

# 20 EASY SALAD RECIPES

FOR WEIGHT LOSS

Written By  
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# AUTHOR INTRODUCTION

Hello, I'm **Mrutyunjaya, a dedicated nutritionist** with a proven track record of helping individuals achieve their weight loss goals and embrace healthier lifestyles. Over the years, I have guided countless clients toward better health through personalized nutrition plans and practical advice. My mission is to make healthy eating accessible, enjoyable, and sustainable for everyone.

In this book, I am thrilled to present a collection of **20 easy salad recipes** that are designed to support your weight loss journey while keeping you healthy and fit. These salads are not only quick and simple to prepare but are also packed with nutrients, ensuring that you get the most out of every meal. Whether you're looking to shed a few pounds or simply want to incorporate more wholesome ingredients into your diet, these recipes offer a perfect solution.

Drawing from a variety of fresh ingredients, each recipe is crafted to deliver delicious flavors and essential nutrients, making it easier than ever to stick to your health goals. Join me as we dive into these delightful salad creations and take the first step towards a healthier, happier you. Let's make nutritious eating a delightful and effortless part of your daily routine!

01

## KACHUMBER SALAD

KACHUMBER SALAD IS A REFRESHING INDIAN SALAD MADE WITH FINELY CHOPPED VEGETABLES, TOSSED IN A SIMPLE LEMON DRESSING. IT'S QUICK TO PREPARE, VIBRANT IN FLAVOR, AND PAIRS PERFECTLY WITH ANY INDIAN PRE LAUNCH. THIS SALAD IS NOT ONLY DELICIOUS BUT ALSO PACKED WITH NUTRIENTS, PARTICULARLY FIBER, MAKING IT A HEALTHY ADDITION TO YOUR DIET.



Photo by [pinterest.com](https://www.pinterest.com)

# KACHUMBER SALAD

## INGREDIENTS

- 1 cup cucumber, finely diced
- 1 cup tomatoes, finely diced
- 1/2 cup onions, finely diced
- 1 green chili, finely chopped (optional)
- 2 tbsp fresh coriander leaves, chopped
- 1 tbsp lemon juice
- 1/2 tsp chaat masala
- Salt to taste

## STEPS

1. In a mixing bowl, combine the diced cucumber, tomatoes, and onions.
2. Add the chopped green chili and coriander leaves.
3. Drizzle with lemon juice and sprinkle with chaat masala.
4. Season with salt to taste and mix well.
5. Serve immediately for the freshest taste.



Photo by pinterest.com

## Nutritional Value (per serving)

- Calories: 40 kcal
- Protein: 1.5 g
- Carbohydrates: 9 g
- Fiber: 2.5 g
- Fat: 0.3 g

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## 02

# SPROUTED MOONG SALAD

SPROUTED MOONG SALAD IS A NUTRITIOUS AND CRUNCHY SALAD MADE WITH SPROUTED GREEN GRAM (MOONG), FRESH VEGETABLES, AND A ZESTY LEMON DRESSING. THIS SALAD IS PACKED WITH PROTEIN, FIBER, AND ESSENTIAL VITAMINS, MAKING IT AN EXCELLENT CHOICE FOR A HEALTHY SNACK OR A LIGHT MEAL.





# SPROUTED MOONG SALAD

## INGREDIENTS

- 1 cup sprouted moong (green gram)
- 1/2 cup cucumber, finely diced
- 1/2 cup tomatoes, finely diced
- 1/4 cup onions, finely diced
- 1 green chili, finely chopped (optional)
- 2 tbsp fresh coriander leaves, chopped
- 1 tbsp lemon juice
- 1/2 tsp chaat masala
- Salt to taste

## STEPS

1. In a large bowl, combine the sprouted moong, diced cucumber, tomatoes, and onions.
2. Add the chopped green chili and coriander leaves.
3. Drizzle with lemon juice and sprinkle with chaat masala.
4. Season with salt to taste and mix well.
5. Serve immediately or chill in the refrigerator for 15-20 minutes for enhanced flavors.



