

30 LIGHT DINNER RECIPES

FOR WEIGHT LOSS

Written By
Mrutyunjaya Dash, Nutritionist



Table of Contents

<u>Introduction</u>	05
<u>Chapter 01: Moong Dal Soup</u>	06
<u>Chapter 02: Palak Tofu Stir-fry</u>	07
<u>Chapter 03: Chickpea Salad</u>	08
<u>Chapter 04: Lentil & Vegetable Stew</u>	09
<u>Chapter 05: Grilled Paneer Tikka</u>	10
<u>Chapter 06: Quinoa Upma</u>	11
<u>Chapter 07: Kale Chana Salad</u>	12
<u>Chapter 08: Besan Chilla</u>	13
<u>Chapter 09: Methi Dal</u>	14
<u>Chapter 10: Spicy Sprouts Chaat</u>	15

Table of Contents

<u>Chapter 11: Pumpkin & Lentil Soup</u>	16
<u>Chapter 12: Stuffed Capsicum</u>	17
<u>Chapter13!: Oats Khichdi</u>	18
<u>Chapter 14: Vegetable Raita</u>	19
<u>Chapter 15: Cabbage & Peas Stir-fry.</u>	20
<u>Chapter 16: Tofu Bhurji</u>	21
<u>Chapter 17: Masoor Dal Soup</u>	22
<u>Chapter 18: Cucumber & Mint Raita</u>	23
<u>Chapter 19: Mixed Lentil Salad</u>	24
<u>Chapter 20: Zucchini Boats</u>	25

Table of Contents

<u>Chapter 21: Chana Dal Chutney</u>	26
<u>Chapter 22: Green Bean Poriyal</u>	27
<u>Chapter 23: Vegetable Stew</u>	28
<u>Chapter 24: Tomato & Cucumber Salad</u>	29
<u>Chapter 25: Spinach & Chickpea Soup</u>	30
<u>Chapter 26: Cucumber & Tomato Raita</u>	31
<u>Chapter 27: Bottle Gourd Soup</u>	32
<u>Chapter 28: Green Gram Salad</u>	33
<u>Chapter 29: Rajma Salad</u>	34
<u>Chapter 30: Bhindi (Okra) Stir-fry</u>	35
<u>Conclusion</u>	36

INTRODUCTION

Hello, I'm your coach Mrutyunjaya Dash.

Hello, I'm Mrutyunjaya, a dedicated nutritionist with a passion for helping individuals achieve their health and fitness goals through personalized dietary guidance. With years of experience in the field, I have successfully guided countless clients on their journeys to weight loss, optimal health, and overall well-being.

My approach combines scientific knowledge with practical advice, ensuring that healthy eating becomes a sustainable and enjoyable part of everyday life.

In this book, I am excited to share a collection of light Indian dinner recipes that are not only delicious but also packed with the nutrients necessary to kick-start your day. These recipes are crafted to support your weight loss efforts while keeping you energized and satisfied. Drawing from the rich culinary traditions of India, I have created meals that are both healthy and full of flavor, proving that nutritious food can also be incredibly tasty.

Join me as we explore these nourishing breakfast options that will help you stay fit, healthy, and ready to tackle your day with vigor. Let's embark on this journey to better health together!



- Mrutyunjaya Dash

CHAPTER 01

Moong Dal Soup

Description:

A light and nutritious soup made from moong dal (split yellow lentils), rich in protein and fiber, perfect for a healthy dinner under 250 kcal.

Ingredients:

- 1/2 cup moong dal (split yellow lentils)
- 1 small onion, finely chopped
- 1 small tomato, chopped
- 1/2 tsp cumin seeds
- 1/2 tsp turmeric powder
- 1/2 tsp ginger, grated
- 1 garlic clove, minced
- 1 green chili, chopped (optional)
- 1 tbsp fresh cilantro, chopped
- 1 tsp lemon juice
- Salt to taste
- 1 tsp olive oil
- 3 cups water

Steps:

1. Rinse moong dal thoroughly and soak for 30 minutes.
2. Heat olive oil in a pot; add cumin seeds and let them splutter.
3. Add onion, ginger, garlic, and green chili; sauté until onions are translucent.
4. Add chopped tomato and turmeric powder; cook until tomatoes soften.
5. Drain and add soaked moong dal; sauté for 2–3 minutes.
6. Add 3 cups of water and salt; bring to a boil.
7. Reduce heat, cover, and simmer for 20–25 minutes until dal is tender.
8. Blend the soup to desired consistency using an immersion blender.
9. Add lemon juice and garnish with fresh cilantro.

Nutritional Value (per serving):

- Calories: 180 kcal
- Protein: 12g
- Fiber: 7g



CHAPTER 02

Palak Tofu Stir-fry

Description:

A nutritious and delicious stir-fry combining the goodness of spinach (palak) and tofu. This dish is high in protein and fiber, making it a perfect light dinner under 250 kcal.

Ingredients:

- 1 cup firm tofu, cubed
- 2 cups fresh spinach, chopped
- 1 small onion, thinly sliced
- 1 small bell pepper, thinly sliced
- 1 garlic clove, minced
- 1/2 inch ginger, minced
- 1 green chili, chopped (optional)
- 1 tbsp soy sauce
- 1 tsp olive oil
- Salt and pepper to taste
- 1 tsp sesame seeds (optional)

Steps:

1. Heat olive oil in a large pan over medium heat.
2. Add minced garlic, ginger, and green chili; sauté until fragrant.
3. Add onions and bell pepper; stir-fry until they are slightly tender.
4. Add tofu cubes; cook until tofu is lightly browned on all sides.
5. Add chopped spinach; stir-fry until wilted.
6. Pour in soy sauce; mix well and cook for another 2–3 minutes.
7. Season with salt and pepper to taste.
8. Sprinkle sesame seeds on top if using, and serve hot.

Nutritional Value (per serving):

- Calories: 210 kcal
- Protein: 14g
- Fiber: 6g



CHAPTER 03

Chickpea Salad

Description:

A refreshing and nutrient-dense chickpea salad that's perfect for a light dinner. It's packed with protein and fiber, making it a healthy and filling option under 250 kcal.

