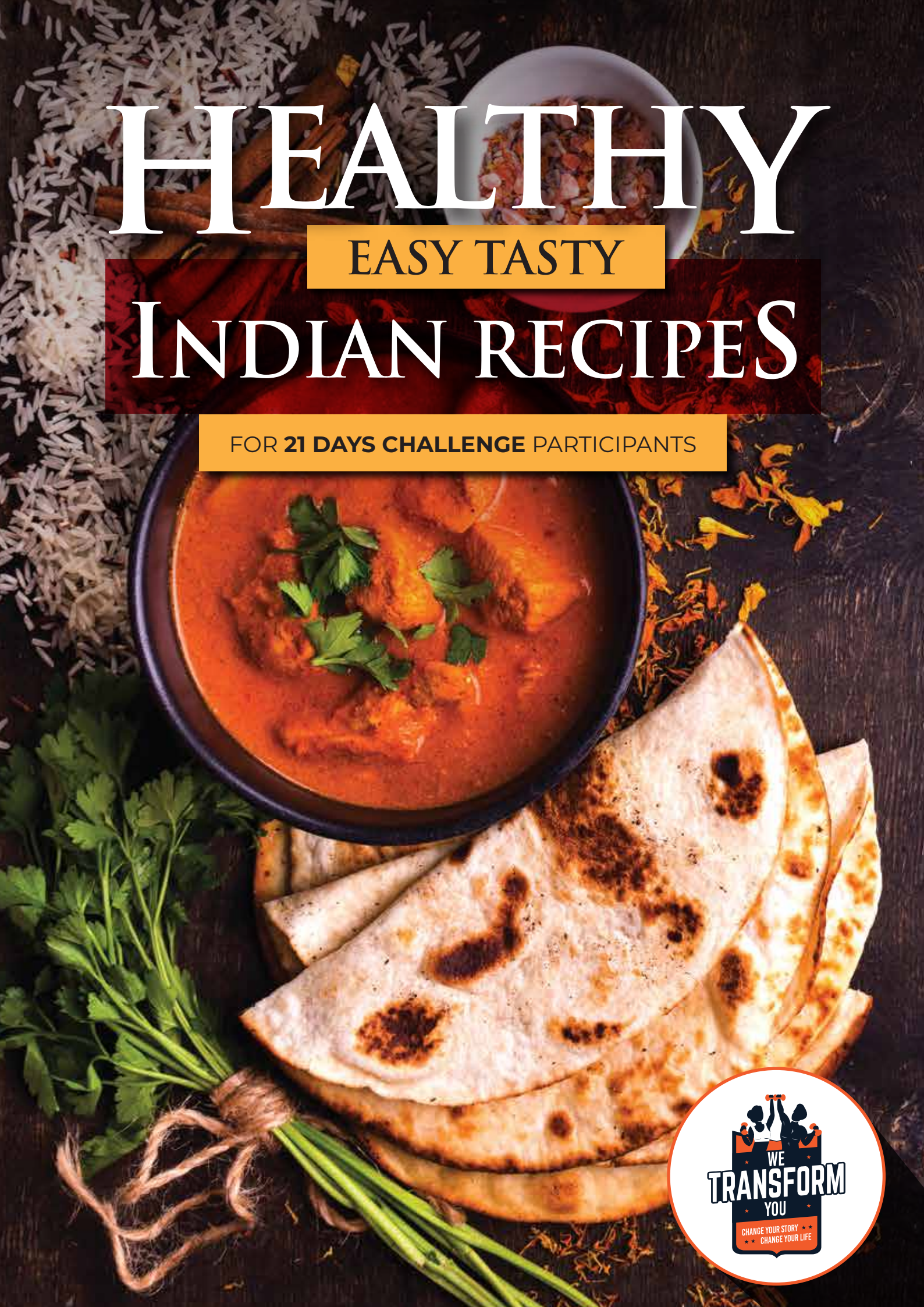


HEALTHY

EASY TASTY

INDIAN RECIPES

FOR 21 DAYS CHALLENGE PARTICIPANTS



NUTRITIONAL CLEANSING PLAN



7:00AM
Morning Shake



10:00AM
Healthy Snack



1:00PM
Lunch



5:00PM - 6:00PM
Snack/Dinner



9:00PM
Night Shake

HEALTHY LIFESTYLE CHANGES

Have _____ Liters of **Water**

Exercise 6 days a week

Have **Dinner before Sunset**

Have 2 servings of **Fruits and Vegetables** everyday

Include **Protein in every meal**

7-8 hours of Sleep is recommended for good health

Small Portion Meal

1 Multigrain chapati / bhakri or 1 bowl of brown rice, 1 bowl of vegetable, 1 bowl of dal/pulses/meat & some yoghurt.

Small Portion Snack

Small Portion Snack- Dry fruits, Fruits, salads, soups, digestive biscuits, brown bread sandwich, cereal, oatmeal, small bowl of home cooked snack or any other Protein based healthy snack.

HOW TO USE THE PRODUCTS

HOW TO PREPARE SHAKE & AFRESH



Simply Blend following in 250ml Cold or Room Temperature Water

3 Scoops of Shake & 1 Scoop of Protein Powder

Add 1-2 Scoops of Shakemate

(If you have purchased it from your Coach)

If you don't have Shakemate, use 125ml of water & 125ml of Soy, Almond or A2 Milk

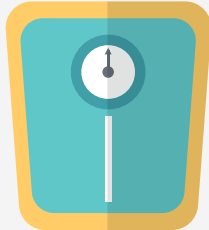


Mix 1gm of Afresh with 180ml Hot or Cold water for a refreshing drink.



Tablets should be taken with 1 glass of water with Meals

CUSTOMISED MEAL PLAN



You already know how easy it is to customize flavors with Formula 1, but did you also know that Formula 1 can help you meet a wide variety of goals? Use Formula 1 every day for:

Weight Loss



7:00AM
Shake



10:00AM
Healthy Snack



1:00PM
Lunch



6:00PM
Dinner



9:00PM
Shake

Everyday Nutrition



7:00AM
Shake



10:00AM
Healthy Snack



1:00PM
Lunch



6:00PM
Dinner



9:00PM
Soup

Weight Gain



7:00AM
Shake



10:00AM
Healthy Snack



1:00PM
Lunch



4:00PM
Shake



6:00PM
Dinner



9:00PM
Shake

GUIDELINES FOR LONG-TERM WELLNESS

1

Never Starve Starving makes your Body believe that you are going through Famine & it goes into **Famine Response** by Storing more Fat for the hypothetical Famine your Body believes you are going through due to long gaps between your meals

2

20kg of Weight requires 1 litres of Water Have water according to your weight. Always keep 1 litre water bottle with you so you'll understand how much water u consume in a day (label your name on the bottle & request people around you to not have water from your bottle). You can have maximum of 4 litres of water everyday

3

Have **Portion Controlled Meal** The food served on your plate should be the **Size of your Palm**

4

When you are travelling, don't skip your 5 meal plan If you are going to be out all day, you can carry Shake powder with you intShaker cup. Add water/milk/ juice to it when you want to have the shake. Also, Carry **Herbalife Protein Bites** Dry fruits, Fruits or Home cooked meals.

5

Order sensibly when you're eating out. You can order idli, dosa, dry starters or veggies without gravies, wheat roti, dal khichdi, club sandwich with whole grain bread or any other healthy options.

