

30 PROTEIN BASED BREAKFAST

FOR WEIGHT LOSS

Written By
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AUTHOR INTRODUCTION

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 protein-based Indian breakfast 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!



CHAPTER

01

Paneer Bhurji



Paneer Bhurji is a well-known North Indian dish that is prepared from crumbled paneer (Indian cottage cheese) that is cooked with a wonderful mix of onions, tomatoes, and spices. It is a fast and hassle-free recipe that is loaded with tastes and protein-rich.

INGREDIENTS

- 200g paneer (cottage cheese), crumbled
- 1 large onion, finely chopped
- 2 medium tomatoes, finely chopped
- 2 green chillies, finely chopped
- 1-inch piece of ginger, finely chopped
- 2 cloves of garlic, minced
- 1/2 teaspoon turmeric powder
- 1 teaspoon cumin seeds
- 1 teaspoon coriander powder
- Salt to taste
- 2 tablespoons oil
- Fresh coriander leaves for garnish

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INSTRUCTIONS

- 1.Heat oil in a pan over medium heat. Add cumin seeds and let them crackle.
- 2.Add chopped onions and sauté until they turn translucent.
- 3.Add chopped green chilies, ginger, and garlic. Sauté for another minute.
- 4.Add chopped tomatoes and cook until they soften and release their juices.
- 5.Add turmeric powder, coriander powder, and salt. Mix well and cook for 2-3 minutes.
- 6.Add crumbled paneer to the pan. Gently mix everything together until the paneer is coated with the spices.
- 7.Cook for another 3-4 minutes, stirring occasionally, until the paneer is heated through and the flavors are well combined.
- 8.Garnish with fresh coriander leaves.
- 9.Serve hot with roti, paratha, or bread.

Nutritional Value (per serving):

- Calories: Approximately 250 kcal
- Protein: Approximately 15-20 grams (varies based on paneer quality and quantity)



CHAPTER

02

Moong Dal Chilla



Moong Dal Chilla

Moong Dal Chilla is a savory Indian pancake made from ground split moong dal (mung beans). It is a healthy and nutritious breakfast or snack option, which is high in protein and fiber. The batter is spiced up with cumin seeds, green chili, ginger, and fresh coriander leaves, thus, it has a flavorful kick. The chilla is cooked on a hot griddle until it turns golden brown and crispy on the outside while it is still soft and fluffy on the inside. Moong Dal Chilla is usually accompanied with green chutney or curd.

INGREDIENTS

- 1 cup split moong dal (split mung beans)
- Water (for soaking and grinding)
- Salt to taste
- 1 teaspoon cumin seeds
- 1 green chili, finely chopped
- 1-inch piece of ginger, grated
- 2 tablespoons chopped coriander leaves
- Oil for cooking

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INSTRUCTIONS

1. Rinse the moong dal thoroughly and soak it in water for at least 4 hours or overnight.
2. Drain the soaked dal and transfer it to a blender. Add a little water and grind it into a smooth batter.
3. Transfer the batter to a mixing bowl. Add salt, cumin seeds, chopped green chili, grated ginger, and chopped coriander leaves. Mix well.
4. Heat a non-stick pan or griddle over medium heat. Grease it lightly with oil.
5. Pour a ladleful of the batter onto the center of the pan and spread it evenly in a circular motion to form a thin pancake (chilla).
6. Drizzle a little oil around the edges of the chilla and cook until the bottom side is golden brown and crisp.
7. Flip the chilla and cook the other side until golden brown.
8. Remove the cooked chilla from the pan and repeat the process with the remaining batter.
9. Serve the moong dal chilla hot with chutney or yogurt.

Nutritional Value (per serving):

- Calories: Approximately 150 kcal
- Protein: Approximately 7-9 grams (varies based on size and thickness of chilla)



CHAPTER

03

Masala Oats



Masala Oats is a wholesome and tasty Indian breakfast dish which is prepared by the rolling oats that are cooked with a mix of vegetables and the use of aromatic spices. The oats are prepared in a gravy which is tomato-based and spiced along with onions, ginger, garlic, and a mixed vegetables which include carrots, peas, and bell peppers. This dish is not only easy to prepare and quick, but it is also rich in nutrients, fiber, and protein, hence it is the perfect choice for the people who are searching for a wholesome and a satisfying breakfast.

INGREDIENTS

- 1 cup rolled oats
- 1 small onion, finely chopped
- 1 small tomato, finely chopped
- 1 green chili, finely chopped (optional)
- 1/2 cup mixed vegetables (carrots, peas, bell peppers), finely chopped
- 1 teaspoon ginger-garlic paste
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon cumin seeds
- 1/2 teaspoon mustard seeds
- Salt to taste
- 2 cups water
- 1 tablespoon oil
- Chopped coriander leaves for garnish

INSTRUCTIONS

- 1.Heat oil in a pan over medium heat. Add cumin seeds and mustard seeds. Let them crackle.
- 2.Add chopped onions and sauté until translucent.
- 3.Add ginger-garlic paste and green chili. Sauté for a minute.
- 4.Add chopped tomatoes and cook until they turn mushy.
- 5.Add mixed vegetables, turmeric powder, and salt. Cook for 2-3 minutes.
- 6.Add rolled oats and water. Mix well.
- 7.Cover and cook for 5-7 minutes, or until the oats are cooked and have absorbed the water.
- 8.Adjust the consistency by adding more water if needed.
- 9.Garnish with chopped coriander leaves and serve hot with lemon wedges.

Nutritional Value (per serving):

- Calories: Approximately 250 kcal
- Protein: Approximately 6-8 grams (varies based on added vegetables and oats)



CHAPTER

04

Besan Chilla



Besan Chilla, also known as gram flour pancakes, is a popular Indian breakfast dish made from chickpea flour (besan) and mixed vegetables. The batter is seasoned with turmeric powder, cumin seeds, and salt, and then mixed with chopped onions, tomatoes, green chilies, and coriander leaves. The batter is poured onto a hot pan and cooked until golden brown and crisp on both sides. Besan chilla is a wholesome and satisfying breakfast option that is high in protein, fiber, and essential nutrients.

INGREDIENTS

- 1 cup gram flour (besan)
- 1/2 cup water (adjust as needed)
- 1 small onion, finely chopped
- 1 small tomato, finely chopped
- 1 green chili, finely chopped
- 2 tablespoons chopped coriander leaves
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon cumin seeds
- Salt to taste
- Oil for cooking

INSTRUCTIONS

1. In a mixing bowl, combine gram flour, water, turmeric powder, cumin seeds, and salt. Mix well to form a smooth batter without lumps. Adjust water as needed to achieve a pouring consistency.
2. Add chopped onions, tomatoes, green chili, and coriander leaves to the batter. Mix everything together until well combined.
3. Heat a non-stick pan or skillet over medium heat. Lightly grease it with oil.
4. Pour a ladleful of the batter onto the center of the pan and spread it evenly in a circular motion to form a thin pancake (chilla).
5. Cook the chilla for 2-3 minutes on one side until it turns golden brown and crisp around the edges.
6. Flip the chilla using a spatula and cook the other side for another 2-3 minutes until golden brown.
7. Remove the cooked chilla from the pan and repeat the process with the remaining batter.
8. Serve the besan chilla hot with chutney or yogurt.

Nutritional Value (per serving):

- Calories: Approximately 150 kcal
- Protein: Approximately 5-7 grams (varies based on size and thickness of chilla)



A vibrant sprout salad is served in a dark grey bowl. The salad is composed of green sprouts, halved cherry tomatoes, diced orange bell peppers, and finely shredded white cheese. Fresh green herbs are scattered throughout. In the background, a small white bowl contains brown lentils, and a pile of fresh green herbs sits to the left. A lime wedge and more cherry tomatoes are placed on the dark wooden surface in the foreground.