Ingredients:

- 1 cup cooked chickpeas (canned or boiled)
- 1 small cucumber, diced
- 1 small tomato, diced
- 1/4 red onion, finely chopped
- 1/4 cup fresh cilantro, chopped
- 1 green chili, chopped (optional)
- 1 tbsp lemon juice
- 1 tsp olive oil
- Salt and pepper to taste
- 1/2 tsp cumin powder

Steps:

1. In a large bowl, combine cooked chickpeas, cucumber, tomato, red onion, and green chili.
2. Add chopped cilantro and mix well.
3. In a small bowl, whisk together lemon juice, olive oil, salt, pepper, and cumin powder.
4. Pour the dressing over the chickpea mixture and toss to coat evenly.
5. Adjust seasoning if needed and serve immediately.

Nutritional Value (per serving):

- Calories: 220 kcal
- Protein: 11g
- Fiber: 8g



CHAPTER 04

Lentil & Vegetable Stew

Description:

A hearty and nutritious lentil and vegetable stew that's rich in protein and fiber, perfect for a wholesome and light dinner under 250 kcal.

Ingredients:

- 1/2 cup green or brown lentils
- 1 small carrot, diced
- 1 small potato, diced
- 1/2 cup diced tomatoes (fresh or canned)
- 1 small onion, chopped
- 1 celery stalk, diced
- 1 cup spinach, chopped
- 2 garlic cloves, minced
- 1/2 tsp turmeric powder
- 1/2 tsp cumin powder
- 1/2 tsp paprika
- 1 tsp olive oil
- 4 cups vegetable broth or water
- Salt and pepper to taste
- 1 tbsp fresh parsley, chopped (optional)

Steps:

1. Rinse lentils thoroughly and set aside.
2. Heat olive oil in a large pot over medium heat.
3. Add onion, garlic, and celery; sauté until softened.
4. Add diced carrot, potato, and spinach; cook for 2-3 minutes.
5. Stir in turmeric, cumin, and paprika; cook for 1 minute.
6. Add lentils, diced tomatoes, and vegetable broth; bring to a boil.
7. Reduce heat, cover, and simmer for 25-30 minutes until lentils and vegetables are tender.
8. Season with salt and pepper to taste.
9. Garnish with fresh parsley if desired and serve hot.

Nutritional Value (per serving):

- Calories: 240 kcal
- Protein: 12g
- Fiber: 9g

**GET MORE WEIGHT LOSS
GUIDANCE WITH 1 ON 1
CONSULTATION**

BOOK NOW



CHAPTER 05

Grilled Paneer Tikka

Description:

Grilled Paneer Tikka is a flavorful and protein-rich dish that's light and perfect for dinner under 250 kcal. Marinated paneer cubes are grilled to perfection with bell peppers and onions, offering a delicious and nutritious meal.

Ingredients:

- 1 cup paneer, cubed
- 1/2 cup bell peppers, cubed
- 1/2 cup onion, cubed
- 1/4 cup plain yogurt
- 1 tbsp lemon juice
- 1 tsp ginger-garlic paste
- 1/2 tsp turmeric powder
- 1/2 tsp cumin powder
- 1/2 tsp coriander powder
- 1/2 tsp garam masala
- 1/2 tsp paprika or red chili powder
- 1 tsp olive oil
- Salt to taste
- Skewers

Steps:

1. In a bowl, mix yogurt, lemon juice, ginger-garlic paste, turmeric, cumin, coriander, garam masala, paprika, and salt.
2. Add paneer cubes, bell peppers, and onions to the marinade. Mix well and let it sit for at least 30 minutes.
3. Preheat the grill or oven to medium-high heat.
4. Thread the marinated paneer, bell peppers, and onions onto skewers.
5. Brush with olive oil and grill for 10–15 minutes, turning occasionally, until the paneer is golden and vegetables are tender.
6. Serve hot with a side of mint chutney.

Nutritional Value (per serving):

- Calories: 240 kcal
- Protein: 14g
- Fiber: 2g



CHAPTER 06

Quinoa Upma

Description:

Quinoa Upma is a nutritious and protein-rich twist on the traditional South Indian breakfast dish. Made with quinoa and mixed vegetables, this light dinner option is high in fiber and protein, and it stays under 250 kcal.

Ingredients:

- 1/2 cup quinoa, rinsed
- 1 small onion, finely chopped
- 1 small carrot, diced
- 1/4 cup green peas
- 1/4 cup bell pepper, diced
- 1 small tomato, chopped
- 1 green chili, chopped (optional)
- 1/2 tsp mustard seeds
- 1/2 tsp cumin seeds
- 1/2 tsp turmeric powder
- 1 tsp ginger, grated
- 5–6 curry leaves
- 1 tbsp fresh cilantro, chopped
- 1 tbsp lemon juice
- 1 tsp olive oil
- Salt to taste
- 1 1/2 cups water

Steps:

1. Heat olive oil in a pan over medium heat. Add mustard seeds and cumin seeds; let them splutter.
2. Add chopped onion, green chili, and grated ginger; sauté until onions are translucent.
3. Add diced carrot, bell pepper, green peas, and curry leaves; cook for 2–3 minutes.
4. Stir in chopped tomato and turmeric powder; cook until tomatoes soften.
5. Add rinsed quinoa and sauté for 2 minutes.
6. Pour in water and add salt to taste. Bring to a boil.
7. Reduce heat, cover, and simmer for 15–20 minutes, until quinoa is cooked and water is absorbed.
8. Stir in lemon juice and garnish with fresh cilantro.
9. Serve hot.

Nutritional Value (per serving):

- Calories: 230 kcal
- Protein: 8g
- Fiber: 5g



CHAPTER 07

Kale Chana Salad

Description:

Kale Chana Salad is a vibrant and nutritious salad combining the goodness of kale and black chickpeas (chana). It's rich in protein and fiber, making it a light yet filling dinner option under 250 kcal.