6

Morning is the Best time to Workout. Our muscles go through lot of wear & tear during workout. They increase in weight & size after we feed the right nutrients post Workout. The earlier we finish the workout, the more you can repair your muscles & the more you build your muscles, the more fat you burn. If at all you cannot workout in the morning, finish your Workout before Sunset. Our body winds down naturally post sunset for good Sleep. Working out late evening is going against the Nature

7

Include **Rainbow coloured Fruits & Vegetables** in all your 5 meals to get Optimum Phytonutrients & Antioxidants

8

Get 7 Hours of Sleep Daily Best time to Sleep is between 10:00pm to 5:00am. This is the time when all your organs repair themselves. Avoid using any electronic gadgets like mobile, laptop, T.V. etc 9:00pm onwards to get Restful Sleep. The best way to wind up your day is to Spend time with Family, listen to soft music, Read books & Express your Gratitude before Sleeping

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Snack

HERBALIFE PROTEIN BITE



HERBALIFE PROTEIN BITES

+

ANY SEASONAL FRUIT



H24 OATMEAL



INGREDIENTS

- 100ml Milk (Soft Sugar Free)
- 50ml water
- 3 spoons of Oats
- 1 sachet of Herbalife H24 Chocolate
- Some crushed dry fruits

METHOD

1. Mix Milk and Water in a utensil along with Oats.
2. Keep stirring the mixture on a medium flame to boil.
3. The mixture gets thicker check the consistency.
4. Switch off the gas.
5. **Add H24 One Sachet to Oat Meal once it reaches lukewarm temperature. Mix it well. And it's Ready to Eat**

HERBALIFE RAAGI / NACHNI PORRIDGE



INGREDIENTS

- 100ml Milk
- 100ml Water
- 2 Spoons of Raagi/Nachni flour (Roasted)
- 2 spoons of Herbalife F1 Chocolate
- Some Crushed Dry Fruits

METHOD

1. Mix Milk and Water in a utensil along with Raagi flour.
2. Keep stirring the mixture on a medium flame to boil.
3. The mixture gets thicker check the consistency.
4. Switch off the gas.
5. Add Chocolate Formula 1 once the Porridge reaches lukewarm temperature. Mix it well. And it's Ready to Eat

DINO SHAKE / H24 LADOOS



INGREDIENTS

- Dinoshake Chocolate Flavour
- 100 gram almonds
- 100 gram cashews
- 100 gram Pista
- Soft Khajoor (preferably black ones)
- Crunchy Peanuts Butter

METHOD

Add in a bowl -

1. 2 scoops Chocolate Dinoshake
2. Fine Grind All Nuts with khajur
3. 2 scoops Crunchy peanut butter
4. Mix well until it becomes pasty.
5. Make round balls for a yummy Evening or Morning snack for your family.

HERBALIFE PLAIN CHAAS



INGREDIENTS

- 2 tsp fresh curd (dahi), whisked
- 1 tsp cumin seeds (jeera) powder
- 1/2 tsp ginger-green chilli paste
- 1/2 tsp black salt (sanchal)
- salt to taste
- 1 tsp oil
- Herbalife Protein powder 2 scoops
- Active Fiber complex 1 scoop
- 1/4 tsp cumin seeds (jeera)
- a pinch of asafoetida (hing)

For The Chaas Garnish

- 2 tbsp finely chopped coriander (dhania)

METHOD

1. To make the chaas, combine the curds with Herbalife Protein powder and Active Fiber Complex, cumin seeds powder, ginger-green chilli paste, black salt and salt in a deep bowl and mix well.
2. Add 4 cups of chilled water and whisk well. Keep aside.
3. For the tempering, heat the oil in a small pan and add the cumin seeds.
4. When the seeds crackle, add the asafoetide and pour the tempering over the buttermilk.
5. Serve the chaas chilled garnished with coriander.

Nutrient Values (Abbrev) Per glass

Energy	128 cal
Protein	4.3 g
Carbohydrates	5 g
Fiber	0 g
Fat	7.8 g
Cholesterol	16 mg
Sodium	19 mg

HERBALIFE MOONG DAL DOSA

Soaking Time: 3 hours. Preparation Time: 5 mins Fermenting time: 10 hours Cooking Time: 45 mins
Total Time: 13 hours 50 minutes Makes 15 dosas



INGREDIENTS

- 1 cup green moong dal (split green gram)
- 1 cup par-boiled rice (ukda chawal)
- Salt to taste
- Oil for cooking
- 1 scoop Herbalife Personalized Protein Powder

For Serving

- Sambhar
- Coconut chutney

METHOD

1. Wash and soak the moong dal and par-boiled rice in enough water in a deep bowl for at least 3 hours. Drain.
2. Combine the moong dal and par-boiled rice in a mixer and blend till smooth using approx. 1¼ cups of water.
3. Transfer the mixture into a deep bowl, cover it with a lid and allow it to ferment in a warm place for at least 8 to 10 hours.
4. Add the salt and approx. ¼ cup of water and add Herbalife Personalized Protein Powder and mix well.
5. Heat a non-stick tava (griddle) and sprinkle a little water on the tava (griddle) and wipe it off gently using a muslin cloth.
6. Pour a ladleful of the batter on it and spread it in a circular motion to make a 200 mm. (8") diameter circle.
7. Smear a little oil over it and along the edges and cook on a medium flame till the dosa turns golden brown in colour and crisp.
8. Fold over to make a semi-circle or roll.
9. Repeat with the remaining batter to make 14 more dosas.
10. Serve immediately with and sambhar and coconut chutney.

Nutrient Values (Abbvr) Per Dosa

Energy	137 cal
Protein	4.3 g
Carbohydrates	18.1 g
Fiber	1.2 g
Fat	5.2 g
Cholesterol	0 mg
Sodium	4.3 mg

HERBALIFE NUTRITIOUS CHILA

Preparation Time : 5 mins • Cooking Time : 10 mins • Total Time : 15 mins • Makes 4 chilas



INGREDIENTS

- 1/4 cup jowar (white millet) flour
- 1/4 cup whole wheat flour (gehun ka atta)
- 1/4 cup maize flour (makai ka atta)
- 1/4 cup finely chopped onions
- 1/2 cup finely chopped tomatoes
- 2 tbsp finely chopped coriander (dhania)
- 2 tsp finely chopped green chillies
- Salt to taste
- 1 1/4 tsp oil for greasing and cooking
- 1 scoop Herbalife Personalized Protein Powder

METHOD

1. Combine all the ingredients with Herbalife Personalized Protein Powder in a bowl and mix well to make a batter of pouring consistency using enough water
2. Heat a non-stick tava (griddle) and grease it lightly using ¼ tsp of oil
3. Pour a ladleful of the batter on the non-stick tava (griddle) and spread it in a circular motion to make a 125 mm. (5") diameter circle
4. Cook, using ¼ tsp of oil, till it turns golden brown in colour from both the sides
5. Repeat steps 3 and 4 to make 3 more chilas
6. Serve hot with coriander green garlic chutney

FOR SERVING

Coriander green garlic chutney

Nutrient Values (Abbvr) Per Serving

Energy	92 cal
Protein	2.3 g
Carbohydrates	16.5 g
Fiber	2.4 g
Fat	2.1 g
Cholesterol	0 mg
Sodium	6.1 mg

HERBALIFE MOONG AND PALAK SOUP

Soaking Time : 10 mins • Preparation Time : 10 mins • Cooking Time : 14 mins • Total Time : 34 mins • Makes 2 servings



INGREDIENTS

- 4 tbsp yellow moong dal (split yellow gram) , soaked for 10 minutes and drained
- 1/2 cup finely chopped spinach (palak)
- Salt add to taste
- 1 scoop Herbalife Personalized Protein Powder
- 1 scoop Active Fiber Complex

METHOD

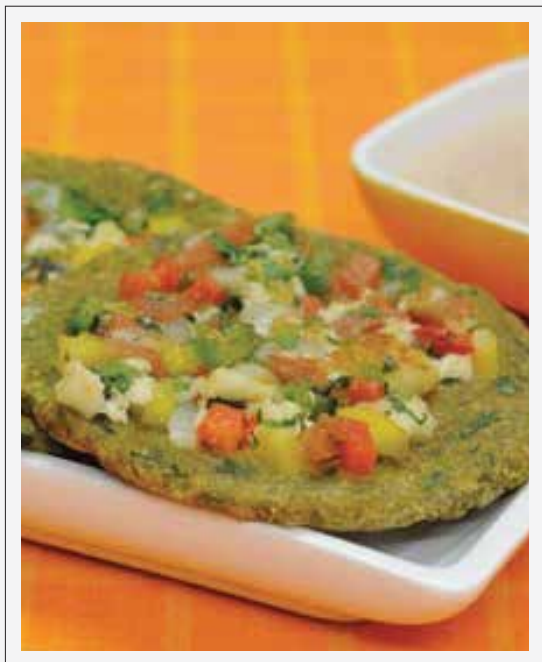
1. Add 1 scoop of Herbalife Active Fiber Complex and 1 scoop of Herbalife Personalized Protein Powder with water in a bowl, mix well and keep aside.
2. Combine the yellow moong dal and 2 cups of hot water in a pressure cooker, mix well and pressure cook for 2 whistles.
3. Allow the steam to escape before opening the lid.
4. Mix the dal very well with help of a whisk.
5. Add the spinach, Active Fiber Complex and Protein Powder mixture, salt and pepper powder, mix well and cook on a medium flame for 3 to 4 minutes, while stirring continuously.
6. Serve hot.