CHAPTER

05

Sprout Salad

Sprout Salad

Sprout Salad is a vibrant and nutritious dish made from a combination of mixed sprouts, fresh vegetables, and tangy spices. It is a light and refreshing salad that is packed with protein, fiber, vitamins, and minerals. The mixed sprouts are rich in nutrients and enzymes, making them a powerhouse of health benefits. The salad is enhanced with the freshness of diced cucumber, tomato, and onion, along with a hint of spiciness from green chili (optional). The flavors are elevated with a drizzle of freshly squeezed lemon juice and a sprinkle of chaat masala.

INGREDIENTS

- 1 cup mixed sprouts (such as mung beans, chickpeas, lentils)
- 1 small cucumber, diced
- 1 small tomato, diced
- 1 small onion, finely chopped
- 1 green chili, finely chopped (optional)
- 1 tablespoon freshly squeezed lemon juice
- 1/2 teaspoon chaat masala (optional)
- Salt to taste
- Fresh coriander leaves for garnish

INSTRUCTIONS

1. Rinse the mixed sprouts thoroughly under running water and drain them.
2. Transfer the sprouts to a bowl. Add diced cucumber, tomato, onion, and green chili (if using).
3. Drizzle freshly squeezed lemon juice over the salad.
4. Sprinkle chaat masala (if using) and salt according to taste.
5. Toss everything together until well combined.
6. Garnish the salad with fresh coriander leaves.
7. Serve the sprout salad immediately as a nutritious and refreshing appetizer or side dish.

Nutritional Value (per serving):

- Calories: Approximately 70-80 kcal
- Protein: Approximately 4-6 grams (varies based on types of sprouts used)



CHAPTER

06

Egg Bhurji

Egg Bhurji is a popular Indian dish made by scrambling eggs with a flavorful mixture of onions, tomatoes, and spices. It is a quick and easy-to-make dish that is bursting with flavors and rich in protein. The eggs are beaten and cooked with a combination of aromatic ingredients such as onions, ginger, garlic, and green chilies. The addition of tomatoes adds a tangy sweetness to the dish, while spices like turmeric powder and red chili powder give it a delicious kick. Egg Bhurji is typically served hot with bread, roti, or paratha, making it a satisfying and nutritious breakfast.

INGREDIENTS

- 4 eggs
- 1 large onion, finely chopped
- 2 tomatoes, finely chopped
- 2 green chilies, finely chopped
- 1 teaspoon ginger-garlic paste
- 1/2 teaspoon turmeric powder
- 1 teaspoon red chili powder (adjust to taste)
- Salt to taste
- 2 tablespoons oil or butter
- Fresh coriander leaves for garnish

INSTRUCTIONS

1. Crack the eggs into a bowl and beat them well using a fork or whisk. Set aside.
2. Heat oil or butter in a pan over medium heat.
3. Add chopped onions to the pan and sauté until they turn translucent.
4. Add ginger-garlic paste and chopped green chilies. Sauté for a minute until fragrant.
5. Add chopped tomatoes to the pan and cook until they soften and release their juices.
6. Sprinkle turmeric powder, red chili powder, and salt over the onion-tomato mixture. Mix well.
7. Pour the beaten eggs into the pan. Stir continuously to scramble the eggs and mix them with the onion-tomato mixture.
8. Cook the egg mixture until the eggs are fully cooked and no longer runny, stirring occasionally.
9. Garnish with freshly chopped coriander leaves.
10. Serve hot with bread, roti, or paratha.

Nutritional Value (per serving):

- Calories: Approximately 220 kcal
- Protein: Approximately 15-18 grams (varies based on egg size and quantity)



CHAPTER

07

Quinoa Upma



Quinoa Upma

Quinoa Upma is a nutritious and flavorful South Indian dish made with quinoa, mixed vegetables, and aromatic spices. It is a healthier variation of the traditional upma, which is typically made with semolina (rava). Quinoa adds a nutty flavor and a protein boost to the dish, making it a wholesome and satisfying meal option. The quinoa is cooked with a tempering of mustard seeds, cumin seeds, onions, ginger, and green chilies, along with a colorful assortment of vegetables like carrots, green beans, and peas.

INGREDIENTS

- 1 cup quinoa
- 2 cups water
- 1 tablespoon oil or ghee
- 1 teaspoon mustard seeds
- 1 teaspoon cumin seeds
- 1/2 cup finely chopped onion
- 1/4 cup finely chopped carrots
- 1/4 cup finely chopped green beans
- 1/4 cup green peas
- 1 green chili, finely chopped
- 1 teaspoon grated ginger
- 1/4 teaspoon turmeric powder
- Salt to taste
- Fresh coriander leaves for garnish

INSTRUCTIONS

1. Rinse the quinoa thoroughly under running water and drain well.
2. In a saucepan, heat oil or ghee over medium heat. Add mustard seeds and cumin seeds. Let them crackle.
3. Add chopped onions, green chili, and grated ginger. Sauté until the onions turn translucent.
4. Add chopped carrots, green beans, and green peas. Cook for 2-3 minutes until the vegetables are slightly tender.
5. Add the rinsed quinoa to the pan. Stir well to combine with the vegetables.
6. Pour in the water and add turmeric powder and salt. Mix well.
7. Bring the mixture to a boil, then reduce the heat to low. Cover the pan and let it simmer for 15-20 minutes, or until the quinoa is cooked and the water is absorbed.
8. Once cooked, fluff the quinoa upma with a fork.
9. Garnish with fresh coriander leaves.
10. Serve hot with lemon wedges on the side if desired.

Nutritional Value (per serving):

- Calories: Approximately 200 kcal
- Protein: Approximately 6-8 grams (varies based on serving size and ingredients)





CHAPTER

08

*Palak Moong Dal
Chilla*

Palak Moong Dal Cheela

Palak (Spinach) Moong Dal Cheela is a healthy and delicious Indian pancake made with a batter of soaked split moong dal and fresh spinach. It is a nutritious breakfast or snack option that is rich in protein, fiber, and essential vitamins and minerals. The addition of spinach not only enhances the nutritional value of the cheela but also adds a vibrant green color and earthy flavor to it. The batter is seasoned with grated ginger, chopped green chili, cumin seeds, and turmeric powder, giving the cheela a fragrant and flavorful taste.

INGREDIENTS

- 1 cup split moong dal (split mung beans), soaked for 4-6 hours
- 2 cups fresh spinach (palak), washed and chopped
- 1 green chili, chopped
- 1-inch piece of ginger, grated
- Salt to taste
- 1/2 teaspoon cumin seeds
- 1/4 teaspoon turmeric powder
- Oil or ghee for cooking
- Fresh coriander leaves for garnish
- Curd or chutney for serving (optional)

INSTRUCTIONS

1. Drain the soaked moong dal and rinse it thoroughly. Transfer it to a blender.
2. Add chopped spinach, green chili, grated ginger, cumin seeds, turmeric powder, and salt to the blender.
3. Blend everything together to form a smooth batter. Add a little water if needed to achieve a pouring consistency.
4. Heat a non-stick pan or skillet over medium heat. Lightly grease it with oil or ghee.
5. Pour a ladleful of the batter onto the center of the pan and spread it evenly in a circular motion to form a thin pancake (cheela).
6. Cook the cheela for 2-3 minutes on one side until it turns golden brown and crisp around the edges.
7. Flip the cheela using a spatula and cook the other side for another 2-3 minutes until golden brown.
8. Repeat the process with the remaining batter to make more cheelas.
9. Garnish the cheelas with fresh coriander leaves.
10. Serve the Palak Moong Dal Cheela hot with yogurt or chutney on the side, if desired.

Nutritional Value (per serving):

- Calories: Approximately 100-120 kcal
- Protein: Approximately 5-7 grams (varies based on serving size and ingredients)





CHAPTER

09

Soya Kheema

Soya Kheema is a vegetarian version of the traditional Indian minced meat dish made with textured vegetable protein (TVP) or soy granules. It is a flavorful and protein-rich dish that is perfect for vegetarians and those looking for a meatless alternative. The TVP or soy granules are soaked, squeezed, and cooked with a fragrant mixture of onions, tomatoes, ginger-garlic paste, and spices like turmeric, red chili powder, coriander powder, and cumin powder. The result is a delicious and savory kheema dish that is packed with protein.