## Nutritional Value (per serving)

- Calories: 60 kcal
- Protein: 4 g
- Carbohydrates: 11 g
- Fiber: 3 g
- Fat: 0.5 g





**03**

# **CARROT AND BEETROOT SALAD**

CARROT AND BEETROOT SALAD IS A VIBRANT AND NUTRITIOUS DISH, COMBINING THE EARTHY SWEETNESS OF BEETROOTS WITH THE CRISP FRESHNESS OF CARROTS. THIS SALAD IS DRESSED WITH A SIMPLE LEMON DRESSING, MAKING IT A PERFECT ADDITION TO ANY MEAL. RICH IN VITAMINS, MINERALS, AND FIBER, THIS SALAD NOT ONLY DELIGHTS THE PALATE BUT ALSO PROMOTES GOOD HEALTH.



# CARROT AND BEETROOT SALAD

## INGREDIENTS

- 1 cup carrots, grated
- 1 cup beetroots, grated
- 1/4 cup onions, finely chopped
- 1 green chili, finely chopped (optional)
- 2 tbsp fresh coriander leaves, chopped
- 1 tbsp lemon juice
- 1/2 tsp roasted cumin powder
- Salt to taste

## STEPS

1. In a large mixing bowl, combine the grated carrots and beetroots.
2. Add the finely chopped onions and green chili.
3. Sprinkle the fresh coriander leaves on top.
4. Drizzle with lemon juice and add roasted cumin powder.
5. Season with salt to taste and mix thoroughly.
6. Serve immediately for the freshest taste and best texture.



## Nutritional Value (per serving)

- Calories: 70 kcal
- Protein: 1.5 g
- Carbohydrates: 16 g
- Fiber: 4 g
- Fat: 0.5 g



# 04

## CABBAGE AND CARROT SLAW

CABBAGE AND CARROT SLAW IS A CRISP, REFRESHING SALAD THAT COMBINES THE CRUNCH OF FRESH CABBAGE WITH THE SWEETNESS OF CARROTS. THIS SIMPLE YET FLAVORFUL SLAW IS ENHANCED WITH A TANGY LEMON DRESSING AND SPICED WITH MUSTARD SEEDS AND CURRY LEAVES. IT'S A NUTRITIOUS SIDE DISH THAT PAIRS WELL WITH A VARIETY OF MEALS.



# CABBAGE AND CARROT SLAW

## INGREDIENTS

- 2 cups cabbage, thinly sliced
- 1 cup carrots, grated
- 1/4 cup onions, finely chopped
- 1 green chili, finely chopped (optional)
- 2 tbsp fresh coriander leaves, chopped
- 1 tbsp lemon juice
- 1 tsp mustard seeds
- 8-10 curry leaves
- 1 tsp oil (optional)
- Salt to taste

## STEPS

1. In a large bowl, combine the sliced cabbage and grated carrots.
2. Add the finely chopped onions and green chili.
3. Sprinkle the fresh coriander leaves over the mixture.
4. In a small pan, heat the oil (if using) and add mustard seeds. Once they start to crackle, add curry leaves and sauté for a few seconds.
5. Pour the tempered mustard seeds and curry leaves over the salad.
6. Drizzle with lemon juice and add salt to taste.
7. Mix well to combine all the ingredients.
8. Serve immediately for the best crunch and flavor.

## Nutritional Value (per serving)

- Calories: 45 kcal
- Protein: 1.5 g
- Carbohydrates: 10 g
- Fiber: 3.5 g
- Fat: 0.8 g



# 05

## GREEN GRAM (MOONG) SALAD

GREEN GRAM (MOONG) SALAD IS A NUTRITIOUS AND REFRESHING DISH MADE WITH BOILED WHOLE GREEN GRAM (MOONG), MIXED WITH FRESH VEGETABLES AND A TANGY LEMON DRESSING. THIS SALAD IS NOT ONLY DELICIOUS BUT ALSO PACKED WITH PROTEIN, FIBER, AND ESSENTIAL VITAMINS, MAKING IT A HEALTHY AND SATISFYING OPTION FOR ANY MEAL.



# GREEN GRAM (MOONG) SALAD

## INGREDIENTS

- 1 cup whole green gram (moong), boiled
- 1/2 cup cucumber, finely diced
- 1/2 cup tomatoes, finely diced
- 1/4 cup onions, finely diced
- 1 green chili, finely chopped (optional)
- 2 tbsp fresh coriander leaves, chopped
- 1 tbsp lemon juice
- 1/2 tsp chaat masala
- Salt to taste

## STEPS

1. In a large bowl, combine the boiled green gram, diced cucumber, tomatoes, and onions.
2. Add the finely chopped green chili and fresh coriander leaves.
3. Drizzle with lemon juice and sprinkle with chaat masala.
4. Season with salt to taste and mix well to combine all the ingredients.
5. Serve immediately or chill in the refrigerator for 15-20 minutes to enhance the flavors.