Nutrient Values (Abbrev) Per Serving

Energy	120 cal
Protein	8.3 g
Carbohydrates	20.4 g
Fiber	3 g
Fat	0.6 g
Cholesterol	0 mg
Sodium	30.3 mg

HERBALIFE JOWAR MINI THEPLAS

Preparation Time : 15 mins • Cooking Time : 20 mins • Total Time : 35 mins • Makes 10 mini theplas



INGREDIENTS

For The Topping

- 1 tsp oil
- 1/4 cup finely chopped onions
- 3/4 cup finely chopped coloured capsicum (red , green and yellow)
- 1/4 cup crumbled low-fat paneer
- 2 tbsp finely chopped coriander (dhania)
- Salt to taste

Other Ingredients

- 1 cup quick cooking rolled oats flour
- 1/4 cup ragi flour
- 1/4 cup soya flour
- 1/4 cup jowar (white millet) flour
- 1 cup finely chopped spinach (palak)
- 1 tbsp sesame seeds (til)
- Salt to taste
- 1/2 tsp turmeric powder (haldi)
- 1 tbsp ginger-green chilli paste
- 2 tsp garlic (lehsun) paste
- a pinch of sugar
- a few drops lemon juice
- 1/2 tsp oil
- jowar (white millet) flour for rolling
- 2 tsp oil for cooking
- 1 scoop Herbalife Personalized Protein Powder

METHOD

For the topping

1. Heat the oil in a non-stick pan, add the onions and sauté on a medium flame for 2 minutes, or till the onions turn translucent.
2. Add the capsicum and sauté on a medium flame for another 2 to 3 minutes.
3. Add the paneer, coriander and salt, mix well and cook for another 1 to 2 minutes, while stirring continuously.
4. Remove from the flame and allow it to cool completely.
5. Divide the stuffing into 10 equal portions and keep aside.

How to proceed

1. Combine all the ingredients in a bowl and knead into a soft dough using enough water.
2. Divide the dough into 10 equal portions and roll out a portion into a 100 mm. (4") diameter thick circle, using a little jowar flour for rolling.
3. Heat a non-stick tava (griddle) and cook it, using a little oil, till it turns golden brown in colour from both the sides.
4. Repeat with the remaining portions to make 9 more mini theplas.
5. Spread a portion of the topping evenly over each mini thepla and serve immediately.

Handy tip:

1. To make 1 cup of oats flour, blend 1 1/2 cups of quick rolled oats in a mixer to a fine powder.

Nutrient Values (Abbrv) Per Serving

Energy	84 cal
Protein	3 g
Carbohydrates	11.3 g
Fiber	2.2 g
Fat	3.2 g
Cholesterol	0 mg
Sodium	7.6 mg



HERBALIFE OVERNIGHT OATS FIVE WAYS

Preparation Time : 5 mins • Serves 1



INGREDIENTS

Base Recipe

- 3 tsp of old fashioned rolled oats
- 1/2 cup unsweetened almond milk , plus more to thin if desired
- 1/4 cup plain fat-free greek yogurt
- 1 fair pinch fine sea salt or table salt
- 1 - 3 tsp honey or maple syrup , to taste
- 2 scoop of any Herbalife Formula 1 Flavour

Pumpkin

- 1/3 cup pumpkin
- 1/4 tsp cinnamon
- 1 pinch each nutmeg and cloves
- 1/8 tsp vanilla extract
- 1 Tbsp dried cranberries , for topping
- 1 Tbsp raw unsalted pumpkin seeds , for topping

Chocolate

- 2 - 3 tsp cocoa powder , to taste
- 1 Tbsp creamy peanut butter (optional)
- 1/2 well ripened banana , mashed
- 1/4 tsp vanilla extract
- 1/2 Tbsp mini chocolate chips for topping (optional)
- 1 Tbsp shredded toasted coconut , for topping (optional)

Berry Chia Seed

- 1/2 cup fresh berries such as strawberries, blueberries or raspberries (chop strawberries)
- 1/4 tsp vanilla extract
- 1 1/2 tsp chia seeds

Banana Almond Flax

- 1 small ripe banana , mashed
- 1 Tbsp creamy almond butter
- 1 Tbsp ground flax seeds
- 3 drops almond extract
(pour it in the lid first so you don't add too much)

Apple Autumn Spice

- 1/2 cup chopped crisp, sweet apples
- 1/4 tsp ground cinnamon
- 1 pinch ground nutmeg
- 1 Tbsp chopped pecans, for topping

METHOD

1. Optional: berries/fruits for flavor
2. 1/2 banana, slices
3. 1 TBSP chia seeds
4. Optional: Sweetener (Protein powder, yogurt, maple syrup etc)
5. 1/2 cup oats
6. Add 1/2 cup unsweetened almond milk (or milk of choice)
7. Cover tightly with a lid
8. Shake until thoroughly combined
9. Refrigerate overnight
10. Add any desired toppings (nut butters, nuts, seeds, fresh fruits all the noms) and enjoy

INSTRUCTIONS

Add oats, Herbalife Formula 1, almond milk, yogurt, salt and honey or maple syrup to a 16 oz. jar or bowl. Add mix-ins listed for desired flavor (don't add toppings until the next day). Stir then cover and refrigerate overnight. Thin with more almond milk if desired, add toppings if listed.

RECIPE NOTES

Nutrition facts include oats, almonds milk, yogurt, salt and 2 tsp honey. Other mix-ins are not included.

Nutrient Values (Abbrv) Per Serve

Calories	243
Calories from Fat	36
% Daily Value*	
Total Fat 4g	6%
Cholesterol 2mg	1%
Sodium 416mg	17%
Potassium 217mg	6%
Total Carbohydrates 41g	14%
Dietary Fiber 4g	16%
Sugars 13g	
Protein 11g	22%
Calcium	22.6%
Iron	9.6%

* Percent Daily Values are based on a 2000 calorie diet.



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Lunch



CHANA PALAK+ BHAKRI OR ROTI

Preparation Time : 20 mins • Cooking Time : 22 mins • Total Time : 42 mins • Makes 4 servings



Nutrient Values (Abbrv) Per Serving

Energy	161 cal
Protein	6.6 g
Carbohydrates	23.7 g
Fiber	11.9 g
Fat	4.4 g
Cholesterol	0 mg
Sodium	24 mg

INGREDIENTS

- 1 1/2 cups soaked and boiled kabuli chana (white chick peas)
- 1 cup chopped spinach (palak)
- 2 tsp oil
- 1 cup brinjal (baingan / eggplant) cubes
- 1 cup finely chopped tomatoes
- 1 tsp cumin seeds (jeera)
- 25 mm (1") piece cinnamon (dalchini)
- 2 cloves (laung / lavang)
- 1 tsp garam masala
- 2 tsp chilli powder
- 1 tsp dried mango powder (amchur)
- 1 tsp coriander (dhania) powder
- Salt to taste

To Be Ground Into A Smooth Onion Paste (using Little Water)

- 1/2 cup roughly chopped onions
- 8 garlic (lehsun) cloves
- 2 tsp chopped ginger (adrak)

For The Garnish

- a few onion rings
- 2 tbsp finely chopped coriander (dhania)
- a lemon wedge

METHOD

1. Heat the oil in a deep non-stick pan, add the brinjal, mix well and cook on a slow flame for 4 to 5 minutes or till the brinjal turn soft, while stirring occasionally. Sprinkle a little water if required. Keep aside to cool slightly.
2. Combine the brinjal and tomatoes and blend in a mixer to a smooth paste. Keep aside.
3. Heat a non-stick kadhai and add the cumin seeds and dry roast on a slow flame for 30 seconds.
4. Add the cinnamon, cloves and prepared onion paste and dry roast on a medium flame for 2 to 3 minutes. Sprinkle a little water if required to avoid the onions from burning.
5. Add the prepared brinjal-tomato paste and dry roast on a medium flame for another 1 minute.
6. Add the garam masala, chilli powder, dried mango powder, coriander powder, salt, kabuli chana and 1/2 cup of water, mix well and cook on a medium flame for 1 to 2 minutes, while stirring occasionally.
7. Add the spinach, mix well and cook on a slow flame for 10 minutes, while stirring occasionally.
8. Serve hot garnished with onion rings, coriander and a lemon wedge.