INGREDIENTS

- 1 cup textured vegetable protein (TVP) or soy granules
- 2 tablespoons oil
- 1 large onion, finely chopped
- 2 tomatoes, finely chopped
- 1 green chili, finely chopped
- 1 teaspoon ginger-garlic paste
- 1/2 teaspoon turmeric powder
- 1 teaspoon red chili powder (adjust to taste)
- 1 teaspoon coriander powder
- 1/2 teaspoon cumin powder
- Salt to taste
- Fresh coriander leaves for garnish

INSTRUCTIONS

- 1.If using textured vegetable protein (TVP), soak it in hot water for 10-15 minutes. Drain and squeeze out excess water. If using soy granules, follow package instructions for soaking.
- 2.Heat oil in a pan over medium heat. Add chopped onions and sauté until they turn translucent.
- 3.Add ginger-garlic paste and chopped green chili. Sauté for a minute until fragrant.
- 4.Add chopped tomatoes to the pan. Cook until they soften and release their juices.
- 5.Add turmeric powder, red chili powder, coriander powder, cumin powder, and salt. Mix well.
- 6.Add the soaked and squeezed TVP or soy granules to the pan. Mix well to coat with the spices.
- 7.Cook for 5-7 minutes, stirring occasionally, until the soya kheema is heated through and the flavors are well combined.
- 8.Garnish with freshly chopped coriander leaves.
- 9.Serve hot with roti, naan, or rice.

Nutritional Value (per serving):

- Calories: Approximately 200-250 kcal
- Protein: Approximately 15-20 grams (varies based on serving size and ingredients)



CHAPTER

10

Ragi Idli



Ragi Idli is a healthy and nutritious variation of the traditional South Indian idli, made with ragi flour (finger millet flour). Ragi is known for its high nutritional content, including protein, dietary fiber, calcium, and iron. Ragi flour is combined with soaked and ground idli rice and urad dal to make a thick batter, which is then fermented to create soft and fluffy idlis. These idlis are steamed until cooked through, resulting in a light and spongy texture. Ragi idlis are not only delicious but also gluten-free and ideal for those looking for a nutritious breakfast.

INGREDIENTS

- 1 cup ragi flour (finger millet flour)
- 1 cup idli rice or regular rice
- 1/2 cup urad dal (black gram lentils)
- Salt to taste
- Water as needed

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INSTRUCTIONS

1. Wash the idli rice and urad dal separately, and soak them in water for about 4-6 hours.
2. Drain the water and grind the urad dal to a smooth and fluffy batter using a wet grinder.
3. Grind the soaked rice to a coarse paste. Add it to the bowl with the urad dal batter.
4. Add ragi flour to the bowl along with salt to taste. Mix well to combine all the ingredients thoroughly.
5. Add water as needed to achieve a thick batter consistency.
6. Cover the bowl and let the batter ferment in a warm place for about 8-10 hours or overnight.
7. Once the batter has fermented, grease the idli plates with oil or ghee.
8. Pour the batter into the idli moulds, filling each mould about three-fourths full.
9. Steam the idlis in a steamer for about 10-12 minutes or until they are cooked through.
10. Once cooked, remove the idli plates from the steamer and let them cool for a couple of minutes.
11. Use a spoon or knife to gently remove the idlis from the moulds.

Nutritional Value (per serving):

- Calories: Approximately 80-100 kcal per idli
- Protein: Approximately 2-3 grams per idli (varies based on size)



CHAPTER

11

Tofu Bhurji



Tofu Bhurji is a vegan and protein-rich alternative to the traditional Indian dish, Egg Bhurji. It is made with crumbled tofu cooked with onions, tomatoes, and aromatic spices. Tofu, made from soybeans, is an excellent source of plant-based protein and is known for its versatility. In this dish, tofu is crumbled and sautéed with onions, tomatoes, ginger-garlic paste, and spices like turmeric, cumin, coriander, and red chili powder. The result is a flavorful and nutritious dish that is perfect for breakfast, lunch, or dinner.

INGREDIENTS

- 200g firm tofu, crumbled
- 1 onion, finely chopped
- 1 tomato, finely chopped
- 1 green chili, finely chopped
- 1 teaspoon ginger-garlic paste
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon cumin seeds
- 1/2 teaspoon coriander powder
- 1/4 teaspoon red chili powder (optional)
- Salt to taste
- 1 tablespoon oil
- Fresh coriander leaves for garnish

INSTRUCTIONS

- 1.Heat oil in a pan over medium heat. Add cumin seeds and let them splutter.
- 2.Add chopped onions and sauté until they turn translucent.
- 3.Add ginger-garlic paste and chopped green chili. Sauté for a minute until fragrant.
- 4.Add chopped tomatoes to the pan. Cook until they soften and release their juices.
- 5.Add turmeric powder, coriander powder, red chili powder (if using), and salt. Mix well.
- 6.Add crumbled tofu to the pan. Mix gently to combine with the onion-tomato mixture.
- 7.Cook for 5-7 minutes, stirring occasionally, until the tofu is heated through and well coated with the spices.
- 8.Garnish with freshly chopped coriander leaves.
- 9.Serve hot with roti, paratha, or bread.

Nutritional Value (per serving):

- Calories: Approximately 150-200 kcal
- Protein: Approximately 10-15 grams



CHAPTER

12

Sattu Paratha



Sattu Paratha is a traditional Indian flatbread stuffed with a filling made from sattu flour (roasted chickpea flour) mixed with onions, green chilies, ginger, spices, and herbs. Sattu is known for its high protein content and is a popular ingredient in Indian cuisine. These parathas are hearty, flavorful, and nutritious, making them an ideal choice for breakfast, lunch, or dinner. The dough is made from whole wheat flour and rolled out into discs, which are then stuffed with the sattu filling, sealed, and rolled out into flatbreads. The parathas are cooked on a griddle until golden brown.

INGREDIENTS

For the dough:

- 2 cups whole wheat flour (atta)
- Water, as needed
- Salt, to taste

For the filling:

- 1 cup sattu flour (roasted chickpea flour)
- 1 onion, finely chopped
- 2 green chilies, finely chopped
- 1 teaspoon grated ginger
- 1 tablespoon chopped coriander leaves
- 1/2 teaspoon ajwain (carom seeds)
- 1/2 teaspoon roasted cumin powder
- Salt, to taste
- Water, as needed

INSTRUCTIONS

1. In a mixing bowl, combine the whole wheat flour and salt. Gradually add water and form dough. Cover the dough and let it rest for 15-20 minutes.
2. In another bowl, combine the sattu flour, chopped onion, green chillies, grated ginger, chopped coriander leaves, ajwain, roasted cumin powder, and salt. Mix well.
3. Divide the dough into equal-sized balls and roll each ball into a small disc, about 3-4 inches in diameter.
4. Place a portion of the sattu filling in the center of each disc.
5. Bring the edges of the disc together and pinch to seal.
6. Flatten the stuffed dough ball gently and dust it with some dry flour.
7. Roll out the stuffed dough ball into a circle, approximately 6-7 inches in diameter.
8. Heat a tawa or griddle over medium heat. Once hot, place the rolled paratha on the tawa.
9. Cook the paratha on one side until small bubbles start to appear on the surface, then flip it over.
10. Brush the cooked side with ghee or oil, then flip again and brush the other side with ghee.