Ingredients:

- 1 cup cooked black chickpeas (kala chana)
- 1 cup fresh kale, chopped
- 1 small tomato, diced
- 1 small cucumber, diced
- 1/4 red onion, finely chopped
- 1/4 cup fresh cilantro, chopped
- 1 tbsp lemon juice
- 1 tsp olive oil
- Salt and pepper to taste
- 1/2 tsp cumin powder
- 1/2 tsp chaat masala (optional)

Steps:

1. In a large bowl, combine cooked black chickpeas, chopped kale, tomato, cucumber, red onion, and cilantro.
2. In a small bowl, whisk together lemon juice, olive oil, salt, pepper, cumin powder, and chaat masala (if using).
3. Pour the dressing over the salad and toss well to coat all ingredients evenly.
4. Adjust seasoning if needed and serve immediately.

Nutritional Value (per serving):

- Calories: 220 kcal
- Protein: 10g
- Fiber: 9g



CHAPTER 08

Besan Chilla

Description:

Besan Chilla is a savory and protein-packed pancake made from chickpea flour (besan) and vegetables. It's a nutritious and light dinner option, rich in fiber and protein, and under 250 kcal.

Ingredients:

- 1 cup chickpea flour (besan)
- 1 small onion, finely chopped
- 1 small tomato, finely chopped
- 1 small green chili, finely chopped (optional)
- 1/4 cup cilantro, chopped
- 1/4 tsp turmeric powder
- 1/2 tsp cumin seeds
- 1/2 tsp red chili powder
- Salt to taste
- Water as needed
- 1 tsp olive oil

Steps:

1. In a bowl, combine chickpea flour, chopped onion, tomato, green chili, cilantro, turmeric powder, cumin seeds, red chili powder, and salt.
2. Gradually add water to the mixture to form a smooth batter with a pancake-like consistency.
3. Heat a non-stick skillet over medium heat and lightly grease with olive oil.
4. Pour a ladleful of batter onto the skillet and spread it into a thin circle.
5. Cook for 2-3 minutes until the edges start to lift and the bottom is golden brown.
6. Flip and cook the other side for another 2-3 minutes.
7. Repeat with the remaining batter.
8. Serve hot with mint chutney or curd.

Nutritional Value (per serving):

- Calories: 220 kcal
- Protein: 10g
- Fiber: 9g



GET MORE NUTRITION &
DIET GUIDANCE WITH 1 ON
1 CONSULTATION

BOOK NOW



CHAPTER 09

Methi Dal

Description:

Methi Dal is a flavorful and nutritious lentil dish cooked with fresh fenugreek leaves (methi). It's rich in protein and fiber, making it a perfect light dinner option under 250 kcal.

Ingredients:

- 1/2 cup yellow moong dal (split yellow lentils)
- 1 cup fresh methi (fenugreek) leaves, chopped
- 1 small onion, finely chopped
- 1 small tomato, chopped
- 1 green chili, chopped (optional)
- 1/2 tsp turmeric powder
- 1/2 tsp cumin seeds
- 1/2 tsp mustard seeds
- 1/2 tsp red chili powder
- 1 tsp ginger-garlic paste
- 1 tbsp lemon juice
- 1 tsp ghee or oil
- Salt to taste
- 2 cups water

Steps:

1. Rinse moong dal thoroughly and cook with 2 cups of water and turmeric powder in a pressure cooker for 3–4 whistles or until soft.
2. Heat ghee or oil in a pan over medium heat. Add cumin seeds and mustard seeds; let them splutter.
3. Add chopped onion and green chili; sauté until onions are translucent.
4. Add ginger-garlic paste and sauté for another minute.
5. Stir in chopped tomato and cook until it softens.
6. Add chopped methi leaves, red chili powder, and salt; cook until the methi leaves wilt.
7. Add the cooked moong dal to the pan and mix well. Simmer for 5–7 minutes, adjusting the consistency with water if needed.
8. Stir in lemon juice before serving.
9. Serve hot with a side of chapati or rice.

Nutritional Value (per serving):

- Calories: 230 kcal
- Protein: 12g
- Fiber: 8g



CHAPTER 10

Spicy Sprouts Chaat

Description:

Spicy Sprouts Chaat is a tangy and nutritious snack made from sprouted legumes mixed with fresh vegetables and spices. It's rich in protein and fiber, making it a perfect light dinner option under 250 kcal.

Ingredients:

- 1 cup mixed sprouts (e.g., mung beans, chickpeas)
- 1 small tomato, finely chopped
- 1 small onion, finely chopped
- 1 small cucumber, finely chopped
- 1 green chili, finely chopped (optional)
- 1/4 cup fresh cilantro, chopped
- 1 tbsp lemon juice
- 1 tsp chaat masala
- 1/2 tsp roasted cumin powder
- Salt to taste
- 1 tsp olive oil

Steps:

1. Steam or boil the mixed sprouts until tender but still crunchy. Let them cool.
2. In a large bowl, combine the cooled sprouts, chopped tomato, onion, cucumber, green chili, and cilantro.
3. Add lemon juice, chaat masala, roasted cumin powder, salt, and olive oil.
4. Mix everything well to coat the sprouts and vegetables with the spices and lemon juice.
5. Serve immediately as a refreshing and spicy chaat.

Nutritional Value (per serving):

- Calories: 200 kcal
- Protein: 12g
- Fiber: 8g



CHAPTER 11

Pumpkin & Lentil Soup

Description:

Pumpkin & Lentil Soup is a hearty and nutritious dish combining the creamy texture of pumpkin with protein-rich lentils. This comforting soup is perfect for a light dinner under 250 kcal, offering a balanced mix of flavors and nutrients.

