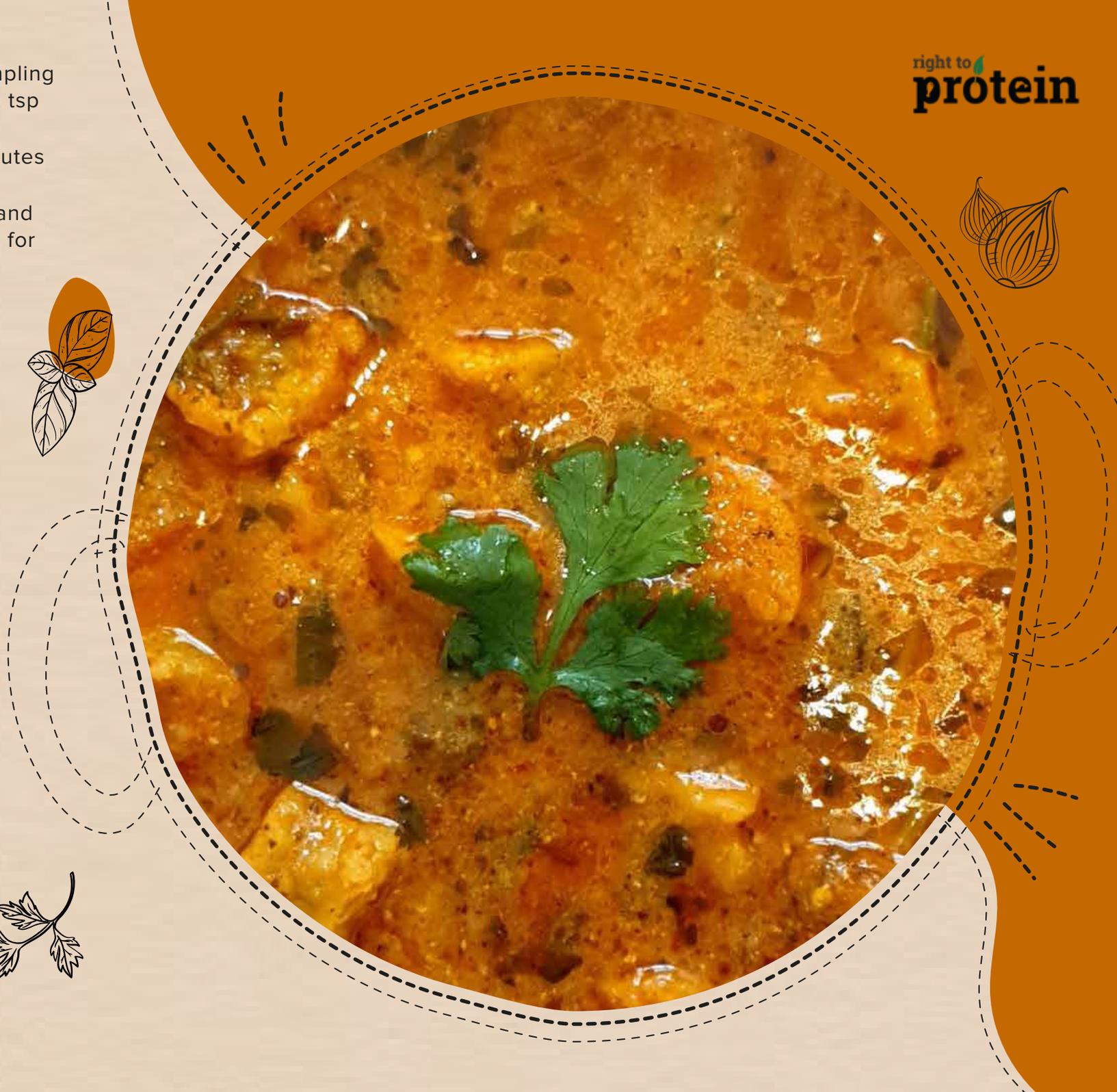
Accompanied with:

Kadak roti and Jeera rice

Per Cup

| | |
|---------|------|
| Protein | 01gm |
| Fats | 04gm |
| Carb | 08gm |
| Fiber | 01gm |

Image courtesy/Dish Credit:
Meenal Handa



STREETSTYLE CHANA TIKKI CHAAT

A quick healthy snack that can uplift your mood anytime.