Nutritional Value (per serving):

- Calories: Approximately 150-200 kcal per paratha
- Protein: Approximately 5-7 grams per paratha



CHAPTER

13

Mixed Dal Dosa



Mixed Dal Dosa is a nutritious and flavorful South Indian crepe made from a blend of different lentils and rice. This dosa is rich in protein, fiber, and essential nutrients, making it a healthy breakfast or snack option. The combination of split green gram, split pigeon peas, split black gram, and split Bengal gram along with rice creates a unique and delicious batter that ferments well and results in crispy and golden brown dosas. The addition of onions, green chilies, ginger, and coriander leaves enhances the flavor of the dosa, making it even more delicious. _____

INGREDIENTS

- 1/2 cup split green gram (moong dal)
- 1/2 cup split pigeon peas (toor dal)
- 1/2 cup split black gram (urad dal)
- 1/2 cup split Bengal gram (chana dal)
- 1/2 cup rice
- 1 onion, finely chopped
- 2 green chilies, finely chopped
- 1 tablespoon ginger, grated
- 1/4 cup chopped coriander leaves
- Salt to taste
- Oil for cooking

INSTRUCTIONS

1. Wash all the dals (split green gram, split pigeon peas, split black gram, and split Bengal gram) along with rice and soak them in water for about 4-6 hours.
2. After soaking, drain the water and grind the dals and rice together to form a smooth batter. Add a little water if needed to achieve a pouring consistency.
3. Transfer the batter to a large bowl and add chopped onions, green chilies, grated ginger, chopped coriander leaves, and salt. Mix well.
4. Heat a non-stick skillet or dosa pan over medium heat. Once hot, pour a ladleful of batter onto the center of the pan and spread it in a circular motion to form a thin dosa.
5. Drizzle some oil around the edges of the dosa and cook until the bottom turns golden brown and crispy.
6. Flip the dosa using a spatula and cook the other side until golden brown and crisp.
7. Repeat the process with the remaining batter to make more dosas.
8. Serve the Mixed Dal Dosas hot with chutney or sambar.

Nutritional Value (per serving):

- Calories: Approximately 100-120 kcal
- Protein: Approximately 5-7 grams





CHAPTER

14

Ragi Dosa

Ragi Dosa is a healthy and nutritious variation of the traditional South Indian dosa, made with ragi flour as the main ingredient. Ragi is known for its high nutritional value, including protein, fiber, calcium, and iron. This dosa is gluten-free and suitable for those following a gluten-free diet. The batter for Ragi Dosa is made from a combination of ragi flour, rice flour, semolina, sour yogurt, and spices, which is then fermented to develop flavor and texture. The addition of onions, green chilies, ginger, and coriander leaves adds a burst of flavor to the dosa.

INGREDIENTS

- 1 cup ragi flour (finger millet flour)
- 1/2 cup rice flour
- 1/4 cup semolina (sooji/rava)
- 1/2 cup sour yogurt
- 1 onion, finely chopped
- 2 green chilies, finely chopped
- 1 tablespoon grated ginger
- 2 tablespoons chopped coriander leaves
- Salt to taste
- Water, as needed
- Oil for cooking

INSTRUCTIONS

1. In a large mixing bowl, combine ragi flour, rice flour, semolina, sour yogurt, chopped onion, green chilies, grated ginger, chopped coriander leaves, and salt.
2. Gradually add water to the mixture while whisking, until you get a smooth batter consistency. The batter should be pourable but not too thin.
3. Let the batter rest for about 15-20 minutes to allow the semolina to absorb moisture and the flavors to meld.
4. Heat a non-stick skillet or dosa pan over medium heat. Once hot, pour a ladleful of batter onto the center of the pan.
5. Using the back of the ladle, spread the batter in a circular motion to form a thin dosa.
6. Drizzle some oil around the edges of the dosa and cook until the bottom turns golden brown and crispy.
7. Flip the dosa using a spatula and cook the other side until golden brown and crisp.
8. Repeat the process with the remaining batter to make more dosas.
9. Serve the Ragi Dosas hot with chutney or sambar.

Nutritional Value (per serving):

- Calories: Approximately 100-120 kcal
- Protein: Approximately 3-5 grams



CHAPTER

15

Sprout Dosa

SIZZLING TASTE
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Sprout Dosa

Sprouts Dosa is a nutritious and wholesome variation of the traditional South Indian dosa, made with a batter of mixed sprouts, rice, urad dal, and fenugreek seeds. Sprouts are known for their high nutritional value, including protein, fiber, vitamins, and minerals. This dosa is packed with the goodness of sprouts and is a healthy breakfast or snack option. The batter is fermented to develop flavor and texture, resulting in dosas that are crispy on the outside and soft on the inside.

INGREDIENTS

- 1 cup mixed sprouts (such as mung beans, chickpeas, lentils)
- 1 cup rice
- 1/4 cup urad dal (black gram lentils)
- 1/2 teaspoon fenugreek seeds (methi seeds)
- Salt to taste
- Water, as needed
- Oil for cooking

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INSTRUCTIONS

1. Wash the mixed sprouts, rice, urad dal, and fenugreek seeds separately and soak them in water for about 6-8 hours or overnight.
2. After soaking, drain the water from the sprouts, rice, dal, and fenugreek seeds.
3. Grind the soaked sprouts, rice, urad dal, and fenugreek seeds together to form a smooth batter. Add water as needed to achieve a pouring consistency.
4. Transfer the batter to a large mixing bowl and add salt. Mix well.
5. Let the batter ferment in a warm place for about 8-10 hours or until it doubles in volume and develops a slight sour aroma.
6. After fermentation, stir the batter gently.
7. Heat a dosa pan over medium heat. Once hot, pour a ladleful of batter onto the center of the pan.
8. Using the back of the ladle, spread the batter in a circular motion to form a thin dosa.
9. Drizzle some oil around the edges of the dosa and cook until the bottom turns golden brown and crispy.
10. Flip the dosa using a spatula and cook the other side until golden brown and crisp.
11. Repeat the process with the remaining batter to make more dosas.
12. Serve the Sprouts Dosas hot with chutney or sambar.



CHAPTER

16

Methi Thepla



Methi Thepla is a popular Gujarati flatbread made with whole wheat flour, gram flour, fresh fenugreek leaves (methi), and spices. It is a versatile and flavorful dish that is perfect for breakfast, lunch, or as a snack. The addition of fenugreek leaves not only adds a unique flavor but also enhances the nutritional value of the theplas. These flatbreads are typically spiced with ginger-green chili paste, turmeric powder, red chili powder, coriander powder, and cumin powder, giving them a delicious and aromatic taste.

INGREDIENTS

- 1 cup whole wheat flour (atta)
- 1/4 cup gram flour (besan)
- 1 cup fresh fenugreek leaves (methi), finely chopped
- 1/4 cup yogurt
- 1 tablespoon ginger-green chili paste
- 1/2 teaspoon turmeric powder
- 1 teaspoon red chili powder (adjust to taste)
- 1/2 teaspoon coriander powder
- 1/4 teaspoon cumin powder
- Salt to taste
- 1 tablespoon oil, plus extra for cooking
- Water, as needed

INSTRUCTIONS

1. In a large mixing bowl, combine whole wheat flour, gram flour, chopped fenugreek leaves, yogurt, ginger-green chili paste, turmeric powder, red chili powder, coriander powder, cumin powder, salt, and 1 tablespoon oil.
2. Mix well to form a crumbly mixture.
3. Gradually add water and knead the mixture into a smooth and pliable dough.
4. Cover the dough and let it rest for about 15-20 minutes.
5. After resting, divide the dough into small lemon-sized balls.
6. Roll out each ball into a thin circle using a rolling pin and some dry flour to prevent sticking.
7. Heat a tawa or griddle over medium heat. Once hot, place a rolled thepla onto the tawa.
8. Cook until small bubbles start to appear on the surface, then flip it over.
9. Brush some oil on the cooked side and flip again. Brush oil on the other side as well.
10. Cook until both sides are golden brown and crisp, pressing gently with a spatula to ensure even cooking.
11. Repeat the process with the remaining dough balls to make more theplas.