Ingredients:

- 1 cup pumpkin, peeled and diced
- 1/2 cup red lentils (masoor dal)
- 1 small onion, finely chopped
- 1 small carrot, diced
- 2 garlic cloves, minced
- 1/2 tsp turmeric powder
- 1/2 tsp cumin powder
- 1/2 tsp paprika
- 1 tbsp olive oil
- 4 cups vegetable broth or water
- Salt and pepper to taste
- Fresh cilantro or parsley for garnish

**Steps:**

1. Rinse the red lentils thoroughly and set aside.
2. Heat olive oil in a large pot over medium heat. Add chopped onion and garlic, sauté until onions are translucent.
3. Add diced carrot and pumpkin; cook for 2–3 minutes.
4. Stir in turmeric, cumin, and paprika; cook for 1 minute.
5. Add the rinsed lentils and vegetable broth. Bring to a boil.
6. Reduce heat, cover, and simmer for 20–25 minutes, until lentils and vegetables are tender.
7. Use an immersion blender to blend the soup to a smooth consistency. Alternatively, transfer to a blender in batches and blend until smooth.
8. Season with salt and pepper to taste.
9. Garnish with fresh cilantro or parsley before serving.

Nutritional Value (per serving):

- Calories: 220 kcal
- Protein: 10g
- Fiber: 8g

CHAPTER 12

Stuffed Capsicum

Description:

Stuffed Capsicum is a nutritious and colorful dish where bell peppers are filled with a flavorful mix of quinoa and vegetables. It's a protein and fiber-rich meal that makes for a light yet satisfying dinner under 250 kcal.

Ingredients:

- 2 large bell peppers (any color)
- 1/2 cup cooked quinoa
- 1 small onion, finely chopped
- 1 small tomato, chopped
- 1/4 cup green peas
- 1 small carrot, grated
- 1 garlic clove, minced
- 1/2 tsp cumin powder
- 1/2 tsp coriander powder
- 1/2 tsp paprika or red chili powder
- 1 tbsp olive oil
- Salt and pepper to taste
- 2 tbsp fresh cilantro, chopped

Steps:

1. Preheat the oven to 375°F (190°C).
2. Cut the tops off the bell peppers and remove seeds and membranes. Set aside.
3. Heat olive oil in a pan over medium heat. Add chopped onion and garlic; sauté until onions are translucent.
4. Add chopped tomato, green peas, grated carrot, cumin powder, coriander powder, and paprika; cook for 2-3 minutes.
5. Stir in cooked quinoa and season with salt and pepper. Cook for another 2 minutes until everything is well combined.
6. Stuff the bell peppers with the quinoa mixture and place them in a baking dish.
7. Cover the dish with aluminum foil and bake for 20-25 minutes until the peppers are tender.
8. Garnish with fresh cilantro before serving.

Nutritional Value (per serving):

- Calories: 220 kcal
- Protein: 8g
- Fiber: 6g



CHAPTER 13

Oats Khichdi

Description:

Oats Khichdi is a wholesome and comforting dish combining oats, lentils, and vegetables. Rich in protein and fiber, this light dinner option is under 250 kcal, making it a perfect choice for a nutritious and satisfying meal.

Ingredients:

- 1/2 cup rolled oats
- 1/4 cup yellow moong dal (split yellow lentils)
- 1 small carrot, diced
- 1/4 cup green peas
- 1 small tomato, chopped
- 1 small onion, finely chopped
- 1/2 tsp cumin seeds
- 1/2 tsp mustard seeds
- 1/2 tsp turmeric powder
- 1/2 tsp ginger, grated
- 1 garlic clove, minced
- 1 green chili, chopped (optional)
- 1 tbsp fresh cilantro, chopped
- 1 tsp olive oil
- Salt to taste
- 3 cups water

Steps:

1. Rinse moong dal thoroughly and set aside.
2. Heat olive oil in a pot over medium heat. Add cumin seeds and mustard seeds; let them splutter.
3. Add chopped onion, ginger, garlic, and green chili; sauté until onions are translucent.
4. Add diced carrot, green peas, and chopped tomato; cook for 2–3 minutes.
5. Stir in rinsed moong dal, rolled oats, and turmeric powder.
6. Add 3 cups of water and salt to taste. Bring to a boil.
7. Reduce heat, cover, and simmer for 20–25 minutes until oats and dal are cooked and the mixture is thickened.
8. Garnish with fresh cilantro before serving.

Nutritional Value (per serving):

- Calories: 240 kcal
- Protein: 10g
- Fiber: 7g



CHAPTER 14

Vegetable Raita

Description:

Vegetable Raita is a refreshing and nutritious yogurt-based side dish mixed with fresh vegetables. It's low in calories and rich in protein and fiber, making it a perfect light accompaniment to any meal under 250 kcal.

Ingredients:

- 1 cup plain yogurt (low-fat or Greek yogurt)
- 1 small cucumber, finely chopped
- 1 small tomato, finely chopped
- 1 small carrot, grated
- 1/4 red onion, finely chopped
- 1 green chili, finely chopped (optional)
- 1/4 cup fresh cilantro, chopped
- 1/4 tsp roasted cumin powder
- Salt to taste
- 1/2 tsp chaat masala (optional)

Steps:

1. In a large bowl, whisk the yogurt until smooth.
2. Add chopped cucumber, tomato, grated carrot, red onion, and green chili (if using).
3. Stir in roasted cumin powder, salt, and chaat masala (if using).
4. Mix well to combine all ingredients evenly.
5. Garnish with fresh cilantro before serving.
6. Serve chilled as a side dish with main courses or as a refreshing snack.

Nutritional Value (per serving):

- Calories: 240 kcal
- Protein: 10g
- Fiber: 7g



CHAPTER 15

Cabbage & Peas Stir-fry

Description:

Cabbage & Peas Stir-fry is a simple, nutritious, and flavorful dish that pairs well with any meal. It's rich in fiber and contains a good amount of protein, making it a light and healthy dinner option under 250 kcal.