## Nutritional Value (per serving)

- Calories: 70 kcal
- Protein: 4 g
- Carbohydrates: 12 g
- Fiber: 4 g
- Fat: 0.5 g





# 06

## AVOCADO AND CUCUMBER SALAD

AVOCADO AND CUCUMBER SALAD IS A CREAMY AND REFRESHING DISH THAT COMBINES THE SMOOTH TEXTURE OF AVOCADOS WITH THE CRISPNESS OF CUCUMBERS. ENHANCED WITH ONIONS, CORIANDER, AND A TANGY LEMON DRESSING, THIS SALAD IS NOT ONLY DELICIOUS BUT ALSO PACKED WITH HEALTHY FATS, FIBER, AND ESSENTIAL NUTRIENTS, MAKING IT A PERFECT LIGHT MEAL OR SIDE DISH.





# AVOCADO AND CUCUMBER SALAD

## INGREDIENTS

- 1 ripe avocado, diced
- 1 cup cucumber, finely diced
- 1/4 cup onions, finely chopped
- 1 green chili, finely chopped (optional)
- 2 tbsp fresh coriander leaves, chopped
- 1 tbsp lemon juice
- Salt to taste
- Black pepper to taste

## STEPS

1. In a large mixing bowl, combine the diced avocado and cucumber.
2. Add the finely chopped onions and green chili.
3. Sprinkle the fresh coriander leaves over the mixture.
4. Drizzle with lemon juice.
5. Season with salt and black pepper to taste.
6. Gently mix to combine all ingredients without mashing the avocado.
7. Serve immediately to enjoy the fresh flavors and textures.



## Nutritional Value (per serving)

- Calories: 120 kcal
- Protein: 2 g
- Carbohydrates: 10 g
- Fiber: 5 g
- Fat: 9 g



# 07

## TOMATO AND ONION SALAD

TOMATO AND ONION SALAD IS A SIMPLE YET FLAVORFUL DISH THAT PAIRS JUICY TOMATOES WITH THE SHARPNESS OF ONIONS. THIS CLASSIC SALAD IS ENHANCED WITH FRESH CORIANDER, GREEN CHILI, AND A TANGY LEMON DRESSING. IT'S A REFRESHING ACCOMPANIMENT TO ANY MEAL AND IS QUICK TO PREPARE, MAKING IT A STAPLE IN MANY INDIAN HOUSEHOLDS.

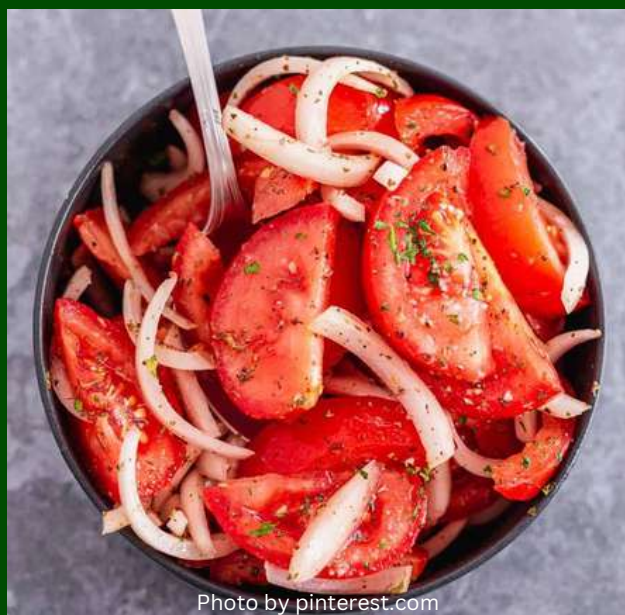


Photo by pinterest.com

# TOMATO AND ONION SALAD

## INGREDIENTS

- 2 cups tomatoes, finely diced
- 1 cup onions, finely diced
- 1 green chili, finely chopped (optional)
- 2 tbsp fresh coriander leaves, chopped
- 1 tbsp lemon juice
- Salt to taste
- Black pepper to taste

## STEPS

1. In a mixing bowl, combine the diced tomatoes and onions.
2. Add the finely chopped green chili.
3. Sprinkle the fresh coriander leaves over the mixture.
4. Drizzle with lemon juice.
5. Season with salt and black pepper to taste.
6. Mix well to combine all the ingredients.
7. Serve immediately for the best flavor and freshness.