Course | **Snack**

Cuisine | **Indian**

Prep Time | **10 minutes**

Cook Time | **15 minutes**

INGREDIENTS

200 gms chana (Chickpeas)

350 gms paneer

2 large potatoes

Curd

Tomato puree (homemade is best)

1 large onion

6-7 cloves of garlic pods

Coriander leaves

Mint leaves

1-2 bay Leaf:

½ Tbsp cumin seeds

½ Tbsp turmeric,

½ Tbsp cumin powder

½ Tbsp red chilli powder

½ Tbsp coriander powder

½ Tbsp garam masala

½ Tbsp dried mango powder

Salt to taste

Mustard oil

Green chilies

INSTRUCTIONS

For Chana Masala

- 1 Firstly, in a large bowl take 1 cup besan add ½ tsp coriander seeds, ¼ tsp ajwain, ¼ tsp turmeric, ¼ tsp chilli powder, pinch of hing, ¼ tsp salt, 2 tbsp ghee and 2 tbsp curd. Mix well making sure the dough turns moist and all spices are mixed well.
- 2 Leave chana in water overnight
- 3 In the morning, boil chana (takes about half an hour)
- 4 In a handi, take 1 teaspoon of mustard oil (any other oil will do but mustard gives the best flavour)
- 5 Tadka of chopped green chillies, bay leave, cumin and chopped garlic
- 6 Put chopped onions and cook until translucent
- 7 Put tomato puree (100 ml) and spices (turmeric, cumin powder, coriander powder, red chilli powder, dried mango powder and some garam masala). Add some water and let cook for 10 minutes.
- 8 Add boiled chana, add water as required and let cook for 20 minutes on low flame.
- 9 Add some salt, let cook for another 5 minutes and the chana is ready.

Protein Tikkis

- 1 Mix boiled mashed potatoes, shredded paneer, plain yogurt/curd and all the spices to make a mixture.
- 2 Add some coriander leaves/mint leaves and 1 teaspoon of mustard oil.

- 5 Mix well and make tikki shapes (choose the shape desired - Rond, here, square).
- 6 Now shallow fry or bake them until golden brown.

Green Chutney In a food processor, take some coriander leaves, some mint leaves, cloves of garlic, plain curd, few drops of lemon, salt, cumin powder, red chili powder and a pinch of sugar. Add little water and blend to make a mixture.

To Assemble the Chole Aloo Tikki Chaat Place the Aloo tikki on a platter. Add some hot chana masala on top of the hot tikkis. Sprinkle some green chillies, finely chopped onions, add a spoon of green mint/ tamarind chutney and some curd. Ready to serve.

Accompanied with:

Mint Chutney, ketchup or any dip of your choice

100 gms

| | |
|---------|--------|
| Protein | 2.1gm |
| Fats | 6.8gm |
| Carb | 12.9gm |
| Fiber | 3.1gm |



Image courtesy/Dish Credit:
Prachi Shailendra

BROCCOLI PARATHA

A tasty yet healthy breakfast recipe with the goodness of Broccoli!

Course | **Breakfast**
Cuisine | **Indian**

Prep Time | **20 minutes**
Cook Time | **15 minutes**

INGREDIENTS

For Filling

Broccoli (150-200grms)
blanched
1 boiled potato (for binding)
2-3 Finely chopped green
chilies (or as per your taste)
or red chili flakes
Salt (as per your taste)
Half tsp chat masala
Half tsp dry mango powder
Half tsp coriander and cumin
powder

For the Dough

400grms of whole wheat flour
2tbsp oil
1tsp salt
Water for kneading the dough

INSTRUCTIONS

For The Filling

- 1 Finely chop (mince) the blanched broccoli and mash the boiled potato. Mix both in a bowl with finely chopped green chilies.
- 2 Now add in the seasonings (salt, chat masala, coriander, cumin, dry mango) and mix well.