FOR GARNISH

- A few onion rings
- 2 tbsp finely chopped coriander (dhania)
- a lemon wedge

LEMON RICE

Preparation Time : 2 mins • Cooking Time : 25 mins • Total Time : 27 mins • Makes 3 servings



INGREDIENTS

- 1 1/2 cups cooked brown rice
- 2 whole dry kashmiri red chillies , broken into pieces
- 1/2 tsp mustard seeds (rai / sarson)
- 1/2 tsp urad dal (split black lentils)
- 1/2 tsp grated ginger (adrak)
- 1 tsp roasted chana dal (daria)
- 4 to 5 curry leaves (kadi patta)
- 1/8 tsp turmeric powder (haldi)
- 1 1/4 tsp lemon juice
- 1 tsp oil
- salt to taste

For The Garnish

- 1 tbsp chopped coriander (dhania)

METHOD

1. Heat the oil in a non-stick pan and add the red chillies, mustard seeds, urad dal, ginger, chana dal and curry leaves.
2. When the seeds crackle, add the turmeric powder, rice, lemon juice and salt and toss well.
3. Serve hot, garnished with chopped coriander.

Nutrient Values (Abbrv) Per Serving

Energy	125 cal
Protein	2.4 g
Carbohydrates	23.1 g
Fiber	1.2 g
Fat	2.5 g
Cholesterol	0 mg
Sodium	2.1 mg

SINDHI KADHI & RICE

Preparation Time : 10 mins • Cooking Time : 20 mins • Total Time : 30 mins • Makes 4 servings



INGREDIENTS

- 1/4 cup cluster beans (gavarfali)
- 1/2 cup potato peeled and cubed
- 1/4 cup carrot cubes
- 1/4 cup ladies finger (bhindi), slit into 2 vertically
- 1/2 tsp cumin seeds (jeera)
- 1/2 tsp fenugreek (methi) seeds
- 1/4 tsp asafoetida (hing)
- 4 tbsp besan (Bengal gram flour)
- 2 tsp chopped green chillies
- 1 tsp grated ginger (adrak)
- 4 to 6 curry leaves (kadi patta)
- 1/4 tsp turmeric powder (haldi)
- 2 tsp chilli powder
- 1 to 2 tbsp tamarind (imli) pulp
- 3 tbsp oil
- salt to taste

METHOD

1. Boil the gavarfali, potato and carrots in 2 cups of water till they are tender. Keep aside, retaining the water.
2. Heat the oil in another pan and add the cumin seeds and fenugreek seeds. When they crackle add the asafoetida.
3. Add the Bengal gram flour and sauté for 4 to 5 minutes over a medium flame till it is golden brown.
4. Add 4 cups of water and bring to a boil.
5. Add the green chillies, ginger, curry leaves, turmeric powder, chilli powder, tamarind pulp and all the cooked vegetables and salt and bring to a boil. Simmer till the bhindi is cooked.
6. Serve hot with rice.

Nutrient Values (Abbrev) Per Serving

Energy	177 cal
Protein	3.7 g
Carbohydrates	14.1 g
Fiber	3.2 g
Fat	12.2 g
Cholesterol	0 mg



SINDHI KOKI

Preparation Time: 10 mins Cooking Time: 20 mins Total Time: 30 mins Makes 6 kokis



INGREDIENTS

For Sindhi Koki

- 2 cups whole wheat flour (gehun ka atta)
- 1/2 cup chopped onions
- 2 tbsp chopped coriander (dhania)
- 1 tbsp finely chopped green chillies
- 1 tsp cumin seeds (jeera)
- 1 tsp pomegranate (anardana) powder
- 3 tbsp melted ghee
- salt to taste

Other Ingredients For Sindhi Koki

- whole wheat flour (gehun ka atta) for rolling
- 3 tsp ghee for greasing
- 6 tsp ghee for cooking

METHOD

1. To make sindhi koki, combine all the ingredients in a deep bowl and knead into a stiff dough using enough water.
2. Divide the dough into 6 equal portions and roll out each portion into a 175 mm. (7") diameter circle using a little whole wheat flour for rolling and prick it using a fork.
3. Heat a non-stick tava (griddle), grease it with ghee and cook each circle, on a slow flame, using ghee, till it turns golden brown in colour and crisp from both the sides.
4. Serve the sindhi koki hot.

Nutrient Values (Abbrev) Per Koki

Energy	235 cal
Protein	5.4 g
Carbohydrates	32.7 g
Fiber	5.4 g
Fat	9.8 g
Cholesterol	0 mg
Sodium	9.7 mg

CURD BROWN RICE

Preparation Time: 20 mins Cooking Time: 1 mins Total Time: 21 mins Makes 5 servings



INGREDIENTS

- 1 cup fresh curds (dahi)
- 2 cups cooked brown rice
- 1/4 cup finely chopped coriander (dhania)
- Salt to taste
- 1 tsp oil
- 1 tsp mustard seeds (rai / sarson)
- 1 tsp urad dal (split black lentils)
- 1/4 tsp asafoetida (hing)
- 5 curry leaves (kadi patta)

METHOD

1. Put the rice in a deep bowl and mash it using a masher.
2. Add the curds, coriander, salt and ¼ cup of water and mix very well. Keep aside.
3. Heat the oil in a small non-stick pan, add the mustard seeds and urad dal and sauté on a medium flame for a few seconds.
4. Add the curry leaves and asafoetida and sauté on a medium flame for a few seconds.
5. Pour the tempering over the curd-rice mixture and mix well.
6. Serve immediately.

Nutrient Values (Abbrev) Per Serving

Energy	143 cal
Protein	3.7 g
Carbohydrates	20.2 g
Fiber	0.9 g
Fat	4.2 g
Cholesterol	6.4 mg
Sodium	9.5 mg



ARBI SUBZI WITH MULTIGRAIN ROTI

Preparation Time: 20 mins Cooking Time: 8 mins Total Time: 28 mins Makes 3 servings



INGREDIENTS

- 2 1/2 cups boiled , peeled colocassia (arbi) thick roundels
- 1/2 cup thick beaten rice (jada poha)
- 2 whole dry kashmiri red chillies , broken into pieces
- 1/4 tsp asafoetida (hing)
- 1/2 tsp turmeric powder (haldi)
- 2 tbsp oil
- 1 tsp mustard seeds (rai / sarson)
- salt to taste

METHOD

1. Combine the beaten rice, dry red chillies, asafoetida and turmeric powder in a mixer and blend to a smooth powder. Keep aside.
2. Heat the oil in a broad non-stick pan and add the mustard seeds.
3. When the seeds crackle, add the colocassia, salt and the ground powder, toss gently and cook on a medium flame for 5 to 7 minutes, while stirring occasionally.
4. Serve hot.