Nutritional Value (per serving):

- Calories: Approximately 100-120 kcal
- Protein: Approximately 3-5 grams



CHAPTER

17

Ragi Porridge



Ragi Porridge, also known as Ragi Kanji or Ragi Ambali, is a traditional South Indian breakfast dish made from ragi flour and water or milk. Ragi is highly nutritious, rich in calcium, iron, and dietary fiber, making it a popular choice for a healthy breakfast. Ragi porridge is not only nutritious but also easy to digest and is often recommended as a weaning food for babies and as a postpartum dish for new mothers. The porridge is typically served hot and can be sweetened with jaggery or sugar and flavored with cardamom powder for a delightful taste.

INGREDIENTS

- 1/4 cup ragi flour (finger millet flour)
- 2 cups water or milk (dairy or plant-based)
- 1 tablespoon jaggery or sugar (optional)
- 1/4 teaspoon cardamom powder (optional)
- Chopped nuts and dried fruits for garnish (optional)

INSTRUCTIONS

1. In a large mixing bowl, combine whole wheat flour, gram flour, chopped fenugreek leaves, yogurt, ginger-green chili paste, turmeric powder, red chili powder, coriander powder, cumin powder, salt, and 1 tablespoon oil.
2. Mix well to form a crumbly mixture.
3. Gradually add water and knead the mixture into a smooth and pliable dough.
4. Cover the dough and let it rest for about 15-20 minutes.
5. After resting, divide the dough into small lemon-sized balls.
6. Roll out each ball into a thin circle using a rolling pin and some dry flour to prevent sticking.
7. Heat a tawa or griddle over medium heat. Once hot, place a rolled thepla onto the tawa.
8. Cook until small bubbles start to appear on the surface, then flip it over.
9. Brush some oil on the cooked side and flip again. Brush oil on the other side as well.
10. Cook until both sides are golden brown and crisp, pressing gently with a spatula to ensure even cooking.
11. Repeat the process with the remaining dough balls to make more theplas.

Nutritional Value (per serving):

- Calories: Approximately 100-120 kcal
- Protein: Approximately 3-5 grams





CHAPTER

18

Egg Paratha

Egg Paratha is a delicious and protein-packed Indian flatbread stuffed with scrambled eggs and flavorful spices. It's a satisfying and quick meal option, perfect for breakfast or brunch. The eggs are cooked with onions, tomatoes, and green chilies, enhancing the taste and nutrition. Wrapped in a whole wheat paratha, it's a wholesome and fulfilling dish loved by all.

INGREDIENTS

- 2 eggs
- 2 whole wheat parathas or chapatis
- 1 onion, finely chopped
- 1 tomato, finely chopped
- 1 green chili, finely chopped
- 1/2 teaspoon red chili powder
- 1/2 teaspoon turmeric powder
- Salt to taste
- Fresh coriander leaves for garnish
- Oil or ghee for cooking

INSTRUCTIONS

- 1.Heat a pan and add a little oil. Crack open the eggs and scramble them.
- 2.Add chopped onions, tomatoes, green chilies, red chili powder, turmeric powder, and salt. Cook until the vegetables are soft.
- 3.Place a paratha or chapati on the pan and spread the egg mixture evenly over it.
- 4.Fold the paratha from both sides to cover the egg mixture, creating a square shape.
- 5.Cook the paratha on both sides until golden brown and crispy.
- 6.Garnish with fresh coriander leaves and serve hot with yogurt or chutney.

Nutritional Value (per serving):

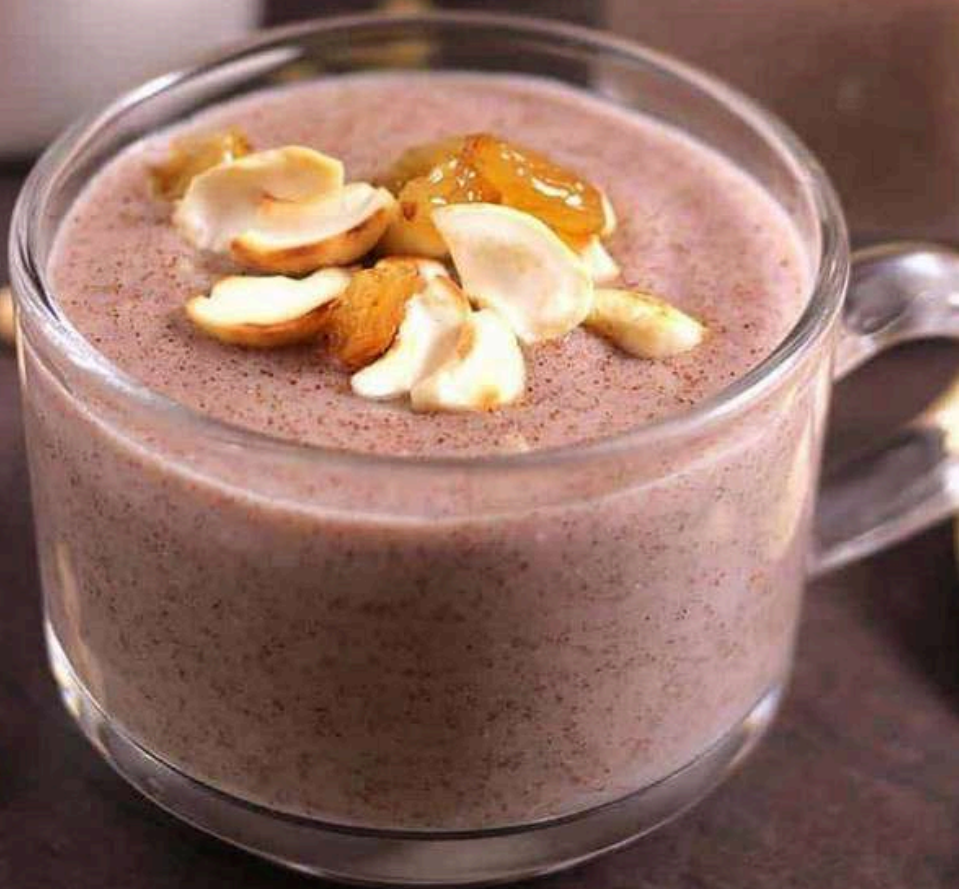
- Calories: Approximately 250-300 kcal
- Protein: Approximately 10-15 grams



CHAPTER

19

Ragi Malt



Ragi Malt is a nutritious and comforting beverage made from ragi flour, water or milk, and sweeteners. It's rich in calcium, iron, and dietary fiber, making it a popular choice for a healthy drink. Ragi, or finger millet, adds a nutty flavor and boosts the nutritional value. This warm and nourishing malt is often consumed as a breakfast drink or a mid-day snack. Its simplicity in preparation and high nutritional content make it an ideal choice for people of all ages, including infants and elderly.

INGREDIENTS

- 1/4 cup ragi flour (finger millet flour)
- 2 cups water or milk (dairy or plant-based)
- 1 tablespoon jaggery or sugar (optional)
- 1/4 teaspoon cardamom powder (optional)
- A pinch of salt

INSTRUCTIONS

1. In a saucepan, add water or milk and bring it to a gentle boil.
2. In a separate bowl, mix the ragi flour with a little water to make a smooth paste.
3. Slowly pour the ragi paste into the boiling water or milk while stirring continuously to prevent lumps.
4. Add jaggery or sugar, cardamom powder, and a pinch of salt. Mix well.
5. Reduce the heat and simmer the mixture for about 5-7 minutes, stirring frequently, until it thickens to a desired consistency.
6. Once done, remove from heat and let it cool slightly.
7. Serve warm Ragi Malt in mugs or cups.
8. Optionally, garnish with chopped nuts or dried fruits.

