

BANANA PANCAKE

YIELD: 12 pancakes

CALORIES: 565 kcal Carbs: 72g



INGREDIENTS	QUANTITY	INSTRUCTIONS
All-purpose flour	1 cup	Combine flour, white sugar, baking powder and salt. In a separate bowl, mix together egg, milk, vegetable oil and bananas.
White sugar	1 tablespoon	
Baking powder	2 teaspoons	Stir flour mixture into banana mixture; batter will be slightly lumpy.
Salt	¼ teaspoon	
Egg, beaten	1 Medium	Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Cook until pancakes are golden brown on both sides; serve hot.
Milk	1 cup	
Vegetable oil	2 tablespoons	
Bananas, mashed	2 Medium (ripe)	

CHICKEN VEGETABLE OMELETTE

YIELD: 1 Serving

CALORIES: 338 kcal

Carbs: 12g



INGREDIENTS	QUANTITY	INSTRUCTIONS
Single cream	1 teaspoon	In a mixing bowl combine the cream, salt, chilli powder, dried coriander, onion, chopped green chilli, tomato and chicken and mix thoroughly. Add the egg and mix well.
Salt	1/4 teaspoon	
Red Chilli Powder	1/4 teaspoon	Warm the oil in a frying pan over a medium heat. Pour the omelette mixture into the pan and cook for a few minutes to brown the base, flip over and cook for about a minute before folding over and transferring to a serving plate, cook a little longer if you prefer a dry omelette. Garnish with chopped fresh coriander and enjoy.
Dried Coriander	1/4 teaspoon	
Onion, Chopped	1 small	
Chopped Green Chilli	1 teaspoon	
Tomato Chopped	1/2 small	
Chopped Cooked Chicken	2 tablespoons	
Egg	1	
Sunflower Oil	3 teapoons	
Chopped Fresh Coriander	1 tablespoon	

EGG SANDWICH

YIELD: 1 Serving

CALORIES: 280 kcal Carbs: 35g



INGREDIENTS	QUANTITY	INSTRUCTIONS
Egg	1	Crack the egg into a bowl, add milk and whisk it. Fry it in oil. Season with salt and pepper.
Milk	1 tablespoon	
Whole wheat bread	2 slices	While the egg is cooking, toast the bread without oil. Use a spoon to set a cooked egg on one piece of toast. Top with a slice of cheese and the other piece of toast. Place the sandwich again on pan and cover it for few seconds to melt its cheese.
Salt and Pepper	1 pinch (to taste)	
Oil	2 teaspoons	

SPINACH AND TOMATO OMELLETE

YIELD: 2 Serving

CALORIES: 564 kcal Carbs: 30g



INGREDIENTS	QUANTITY	INSTRUCTIONS
Tomato	2 Medium	To prepare this healthy breakfast recipe, first slice the onion and chop it into small pieces. Also, wash the tomatoes and spinach leaves and chop them too. Keep the cut vegetables aside.
Vegetable Oil	1 teaspoon	Now, put a pan on medium flame and heat some oil in it. Add the chopped onions and tomatoes into the pan and sauté this mix for about 1-2 minutes.
Shredded Cheese Cubes	3 tablespoons	Also, add the chopped spinach leaves into the pan and let them for 5 minutes' cook. Once that happens, remove the pan from heat and transfer the sautéed vegetables to a bowl.
Salt	As Required	Take another bowl and break eggs in it. Beat the eggs and transfer the beaten eggs to the bowl with sautéed vegetables and mix them well. Note that you can add some water if required for mixing.
Spinach	1 cup	After that, place a non-stick pan or tawa on medium flame. Add some oil for greasing and then pour the egg mixture on the pan and swirl it around a little bit.
Onion	1 Medium	Let the omelet cook till it is starting to set. Add some cheese on the egg mix along with the seasoning of salt and black pepper. Finally, flip the omelet and let the other side cook after turning the flame to low.
Egg	4	Cover the pan and let the omelet cook till the eggs are perfectly set. Transfer the prepared spinach tomato omelet to a plate and serve immediately.
Powdered Black Pepper	As Required	

KHAGEENA

YIELD: 2 Serving

CALORIES: 611 kcal Carbs: 15g



INGREDIENTS	QUANTITY	INSTRUCTIONS
Eggs	Two	First cut the onions into very thin slices and fry in oil.
Onions	Three Medium	Put salt, coriander and turmeric powder, chilli, tomatoes and half cup of water.
Red Tomatoes	Two Small	Mix well; when gravy is ready, whisk the eggs in another bowl and put these eggs into gravy and mix well.
Green Chilies	Two	Lower the flame, put green chilies and coriander over the khagina.
Coriander Chopped	Two Tablespoons	
Oil	Three Tablespoons	
Red Chili Powder	Half Teaspoon	
Salt	Half Teaspoon	
Turmeric Powder	Half Teaspoon	