Ingredients:

- 2 cups cabbage, thinly sliced
- 1 cup green peas (fresh or frozen)
- 1 small onion, finely chopped
- 1 small tomato, chopped
- 1 green chili, chopped (optional)
- 1/2 tsp mustard seeds
- 1/2 tsp cumin seeds
- 1/2 tsp turmeric powder
- 1/2 tsp red chili powder
- 1/2 tsp garam masala
- 1 tbsp olive oil
- Salt to taste
- Fresh cilantro, chopped for garnish

Steps:

1. Heat olive oil in a pan over medium heat. Add mustard seeds and cumin seeds; let them splutter.
2. Add chopped onion and green chili (if using); sauté until onions are translucent.
3. Add chopped tomato and cook until it softens.
4. Stir in turmeric powder, red chili powder, and garam masala.
5. Add sliced cabbage and green peas; mix well.
6. Season with salt and cook for 7–10 minutes, stirring occasionally, until the cabbage is tender and the peas are cooked.
7. Garnish with fresh cilantro before serving.

Nutritional Value (per serving):

- Calories: 150 kcal
- Protein: 6g
- Fiber: 7g



CHAPTER 16

Tofu Bhurji

Description:

Tofu Bhurji is a protein-rich and flavorful scramble made with crumbled tofu and vegetables, seasoned with Indian spices. This nutritious and light dinner option is under 250 kcal, perfect for a healthy and satisfying meal.

Ingredients:

- 1 cup firm tofu, crumbled
- 1 small onion, finely chopped
- 1 small tomato, chopped
- 1 small bell pepper, chopped
- 1 green chili, chopped (optional)
- 1/4 tsp turmeric powder
- 1/2 tsp cumin powder
- 1/2 tsp garam masala
- 1/2 tsp red chili powder
- 1 tsp ginger-garlic paste
- 1 tbsp olive oil
- Salt to taste
- Fresh cilantro, chopped for garnish

**Steps:**

1. Heat olive oil in a pan over medium heat. Add chopped onion and green chili (if using); sauté until onions are translucent.
2. Add ginger-garlic paste and sauté for another minute.
3. Add chopped tomato and bell pepper; cook until they soften.
4. Stir in turmeric powder, cumin powder, garam masala, and red chili powder; cook for 1 minute.
5. Add crumbled tofu and mix well to coat with the spices and vegetables.
6. Season with salt and cook for 5–7 minutes, stirring occasionally, until the tofu is heated through.
7. Garnish with fresh cilantro before serving.

Nutritional Value (per serving):

- Calories: 200 kcal
- Protein: 12g
- Fiber: 4g

GET MORE HEALTH &
WELNESS GUIDANCE WITH
1 ON 1 CONSULTATION

BOOK NOW >>

CHAPTER 17

Masoor Dal Soup

Description:

Masoor Dal Soup is a hearty and nutritious dish made from red lentils (masoor dal) and vegetables. It's rich in protein and fiber, making it a perfect light dinner option under 250 kcal. This soup is not only flavorful but also incredibly satisfying and healthy.

Ingredients:

- 1/2 cup red lentils (masoor dal)
- 1 small onion, finely chopped
- 1 small carrot, diced
- 1 small tomato, chopped
- 2 garlic cloves, minced
- 1/2 tsp turmeric powder
- 1/2 tsp cumin powder
- 1/2 tsp coriander powder
- 1/2 tsp red chili powder (optional)
- 1 tbsp olive oil
- 4 cups vegetable broth or water
- Salt and pepper to taste
- Fresh cilantro, chopped for garnish
- 1 tbsp lemon juice

Steps:

1. Rinse the red lentils thoroughly and set aside.
2. Heat olive oil in a pot over medium heat. Add chopped onion and garlic; sauté until onions are translucent.
3. Add diced carrot and chopped tomato; cook for 2–3 minutes.
4. Stir in turmeric powder, cumin powder, coriander powder, and red chili powder (if using); cook for 1 minute.
5. Add the rinsed lentils and vegetable broth. Bring to a boil.
6. Reduce heat, cover, and simmer for 20–25 minutes, until the lentils and vegetables are tender.
7. Use an immersion blender to blend the soup to a smooth consistency. Alternatively, transfer to a blender in batches and blend until smooth.
8. Season with salt and pepper to taste and stir in lemon juice.
9. Garnish with fresh cilantro before serving.

Nutritional Value (per serving):

- Calories: 220 kcal
- Protein: 12g
- Fiber: 8g



CHAPTER 18

Cucumber & Mint Raita

Description:

Cucumber & Mint Raita is a refreshing and cooling yogurt-based side dish that combines the crunch of cucumber with the freshness of mint. It's low in calories and rich in protein and fiber, making it a perfect light accompaniment to any meal under 250 kcal.

Ingredients:

- 1 cup plain yogurt (low-fat or Greek yogurt)
- 1 small cucumber, finely chopped
- 2 tbsp fresh mint leaves, finely chopped
- 1/4 tsp roasted cumin powder
- 1/4 tsp black salt (optional)
- Salt to taste
- 1/2 tsp chaat masala (optional)

Steps:

1. In a bowl, whisk the yogurt until smooth.
2. Add the finely chopped cucumber and mint leaves to the yogurt.
3. Stir in roasted cumin powder, black salt (if using), and regular salt.
4. Mix well to combine all ingredients evenly.
5. Sprinkle chaat masala on top if desired.
6. Chill in the refrigerator for 30 minutes before serving for the best flavor.
7. Serve as a side dish with main courses or as a refreshing dip.

Nutritional Value (per serving):

- Calories: 90 kcal
- Protein: 5g
- Fiber: 1g



CHAPTER 19

Mixed Lentil Salad

Description:

Mixed Lentil Salad is a nutritious and colorful dish combining various lentils with fresh vegetables and a tangy dressing. Rich in protein and fiber, this light and healthy salad is under 250 kcal, making it perfect for a satisfying dinner or side dish.

Ingredients:

- 1/4 cup green lentils
- 1/4 cup red lentils (masoor dal)
- 1/4 cup black lentils (urad dal)
- 1 small cucumber, diced
- 1 small tomato, diced
- 1 small red bell pepper, diced
- 1/4 red onion, finely chopped
- 1/4 cup fresh parsley or cilantro, chopped
- 1 tbsp lemon juice
- 1 tbsp olive oil
- 1/2 tsp cumin powder
- Salt and pepper to taste

Steps:

1. Rinse and cook each type of lentil separately until tender but not mushy. Drain and let cool.
2. In a large bowl, combine the cooked lentils, diced cucumber, tomato, red bell pepper, and red onion.
3. In a small bowl, whisk together lemon juice, olive oil, cumin powder, salt, and pepper.
4. Pour the dressing over the lentil and vegetable mixture and toss well to combine.
5. Garnish with fresh parsley or cilantro.
6. Serve chilled or at room temperature.