## Nutritional Value (per serving)

- Calories: 40 kcal
- Protein: 1 g
- Carbohydrates: 9 g
- Fiber: 2 g
- Fat: 0.2 g



# 08

## CUCUMBER AND MINT SALAD

CUCUMBER AND MINT SALAD IS A REFRESHING AND COOLING DISH PERFECT FOR HOT DAYS. THE CRISP CUCUMBERS PAIRED WITH THE AROMATIC FRESHNESS OF MINT LEAVES AND A TANGY LEMON DRESSING MAKE THIS SALAD A DELIGHTFUL SIDE DISH. IT'S QUICK TO PREPARE AND OFFERS A HYDRATING, LOW-CALORIE OPTION PACKED WITH ESSENTIAL NUTRIENTS AND FIBER.



# CUCUMBER AND MINT SALAD

## INGREDIENTS

- 2 cups cucumber, finely diced
- 1/4 cup onions, finely chopped
- 2 tbsp fresh mint leaves, chopped
- 2 tbsp fresh coriander leaves, chopped
- 1 tbsp lemon juice
- Salt to taste
- Black pepper to taste

## STEPS

1. In a large bowl, combine the diced cucumbers and chopped onions.
2. Add the chopped mint and coriander leaves.
3. Drizzle with lemon juice.
4. Season with salt and black pepper to taste.
5. Mix well to combine all ingredients.
6. Serve immediately for the freshest taste.



## Nutritional Value (per serving)

- Calories: 30 kcal
- Protein: 1 g
- Carbohydrates: 7 g
- Fiber: 1.5 g
- Fat: 0.2 g

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09

## BEAN SPROUT SALAD

BEAN SPROUT SALAD IS A CRUNCHY, NUTRITIOUS DISH THAT COMBINES THE FRESH TASTE OF MIXED BEAN SPROUTS WITH CRISP VEGETABLES AND A ZESTY LEMON DRESSING. THIS SALAD IS QUICK TO PREPARE, RICH IN VITAMINS, MINERALS, AND FIBER, MAKING IT A PERFECT HEALTHY SIDE OR LIGHT MEAL.



Photo by pinterest.com

# BEAN SPROUT SALAD

## INGREDIENTS

- 2 cups mixed bean sprouts (e.g., mung bean, lentil)
- 1/2 cup cucumber, finely diced
- 1/2 cup tomatoes, finely diced
- 1/4 cup onions, finely chopped
- 1 green chili, finely chopped (optional)
- 2 tbsp fresh coriander leaves, chopped
- 1 tbsp lemon juice
- 1/2 tsp chaat masala
- Salt to taste

## STEPS

1. In a large bowl, combine the mixed bean sprouts, diced cucumber, tomatoes, and onions.
2. Add the finely chopped green chili (if using) and fresh coriander leaves.
3. Drizzle with lemon juice and sprinkle with chaat masala.
4. Season with salt to taste.
5. Mix well to combine all ingredients.
6. Serve immediately for the best texture and flavor.



## Nutritional Value (per serving)

- Calories: 30 kcal
- Protein: 1 g
- Carbohydrates: 7 g
- Fiber: 1.5 g
- Fat: 0.2 g





# 10

## CUCUMBER AND DILL SALAD

CUCUMBER AND DILL SALAD IS A LIGHT AND REFRESHING DISH THAT COMBINES THE CRISPNESS OF CUCUMBERS WITH THE AROMATIC FLAVOR OF FRESH DILL. DRESSED WITH A SIMPLE LEMON-OLIVE OIL DRESSING, THIS SALAD IS PERFECT FOR A HEALTHY SIDE DISH OR A QUICK SNACK. IT'S HYDRATING, LOW IN CALORIES, AND PACKED WITH ESSENTIAL NUTRIENTS AND FIBER.



