



Complete nutritious recipes

Simple, balanced, Delicious

By Diet Nurture





This meal guide is designed with a focus on nutrition-dense recipes that help improve energy levels, support weight management, and maintain overall gut health.

The meals include a balanced combination of plant-based and dairy protein, complex carbohydrates, healthy fats, and essential micronutrients.



These recipes are suitable for daily meals when consumed in appropriate portions and prepared using healthy cooking methods. Regular inclusion can support better digestion, sustained energy throughout the day, and long-term nutritional balance.





High protein cheela

Protein: ~12–14 g

INGREDIENTS:

Soaked yellow moong dal
Green peas
Coriander leaves
Ginger, cumin seeds
Turmeric, asafoetida, salt
jeera powder , Red pepper

PREPARATION:

Grind soaked moong dal , peas , ginger ,
coriander leaves into a smooth batter.
Add spices and cook cheela on a non-stick
pan using minimal oil.

HOW TO CONSUME:

2 medium cheela
Can be taken with mint chutney



Besan oats cheela

Protein: ~10–12 g

INGREDIENTS:

Besan (gram flour)

Oats powder

Available Grated vegetables (carrot, bottle gourd, spinach, coriander leaves, beetroot)

Turmeric, salt

jeera powder, Red pepper

PREPARATION

Mix all ingredients into a medium-thick batter.

Cook cheela on low to medium flame with minimal oil.

HOW TO CONSUME:

1-2 medium cheela

Can be taken with mint chutney



Creamy Methi matar sabji

Protein: ~7-8 g

INGREDIENTS:

Fresh fenugreek leaves
matar
ginger garlic paste , cumin seeds , salt , red
pepper , black pepper , jeera powder
for puree - 6-8 cashews , 30gm protein , 1
onion

PREPARATION

Blend soaked cashews , onion and
paneer into a smooth puree.
Cook peas and methi with mild spices,
ginger garlic paste then add the puree
and simmer briefly.

HOW TO CONSUME

1 cup sabji
Best paired with 1 jaun Roti



Boiled White Chana & Basic Vegetable Salad

Protein: ~6–7 g

INGREDIENTS

Boiled white chickpeas
($\frac{1}{4}$ cup only)

Cucumber, carrot,
tomato

Lemon juice, roasted
cumin powder

PREPARATION

Mix soft-boiled chickpeas with
chopped vegetables.
Add lemon juice and cumin
powder. Toss lightly.



Sweet potato paneer cutlets

INGREDIENTS:

Boiled sweet potato
Homemade paneer
Rajgira atta / oats powder
lemon
salt , black pepper , red pepper

PREPARATIONS

Mash all ingredients, shape into cutlets,
and shallow cook or air-fry.

HOW TO CONSUME:

2 small cutlets with coriander mint chutney
Avoid pairing with tea or coffee



Moringa soup

INGREDIENTS:

Moringa / Drumstick
onion
tomato
Ginger , garlic
Lemon

PREPARATIONS:

Saute all the ingredients in oil with cumin seeds , ginger and garlic. Add some water and boil it for 10 minutes

HOW TO CONSUME

Serve 1 bowl , add lemon



GENERAL GUIDELINES

- Prefer home-cooked, freshly prepared meals
- Keep oil and fat intake moderate
- Maintain proper hydration through the day
- Portion control is important for easy digestion
- Chew food slowly and eat mindfully



GENERAL NOTE

This meal guide provides general nutritional guidance and approximate protein values.

Individual requirements may vary based on age, gender, activity level, and health condition

If you have any specific health concern such as PCOS, thyroid issues, diabetes, gut disorders, pregnancy, or any medical condition, please consult your nutritionist before following this plan.

— Nutritionist Kashish
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