Nutrient Values (Abbrev) Per Serving

Energy	246 cal
Protein	4.4 g
Carbohydrates	34.1 g
Fiber	1.3 g
Fat	10.2 g
Cholesterol	0 mg
Sodium	12.3 mg

PALAK KHICHDI

Soaking Time: 30 minutes Preparation Time: 20 mins Cooking Time: 23 mins
Total Time: 1 hours 13 minutes Makes 4 servings



INGREDIENTS

- 2 cups rough chopped spinach (palak)
- 1/2 cup long grained rice (basmati)
- 1/4 cup yellow moong dal (split yellow gram)
- 1/2 tsp turmeric powder (haldi)
- salt to taste
- 3 tbsp ghee
- 2 tsp garlic (lehsun) paste
- 1/2 tsp ginger (adrak) paste
- 1/4 cup finely chopped onions
- 1/2 cup finely chopped tomatoes
- 1/2 tsp chilli powder
- 1/2 tsp garam masala
- 1 small stick cinnamon (dalchini)
- 2 cloves (laung / lavang)
- 1 cardamom (elaichi)
- 1 tsp cumin seeds (jeera)
- 6 curry leaves (kadi patta)
- 1 whole dry kashmiri red chilli, broken into pieces
- 1 tbsp finely chopped garlic (lehsun)
- 1 tbsp finely chopped green chillies

For Serving With Palak Khichdi

- Fresh curd (dahi)
- Papad

METHOD

1. To make palak khichdi, combine the rice and dal in a deep bowl and soak it in enough water for 30 minutes. Drain well. Keep aside.
2. Drain well, combine the rice, dal, turmeric powder, salt and 1½ cups of water in a pressure cooker, mix well and pressure cook for 3 whistles.
3. Combine the spinach and 2 tbsp of water in a mixer and blend till smooth. Keep aside.
4. Allow the steam to escape before opening the lid. Keep aside.
5. Heat 2 tbsp of ghee in a deep non-stick pan, add the garlic and ginger paste and sauté on a medium flame for a few seconds.
6. Add the onions and tomatoes and sauté on a medium flame for 3 minutes, while stirring occasionally.
7. Add the spinach purée, chilli powder and garam masala, mix well and cook on a medium flame for 3 minutes, while stirring occasionally.
8. Add the cooked dal-rice mixture, 1½ cups of water and salt and, mix well and cook on a medium flame for 2 to 3 minutes, while stirring occasionally. Keep aside.
9. Heat the remaining 1 tbsp of ghee in a small non-stick pan, add the cinnamon, cloves, cardamom, cumin seeds, curry leaves, kashmiri dry red chillies and sauté on a medium flame for 1 minute.
10. Add the garlic and green chillies and sauté on a medium flame for 30 seconds.
11. Pour the tempering over the palak khichdi and mix well.
12. Serve the palak khichdi hot with fresh curds and papad.

Nutrient Values (Abbrev) Per Serving

Energy	212 cal
Protein	4.7 g
Carbohydrates	25.1 g
Fiber	2.9 g
Fat	10.3 g
Cholesterol	0 mg
Sodium	26.5 mg



SPICY SPROUTS PULAO

Preparation Time: 10 mins Cooking Time: 17 mins Total Time: 27 mins Makes 4 servings



INGREDIENTS

- 1 cup mixed sprouts (moong , matki , chana , rajma etc.)
- 1/2 cup brown rice, soaked for 30 minutes and drained
- 1 tsp oil
- 1 bayleaf (tejpatta)
- 1 clove (laung / lavang)
- 1 small stick cinnamon (dalchini)
- 1/2 tsp cumin seeds (jeera)
- 1 tsp ginger-green chilli paste
- 1/2 cup finely chopped onions
- 1/4 tsp turmeric powder (haldi)
- 1/2 tsp chilli powder
- 1 tsp coriander-cumin seeds (dhania-jeera) powder
- Salt to taste

For The Garnish

- 2 tbsp finely chopped coriander (dhania)

METHOD

1. Heat the oil in a pressure cooker, add the bayleaf, clove, cinnamon and cumin seeds and sauté on a medium flame for 30 seconds.
2. Add the ginger-green chilli paste and onions and sauté on a medium flame for 2 minutes.
3. Add the brown rice and mixed sprouts and sauté on a medium flame for 2 minutes.
4. Add the turmeric powder, chilli powder, coriander-cumin seeds powder, salt and 1 cup of hot water, mix well and pressure cook for 3 whistles.
5. Allow the steam to escape before opening the lid.
6. Serve hot garnished with coriander.

Nutrient Values (Abbrev) Per Serving

Energy	158 cal
Protein	6.1 g
Carbohydrates	28.7 g
Fiber	1.7 g
Fat	2.1 g
Cholesterol	0 mg
Sodium	6.8 mg

HARIYALI MUTTER WITH MULTIGRAIN ROTI

Preparation Time: 10 mins Cooking Time: 8 mins Total Time: 18 mins Makes 2 servings



INGREDIENTS

- 1 cup boiled green peas
- 2 tsp oil
- 1 tsp cumin seeds (jeera)
- 1/2 tsp nigella seeds (kalonji)
- A pinch of asafoetida (hing)
- Salt to taste
- 1/4 cup chopped low-fat paneer (cottage cheese) cubes

To Be Ground Into A Smooth Paste (using Little Water)

- 2 cups chopped coriander (dhania)
- 4 green chillies, roughly chopped
- 25 mm. (1") piece ginger (adrak)
- 4 garlic (lehsun) cloves
- 1 tbsp lemon juice

For Serving

- Phulkas

METHOD

1. Heat the oil in a non-stick kadhai and add the cumin seeds.
2. When the seeds crackle, add the nigella seeds and sauté on a medium flame for a few seconds.
3. Add the asafoetida and the prepared paste, mix well and cook on a medium flame for 1 to 2 minutes, while stirring continuously.
4. Add the milk and green peas, mix well and cook on a medium flame for 1 to 2 minutes, while stirring continuously.
5. Add 2 tbsp of water and salt, mix well and cook on a medium flame for another minute, while stirring continuously.
6. Add the paneer, mix lightly and cook on a medium flame for 1 to 2 more minutes. Serve immediately with phulkas.

Nutrient Values (Abbrev) Per Serving

Energy	145 cal
Protein	7.5 g
Carbohydrates	16.5 g
Fiber	7.4 g
Fat	5.4 g
Cholesterol	0 mg
Sodium	41.5 mg



CABBAGE AND PANEER PARATHAS

Preparation Time: 15 mins Cooking Time: 20 mins Total Time: 35 mins Makes 5 parathas



INGREDIENTS

For The Cabbage and Paneer Parathas Dough

- 1 cup whole wheat flour (gehun ka atta)
- 1 tbsp melted ghee
- Salt to taste

To Be Mixed Into A Stuffing

For Cabbage and Paneer Parathas

- 1 1/4 cups grated cabbage
- 1/2 cup crumbled paneer (cottage cheese)
- 2 tbsp finely chopped coriander (dhania)
- 1 1/2 tsp finely chopped green chillies
- Salt to taste

Other Ingredients For

Cabbage and Paneer Parathas

- whole wheat flour (gehun ka atta) for rolling
- Oil for cooking

For Serving With

Cabbage and Paneer Parathas

- Curd (dahi)

METHOD

For the cabbage and paneer parathas dough

1. Combine all the ingredients in a deep bowl, mix well and knead into a soft dough using enough water. Cover and keep aside for at least 10 to 15 minutes.
2. Divide the dough into 10 equal portions and keep aside.

How to proceed

1. To make cabbage and paneer parathas, divide the stuffing into 5 equal portions.
2. Roll out a portion of the dough into a 125 mm. (5") diameter roti with help of a little whole wheat flour.
3. Spread a portion of the stuffing evenly over it. Cover it with another roti and press the sides well.
4. Heat a non-stick tava (griddle) and cook the paratha, using a little oil, till golden brown spots appear on both the sides.
5. Repeat steps 2 to 4 to make 4 more cabbage and paneer parathas.
6. Serve the cabbage and paneer parathas hot with curds.