FRENCH TOAST

YIELD: 3 Serving

CALORIES: 710 kcal Carbs: 98g



INGREDIENTS	QUANTITY	INSTRUCTIONS
Bread Slices	6 Thick	Beat together egg, milk, salt, desired spices and vanilla. Heat a lightly oiled griddle or skillet over medium-high heat. Dip each slice of bread in egg mixture, soaking both sides. Place in pan, and cook on both sides until golden. Serve hot.
Eggs	2	
Milk	$\frac{2}{3}$ Cup	
Ground Cinnamon	$\frac{1}{4}$ Teaspoon	
Ground Nutmeg	$\frac{1}{4}$ Teaspoon	
Vanilla Essence	1 Teaspoon	
Salt	As Required	

BESAN PARATHA



YIELD: 4 Serving

CALORIES: 278 kcal Carbs: 40g

INGREDIENTS	QUANTITY	INSTRUCTIONS
Gram Flour	1 Cup	Sieve gram flour and mix whole wheat flour onion, green chili, cumin, and coriander, salt, fresh coriander mixes well. Now add water slowly and make the dough.
Whole Wheat Flour	1 Cup	
Onion	1 Medium Chopped	Dust the surface with wheat flour, make balls, roll in flour, and use a rolling pin to fatten the dough ball.
Green Chili	5 Chopped	
Salt	1 & 1/2 Tsp	Heat the pan, place the rolled dough on it and cook one side, flip the paratha, add oil on both side and fry till golden Serve hot.
Cumin Seeds	1 & Tsp (Roasted And Crushed)	
Coriander	1 Tablespoon (Roasted And Crushed)	
Fresh Coriander	4 Tablespoon	
Oil	2 Teaspoons	

SHAMI KABAB SANDWICH



YIELD: 2 Serving

CALORIES: 768 kcal Carbs: 55g

INGREDIENTS	QUANTITY	INSTRUCTIONS
Shami Kababs	2	Heat oil in a frying pan. Cook kababs and turned occasionally until they are full cooked and brown.
Whole wheat bread	4 slices	Assemble the sandwich by placing shami kababs, tomato slices, onion rings and cucumbers on bread slice.
Tomatoes	2 thinly sliced	Place it on pan and toast it on both sides without oil and serve.
Cucumber	½ sliced	
Onion rings	3-4	
Cooking Oil	2 teaspoons	



QEEMA PARATHA

YIELD: 2 Serving

CALORIES: 900 kcal Carbs: 40g

INGREDIENTS	QUANTITY	INSTRUCTIONS
Vegetable Oil	2 Tablespoon	<p>Heat vegetable oil in a heavy bottom pan.</p> <p>Add chopped onion and fry till translucent. It will take 2-3 minutes on medium high heat. Keep stirring it frequently.</p> <p>Add ginger and garlic paste and fry for another minute. Now add the mutton mince and fry on high heat for 3-4 minutes. Keep stirring frequently.</p> <p>Now add mutton mince and fry on high heat for 3-4 minutes.</p> <p>Add coriander powder, red chili powder, turmeric powder, garam masala powder, salt, and roasted cumin powder and mix everything well.</p> <p>Add 1 cup of water and cover the pan.</p> <p>Cook on low heat for 40-45 minutes. Remove the lid. Cook the mutton on high heat till it is</p>

		<p>completely dry. Keep stirring continuously.</p> <p>Add lime juice and fresh coriander and mix well. Remove the pan from heat and cool the filling completely.</p>
Chopped onion	1/2 cup	<p>For the dough</p> <p>Mix whole wheat flour, salt, and 2 tablespoon vegetable oil in a large bowl. Mix the ingredients together with your fingers to make a crumbly mixture.</p>
Ginger garlic paste	1 teaspoon	<p>Add little water and make a soft dough. The quantity of water depends on the quality of the flour. Keep adding little by little and knead until the dough is soft.</p>
Mutton mince	300-gram	<p>Knead the dough for 2-3 minutes until it is soft and smooth. Cover the bowl with a kitchen towel and keep aside for 20 minutes.</p>