Nutritional Value (per serving):

- Calories: 220 kcal
- Protein: 12g
- Fiber: 10g



CHAPTER 20

Zucchini Boats

Description:

Zucchini Boats are a nutritious and delicious dish where zucchini halves are hollowed out and filled with a savory mixture of vegetables and cheese. This light dinner option is under 250 kcal and offers a good balance of protein and fiber, making it both satisfying and healthy.

Ingredients:

- 2 medium zucchinis
- 1/2 cup cherry tomatoes, chopped
- 1/4 cup red bell pepper, diced
- 1/4 cup onion, finely chopped
- 1/4 cup corn kernels
- 1/4 cup black beans, rinsed and drained
- 1 garlic clove, minced
- 1/2 tsp cumin powder
- 1/2 tsp paprika
- 1/4 cup shredded low-fat mozzarella cheese
- 1 tbsp olive oil
- Salt and pepper to taste
- Fresh cilantro, chopped for garnish

Steps:

1. Preheat the oven to 375°F (190°C).
2. Cut the zucchinis in half lengthwise and scoop out the centers to create "boats," leaving a thin shell.
3. Heat olive oil in a pan over medium heat. Add onion and garlic; sauté until onions are translucent.
4. Add chopped tomatoes, red bell pepper, corn kernels, black beans, cumin powder, paprika, salt, and pepper. Cook for 5 minutes until the vegetables are tender.
5. Spoon the vegetable mixture into the hollowed zucchini halves.
6. Top each zucchini boat with shredded mozzarella cheese.
7. Place the zucchini boats on a baking sheet and bake for 20 minutes until the zucchini is tender and the cheese is melted and golden.
8. Garnish with fresh cilantro before serving.

Nutritional Value (per serving):

- Calories: 220 kcal
- Protein: 10g
- Fiber: 6g



CHAPTER 21

Chana Dal Chutney

Description:

Chana Dal Chutney is a flavorful and protein-rich condiment made from roasted chana dal and spices. It's a versatile accompaniment to various dishes, offering a healthy dose of fiber and protein while staying under 250 kcal.

Ingredients:

- 1/2 cup chana dal (split chickpeas)
- 1/4 cup grated coconut (fresh or desiccated)
- 2–3 dried red chilies
- 1 small onion, chopped
- 2 garlic cloves
- 1 tsp tamarind paste
- 1/2 tsp mustard seeds
- 1/2 tsp cumin seeds
- 1 tbsp oil (preferably coconut or vegetable oil)
- Salt to taste
- Water as needed
- Fresh cilantro for garnish

Steps:

1. Heat 1/2 tbsp oil in a pan over medium heat. Add chana dal and roast until golden brown. Remove from heat and let it cool.
2. In the same pan, add dried red chilies, chopped onion, and garlic. Sauté until the onion turns translucent.
3. Add grated coconut and sauté for another 2 minutes. Remove from heat.
4. In a blender, combine the roasted chana dal, sautéed onion mixture, tamarind paste, and salt. Add water as needed and blend to a smooth consistency.
5. Heat the remaining oil in a small pan. Add mustard seeds and cumin seeds; let them splutter.
6. Pour this tempering over the chutney and mix well.
7. Garnish with fresh cilantro before serving.

Nutritional Value (per serving):

- Calories: 70 kcal
- Protein: 3g
- Fiber: 2g



CHAPTER 22

Green Bean Poriyal

Description:

Green Bean Poriyal is a simple and nutritious South Indian dish made with green beans, coconut, and spices. It's a light, fiber-rich side dish that pairs well with rice or bread, offering a healthy, low-calorie option under 250 kcal.

Ingredients:

- 2 cups green beans, trimmed and cut into 1-inch pieces
- 1/4 cup grated coconut (fresh or desiccated)
- 1 small onion, finely chopped
- 2 green chilies, slit
- 1 tsp mustard seeds
- 1 tsp urad dal (split black gram)
- 1/2 tsp cumin seeds
- 1/4 tsp turmeric powder
- 1 tbsp oil (preferably coconut oil)
- Salt to taste
- Fresh curry leaves
- Fresh cilantro for garnish

Steps:

1. Heat oil in a pan over medium heat. Add mustard seeds, urad dal, and cumin seeds; let them splutter.
2. Add chopped onion and green chilies; sauté until the onions are translucent.
3. Add turmeric powder and curry leaves, stir for a few seconds.
4. Add the green beans and salt, mix well.
5. Cover and cook on low heat for about 10 minutes until the beans are tender, stirring occasionally.
6. Once the beans are cooked, add the grated coconut and mix well. Cook for another 2 minutes.
7. Garnish with fresh cilantro before serving.

Nutritional Value (per serving):

- Calories: 120 kcal
- Protein: 3g
- Fiber: 5g



GET MORE WEIGHT LOSS
GUIDANCE WITH 1 ON 1
CONSULTATION

BOOK NOW



CHAPTER 23

Vegetable Stew

Description:

Vegetable Stew is a hearty and nutritious dish made with a medley of vegetables simmered in a lightly spiced coconut milk broth. It's rich in fiber and essential nutrients, making it a perfect light dinner option under 250 kcal that is both satisfying and healthy.