Nutrient Values (Abbrev) Per Paratha

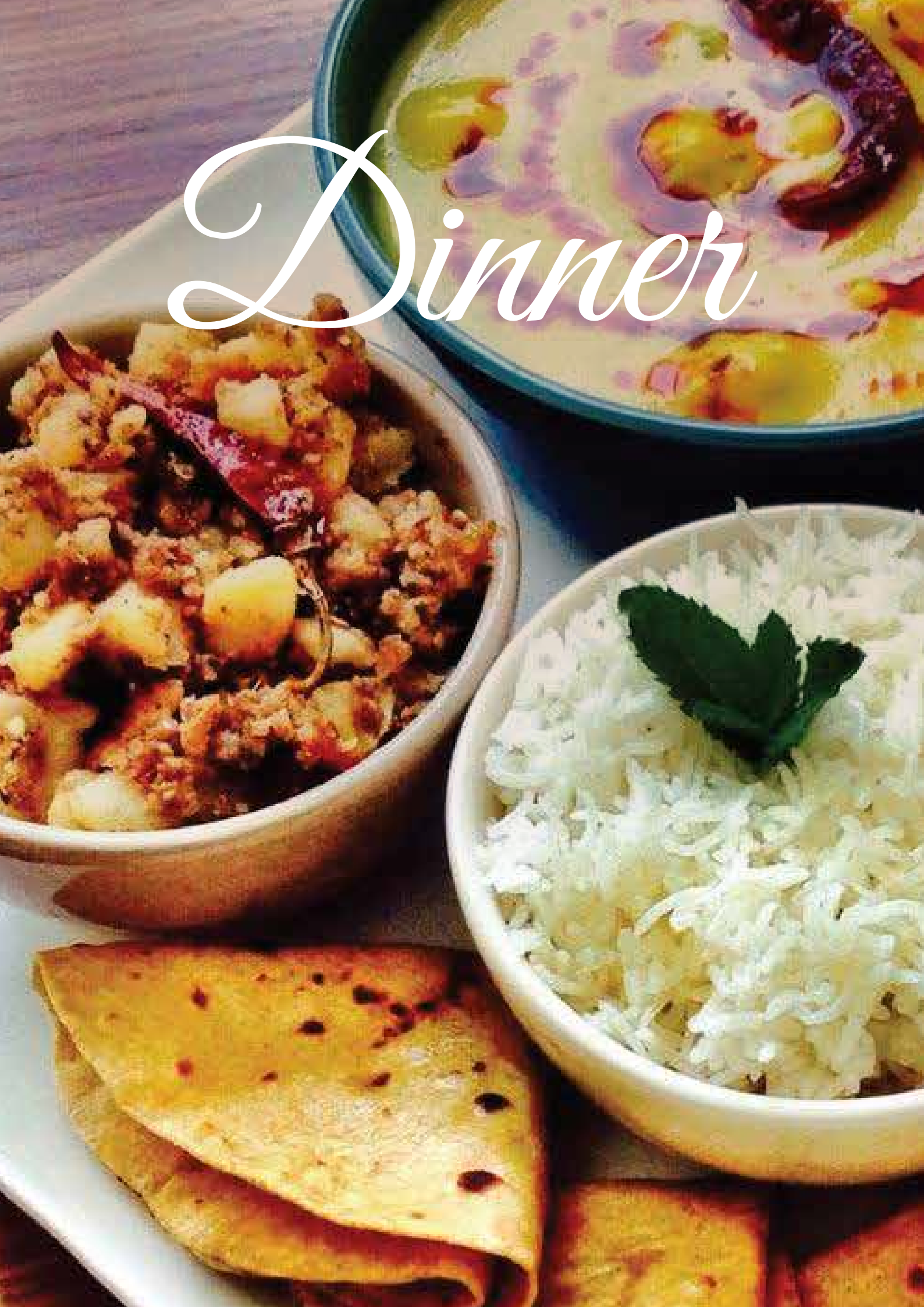
Energy	192 cal
Protein	5.1 g
Carbohydrates	17.2 g
Fiber	1 g
Fat	11.5 g
Cholesterol	0 mg
Sodium	5 mg

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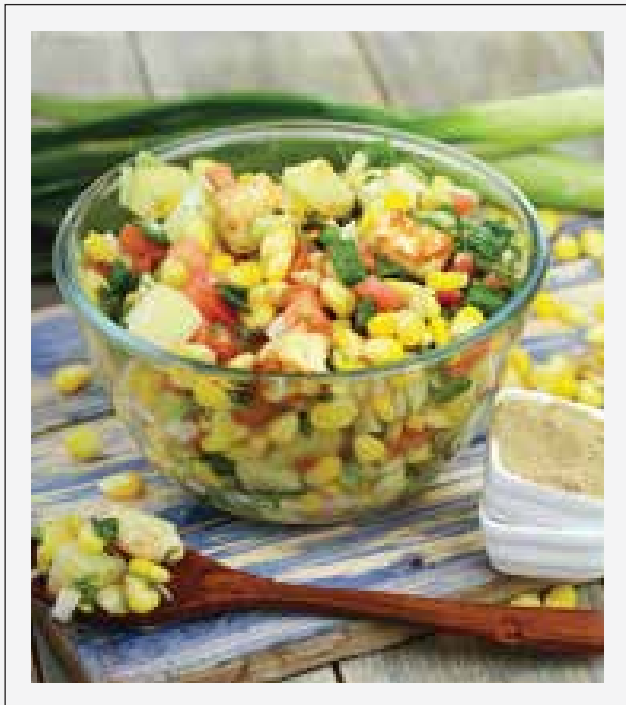
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Dinner



PANEER AND CORN CHATPATA SALAD

Preparation Time : 15 mins • Cooking Time : 2 mins • Total Time : 17 mins • Makes 6 servings



INGREDIENTS

- 1/2 cup paneer (cottage cheese) cubes
- 1 1/2 cups boiled sweet corn kernels (makai ke dane)
- 2 tsp chaat masala
- 1 tbsp oil
- 1 cup boiled potato cubes
- 1 cup chopped spring onions whites and greens
- 3/4 cup chopped tomatoes
- 1/2 tsp lemon juice
- 1/2 tsp finely chopped green chillies
- 1 tbsp finely chopped coriander (dhania)
- Salt to taste

METHOD

1. Heat the oil in a broad non-stick pan, add the paneer cubes and sauté on a medium flame for 2 minutes while stirring occasionally or till light brown in colour. Remove and keep aside to cool.
2. Combine all the ingredients, including the paneer in a deep bowl and toss gently.
3. Serve immediately.

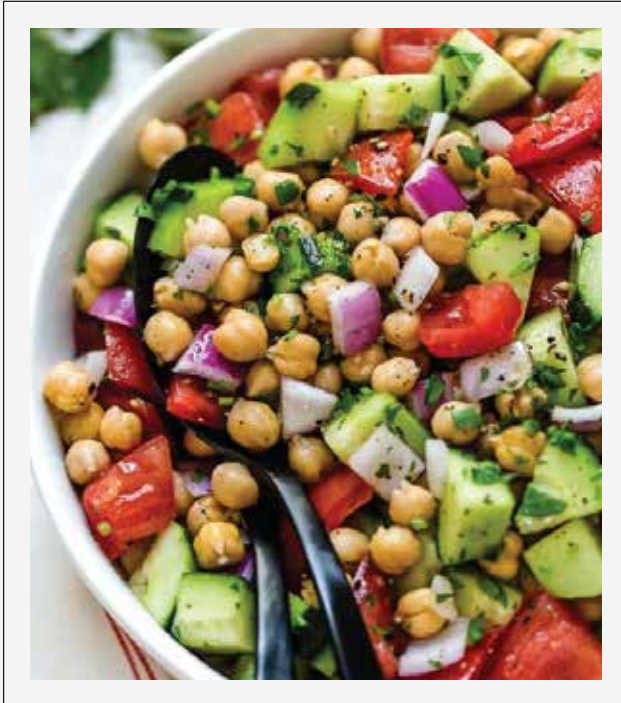


Nutrient Values (Abbrev) Per Serving

Energy	110 cal
Protein	3.3 g
Carbohydrates	13.4 g
Fiber	1.6 g
Fat	5.4 g
Cholesterol	0 mg