Red chili powder	1 teaspoon	<p>For assembly</p> <p>Divide the dough into lemon size balls. Dust the balls with some dry flour and roll to make a 4-inch circle. Keep 2 tablespoon of mutton filling in the center and bring the ends together.</p> <p>Dust with dry flour and roll the balls with very light hands to make a 5-6-inch circle.</p> <p>Heat a griddle. Put the paratha on the hot griddle. Flip the paratha once light brown spots appear on the bottom surface.</p> <p>Apply oil on both sides. Fry from both sides till brown spots appear. Keep pressing using a flat ladle while frying. Serve hot with raita</p>
Turmeric powder	1/2 teaspoon	
Garam masala powder	1/2 teaspoon	
Roasted cumin powder	1 teaspoon	
Lemon Juice	1 teaspoon	
Salt	to taste	
Chopped coriander	2 tablespoon	
Whole wheat flour	2 cup	
Salt	1/2 teaspoon	
Oil	2 tablespoon	

MIX VEGETABLE PARATHA



YIELD: 4 Serving

CALORIES: 498 kcal

Carbs: 30g

INGREDIENTS	QUANTITY	INSTRUCTIONS
Whole wheat flour	1 cup	Steam or boiled vegetables until they are just cooked. When they become soft mash them.
Salt	½ teaspoon	Add all the ingredients except whole wheat flour. Mix well.
Ginger garlic paste	½ teaspoon	Add the flour and mix. Knead to make a soft non sticky dough. Divide them into equal size balls.
Red chili powder	½ teaspoon	Flatten these balls around 8 to 9 inches.
Garam masala	¼ teaspoon	Heat the pan and transfer that paratha on to pan and flip on both sides until golden brown.
Oil	2 tablespoon	Serve hot.
Potatoes	½ cup (cubed)	
Carrots	½ cup (cubed)	
Cauliflower	¼ cup	
Green peas	¼ cup	
Coriander leaves	4 tablespoon	

PORRIDGE

YIELD: 1 Serving

CALORIES: 220 kcal Carbs: 36g



INGREDIENTS	QUANTITY	INSTRUCTIONS
Water	2 -1/2 cup	Combine water, and oats in a saucepan. Bring to a boil, then reduce heat to low, and simmer until the liquid has been absorbed, stirring frequently.
Rolled oats	1 cup	Pour into bowls, and top each with a splash of cold milk.
Cold milk	½ cup	Serve.

PINEAPPLE SMOOTHIE

YIELD: 1 Serving

CALORIES: 120 kcal

Carbs: 21g



INGREDIENTS	QUANTITY	INSTRUCTIONS
Tinned Pineapple (without juice)	1/2 Cup	Place ice cubes, pineapple, and yogurt into the bowl of a blender. Puree on high until smooth.
Yogurt	½ Cup	
Ice Cubes (crushed)	½ cup	

MIDMORNING

SNACK

FRUIT CHAAT

YIELD: 1 Serving

CALORIES: 120 kcal Carbs: 30g



INGREDIENTS	QUANTITY	INSTRUCTIONS
Small apple	1/2	Add fruit to a large bowl and pour over dressing, tossing gently to combine. Add orange juice. Chill until ready to serve.
Orange	1/2	
Grapes	8-9 grapes	
Orange juice	¼ cup	

WHITE CHICK PEA CHAAT

YIELD: 1 Serving

CALORIES: 216 kcal Carbs: 40g



INGREDIENTS	QUANTITY	INSTRUCTIONS
Safaid Chana (White Chickpea) boiled	1 cup	Add the boiled black chickpeas to a bowl. Add green chili, onions, and tomatoes. Stir well. Add mint leaves, coriander leaves and lemon juice. Stir well. Taste and adjust salt as needed.
Red Onion diced	¼ cup	
Tomato diced	¼ cup	
green chili	1	
Mint leaves	1 tablespoon	
Coriander leaves	1 tablespoon	
Salt	To taste	
Lemon juice	1 teaspoon	

OATMEAL CHICKEN AND VEGETABLE SOUP

YIELD: 1 Serving

CALORIES: 378 kcal

Carbs: 30g



INGREDIENTS	QUANTITY	INSTRUCTIONS
Rolled oats	1 cup	<p>Heat large pot over medium heat. Add oats and toast until fragrant, about 5 minutes; stirring frequently. Let cool.</p> <p>Heat oil over another medium pot. Add vegetables and chicken; stir. Cook for 5-7 minute. Add water and black pepper; stir. Add oats and stir. Reduce heat and cover. Cook for 8-10 minutes. Salt to taste.</p> <p>Serve.</p>
Chicken	¼ cup (boiled and shredded)	
Onion	1/3 cup chopped	
Capsicum	1 medium (sliced in strips)	
Salt	To taste	
Black Pepper	½ teaspoon	
Carrots	2 medium chopped	
Oil	1 tablespoon	