Ingredients:

- 1 cup carrots, diced
- 1 cup potatoes, diced
- 1/2 cup green beans, chopped
- 1/2 cup peas
- 1 small onion, finely chopped
- 2 garlic cloves, minced
- 1-inch piece of ginger, minced
- 1 green chili, slit
- 1 cup coconut milk
- 1 cup water
- 1/2 tsp turmeric powder
- 1/2 tsp cumin seeds
- 1 tbsp coconut oil
- Salt to taste
- Fresh cilantro for garnish
- Curry leaves

Steps:

1. Heat coconut oil in a large pot over medium heat. Add cumin seeds and let them splutter.
2. Add chopped onion, garlic, ginger, and green chili. Sauté until the onions are translucent.
3. Add turmeric powder, diced carrots, potatoes, green beans, and peas. Stir well.
4. Pour in the coconut milk and water. Bring to a boil.
5. Reduce heat to low, cover, and simmer for 15–20 minutes until the vegetables are tender.
6. Season with salt to taste and add fresh curry leaves.
7. Garnish with fresh cilantro before serving.

Nutritional Value (per serving):

- Calories: 200 kcal
- Protein: 4g
- Fiber: 6g



CHAPTER 24

Tomato & Cucumber Salad

Description:

Tomato & Cucumber Salad is a refreshing and nutritious dish combining fresh tomatoes, cucumbers, and herbs in a light vinaigrette. This low-calorie, fiber-rich salad is perfect as a side dish or a light meal, offering a healthy and satisfying option under 250 kcal.

Ingredients:

- In a large bowl, combine cherry tomatoes, diced cucumber, and thinly sliced red onion.
- In a small bowl, whisk together olive oil, lemon juice, red wine vinegar, salt, and pepper.
- Pour the dressing over the vegetables and toss to combine.
- Garnish with fresh parsley.
- Chill in the refrigerator for 15–20 minutes before serving for the best flavor.

Steps:

1. In a large bowl, combine cherry tomatoes, diced cucumber, and thinly sliced red onion.
2. In a small bowl, whisk together olive oil, lemon juice, red wine vinegar, salt, and pepper.
3. Pour the dressing over the vegetables and toss to combine.
4. Garnish with fresh parsley.
5. Chill in the refrigerator for 15–20 minutes before serving for the best flavor.

Nutritional Value (per serving):

- Calories: 80 kcal
- Protein: 2g
- Fiber: 3g



CHAPTER 25

Spinach & Chickpea Soup

Description:

Spinach & Chickpea Soup is a hearty and nutritious dish combining tender chickpeas and fresh spinach in a flavorful broth. This protein and fiber-rich soup is perfect for a light dinner under 250 kcal, offering a satisfying and healthy option.

Ingredients:

- 1 cup cooked chickpeas (or canned, drained, and rinsed)
- 2 cups fresh spinach, chopped
- 1 small onion, finely chopped
- 2 garlic cloves, minced
- 1 small carrot, diced
- 1 celery stalk, diced
- 1 tomato, chopped
- 4 cups vegetable broth
- 1 tbsp olive oil
- 1 tsp cumin powder
- 1/2 tsp turmeric powder
- Salt and pepper to taste
- Fresh lemon juice (optional)
- Fresh cilantro or parsley for garnish

Steps:

1. Heat olive oil in a large pot over medium heat. Add chopped onion and garlic; sauté until onions are translucent.
2. Add diced carrot and celery; cook for 3–4 minutes until vegetables are slightly tender.
3. Stir in chopped tomato, cumin powder, and turmeric powder; cook for another 2 minutes.
4. Add cooked chickpeas and vegetable broth. Bring to a boil.
5. Reduce heat and simmer for 10–15 minutes until vegetables are fully cooked.
6. Add chopped spinach and cook for another 2–3 minutes until wilted.
7. Season with salt and pepper to taste. Add a splash of fresh lemon juice if desired.
8. Garnish with fresh cilantro or parsley before serving.

Nutritional Value (per serving):

- Calories: 180 kcal
- Protein: 8g
- Fiber: 7g



CHAPTER 26

Cucumber & Tomato Raita

Description:

Cucumber & Tomato Raita is a refreshing and nutritious yogurt-based side dish that combines the crunch of cucumber and the juiciness of tomatoes with the creaminess of yogurt. This low-calorie, protein-rich raita is perfect as a cooling accompaniment to spicy meals or as a light snack under 250 kcal.

Ingredients:

- 1 cup plain yogurt (low-fat or Greek yogurt)
- 1/2 cup cucumber, finely chopped
- 1/2 cup tomato, finely chopped
- 1/4 tsp roasted cumin powder
- 1/4 tsp chaat masala (optional)
- Salt to taste
- Fresh cilantro or mint leaves for garnish

Steps:

1. In a bowl, whisk the yogurt until smooth.
2. Add finely chopped cucumber and tomato to the yogurt.
3. Stir in roasted cumin powder, chaat masala (if using), and salt.
4. Mix well to combine all ingredients evenly.
5. Garnish with fresh cilantro or mint leaves.
6. Chill in the refrigerator for 15–20 minutes before serving for the best flavor.

Nutritional Value (per serving):

- Calories: 90 kcal
- Protein: 5g
- Fiber: 1g



CHAPTER 27

Bottle Gourd Soup

Description:

Bottle Gourd Soup is a light and nutritious dish made with tender bottle gourd and mild spices. Rich in fiber and low in calories, this healthy soup is perfect for a light dinner or appetizer under 250 kcal, offering a satisfying and soothing option.

Ingredients:

- 2 cups bottle gourd (lauki), peeled and diced
- 1 small onion, finely chopped
- 1 garlic clove, minced
- 1 small tomato, chopped
- 1/2 tsp cumin seeds
- 1/4 tsp turmeric powder
- 1 tbsp olive oil
- 3 cups vegetable broth or water
- Salt and pepper to taste
- Fresh cilantro for garnish

Steps:

- 1.Heat olive oil in a pot over medium heat. Add cumin seeds and let them splutter.
- 2.Add chopped onion and garlic; sauté until onions are translucent.
- 3.Add chopped tomato and turmeric powder; cook for 2-3 minutes until tomatoes are soft.
- 4.Add diced bottle gourd and stir well.
- 5.Pour in the vegetable broth or water. Bring to a boil.
- 6.Reduce heat, cover, and simmer for 15-20 minutes until the bottle gourd is tender.
- 7.Use an immersion blender to blend the soup to a smooth consistency, or transfer to a blender and blend until smooth.
- 8.Season with salt and pepper to taste.
- 9.Garnish with fresh cilantro before serving.