Nutritional Value (per serving):

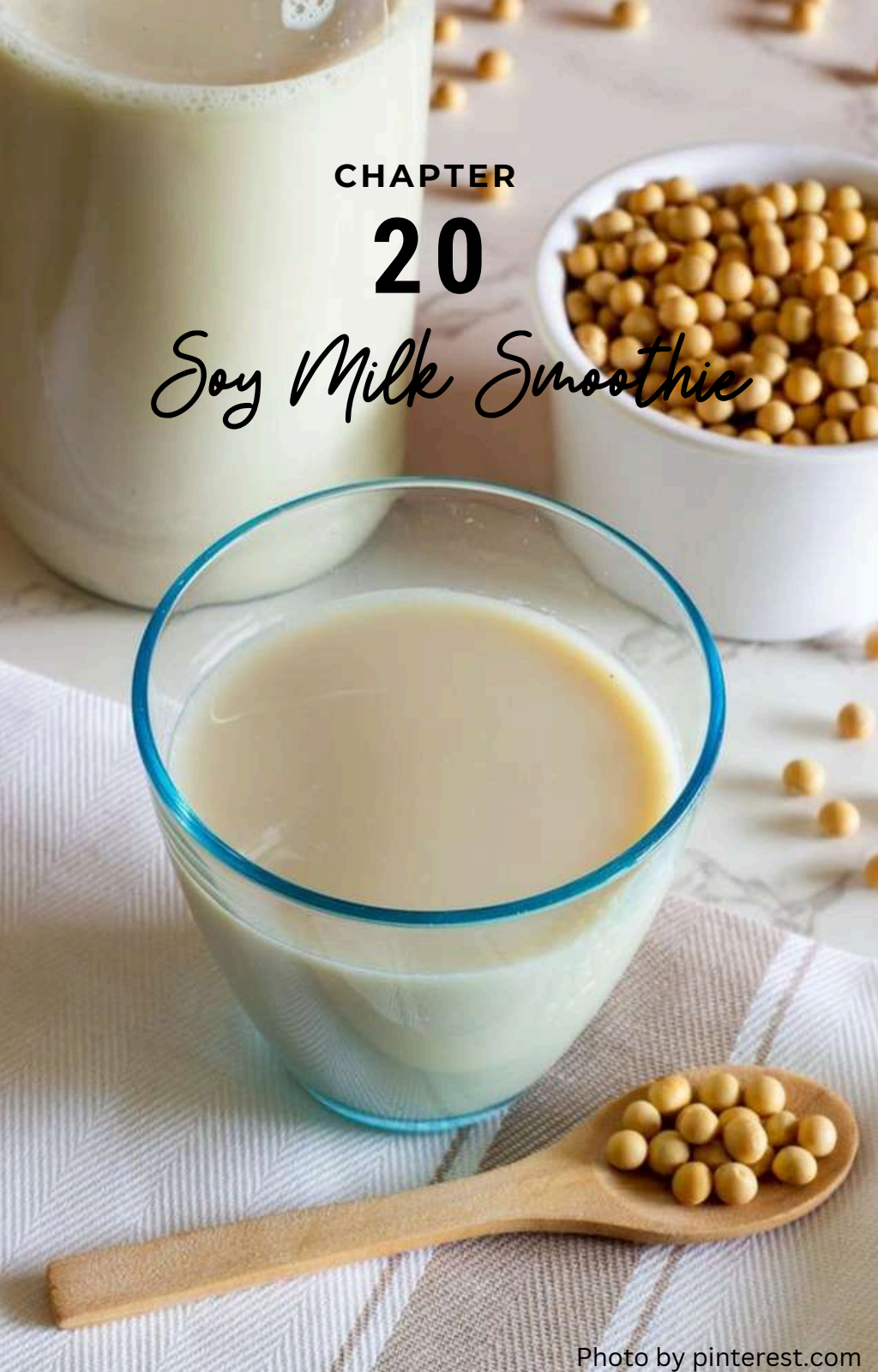
- Calories: Approximately 100-120 kcal
- Protein: Approximately 2-3 grams



CHAPTER

20

Soy Milk Smoothie



Soy Milk Smoothie is a delicious and nutritious beverage made with soy milk, ripe banana, and mixed berries. It's a refreshing and energizing drink packed with protein, fiber, vitamins, and antioxidants. Soy milk adds a creamy texture and is an excellent source of plant-based protein, making this smoothie a great option for vegetarians and vegans. The combination of sweet banana and tangy berries creates a delightful flavor profile that appeals to both kids and adults. With the option to add honey for sweetness and chia seeds or flaxseeds for extra nutrition.

INGREDIENTS

- 1 cup soy milk (unsweetened)
- 1 ripe banana
- 1/2 cup frozen mixed berries (such as strawberries, blueberries, raspberries)
- 1 tablespoon honey or maple syrup (optional)
- 1 tablespoon chia seeds or flaxseeds (optional)
- Ice cubes (optional)

INSTRUCTIONS

1. In a blender, combine soy milk, ripe banana, frozen mixed berries, and honey or maple syrup.
2. Add chia seeds or flaxseeds for extra nutrition if desired.
3. Blend all the ingredients until smooth and creamy.
4. If the smoothie is too thick, add a little water or more soy milk to reach your desired consistency.
5. Optionally, add ice cubes and blend again for a colder smoothie.
6. Pour the Soy Milk Smoothie into glasses and serve immediately.
7. Garnish with fresh berries or mint leaves if desired.

Nutritional Value (per serving):

- Calories: Approximately 200-250 kcal
- Protein: Approximately 7-10 grams



CHAPTER

21

Quinoa Uttapam



Quinoa Uttapam

Quinoa Uttapam is a nutritious twist to the traditional South Indian uttapam. It's made with a batter of quinoa, urad dal, and rice, fermented to perfection. Quinoa boosts the protein content of this dish, making it a wholesome and filling breakfast option. Topped with colorful vegetables, Quinoa Uttapam provides a good dose of vitamins and minerals. It's cooked until crispy on the outside and soft on the inside, making it a delightful treat for the taste buds. Enjoy it hot with coconut chutney or sambar for a satisfying meal that's packed with nutrition.

INGREDIENTS

- 1 cup quinoa (rinsed and soaked for 4-6 hours)
- 1/2 cup urad dal (black gram lentils, rinsed and soaked for 4-6 hours)
- 1/2 cup rice (rinsed and soaked for 4-6 hours)
- 1/2 cup water
- Salt to taste
- 1/2 cup finely chopped vegetables (onions, tomatoes, bell peppers, carrots)
- Oil for cooking

INSTRUCTIONS

1. Drain the soaked quinoa, urad dal, and rice. Grind them together with water to form a smooth batter.
2. Transfer the batter to a large bowl and add salt. Mix well and let it ferment for 8-10 hours or overnight.
3. After fermentation, the batter will rise and become slightly fluffy.
4. Heat a non-stick skillet or dosa pan over medium heat. Once hot, pour a ladleful of batter onto the center of the pan.
5. Spread the batter in a circular motion to form a thick pancake.
6. Sprinkle chopped vegetables evenly over the uttapam.
7. Drizzle some oil around the edges and cook until the bottom turns golden brown and crisp.
8. Flip the uttapam using a spatula and cook the other side until golden brown.
9. Repeat the process with the remaining batter to make more uttapams.
10. Serve the Quinoa Uttapam hot with coconut chutney or sambar.

Nutritional Value (per serving):

- Calories: Approximately 150-200 kcal
- Protein: Approximately 5-7 grams





CHAPTER

22

Soybean Upma

Soybean Upma is a nutritious and protein-rich variation of the traditional semolina upma. Soy granules are cooked with semolina and a mix of colorful vegetables, making it a wholesome breakfast option. Soy is a complete source of protein. This savory upma is seasoned with mustard seeds, cumin seeds, and aromatic spices, creating a flavorful and satisfying meal. It's quick and easy to prepare, making it ideal for busy mornings. Enjoy Soybean Upma as a hearty breakfast, packed with protein and essential nutrients.