CHICKPEA SALAD

Soaking Time: Overnight Preparation Time: 15 mins Cooking Time: 20 mins
Total Time: 8 hours 35 minutes Makes 4 servings



INGREDIENTS

- 2 cups soaked, drained and boiled kabuli chana (white chick peas)
- 3/4 cup tomato cubes
- 1 cup cucumber cubes
- 3/4 cup chopped spring onion greens and whites
- salt to taste

For The Mint Dressing

- 1/2 cup chopped mint leaves (phudina)
- 1/2 cup chopped coriander (dhania)
- 1/2 tsp sugar
- 2 tbsp low fat curds (dahi)
- salt to taste
- freshly ground black pepper (kalimirch) to taste

Method

For the mint dressing

1. Combine all the ingredients and blend in a mixer to a smooth paste using a little water. Keep aside.

How to proceed

1. To make indian chickpea salad for weight loss, combine all the ingredients in a bowl, add the mint dressing and toss well.
2. Serve the indian chickpea salad for weight loss immediately or chilled.

METHOD

Preparation for the chickpea salad

1. To make the Indian chickpea salad for weight loss | kabuli chana salad with pudina dressing | healthy chickpea salad for weight loss, wash and soak 1 cup of kabuli chana overnight in a deep bowl
2. In the morning, drain well using a strainer
3. Transfer the soaked chana to a pressure cooker.
4. Add the salt and 3 cup of water.
5. Pressure cook it for 3 to 4 whistles over a medium flame or until they are soft. Allow the steam to escape naturally and then carefully open the lid
6. Drain the boiled kabuli chana using a strainer and keep aside
7. Chop the tomato and cucumber into cubes.
8. Also, chop spring onion greens and whites.
9. For the mint dressing, we will be using fresh mint leaves and coriander leaves. Pick and clean the bunch of these leafy greens.
10. Wash them thoroughly, pat them dry and chop them. Measure 1/2 cup each and keep aside.

For the mint dressing

1. For preparing a refreshing mint dressing, in a mixer jar, take chopped mint leaves.
2. Add chopped coriander.
3. Next, add 2 tbsp of low-fat curds. This increases the tanginess of the chickpea salad and also adds in protein and calcium to that bowl.
4. Season it with salt and freshly ground black pepper.
5. Grind to a smooth paste using a little water and keep aside. You can refrigerate this dressing until serving if not using it immediately

How to make chickpea salad with mint dressing

1. To make kabuli chana salad with phudina dressing, in a bowl take 2 cups of drained and boiled kabuli chana. You can even use kala chana or any other pulses.
2. Add tomato cubes. Mint, coriander and tomato increase the folic acid and vitamin A content of this chickpea salad recipe.
3. Add cucumber cubes.
4. Add chopped spring onion greens and whites.
5. Add salt to taste. Be careful while adding salt as the dressing and also, the boiled chana has salt already.
6. Add the prepared mint puree.
7. Toss gently using two spoons and our kabuli chana salad with mint dressing is ready.
8. Transfer to a serving bowl and serve chickpea salad with mint dressing. You can relish it immediately or put it in a refrigerator for a while and enjoy a chilled bowl of chickpea salad.

Nutrient Values (Abbrev) Per Serving

Energy	167 cal
Protein	8.1 g
Carbohydrates	28.5 g
Fiber	13.4 g
Fat	2.3 g
Cholesterol	0 mg
Sodium	21.8 mg



GREEK SALAD WITH A TWIST

Preparation Time: 15 mins Cooking Time: 0 mins Total Time: 15 mins Makes 4 tikkis



INGREDIENTS

- 2 cups cooked chickpeas
- 2 cucumbers chopped
- 1 cup Feta cheese cut in small squares
- 1 cup chopped kalamata olives
- 1 cup chopped cherry tomatoes
- 1 cup chopped green peppers
- 1/2 cup finely chopped red onion
- 2 lemons juiced
- Olive oil, apple cider vinegar (or any other kind you like), oregano, salt and pepper

METHOD

1. Place all the ingredients on a big salad bowl and mix well. Make sure you add the Feta cheese at the end, even after the dressing.
2. For the dressing I use double the amount of olive oil than apple cider vinegar. Start by adding the lemon juice first. Then add the olive oil and vinegar, mix well, and taste. Use the amount of dressing according to your personal taste. Season also with some oregano, salt and pepper.

Nutrient Values (Abbrev) Per Serving

Energy	139 cal
Protein	7.5 g
Carbohydrates	10.5 g
Fiber	3.5 g
Fat	8.75 g
Cholesterol	25 mg
Sodium	621 mg

HEALTHY BROCCOLI FRIED RICE

Preparation Time: 5 mins Cooking Time: 6 mins Total Time: 11 mins Makes 3 servings



INGREDIENTS

- 1 cup blanched broccoli florets
- 2 cups cooked brown rice
- 2 tsp oil
- 2 tsp finely chopped garlic (lehsun)
- 2 whole dry kashmiri red chillies , broken into pieces
- 1/4 cup thinly sliced onions
- 1 tsp finely chopped ginger (adrak)
- 1 tsp finely chopped green chillies
- 1/2 cup sliced coloured capsicum
- 1 tsp soy sauce
- Salt to taste

METHOD

1. To make healthy broccoli fried rice, heat the oil in a broad non-stick pan, add the garlic and dry red chillies and sauté on a medium flame for 30 seconds.
2. Add the onions, ginger and green chillies and sauté on a medium flame for 1 minute.
3. Add the capsicum and sauté on a medium flame for 1 minute.
4. Add the broccoli and sauté on a medium flame for 1 minute.
5. Add the brown rice, soy sauce and salt, mix gently and cook on a medium flame for 2 minutes.
6. Serve the healthy broccoli fried rice hot.



Nutrient Values (Abbrev) Per Serving

Energy	182 cal
Protein	3.8 g
Carbohydrates	31.8 g
Fiber	2 g
Fat	4.5 g
Cholesterol	0 mg
Sodium	118.4 mg

DAL FRY + RICE

Soaking Time: 2 hours Preparation Time: 10 mins Cooking Time: 22 mins Total Time: 2 hours 32 minutes
Makes 4 servings



INGREDIENTS

- 1/4 cup yellow moong dal (split yellow gram), washed, soaked for 2 hours and drained
- 1 cup masoor (split red lentil) dal, washed, soaked for 2 hours and drained
- 1/4 tsp turmeric powder (haldi)
- 2 green chillies, slit
- 1 tsp grated ginger (adrak)
- 1 tsp grated garlic (lehsun)
- Salt to taste
- 3 tbsp ghee
- 1/2 tsp mustard seeds (rai / sarson)
- 1/2 tsp nigella seeds (kalonji), optional
- 1 whole dry kashmiri red chilli
- 1/2 cup finely chopped onions
- 1/2 cup finely chopped tomatoes
- 1/2 tsp chilli powder

For The Garnish

- 1 tbsp finely chopped coriander (dhania)

METHOD

1. To make dal fry, combine the dals, 2½ cups of water, turmeric powder, green chillies, ginger, garlic and salt in a pressure cooker, mix well and pressure cook for 2 whistles.
2. Allow the steam to escape before opening the lid and keep aside.
3. Heat the 2 tbsp ghee in a deep non-stick kadhai, add the mustard seeds, nigella seeds and dry kashmiri red chilli and sauté on a medium flame for a few seconds.
4. Add the onions and sauté on a medium flame for 2 to 3 minutes or till the onions turn translucent.
5. Add the tomatoes and ¼ cup of water, mix well and cook on a medium flame for 2 to 3 minutes, while stirring occasionally.
6. Add the cooked dal mixture and 1½ cups of water, mix well and cook on a medium flame for 3 to 4 minutes, while stirring occasionally.
7. Heat the remaining 1 tbsp ghee in a small non-stick pan, add the chilli powder, immediately pour over the dal and mix well.
8. Serve the dal fry immediately garnished with coriander.