For The Dough

In a mixing bowl, add whole wheat flour, oil and salt. Add water gradually and knead into a medium soft dough.

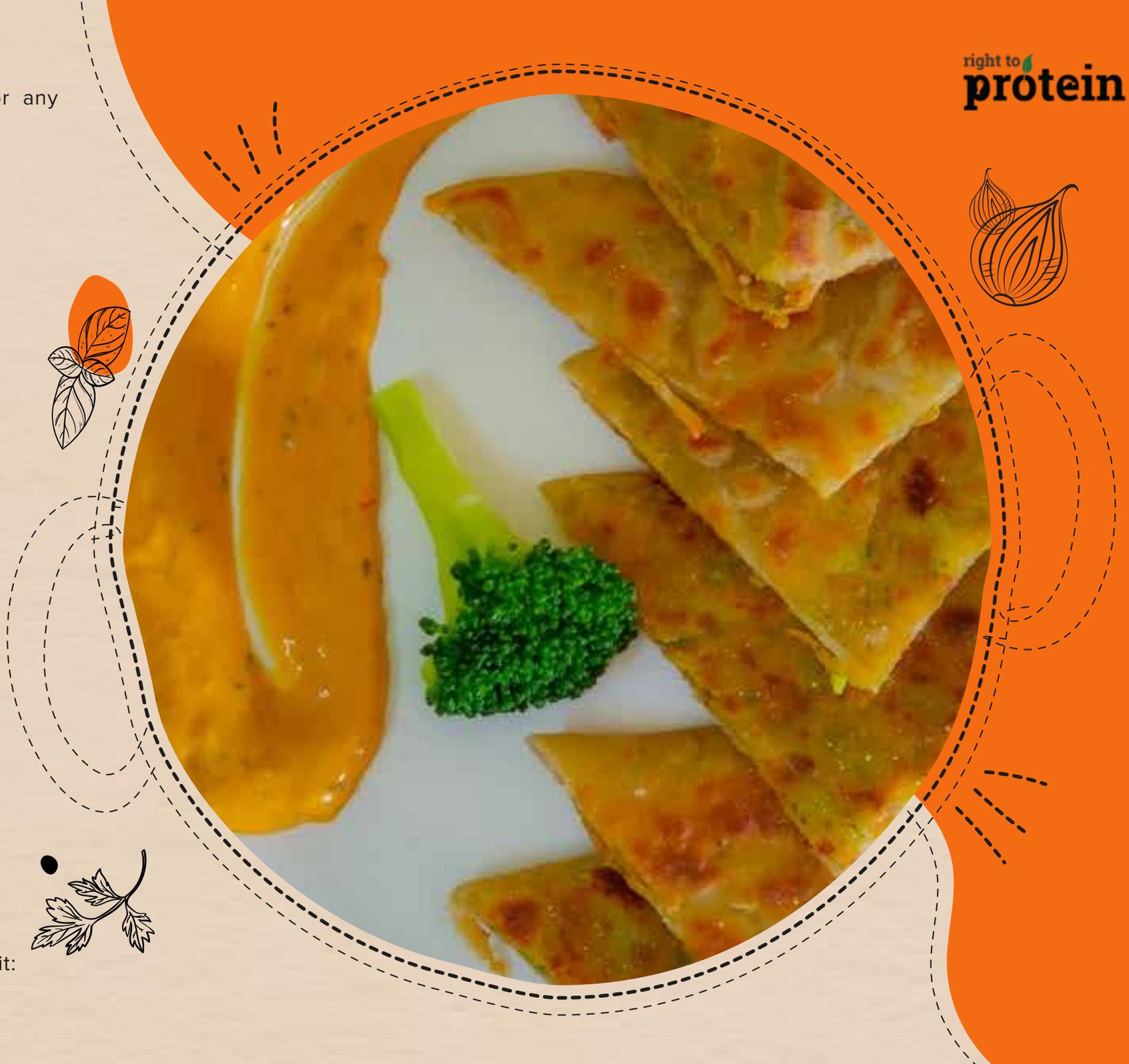
For The Paratha

- 1 Take a portion of the dough, make a small cavity, fill in the broccoli mix and seal it from the top.
- 2 With the help of the rolling pin, make a paratha of around 5-6 inches.
- 3 Heat a tawa, place the roat on it and cook on both sides at a very low flame.
- 4 Smear a generous spread of ghee on the piping hot roat. Note: You can also grill it instead of cooking on tawa.