BEEF CUTLET SANDWICH

YIELD: 1 Serving

CALORIES: 940 kcal

Carbs: 35g



INGREDIENTS	QUANTITY	INSTRUCTIONS
Mincemeat (without fat)	6 tablespoon	<p>Add spices in mincemeat and mix well. Add corn flour in it. Shape them into kebab and coat it in egg and fry. Fry on low flame until both sides are brown.</p> <p>On the other pan toast the bread slices.</p> <p>Spread the kebab on bread slices.</p> <p>Serve.</p>
Salt	½ teaspoon	
Black pepper	½ teaspoon	
Corn flour	2 tablespoon	
Egg	1	
Soya sauce	1 tablespoon	
Garlic paste	1 tablespoon	
Oil	4 tablespoon	
Whole wheat Bread slices	2 slices	



BLACK CHICKPEAS CHAAT

YIELD: 1 Serving

CALORIES: 216 kcal

Carbs: 40g

INGREDIENTS	QUANTITY	INSTRUCTIONS
Kala Chana (Black Chickpea) boiled	1 cup	Add the boiled black chickpeas to a bowl. Add green chili, onions, and tomatoes. Stir well. Add mint leaves, coriander leaves and lemon juice. Stir well. Taste and adjust salt as needed.
Red Onion diced	¼ cup	
Tomato diced	¼ cup	
green chili	1	
Mint leaves	1 tablespoon	
Coriander leaves	1 tablespoon	
Salt	To taste	
Lemon juice	1 teaspoon	

LENTIL SOUP

YIELD: 1 Serving

CALORIES: 216 kcal

Carbs: 40g



INGREDIENTS	QUANTITY	INSTRUCTIONS
Red lentil	½ cup	<p>Add oil in a medium pan and onion. Fry until translucent. Add lentil and carrots and sauté for 5 minutes. Add spices. Add water and bring it to boil.</p> <p>Cook until it thickened.</p> <p>Sprinkle coriander, mint leaves and green chili.</p> <p>Add lemon juice.</p> <p>Serve.</p>
Oil	1 Tablespoon	
Red Onion diced	¼ cup	
Carrots diced	¼ cup	
green chili	1	
Mint leaves	1 tablespoon	
Coriander leaves	1 tablespoon	
Salt	To taste	
Lemon juice	1 teaspoon	

CHICKEN SANDWICH

YIELD: 1 Serving

CALORIES: 940 kcal Carbs: 35g



INGREDIENTS	QUANTITY	INSTRUCTIONS
Mincemeat (without fat)	6 tablespoon	<p>Add spices in mincemeat and mix well. Add corn flour in it. Shape them into kebab and coat it in egg and fry.</p> <p>Fry on low flame until both sides are brown.</p> <p>On the other pan toast the bread slices. Spread the kebab on bread slices.</p> <p>Serve.</p>
Salt	½ teaspoon	
Black pepper	½ teaspoon	
Corn flour	2 tablespoon	
Egg	1	
Soya sauce	1 tablespoon	
Garlic paste	1 tablespoon	
Oil	4 tablespoon	
Whole wheat Bread slices	2 slices	

CHIKOO MILKSHAKE

YIELD: 1 Serving

CALORIES: 180 kcal Carbs: 27g



INGREDIENTS	QUANTITY	INSTRUCTIONS
Chikoo	1 small	Place ice cubes, chikoo, and milk into the bowl of a blender. Puree on high until smooth.
Milk without fat	1 cup	
Ice Cubes (crushed)	½ cup	

LUNCH

QEEMA SHIMLA MIRCH

YIELD: 1 Serving

CALORIES: 120 kcal

Carbs: 21g



INGREDIENTS	QUANTITY	INSTRUCTIONS
Mincemeat without fat	125gms	Heat oil add onions and fry on high flame till gets dark golden.
Capsicum	1 small cubes	Add ginger & garlic paste fry on high flame for 3 to 4 minutes.
Onion	1 small diced	Now add tomatoes, salt, red chili powder, turmeric, coriander powder mix and cook on medium flame till the oil comes on the surface.
Tomato	1 small diced	Then add mince and cook on high flame for 6 minutes add water 1 glass mix, cover and cook on low to medium flame till the oil comes on the surface.
Ginger garlic paste	1 tablespoon	Add bell peppers, cover and simmer for 10 to 12 minutes.
Salt	To taste	Serve hot with roti, or boiled rice.
Red chili powder	1 teaspoon	
Turmeric	½ teaspoon	
Coriander powder	1 teaspoon	
Oil	1 tablespoon	