Nutritional Value (per serving):

- Calories: 90 kcal
- Protein: 2g
- Fiber: 3g



CHAPTER 28

Green Gram Salad

Description:

Green Gram Salad is a refreshing and nutritious dish made with sprouted green gram (moong beans) and fresh vegetables. Rich in protein and fiber, this light salad is perfect for a healthy dinner under 250 kcal. It's both satisfying and revitalizing, making it an ideal option for a nutritious meal.

Ingredients:

- 1 cup sprouted green gram (moong beans)
- 1 small cucumber, diced
- 1 small tomato, diced
- 1 small carrot, grated
- 1/4 red onion, finely chopped
- 1/4 cup fresh coriander leaves, chopped
- 1 green chili, finely chopped (optional)
- 1 tbsp lemon juice
- 1 tbsp olive oil
- Salt and pepper to taste
- 1/2 tsp chaat masala (optional)

Steps:

1. Rinse the sprouted green gram thoroughly and set aside.
2. In a large bowl, combine the sprouted green gram, diced cucumber, tomato, grated carrot, and chopped red onion.
3. Add finely chopped coriander leaves and green chili (if using).
4. In a small bowl, whisk together lemon juice, olive oil, salt, pepper, and chaat masala (if using).
5. Pour the dressing over the salad and toss well to combine all ingredients.
6. Chill in the refrigerator for 15–20 minutes before serving for the best flavor.

Nutritional Value (per serving):

- Calories: 150 kcal
- Protein: 8g
- Fiber: 6g



CHAPTER 29

Rajma Salad

Description:

Rajma Salad is a hearty and nutritious dish made with kidney beans, fresh vegetables, and a tangy dressing. Packed with protein and fiber, this salad is perfect for a healthy dinner under 250 kcal. It's both satisfying and flavorful, making it an ideal option for a balanced and nutritious meal.

Ingredients:

- 1 cup cooked kidney beans (rajma) or canned, drained, and rinsed
- 1 small cucumber, diced
- 1 small tomato, diced
- 1/4 red onion, finely chopped
- 1/4 cup bell pepper, diced (any color)
- 1/4 cup fresh coriander leaves, chopped
- 1 green chili, finely chopped (optional)
- 1 tbsp lemon juice
- 1 tbsp olive oil
- 1/2 tsp roasted cumin powder
- Salt and pepper to taste

Steps:

1. Rinse and drain the cooked kidney beans thoroughly. Set aside.
2. In a large bowl, combine kidney beans, diced cucumber, tomato, red onion, and bell pepper.
3. Add chopped coriander leaves and green chili (if using).
4. In a small bowl, whisk together lemon juice, olive oil, roasted cumin powder, salt, and pepper.
5. Pour the dressing over the salad and toss well to combine all ingredients.
6. Chill in the refrigerator for 15–20 minutes before serving for the best flavor.

Nutritional Value (per serving):

- Calories: 180 kcal
- Protein: 8g
- Fiber: 7g



CHAPTER 30

Bhindi (Okra) Stir-fry

Description:

Bhindi Stir-fry is a flavorful and nutritious dish made with tender okra sautéed with spices. Rich in fiber and essential nutrients, this light stir-fry is perfect for a healthy dinner under 250 kcal. It's a quick and easy recipe that offers a delicious way to enjoy okra.

Ingredients:

- 2 cups fresh okra, washed and sliced
- 1 small onion, finely chopped
- 1 small tomato, chopped
- 2 garlic cloves, minced
- 1/2 tsp mustard seeds
- 1/2 tsp cumin seeds
- 1/2 tsp turmeric powder
- 1/2 tsp red chili powder (optional)
- 1 tbsp oil (preferably vegetable or coconut oil)
- Salt to taste
- Fresh coriander leaves for garnish

Steps:

- 1.Heat oil in a pan over medium heat. Add mustard seeds and let them splutter.
- 2.Add cumin seeds and sauté for a few seconds until aromatic.
- 3.Add finely chopped onion and minced garlic; sauté until the onions turn translucent.
- 4.Add turmeric powder and red chili powder (if using); mix well.
- 5.Add sliced okra and stir well to coat with the spices.
- 6.Cook on medium heat, stirring occasionally, for about 10–12 minutes until the okra is tender and slightly crispy.
- 7.Add chopped tomato and salt to taste; cook for another 2–3 minutes until the tomatoes are soft.
- 8.Garnish with fresh coriander leaves before serving.

Nutritional Value (per serving):

- Calories: 120 kcal
- Protein: 3g
- Fiber: 5g



CONCLUSION

Cooking healthily is not as complicated as some people would want individuals to believe or even take a lot of their precious time. This small recipe book will present you with a number of delicious meals, rich in protein and fibre, all with a caloric intake of less than 250 calories. In either case, whether it is the Green Gram Salad and Rajma Salad, which are light meals to have in between, or the Spinach & Chickpea Soup and Bottle Gourd Soup for those who want to have something heavy, each recipe in the book is healthy, but quite delicious.

These recipes are not simply about calories: It stipulates that whole foods, proper nutrition and delicious taste are always on equal basis. With regards to the meal type some of these recipes may be suitable for lunch while others may be more appropriate for dinner. They can be prepared in a very short time so it conforms to our current lifestyles and do give the body the nutrients required for a healthy body.

To incorporate these meals into your diet plan, you will be able to get the benefits of high energy density foods, good digestion, and good health in general. Of course, it is still important to note that the process of receiving a healthy eating culture is not a one-time thing but rather an ongoing process in people's lives. Here are some recipes that you can try in the comfort of your home by modestly adding your own touch, first, and foremost, you will enjoy cooking home-made meals that are good for your body.

I hope you enjoy watching this channel and also have fun cooking with us. These recipes will give you that push to cook with no fear and lots of zest and most importantly, savor every single spoonful of your homemade, healthy meal. Happy cooking!