# CUCUMBER AND DILL SALAD

## INGREDIENTS

- 2 cups cucumber, finely diced
- 2 tbsp fresh dill, chopped
- 1/4 cup onions, finely chopped
- 1 tbsp lemon juice
- 1 tbsp olive oil
- Salt to taste
- Black pepper to taste

## STEPS

1. In a large bowl, combine the diced cucumbers and chopped onions.
2. Add the chopped fresh dill.
3. Drizzle with lemon juice and olive oil.
4. Season with salt and black pepper to taste.
5. Mix well to combine all ingredients.
6. Serve immediately for the freshest taste.



## Nutritional Value (per serving)

- Calories: 45 kcal
- Protein: 1 g
- Carbohydrates: 6 g
- Fiber: 1.5 g
- Fat: 2 g



11

## SPICED CARROT SALAD

SPICED CARROT SALAD IS A VIBRANT AND FLAVORFUL DISH THAT COMBINES THE NATURAL SWEETNESS OF CARROTS WITH AROMATIC SPICES. ENHANCED WITH ROASTED CUMIN SEEDS, GREEN CHILIES, AND A TANGY LEMON DRESSING, THIS SALAD IS A PERFECT SIDE DISH FOR ANY MEAL. IT'S QUICK TO PREPARE, NUTRITIOUS, AND PACKED WITH FIBER AND ESSENTIAL VITAMINS.



Photo by pinterest.com

# SPICED CARROT SALAD

## INGREDIENTS

- 2 cups carrots, grated
- 1 green chili, finely chopped (optional)
- 1 tbsp fresh coriander leaves, chopped
- 1 tbsp lemon juice
- 1/2 tsp roasted cumin seeds
- 1/4 tsp chaat masala
- Salt to taste
- 1 tsp oil (optional)

## STEPS

1. In a large bowl, combine the grated carrots.
2. Add the finely chopped green chili and fresh coriander leaves.
3. Drizzle with lemon juice.
4. In a small pan, heat the oil (if using) and add roasted cumin seeds. Sauté for a few seconds until aromatic.
5. Pour the tempered cumin seeds over the salad.
6. Sprinkle with chaat masala and salt to taste.
7. Mix well to combine all ingredients.
8. Serve immediately for the freshest flavor and best texture.

## Nutritional Value (per serving)

- Calories: 50 kcal
- Protein: 1 g
- Carbohydrates: 10 g
- Fiber: 3 g
- Fat: 1 g



12

## RADISH SALAD

RADISH SALAD IS A CRISP AND REFRESHING DISH THAT HIGHLIGHTS THE PEPPERY FLAVOR OF FRESH RADISHES. COMBINED WITH ONIONS, GREEN CHILIES, AND CORIANDER, AND DRESSED WITH A TANGY LEMON DRESSING, THIS SALAD IS A QUICK AND NUTRITIOUS ADDITION TO ANY MEAL. IT'S LOW IN CALORIES AND RICH IN VITAMINS AND FIBER, MAKING IT A PERFECT HEALTHY SIDE DISH.



Photo by pinterest.com



# RADISH SALAD

## INGREDIENTS

- 2 cups radishes, thinly sliced
- 1/4 cup onions, finely chopped
- 1 green chili, finely chopped (optional)
- 2 tbsp fresh coriander leaves, chopped
- 1 tbsp lemon juice
- Salt to taste
- Black pepper to taste

## STEPS

1. In a large bowl, combine the thinly sliced radishes and finely chopped onions.
2. Add the finely chopped green chili (if using) and fresh coriander leaves.
3. Drizzle with lemon juice.
4. Season with salt and black pepper to taste.
5. Mix well to combine all ingredients.
6. Serve immediately to enjoy the fresh flavors and crunchy texture.

## Nutritional Value (per serving)

- Calories: 30 kcal
- Protein: 1 g
- Carbohydrates: 6 g
- Fiber: 2 g
- Fat: 0.2 g



13

## METHI SPROUT SALAD

METHI SPROUT SALAD IS A NUTRITIOUS AND FLAVORFUL DISH MADE WITH SPROUTED FENUGREEK SEEDS (METHI), FRESH VEGETABLES, AND A TANGY LEMON DRESSING. THIS SALAD IS PACKED WITH PROTEIN, FIBER, AND ESSENTIAL NUTRIENTS, MAKING IT A HEALTHY CHOICE FOR A LIGHT MEAL OR SIDE DISH. THE SLIGHT BITTERNESS OF METHI SPROUTS IS BALANCED BY THE FRESHNESS OF THE VEGETABLES AND THE ZESTINESS OF THE LEMON JUICE.