CHICKEN CURRY

YIELD: 1 Serving

CALORIES: 470 kcal

Carbs: 15g



INGREDIENTS	QUANTITY	INSTRUCTIONS
Chicken (karahi cut)	2 medium size chicken piece	<p>Heat the oil in a deep pot</p> <p>Add in the onions. Cook these on a medium high heat till the onions become translucent and begin to brown lightly on the edges</p> <p>Add the halved tomatoes. Cover and steam this on low for about 5 minutes.</p> <p>Turn the heat up, add the garlic, ginger and all the spices and dry out the masala, stirring constantly. Use your spoon to mash the onions and tomatoes as you stir.</p> <p>Once the masala is super dry, the oil begins to separate add and Sauté the chicken on high heat, again stirring constantly, until the chicken changes color and no longer remains pink</p> <p>Add 1.5 cups of water. Bring to a boil, then cover and simmer on low for half an hour.</p> <p>Once the chicken is cooked through, stir in the gram masala and coriander/dried fenugreek.</p>
Oil	2 tablespoon	
Onion	1 small chopped	
Tomato	1 small diced	
Ginger garlic paste	1 tablespoon	
Salt	To taste	
Red chili powder	1 teaspoon	
Turmeric	½ teaspoon	
Coriander powder	1 teaspoon	
Garam Masala	1 teaspoon	

SPINACH RICE

YIELD: 1 Serving

CALORIES: 278 kcal Carbs: 45g



INGREDIENTS	QUANTITY	INSTRUCTIONS
Oil	2 teaspoon	Add the oil to a deep pot and heat over medium heat.
Onion	1 small chopped	Add the onions and sauté until translucent, about 5 minutes.
Salt	To taste	Add the spinach and toss to wilt it and reduce the volume slightly.
Spinach	1 cup	Add the rice and water, stir, cover, and bring to a boil. Let boil for 3 minutes and then reduce the heat to low and simmer for 20 minutes, or until all the liquid has been absorbed.
Ginger garlic paste	1 tablespoon	Adjust the seasoning with salt to taste.
Rice	1 cup	serve.

CHICKEN BIRYANI

YIELD: 1 Serving

CALORIES: 461 kcal

Carbs: 30g



INGREDIENTS	QUANTITY	INSTRUCTIONS
Oil	1 tablespoon	<p>Heat the oil in a large saucepan over a low heat. Add the onion, cover and cook for 10 minutes until softened.</p> <p>In a large bowl add chicken, garam masala, chili powder and salt. Stir well to coat.</p> <p>Rinse the rice several times in cold water, until the water runs clear. Add the garlic and ginger to the onion and cook for 2 minutes, then add the chicken pieces and cook for a further 2 minutes, stirring constantly.</p> <p>Add the rice and hot stock to the pan, stir well then bring to the boil. Cover with a tight-fitting lid, reduce the heat slightly and cook for 5 minutes. Turn off the heat and leave the pan for 10 minutes to allow the rice to finish cooking in the steam. Do not remove the lid. Stir through the coriander and serve immediately.</p>
Onion	1 small chopped	
Chicken boneless piece	2 cube size	
Garam Masala	2 teaspoon	
Chili powder	1 teaspoon	
Salt	To taste	
Rice	1 cup	
Fresh coriander	3 tablespoon chopped	
Tomatoes	2 small chopped	
Ginger Garlic paste	2 teaspoon	

BEEF KOFTA CURRY

YIELD: 1 Serving

CALORIES: 386 kcal Carbs: 40g



INGREDIENTS	QUANTITY	INSTRUCTIONS
For meatballs		
Ground beef	40 oz.	<p>In a food processor onion, green chili pepper, coriander leaves, ginger, and garlic until onions are finely chopped.</p> <p>Add ground beef, salt, red chilies, and chickpea flour, until combined, about 30 seconds.</p> <p>With greased or wet hands make meatballs. About the size of golf balls or 1- 1/12 inch. Set aside.</p>
Onion	1 small chopped	
Green chilies	3, chopped	
Coriander	1 tablespoon	
Ginger garlic paste	1 tablespoon	
Chick pea flour	2 teaspoon	
Red chili powder	1 teaspoon	
Salt	To taste	
Tomatoes	2 small chopped	
FOR GRAVY		
Onion	1 small diced	<p>In a large heavy bottom pan heat oil over high heat. Add chopped onion, and stir often for 7-8 minutes or until golden brown. Remove onions from the oil and blend with</p>
Yogurt	¼ cup	
Oil	1 tablespoon	

Red chili powder	1 teaspoon	<p>yogurt. Blend until a smooth paste is created. Keep aside.</p> <p>In the pan used to fry onions heat oil add ginger garlic paste and all spices under “curry.” Saute for a few minutes until the oil separates.</p> <p>Add onion and yogurt mixture. Mix to combine. Add 2-3 cups of water and cover the lid to boil.</p> <p>Add koftas to the boiling curry in a single layer do not overlay. Don’t use a spatula from this point on. When needed to mix hold the pan and slightly rotate it.</p> <p>Change heat to low. Cover and allow to simmer for another 40 minutes. Stirring in between if needed. After 40 minutes add as much water as needed to create desired gravy consistency.</p> <p>Sprinkle coriander. Serve hot with Roti, naan, or boil rice.</p>
Coriander powder	½ teaspoon	
Turmeric	¼ teaspoon	
Salt	To taste	
Ginger garlic paste	1 tablespoon	