Nutrient Values (Abbrev) Per Serving

Energy	245 cal
Protein	13.1 g
Carbohydrates	32.6 g
Fiber	5.4 g
Fat	7 g
Cholesterol	0 mg
Sodium	8.8 mg



SPINACH AND GREEN PEA PULAV

Preparation Time : 15 mins • Cooking Time : 5 mins • Total Time : 20 mins • Makes 6 servings



INGREDIENTS

- 2 cups shredded spinach (palak)
 - 1/2 cup boiled green peas
 - 3 cups cooked rice (chawal)
 - 1 tbsp ghee
 - 1/2 cup thinly sliced onions
 - 2 tsp finely chopped green chillies
 - Salt to taste
- To Be Ground Into A Smooth Paste (using Little Water)
- 1 cup finely chopped coriander (dhania)
 - 1/2 tbsp grated fresh coconut
 - 3 green chillies , roughly chopped
 - 1/2 tbsp lemon juice
 - 1/2 tsp sugar
 - Salt to taste

FOR SERVING

Fresh curd / raita

METHOD

1. Heat the ghee in a broad non-stick pan, add the onions and sauté on a medium flame for 1 minute.
2. Add the green chillies and spinach and sauté on a medium flame for 2 minutes.
3. Add the paste, rice, green peas and salt, mix well and cook on a medium flame for 2 minutes, while stirring occasionally.
4. Serve hot with fresh curds or raita.

Nutrient Values (Abbrev) Per Serving

Energy	145 cal
Protein	3.4 g
Carbohydrates	26.3 g
Fiber	3.1 g
Fat	2.9 g
Cholesterol	0 mg



LAHSONI MOONG DAL

Prep Time : 5 Minutes • Cook Time : 20 Minutes • Total Time : 25 Minutes • Servings : 4 Servings • Calories : 265 Kcal



INGREDIENTS

- 1 cup moong dal
- 1/2 tsp turmeric powder
- 4 cloves garlic peeled and crushed
- 2 Thai green chillies sliced
- 1 inch piece ginger crushed
- 1 tomato chopped
- salt to taste

METHOD

1. Wash the moong dal well and cook with the rest of the ingredients - turmeric powder, garlic, ginger, green chillies, tomato and salt along with about 2-3 cups of water.
2. Cook till the dal is well cooked and mushy. Mash the dal with the back of a spoon till its all a homogeneous mixture.
3. Heat the oil for the seasoning / tadka in a pan and add the cumin seeds to it. Once it splutters, add the red chilli powder and the garlic slices. Remove from heat and let the garlic slices become crispy in the hot oil.
4. Pour this over the dal mixture and serve immediately with rotis or rice.

FOR THE TEMPERED SEASONING

- 1 tsp cumin seeds
- 1/2 tsp red chilli powder / cayenne
- 3 cloves garlic peeled and sliced
- 2 tbsp oil / ghee (skip ghee is making a vegan recipe)

Nutrient Values (Abbrv) Per Serving

Calories	265
Calories from Fat	63
% Daily Value*	
Total Fat 7g	11%
Sodium 86mg	4%
Potassium 748mg	21%
Total Carbohydrates 37g	12%
Dietary Fiber 9g	6%
Sugars 5g	
Protein 13g	26%
Vitamin A	8.2%
Vitamin C	13.4%
Calcium	8.6%
Iron	22.7%

SPROUTED MATKI RICE

Preparation Time : 15 mins • Cooking Time : 13 mins • Total Time : 28 mins • Makes 3 servings



INGREDIENTS

- 1 cup sprouted matki (moath beans)
- 1 cup cooked long grained rice (basmati)
- 1 tbsp oil
- 2 cloves (laung / lavang)
- 2 cardamoms
- 1 small stick cinnamon (dalchini)
- 1/4 tsp asafoetida (hing)
- 1 tsp finely chopped green chillies
- 1/2 tsp finely chopped ginger (adrak)
- 1/2 cup finely chopped onions
- 1/2 cup finely chopped capsicum
- 1/4 tsp turmeric powder (haldi)
- 1/2 tsp chilli powder
- 1 tsp coriander (dhania) powder
- Salt to taste

For The Garnish

- 2 tbsp chopped coriander (dhania)

METHOD

1. Heat the oil in a broad non-stick pan, add the cloves, cardamom, cinnamon and asafoetida and sauté on a medium flame for a few seconds.
2. Add the green chillies ginger, capsicum and onions and sauté on a medium flame for 2 to 3 minutes.
3. Add the turmeric powder, chilli powder, coriander powder and sauté on a medium flame for a few seconds.
4. Add the sprouted matki, salt and ¼ cup of water, mix well and cover with a lid and cook on a medium flame for 5 to 7 minutes, while stirring occasionally.
5. Add the rice, toss gently and cook on a medium flame for 1 to 2 minutes, while stirring occasionally.
6. Serve hot garnished with coriander.

Nutrient Values (Abbrv) Per Serving

Energy	319 cal
Protein	8.8 g
Carbohydrates	58.5 g
Fiber	3.8 g
Fat	5.6 g
Cholesterol	0 mg

MASALA MIXED SPROUTS SALAD WITH COCONUT

Preparation Time : 10 mins • Cooking Time : 10 mins • Total Time : 20 mins • Makes 4 servings



INGREDIENTS

- 1 cup boiled mixed sprouts
- 1/2 cup freshly grated coconut
- 1/2 cup finely chopped coriander (dhania)
- 1/2 cup grated carrot
- 1 1/2 tsp finely chopped green chillies
- 1 1/2 tsp lemon juice
- 1 tsp chaat masala(optional)
- Salt and freshly ground black pepper (kalimirch)to taste

METHOD

1. Combine all the ingredients in a deep bowl and toss well.
2. Serve immediately.

Nutrient Values (Abbrv) Per Serving

Energy	105 cal
Protein	3.4 g
Carbohydrates	10.4 g
Fiber	4.4 g
Fat	5.6 g
Cholesterol	0 mg

ALOO MATAR KI SABJI

Preparation Time: 10 mins • Cooking Time: 20 mins • Total Time: 30 mins • Makes 4 servings



INGREDIENTS

For Aloo Matar

- 1 1/2 cups potatoes boiled, peeled and cubed
- 1 cup boiled green peas
- 1/2 tsp cumin seeds (jeera)
- 3/4 cup chopped onions
- 1 tsp finely chopped ginger (adrak)
- 1 tsp green chilli paste
- 1/2 tsp finely chopped garlic (lehsun)
- 1 cup chopped tomatoes
- A pinch of turmeric powder (haldi)
- 1/2 tsp chilli powder
- 1/2 tsp garam masala
- 2 tbsp oil
- salt to taste

For The Garnish


- 1 tbsp chopped coriander (dhania)

METHOD

1. Heat the oil and add the cumin seeds and allow them to crackle. When they crackle, add the onions and sauté till they are translucent.
2. Add the garlic, ginger, green chilli paste and tomatoes and simmer till the tomatoes are cooked. Mash lightly using a potato masher and add 1 tbsp water.
3. Add the green peas, potatoes, salt, chilli powder, garam masala and and cook for 3 to 4 minutes.
4. Add 1 cup of water and allow it to come to a boil.
5. Mash 2 to 3 pieces of potatoes in the pan to thicken the gravy. Simmer till the aloo matar gravy thickens.
6. Garnish the aloo matar with the coriander and serve hot with rotis or parathas.

Nutrient Values (Abbrv) Per Serving

Energy	155 cal
Protein	3.7 g
Carbohydrates	17.7 g
Fiber	4.4 g
Fat	7.7 g
Cholesterol	0 mg
Sodium	12.6 mg



**WHEN DIET IS
WRONG,
MEDICINE IS OF
NO USE.**

**WHEN DIET IS
CORRECT,
MEDICINE IS OF
NO NEED.**

AYURVEDIC PROVERB