# METHI SPROUT SALAD

## INGREDIENTS

- 1 cup methi (fenugreek) sprouts
- 1/2 cup cucumber, finely diced
- 1/2 cup tomatoes, finely diced
- 1/4 cup onions, finely chopped
- 1 green chili, finely chopped (optional)
- 2 tbsp fresh coriander leaves, chopped
- 1 tbsp lemon juice
- 1/2 tsp chaat masala
- Salt to taste

## STEPS

1. In a large bowl, combine the methi sprouts, diced cucumber, tomatoes, and onions.
2. Add the finely chopped green chili (if using) and fresh coriander leaves.
3. Drizzle with lemon juice and sprinkle with chaat masala.
4. Season with salt to taste.
5. Mix well to combine all the ingredients.
6. Serve immediately to enjoy the fresh flavors and best texture.

## Nutritional Value (per serving)

- Calories: 50 kcal
- Protein: 3 g
- Carbohydrates: 10 g
- Fiber: 4 g
- Fat: 0.5 g



# 14

## CUCUMBER AND TOMATO SALAD

CUCUMBER AND TOMATO SALAD IS A CLASSIC, REFRESHING DISH THAT COMBINES THE CRISPNESS OF CUCUMBERS WITH THE JUICINESS OF TOMATOES. ENHANCED WITH ONIONS, FRESH CORIANDER, AND A ZESTY LEMON DRESSING, THIS SALAD IS A PERFECT SIDE DISH FOR ANY MEAL. IT'S QUICK TO PREPARE, HYDRATING, AND PACKED WITH VITAMINS, MINERALS, AND FIBER.



# CUCUMBER AND TOMATO SALAD

## INGREDIENTS

- 2 cups cucumber, finely diced
- 2 cups tomatoes, finely diced
- 1/4 cup onions, finely chopped
- 2 tbsp fresh coriander leaves, chopped
- 1 tbsp lemon juice
- Salt to taste
- Black pepper to taste

## STEPS

1. In a large bowl, combine the diced cucumbers and tomatoes.
2. Add the finely chopped onions and fresh coriander leaves.
3. Drizzle with lemon juice.
4. Season with salt and black pepper to taste.
5. Mix well to combine all the ingredients.
6. Serve immediately to enjoy the fresh flavors and best texture.



## Nutritional Value (per serving)

- Calories: 40 kcal
- Protein: 1.5 g
- Carbohydrates: 9 g
- Fiber: 2.5 g
- Fat: 0.2 g



# 15

## OKRA SALAD

OKRA SALAD IS A UNIQUE AND FLAVORFUL DISH THAT COMBINES THE SLIGHTLY CRUNCHY TEXTURE OF FRESH OKRA WITH VIBRANT VEGETABLES AND A TANGY LEMON DRESSING. THIS SALAD IS A REFRESHING AND NUTRITIOUS SIDE DISH, PERFECT FOR SUMMER MEALS. IT'S RICH IN FIBER, VITAMINS, AND ANTIOXIDANTS, MAKING IT A HEALTHY ADDITION TO YOUR DIET.



Photo by pinterest.com

# OKRA SALAD

## INGREDIENTS

- 2 cups fresh okra, thinly sliced
- 1/2 cup tomatoes, finely diced
- 1/4 cup onions, finely chopped
- 1 green chili, finely chopped (optional)
- 2 tbsp fresh coriander leaves, chopped
- 1 tbsp lemon juice
- 1/2 tsp roasted cumin powder
- Salt to taste
- 1 tsp oil

## STEPS

1. Heat the oil in a pan and lightly sauté the sliced okra until it is tender but still slightly crunchy. Allow it to cool.
2. In a large bowl, combine the sautéed okra, diced tomatoes, and finely chopped onions.
3. Add the finely chopped green chili (if using) and fresh coriander leaves.
4. Drizzle with lemon juice and sprinkle with roasted cumin powder.
5. Season with salt to taste.
6. Mix well to combine all the ingredients.
7. Serve immediately or chill in the refrigerator for 15-20 minutes for enhanced flavors.