STIR FRIED VEGETABLE WITH CHICKEN



YIELD: 1 Serving

CALORIES: 259 kcal

Carbs: 25g

INGREDIENTS	QUANTITY	INSTRUCTIONS
Chicken	1 cup cubed	Heat oil in a pan, add the chopped garlic and green chillies. After a minute or so, add all the vegetables. Stir fry till evenly cooked.
Cabbage	½ cup chopped	
Green chillies	2 chopped	
Soya sauce	1 teaspoon	Sprinkle salt and pepper and add soy sauce.
Salt	To taste	
Capsicum	½ cup chopped	Mix the cornflour in half cup water and pour it into the pan. Bring it to boil and cook for another two minutes. Ready to serve.
Onion	1 cup	
Carrots	½ cup chopped	
Black pepper powder	1 teaspoon	
Ginger Garlic paste	2 teaspoon	
Cornflour	1 tablespoon	

GARLIC FRIED RICE

YIELD: 1 Serving

CALORIES: 233 kcal Carbs: 30g



INGREDIENTS	QUANTITY	INSTRUCTIONS
Rice	1 cup	<p>Combine the rice and water in a saucepan and bring to a boil. Cover, reduce heat to low, and simmer until rice is tender and water is absorbed. Set aside to cool.</p> <p>Melt the butter in a large skillet over medium-high heat. Add onion and garlic; cook and stir until fragrant and lightly browned. Stir in rice and cook until coated and heated through. Remove from the heat and stir in the lemon juice.</p>
Butter	1 teaspoon	
Garlic clove	1 minced	
Onion small	1 minced	
Lemon juice	1 teaspoon	

BEEF HALEEM

YIELD: 4 Serving

CALORIES: 1178 kcal

Carbs: 43g



INGREDIENTS	QUANTITY	INSTRUCTIONS
Meat boneless	1 pound	Soak wheat & barley overnight and boil with 1 tsp chilli & haldi powder make it tender and grind it.
Onion	1 medium	
Ginger garlic paste	2 tablespoon	Add all dal & rice with enough water to cook and cook till tender and grind.
Red chili powder	2 teaspoon	
Turmeric	1 teaspoon	Heat oil, fry onion, add all masala, yogurt, roast for a while then add meat.
Salt	To taste	
Wheat	½ cup	Add water and cook till tender. Add dal & wheat mixture.
Barley	½ cup	
Chana daal	1/4 cup	Grind it in a mixer or grind manually. Bring to a boil, stirring constantly.
Moong daal	1/4 cup	
Rice	¼ cup	Add garam masala to this.
Oil	6 tablespoon	
		serve with fried onion strips, lemon, cilantro, chopped ginger and chat masala.

CHICKEN VEGETABLE CHOWMEIN

YIELD: 1 Serving

CALORIES: 353 kcal

Carbs: 30g



INGREDIENTS	QUANTITY	INSTRUCTIONS
Chicken broth	$\frac{3}{4}$ cup	In small bowl, combine broth, cornstarch, soy sauce, blend well. Set aside.
Cornstarch	1 tablespoon	
Soya sauce	1 table spoon	Heat oil in 12-inch skillet or wok over medium-high heat until hot. Add chicken strips; cook and stir 4 to 6 minutes or until chicken is no longer pink. Remove from skillet; cover to keep warm.
Oil	1 teaspoon	
Chicken strip	125 grams	
Carrot	$\frac{1}{2}$ cup julienne cut	Add carrots, and green onions to same skillet; cover and cook 4 to 6 minutes or until carrots are crisp-tender, stirring occasionally.
Noodles	125 grams	
Green onions	$\frac{1}{2}$ cup	Stir cornstarch mixture until smooth. Add to skillet; cook and stir until sauce is bubbly and thickened. Stir in onions and chicken; cook and stir until thoroughly heated. Serve over chowmein noodles. If desired, serve with additional soy sauce.