INGREDIENTS

- 1 cup soy granules
- 1 cup semolina (sooji/rava)
- 2 tablespoons oil
- 1 teaspoon mustard seeds
- 1 teaspoon cumin seeds
- 1 onion, finely chopped
- 2 green chillies, chopped
- 1/2 inch ginger, grated
- 1/4 cup green peas
- 1/4 cup finely chopped carrots
- 1/4 cup finely chopped capsicum
- Salt to taste
- Fresh coriander leaves for garnish
- Lemon wedges for serving (optional)

INSTRUCTIONS

1. Boil water in a saucepan, add soy granules, and cook for 5 minutes. Drain and set aside.
2. Dry roast semolina in a pan until lightly golden and fragrant. Remove from heat and set aside.
3. Heat oil in a pan. Add mustard seeds and cumin seeds. Let them splutter.
4. Add chopped onions, green chillies, and grated ginger. Saute until onions turn translucent.
5. Add green peas, chopped carrots, and capsicum. Cook for a few minutes until vegetables are tender.
6. Stir in the boiled soy granules and roasted semolina. Mix well.
7. Add salt to taste and mix thoroughly.
8. Cover and cook for 2-3 minutes on low heat.
9. Garnish with fresh coriander leaves.
10. Serve hot Soybean Upma with lemon wedges if desired.

Nutritional Value (per serving):

- Calories: Approximately 250-300 kcal
- Protein: Approximately 15-20 grams



CHAPTER

23

Chana Chat



Chana Chaat is a delightful and healthy Indian street food snack made from boiled chickpeas (chana) tossed with onions, tomatoes, cucumbers, and a variety of spices. It's bursting with flavors, textures, and nutrients, making it a popular choice for a quick and satisfying snack. This tangy and spicy chaat is seasoned with chaat masala, roasted cumin powder, and lemon juice, giving it a refreshing and zesty taste. Chana Chaat is not only delicious but also nutritious, as chickpeas are a rich source of protein, fiber, and essential vitamins and minerals.

INGREDIENTS

- 1 cup boiled chickpeas (chana)
- 1 onion, finely chopped
- 1 tomato, finely chopped
- 1 cucumber, finely chopped
- 1 green chili, finely chopped (optional)
- 1/4 cup fresh coriander leaves, chopped
- 1 lemon, juiced
- 1 teaspoon chaat masala
- 1/2 teaspoon roasted cumin powder
- Salt to taste
- Tamarind chutney and mint chutney for serving (optional)

INSTRUCTIONS

1. In a large mixing bowl, combine boiled chickpeas, chopped onion, tomato, cucumber, green chili (if using), and coriander leaves.
2. Add lemon juice, chaat masala, roasted cumin powder, and salt to taste. Mix well to combine.
3. Taste and adjust seasoning if needed.
4. Transfer the prepared Chana Chaat to serving plates or bowls.
5. Garnish with sev or crunchy chickpea flour noodles if desired.
6. Serve Chana Chaat immediately with tamarind chutney and mint chutney on the side.

Nutritional Value (per serving):

- Calories: Approximately 150-200 kcal
- Protein: Approximately 6-8 grams





CHAPTER

24

Chickpea Omelette

Chickpea Omelette

Chickpea Omelette is a vegan, protein-rich alternative to traditional omelettes. Made from chickpea flour (besan) mixed with vegetables and spices, this savory dish is both nutritious and delicious. The omelette is cooked until golden brown and crispy on the outside, with a soft, flavorful interior. It's a versatile breakfast option that's not only high in protein but also packed with fiber, vitamins, and minerals. Enjoy it hot with chutney or yogurt for a wholesome start to your day.

INGREDIENTS

- 1 cup chickpea flour (besan)
- 1/2 cup water
- 1/4 cup finely chopped onion
- 1/4 cup finely chopped tomato
- 1/4 cup finely chopped bell pepper
- 2 tablespoons finely chopped coriander leaves
- 1 green chili, finely chopped (optional)
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon cumin powder
- Salt to taste
- Oil for cooking

INSTRUCTIONS

1. In a mixing bowl, combine chickpea flour, water, turmeric powder, cumin powder, and salt. Whisk to form a smooth batter.
2. Add chopped onion, tomato, bell pepper, coriander leaves, and green chili (if using). Mix well.
3. Heat a non-stick skillet over medium heat and add a little oil.
4. Pour a ladleful of batter onto the skillet and spread it evenly to form a round omelette.
5. Cook until the edges start to lift and the bottom is golden brown, about 3-4 minutes.
6. Flip the omelette and cook the other side until golden brown, about 2-3 minutes.
7. Remove from the skillet and repeat with the remaining batter.
8. Serve the chickpea omelettes hot with chutney or yogurt.

Nutritional Value (per serving):

- Calories: Approximately 180-200 kcal
- Protein: Approximately 8-10 grams



CHAPTER

25

Rajma Cutlet



Rajma (Kidney Bean)

Cutlet is a nutritious and delicious snack made from boiled rajma and potatoes, mixed with aromatic spices and herbs. These cutlets are shallow-fried until crispy and golden brown, making them a perfect protein-rich appetizer or breakfast option. The combination of rajma and potatoes provides a good source of protein, fiber, and essential nutrients. Serve these cutlets hot with green chutney or ketchup for a satisfying and healthy meal.

INGREDIENTS

- 1 cup boiled and mashed rajma (kidney beans)
- 1 large potato, boiled and mashed
- 1/2 cup finely chopped onions
- 1/4 cup finely chopped coriander leaves
- 1 green chili, finely chopped (optional)
- 1 teaspoon ginger-garlic paste
- 1 teaspoon garam masala
- 1/2 teaspoon red chili powder
- 1/2 teaspoon cumin powder
- Salt to taste
- 1/4 cup breadcrumbs
- Oil for shallow frying

INSTRUCTIONS

1. In a large mixing bowl, combine mashed rajma and mashed potatoes.
2. Add chopped onions, coriander leaves, green chili (if using), ginger-garlic paste, garam masala, red chili powder, cumin powder, and salt. Mix well.
3. Shape the mixture into small, round cutlets.
4. Roll each cutlet in breadcrumbs to coat evenly.
5. Heat oil in a skillet over medium heat.
6. Shallow fry the cutlets until golden brown and crispy on both sides, about 3-4 minutes per side.
7. Remove from the skillet and drain on paper towels to remove excess oil.
8. Serve hot with green chutney or ketchup.

Nutritional Value (per serving):

- Calories: Approximately 150-180 kcal
- Protein: Approximately 5-6 grams



CHAPTER

26

*Methi Moong Dal
Khichdi*



Methi Moong Dal Khichdi

Methi Moong Dal Khichdi is a nutritious and comforting one-pot meal made with moong dal, rice, and fresh fenugreek leaves (methi). This wholesome dish is seasoned with aromatic spices and cooked to a soft, creamy consistency. Rich in protein, fiber, and essential nutrients, Methi Moong Dal Khichdi is not only delicious but also highly nutritious. It's an excellent choice for a balanced breakfast or a light lunch, offering a perfect blend of flavors and health benefits. Serve it hot with yogurt, pickle, or papad for a satisfying and complete meal.

INGREDIENTS

- 1/2 cup moong dal (split green gram)
- 1/2 cup rice
- 1 cup fresh methi (fenugreek) leaves, chopped
- 1 small onion, finely chopped
- 1 tomato, finely chopped
- 1 green chili, finely chopped (optional)
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon cumin seeds
- 1/2 teaspoon mustard seeds
- 1/2 teaspoon ginger-garlic paste
- 2 tablespoons ghee or oil
- Salt to taste
- 4 cups water

INSTRUCTIONS

1. Rinse and soak moong dal and rice together for 20-30 minutes. Drain and set aside.
2. Heat ghee or oil in a pressure cooker over medium heat. Add cumin seeds and mustard seeds. Let them splutter.
3. Add chopped onions and sauté until golden brown. Add ginger-garlic paste and green chili (if using), sauté for a minute.
4. Add chopped tomatoes and cook until they turn soft.
5. Add turmeric powder and chopped methi leaves. Cook for 2-3 minutes until the methi leaves wilt.
6. Add the soaked moong dal and rice. Mix well.
7. Add 4 cups of water and salt to taste. Stir well.
8. Close the lid of the pressure cooker and cook for 3-4 whistles on medium heat.
9. Once the pressure releases, open the lid and gently stir the khichdi.
10. Serve hot with yogurt, pickle, or papad.