## Nutritional Value (per serving)

- Calories: 60 kcal
- Protein: 1.5 g
- Carbohydrates: 8 g
- Fiber: 3 g
- Fat: 2.5 g



16

## CUCUMBER AND SESAME SALAD

CUCUMBER AND SESAME SALAD IS A LIGHT AND REFRESHING DISH THAT COMBINES THE CRISPNESS OF CUCUMBERS WITH THE NUTTY FLAVOR OF TOASTED SESAME SEEDS. ENHANCED WITH FRESH CORIANDER AND A ZESTY LEMON DRESSING, THIS SALAD IS PERFECT FOR A QUICK, HEALTHY SIDE DISH. IT'S LOW IN CALORIES BUT HIGH IN ESSENTIAL NUTRIENTS AND FIBER, MAKING IT AN EXCELLENT ADDITION TO ANY MEAL.





# CUCUMBER AND SESAME SALAD

## INGREDIENTS

- 2 cups cucumber, thinly sliced
- 1 tbsp sesame seeds, toasted
- 2 tbsp fresh coriander leaves, chopped
- 1 tbsp lemon juice
- 1 tsp sesame oil (optional)
- Salt to taste
- Black pepper to taste

## STEPS

1. In a large bowl, combine the thinly sliced cucumbers.
2. Add the toasted sesame seeds and fresh coriander leaves.
3. Drizzle with lemon juice and sesame oil (if using).
4. Season with salt and black pepper to taste.
5. Toss well to combine all ingredients.
6. Serve immediately for the best flavor and texture.

## Nutritional Value (per serving)

- Calories: 45 kcal
- Protein: 1.5 g
- Carbohydrates: 6 g
- Fiber: 1.5 g
- Fat: 2 g





17

## PEANUT AND CARROT SALAD

PEANUT AND CARROT SALAD IS A CRUNCHY AND FLAVORFUL DISH THAT COMBINES THE NATURAL SWEETNESS OF CARROTS WITH THE NUTTY TASTE OF ROASTED PEANUTS. ENHANCED WITH FRESH CORIANDER, LEMON JUICE, AND A HINT OF SPICE, THIS SALAD IS A NUTRITIOUS AND SATISFYING OPTION FOR ANY MEAL. IT'S RICH IN FIBER, PROTEIN, AND ESSENTIAL NUTRIENTS, MAKING IT BOTH DELICIOUS AND HEALTHY.



Photo by [pinterest.com](https://www.pinterest.com)

# PEANUT AND CARROT SALAD

## INGREDIENTS

- 2 cups carrots, grated
- 1/2 cup roasted peanuts, coarsely chopped
- 1/4 cup onions, finely chopped
- 1 green chili, finely chopped (optional)
- 2 tbsp fresh coriander leaves, chopped
- 1 tbsp lemon juice
- Salt to taste
- Black pepper to taste

## STEPS

1. In a large bowl, combine the grated carrots, coarsely chopped roasted peanuts, and finely chopped onions.
2. Add the finely chopped green chili (if using) and fresh coriander leaves.
3. Drizzle with lemon juice.
4. Season with salt and black pepper to taste.
5. Toss well to combine all ingredients.
6. Serve immediately to enjoy the fresh flavors and crunchy texture.

## Nutritional Value (per serving)

- Calories: 120 kcal
- Protein: 4 g
- Carbohydrates: 10 g
- Fiber: 3 g
- Fat: 7 g



18

## MASALA CORN SALAD

MASALA CORN SALAD IS A VIBRANT AND FLAVORFUL DISH THAT COMBINES SWEET CORN WITH TANGY SPICES AND FRESH VEGETABLES. THIS QUICK AND EASY SALAD IS PERFECT FOR A HEALTHY SNACK OR SIDE DISH. IT'S BURSTING WITH FLAVORS FROM THE SPICES AND HERBS, AND IT'S PACKED WITH VITAMINS, MINERALS, AND FIBER, MAKING IT BOTH NUTRITIOUS AND DELICIOUS.