TOMATO SOUP

YIELD: 1 Serving

CALORIES: 101 kcal

Carbs: 15g



INGREDIENTS	QUANTITY	INSTRUCTIONS
Butter	1 tablespoon	Heat butter in a large saucepan over medium-low heat. Cook onion and garlic until onion is soft and translucent, about 5 minutes. Add tomatoes, water, red pepper flakes, salt, and pepper. Bring to a boil. Reduce heat, cover, and simmer for 15 minutes. Remove from heat and puree with an immersion blender. Reheat soup until warm and season with salt and pepper.
Onion	1 sliced	
Garlic clove	1 chopped	
Large tomatoes	2	
Red pepper flakes	¼ teaspoon	
Salt	To taste	
Ground black pepper	¼ teaspoon	

SEEKH KABAB

YIELD: 1 Serving

CALORIES: 365 kcal Carbs: 10g



INGREDIENTS	QUANTITY	INSTRUCTIONS
Mutton mince	150gms	<p>In a bowl mix together the mutton mince, ginger-garlic paste to it along with onion paste, red chili powder, cumin powder, powdered pepper, and oil. Mix nicely.</p> <p>Add garam flour (chickpea flour) to bind. Mix well.</p> <p>Add salt to taste. Mix. Cover and keep in the fridge for 1 hour.</p> <p>Skewer the kebabs onto oiled skewers and grill or roast till the outside is nicely browned. Baste frequently with oil while grilling.</p> <p>Once the kebabs are cooked, remove to a serving platter and garnish with onion rings, fresh coriander leaves and lemon wedges.</p>
Ginger garlic paste	2 teaspoon	
Onion paste	1 teaspoon	
Red chili powder	1 teaspoon	
Cumin powder	1 teaspoon	
Oil	2 teaspoon	
Garam flour	2 teaspoon	
Salt	To taste	

VEGETABLE FRIED RICE

YIELD: 1 Serving

CALORIES: 289 kcal Carbs: 45g



INGREDIENTS	QUANTITY	INSTRUCTIONS
Rice	1 cup	Bring water to a boil in a saucepan. Stir in rice. Reduce heat, cover, and simmer until liquid is absorbed, about 20 minutes. Set aside.
Oil	1 teaspoon	
Capsicum	½ chopped	Heat oil in a large skillet or wok over medium heat. Add carrots, capsicum, garlic, and red pepper flakes. Cook, stirring occasionally, for 3 minutes.
Red chili flakes	¼ teaspoon	
Green onions	1 small chopped	
Soya sauce	1 tablespoon	Increase heat to medium-high. Stir in cooked rice, green onions, and soy sauce; cook and stir for 1 minute. Serve.
Carrots	½ cup chopped	
Salt	To taste	

LAUKI WITH DAAL CHANA

YIELD: 1 Serving

CALORIES: 186 kcal

Carbs: 17g



INGREDIENTS	QUANTITY	INSTRUCTIONS
Lauki (bottlegourd)	½ cup	<p>Wash and soak chana dal in water for 30 minutes. After 30 minutes, drain soaked chana dal and keep aside. Peel and cut lauki into small pieces</p> <p>Heat 2-tablespoons oil in a pan over medium flame.</p> <p>Add chopped tomato, red chilli powder, coriander powder and turmeric powder.</p> <p>Stir and cook until tomatoes turn soft, it will take around 2-minutes.</p> <p>Add soaked and drained chana dal. Add chopped lauki and salt.</p> <p>Add 3/4 cup water and let it cook.</p> <p>If the cooked curry has too much gravy, cook it again for 2-3 minutes or until you get the desired consistency. Transfer prepared lauki chana dal sabzi to a serving bowl and garnish with chopped coriander leaves.</p>
Chana daal	¼ cup	
Tomato	½ chopped	
Red chili flakes	¼ teaspoon	
Coriander powder	¼ teaspoon	
Turmeric powder	¼ teaspoon	
Oil	2 teaspoon	
Salt	To taste	

ALOO PALAK

YIELD: 1 Serving

CALORIES: 181 kcal

Carbs: 20g



INGREDIENTS	QUANTITY	INSTRUCTIONS
Garlic clove	1 chopped	<p>Heat 1 teaspoon oil in a pot over medium-high heat.</p> <p>Sauté onion in the hot oil until translucent, 5 to 7 minutes.</p> <p>Add cumin, red chili flakes, and turmeric. Add chopped garlic. Mix well. Stir in remaining oil, potatoes; cook until oil leaves the side of the pan, about 5 minutes. Add spinach and salt; continue to cook over medium heat until potatoes are tender, about 20 minutes. Serve.</p>
Oil	1 teaspoon	
onion	1 chopped	
Red chili flakes	¼ teaspoon	
Cumin	¼ teaspoon	
Turmeric powder	¼ teaspoon	
Potato	1 cube sized	
Salt	To taste	
Spinach	1 cup chopped	