Nutritional Value (per serving):

- Calories: Approximately 300-350 kcal
- Protein: Approximately 12-14 grams



CHAPTER

27

Quinoa Pulas



Quinoa Pulao is a nutritious and flavorful dish that combines the health benefits of quinoa with a medley of fresh vegetables and aromatic spices. This protein-rich pulao is an excellent alternative to traditional rice-based dishes, offering a lighter and gluten-free option. Quinoa, a complete protein, is cooked to fluffy perfection and mixed with sautéed onions, carrots, peas, bell peppers, and tomatoes. The addition of spices like turmeric and garam masala enhances the flavor, making it a delicious and satisfying meal. Perfect for breakfast, lunch, or dinner.

INGREDIENTS

- 1 cup quinoa
- 2 cups water
- 1 tablespoon oil or ghee
- 1 teaspoon cumin seeds
- 1 onion, finely sliced
- 1 carrot, diced
- 1/2 cup green peas (fresh or frozen)
- 1/2 bell pepper, diced
- 1 tomato, chopped
- 1/2 teaspoon turmeric powder
- 1 teaspoon garam masala
- 1/2 teaspoon red chili powder
- Salt to taste
- Fresh coriander leaves for garnish
- Lemon wedges for serving

INSTRUCTIONS

1. Rinse the quinoa under cold water and drain.
2. In a medium saucepan, bring 2 cups of water to a boil. Add the quinoa, reduce the heat, cover, and simmer for 15 minutes or until the water is absorbed and the quinoa is fluffy. Set aside.
3. In a large pan, heat oil or ghee over medium heat. Add cumin seeds and let them splutter.
4. Add the sliced onions and sauté until golden brown.
5. Add the diced carrot, green peas, and bell pepper. Cook for 3-4 minutes until the vegetables are slightly tender.
6. Stir in the chopped tomato and cook until it softens.
7. Add turmeric powder, garam masala, red chili powder, and salt. Mix well.
8. Add the cooked quinoa to the pan and gently mix with the vegetables and spices.
9. Cook for another 2-3 minutes, allowing the flavors to blend.
10. Garnish with fresh coriander leaves.
11. Serve hot with lemon wedges on the side.

Nutritional Value (per serving):

- Calories: Approximately 250-300 kcal
- Protein: Approximately 8-10 grams



CHAPTER

28

*Buckwheat (Kuttu)
Pancakes*



Buckwheat (Kuttu) Pancakes

Buckwheat (Kuttu)

Pancakes are a nutritious and gluten-free breakfast option, perfect for those looking for a high-protein and fiber-rich meal. Made with buckwheat flour, these savory pancakes are packed with the goodness of grated carrots, spinach, and onions, providing essential vitamins and minerals. The addition of cumin seeds and black pepper adds a subtle spice, enhancing the flavor. These pancakes are easy to prepare and make for a wholesome and satisfying meal.

INGREDIENTS

- 1 cup buckwheat flour (kuttu ka atta)
- 1/4 cup grated carrot
- 1/4 cup finely chopped spinach
- 1/4 cup finely chopped onions
- 1 green chili, finely chopped (optional)
- 1/2 teaspoon cumin seeds
- 1/2 teaspoon black pepper powder
- Salt to taste
- 1/2 cup water (adjust as needed)
- Oil for cooking

INSTRUCTIONS

1. In a mixing bowl, combine buckwheat flour, grated carrot, chopped spinach, onions, green chili (if using), cumin seeds, black pepper powder, and salt.
2. Gradually add water to the mixture, stirring continuously, until you get a smooth, pourable batter.
3. Heat a non-stick skillet or griddle over medium heat and lightly grease with oil.
4. Pour a ladleful of batter onto the skillet and spread it gently to form a pancake.
5. Cook until bubbles form on the surface and the edges start to lift, about 2-3 minutes.
6. Flip the pancake and cook the other side until golden brown, about 2 minutes.
7. Remove the pancake and repeat with the remaining batter.
8. Serve the buckwheat pancakes hot with yogurt or chutney.

Nutritional Value (per serving):

- Calories: Approximately 150-180 kcal
- Protein: Approximately 5-6 grams



CHAPTER

29

Masoor Dal (Red
Lentil) Pancakes



Masoor Dal (Red Lentil) Pancakes

Masoor Dal (Red Lentil) Pancakes are a nutritious and delicious breakfast option, perfect for a protein-rich start to your day. These savory pancakes are made from ground red lentils, mixed with fresh vegetables like onions, tomatoes, and spinach, and flavored with cumin seeds and turmeric. They are not only high in protein but also packed with essential vitamins and minerals. Easy to prepare, these pancakes are cooked until golden brown and can be enjoyed hot with chutney or yogurt. Ideal for a wholesome and satisfying meal.

INGREDIENTS

- 1 cup masoor dal (red lentils), soaked for 2-3 hours
- 1 small onion, finely chopped
- 1 small tomato, finely chopped
- 1/4 cup finely chopped spinach or coriander leaves
- 1 green chili, finely chopped (optional)
- 1/2 teaspoon cumin seeds
- 1/2 teaspoon turmeric powder
- Salt to taste
- Water as needed
- Oil for cooking

INSTRUCTIONS

1. In a mixing bowl, combine buckwheat flour, grated carrot, chopped spinach, onions, green chili (if using), cumin seeds, black pepper powder, and salt.
2. Gradually add water to the mixture, stirring continuously, until you get a smooth, pourable batter.
3. Heat a non-stick skillet or griddle over medium heat and lightly grease with oil.
4. Pour a ladleful of batter onto the skillet and spread it gently to form a pancake.
5. Cook until bubbles form on the surface and the edges start to lift, about 2-3 minutes.
6. Flip the pancake and cook the other side until golden brown, about 2 minutes.
7. Remove the pancake and repeat with the remaining batter.
8. Serve the buckwheat pancakes hot with yogurt or chutney.

Nutritional Value (per serving):

- Calories: Approximately 150-180 kcal
- Protein: Approximately 5-6 grams





CHAPTER

30

*Almond Milk Chia
Seed Pudding*

Almond Milk Chia Seed Pudding

Almond Milk Chia Seed Pudding is a healthy and delicious breakfast or snack option that's rich in protein and fiber. Made with just a few simple ingredients, this pudding is incredibly easy to prepare and can be customized with your favorite fruits and nuts for added flavor and texture. Chia seeds provide a significant amount of omega-3 fatty acids, protein, and other essential nutrients, while almond milk keeps the dish light and dairy-free. Perfect for meal prep, this pudding can be made ahead of time and enjoyed as a quick, nutritious meal to keep you energized throughout the day. _____

INGREDIENTS

- 1 cup unsweetened almond milk
- 1/4 cup chia seeds
- 1-2 tablespoons maple syrup or honey (optional, for sweetness)
- 1/2 teaspoon vanilla extract
- Fresh fruits and nuts for topping (e.g., berries, banana slices, almonds)

INSTRUCTIONS

1. In a mixing bowl, combine almond milk, chia seeds, maple syrup or honey (if using), and vanilla extract. Stir well to mix.
2. Let the mixture sit for about 10 minutes, then stir again to prevent clumping.
3. Cover the bowl and refrigerate for at least 4 hours or overnight to allow the chia seeds to expand and thicken the mixture.
4. Once the pudding has set, give it a good stir and divide it into serving bowls or jars.
5. Top with fresh fruits and nuts of your choice before serving.

Nutritional Value (per serving):

- Calories: Approximately 150-180 kcal
- Protein: Approximately 5-6 grams