Photo by pinterest.com

# MASALA CORN SALAD

## INGREDIENTS

- 2 cups sweet corn kernels (cooked or canned)
- 1/2 cup tomatoes, finely diced
- 1/4 cup onions, finely chopped
- 1 green chili, finely chopped (optional)
- 2 tbsp fresh coriander leaves, chopped
- 1 tbsp lemon juice
- 1/2 tsp chaat masala
- 1/4 tsp red chili powder (optional)
- Salt to taste

## STEPS

1. In a large bowl, combine the sweet corn kernels, diced tomatoes, and finely chopped onions.
2. Add the finely chopped green chili (if using) and fresh coriander leaves.
3. Drizzle with lemon juice.
4. Sprinkle with chaat masala, red chili powder (if using), and salt.
5. Toss well to combine all ingredients.
6. Serve immediately for the freshest taste.

## Nutritional Value (per serving)

- Calories: 90 kcal
- Protein: 3 g
- Carbohydrates: 18 g
- Fiber: 2 g
- Fat: 1 g



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19

# KALE AND CHICKPEA SALAD

KALE AND CHICKPEA SALAD IS A NUTRITIOUS AND HEARTY DISH THAT COMBINES THE EARTHY FLAVORS OF KALE WITH THE CREAMY TEXTURE OF CHICKPEAS. ENHANCED WITH A TANGY LEMON DRESSING, FRESH VEGETABLES, AND A SPRINKLE OF SESAME SEEDS, THIS SALAD IS PERFECT FOR A HEALTHY MEAL OR SIDE DISH. IT'S RICH IN FIBER, PROTEIN, AND ESSENTIAL NUTRIENTS, MAKING IT BOTH SATISFYING AND BENEFICIAL FOR YOUR HEALTH.





# KALE AND CHICKPEA SALAD

## INGREDIENTS

- 2 cups kale, finely chopped
- 1 cup cooked chickpeas (or canned, drained, and rinsed)
- 1/2 cup cherry tomatoes, halved
- 1/4 cup red onions, finely chopped
- 1/4 cup cucumber, finely diced
- 2 tbsp fresh coriander leaves, chopped
- 1 tbsp lemon juice
- 1 tbsp olive oil
- 1 tbsp sesame seeds, toasted
- Salt to taste
- Black pepper to taste

## STEPS

1. In a large bowl, combine the finely chopped kale and cooked chickpeas.
2. Add the cherry tomatoes, red onions, and diced cucumber.
3. Add the fresh coriander leaves.
4. Drizzle with lemon juice and olive oil.
5. Season with salt and black pepper to taste.
6. Sprinkle with toasted sesame seeds.
7. Toss well to combine all ingredients.
8. Serve immediately or let it sit for 10-15 minutes to allow the flavors to meld.

## Nutritional Value (per serving)

- Calories: 180 kcal
- Protein: 7 g
- Carbohydrates: 20 g
- Fiber: 6 g
- Fat: 8 g



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## BLACK EYED PEA SALAD

BLACK EYED PEA SALAD IS A HEARTY AND FLAVORFUL DISH THAT COMBINES THE NUTTY TASTE OF BLACK-EYED PEAS WITH FRESH VEGETABLES AND A TANGY LEMON DRESSING. THIS SALAD IS PERFECT AS A HEALTHY SIDE DISH OR A LIGHT MEAL. PACKED WITH PROTEIN, FIBER, AND ESSENTIAL NUTRIENTS, IT OFFERS A NUTRITIOUS AND SATISFYING OPTION FOR ANY TIME OF THE DAY.



# BLACK EYED PEA SALAD

## INGREDIENTS

- 2 cups cooked black-eyed peas (or canned, drained, and rinsed)
- 1/2 cup tomatoes, finely diced
- 1/2 cup cucumber, finely diced
- 1/4 cup red bell pepper, finely diced
- 1/4 cup onions, finely chopped
- 1 green chili, finely chopped (optional)
- 2 tbsp fresh coriander leaves, chopped
- 1 tbsp lemon juice
- 1 tbsp olive oil
- Salt to taste
- Black pepper to taste

## STEPS

1. In a large bowl, combine the cooked black-eyed peas, diced tomatoes, cucumber, and red bell pepper.
2. Add the finely chopped onions and green chili (if using).
3. Add the fresh coriander leaves.
4. Drizzle with lemon juice and olive oil.
5. Season with salt and black pepper to taste.
6. Toss well to combine all ingredients.
7. Serve immediately or chill in the refrigerator for 15-20 minutes to enhance the flavors.

## Nutritional Value (per serving)

- Calories: 150 kcal
- Protein: 6 g
- Carbohydrates: 24 g
- Fiber: 7 g
- Fat: 4 g