Accompanied with:

Mint Chutney, ketchup or any dip of your choice.



Per Piece

| | |
|---------|-------|
| Protein | 01gm |
| Fats | 02gm |
| Carb | 08gm |
| Fiber | 1.2gm |

Image courtesy/Dish Credit:
Akanksha Tripathi

SOYA DAHI KEBAB

Super delicious, tangy and crispy soya dahi kebab for snacking!

Course | **Snack**
Cuisine | **Indian**

Prep Time | **15 minutes**
Cook Time | **20 minutes**

INGREDIENTS

¼ cup grated paneer
2 cups of hung curd
¼ cup onions very finely chopped
1½ tsp ginger paste
2 green chilli paste
1 ¼ teaspoon garam masala
3 tbsp coriander leaves – finely chopped
1 cup powdered soya granules
1-2 tablespoon cornflakes
Salt to taste
Oil as needed for shallow frying

INSTRUCTIONS

- 1 Add all the ingredients in a bowl except the oil and the garnish ingredients and mix well.
- 2 Shape the mixture into flat rounds and refrigerate for an hour or so.
- 3 Heat oil in a frying pan. Once hot, place the kebabs and fry over medium heat.
- 4 When one side turns golden, flip them and fry on the other side. Once golden brown, remove from pan and serve.

right to
protein



Accompanied with:
Mint Chutney

right to
protein



Per Piece

| | |
|---------|-------|
| Protein | 3.6gm |
| Fats | 3.2gm |
| Carb | 5.1gm |
| Fiber | 1.4gm |



Image courtesy/Dish Credit:
Geeta Pahwa Arya

PINDE CHOLE

Pinde Chole is one of the most popular Punjabi dish, this delicacy curry recipe is made with soaked chickpeas and blend of fresh spices.

Course | **Lunch**
Cuisine | **Indian**

Prep Time | **10 minutes**
Cook Time | **20 minutes**

INGREDIENTS

3 cup Chickpeas (soaked and boiled)
2 tbsp Oil
1/s tbsp ghee
1-2 Bay leaf
4-5 Black cardamom
Pinch of Ajwain
1 cup Onion chopped
4 Tomato chopped
2 tbsp Ginger garlic paste
1 ½ tsp Red chilli powder
2 ½ tbsp Choley Masala
2 tbsp Coriander powder
¾ tsp Turmeric powder
Salt to taste
1 tsp Dry mango powder
2 tbsp Fresh Coriander chopped

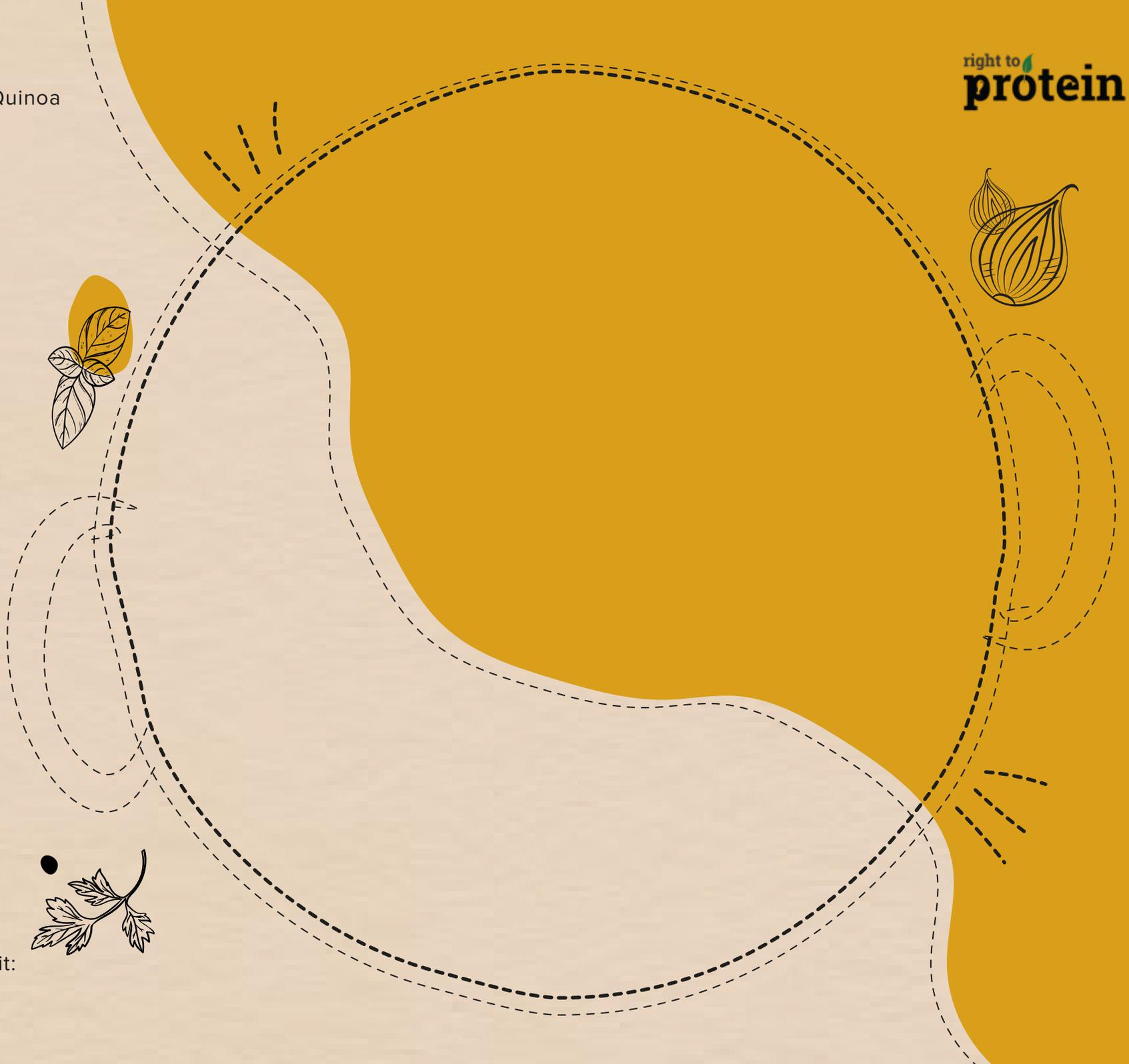
INSTRUCTIONS

- 1 Heat oil in a pan add in the bay leaf, black cardamom, ajwain and sauté.
- 2 Add onion chopped and sauté till golden brown. Roughly chop the tomatoes and puree it and keep aside.
- 3 Add ginger garlic paste and sauté for half mint. Next add in the tomato puree and cook the mixture for 5-6 mint.
- 4 Add in red chilli powder, choley masala, coriander powder, turmeric powder, salt, dry mango powder and stir well.
- 5 Cover with the lid and cook it for 2-3 mints until the oil ozes out.
- 6 Add in the boiled chickpea along with its stock and stir well.
- 7 Add water Cook it on a medium flame 6-8 mints.
- 8 Remove it in a serving bowl and serve hot Punjabi chole recipe.



Accompanied with:

Bhatura, Paratha, rice or Quinoa



100 gms

| | |
|---------|--------|
| Protein | 3.3gm |
| Fats | 4.6gm |
| Carb | 12.6gm |
| Fiber | 3.3gm |

Image courtesy/Dish Credit:
Chef Harpal Singh