CHICKEN KARAHI

YIELD: 1 Serving

CALORIES: 256 kcal Carbs: 15g



INGREDIENTS	QUANTITY	INSTRUCTIONS
Oil	2 teaspoon	Heat oil in a large pot over high heat. Add chicken pieces and cook until starting to brown, about 5 minutes. Add water, cumin, salt, ginger and garlic paste, red chili powder, and turmeric; cook and stir until fragrant, about 30 seconds.
Chicken karahi cut	2 pieces	
Cumin	¼ teaspoon	
Red chili flakes	¼ teaspoon	
Ginger garlic paste	1 teaspoon	Stir tomatoes and green chili peppers into the pot. Reduce heat to low, cover, and cook until chicken pieces are no longer pink at the bone, about 30 minutes.
Turmeric powder	¼ teaspoon	
Tomatoes	2 cube sized	Sprinkle coriander leaves over chicken and cook until leaves look slightly wilted, about 30 second
Salt	To taste	
coriander	2 teaspoon chopped	
Green chili	3 chopped	

GRILLED FISH

YIELD: 1 Serving

CALORIES: 210 kcal

Carbs: 5g



INGREDIENTS	QUANTITY	INSTRUCTIONS
Fish fillet	125 grams	<p>Grill the fish fillets: Put butter in a pan and heat it up over medium heat.</p> <p>The fish fillets should be added to the heated oil. Allow the fillets to simmer before seasoning them with salt, pepper, and lemon juice.</p> <p>Grill the fillets on both sides, then place them on a platter when they get crispy.</p> <p>Enjoy your freshly made grilled fish.</p>
Garlic	1 teaspoon	
Lemon juice	¼ teaspoon	
Black pepper	¼ teaspoon	
Salt	To taste	
Butter	1 teaspoon	

CHANA PULAO

YIELD: 1 Serving

CALORIES: 245 kcal

Carbs: 37g



INGREDIENTS	QUANTITY	INSTRUCTIONS
Oil	1 teaspoon	<p>Firstly, in a pan heat oil and sauté bay leaf, anise, cloves, cinnamon and cumin till it turns aromatic. Sauté onion, and ginger garlic paste</p> <p>Further add turmeric, chili powder, coriander powder, cumin powder, garam masala, and 1 tsp salt. Sauté well.</p> <p>Now add 1 cup soaked and boiled chickpea and sauté for a minute.</p> <p>Furthermore, add basmati rice (soaked for 20 minutes) and sauté gently.</p> <p>Now add 2 cup water and stir well.</p> <p>Finally, garnish with coriander and serve chana pulao along with onion tomato raita</p>
Bay leaf	1	
Star anise	1	
Black cloves	5	
Cinnamon	1 inch	
Cumin	1 teaspoon	
Onion	1 chopped	
Ginger garlic paste	1 teaspoon	
Garam masala	½ teaspoon	
Turmeric	¼ teaspoon	
Red chili powder	¼ teaspoon	
Salt	To taste	
Chickpea	¼ cup	
Rice	1 cup	

TEATIME SNACK

CHICKEN SUJI SOUP

YIELD: 1 Serving

CALORIES: 213 kcal Carbs: 15g



INGREDIENTS	QUANTITY	INSTRUCTIONS
Chicken	3 boneless pieces	<p>Heat oil in a pan and add cloves, cinnamon and bay leaf.</p> <p>Add onions and saute till translucent.</p> <p>Wash the chicken pieces thoroughly and add them to the onions. Fry for about 2 minutes.</p> <p>Add ginger garlic paste and fry well until the raw smell goes.</p> <p>Add tomatoes and cook until they are soft.</p> <p>Now add the roasted sooji/ semolina and fry for about a minute.</p> <p>Add in all the powders, slit green chilies and salt and fry for another minute.</p> <p>Add water and bring to a boil.</p> <p>Finely chop some coriander leaves and add them.</p> <p>Remove from the heat and allow to cool.</p> <p>Slowly remove the chicken pieces into a bowl and shred them.</p> <p>Add the shredded chicken back to the soup. Heat again before you serve it.</p> <p>Sprinkle some coriander and mint leaves and serve hot.</p>
Semolina	4 tablespoon	
Ginger garlic paste	1 teaspoon	
Onion	¼ cup chopped	
Tomato	¼ cup	
Green chilies	2 sliced	
Coriander	¼ cup	
Cloves	2-3	
Red chili powder	¼ teaspoon	
Black pepper powder	¼ teaspoon	
Salt	To taste	
Bay leave	1 small	

CORN AND FRUIT SALAD

YIELD: 1 Serving

CALORIES: 134kcal

Carbs: 25g



INGREDIENTS	QUANTITY	INSTRUCTIONS
Corns boiled	½ cup	Combine together all the ingredients. Chill and serve.
Cucumber	¼ cup	
Capsicum	¼ cup	
Pomegranate	1/4 cup	
Black pepper power	¼ teaspoon	
Onions	2 tablespoons	

PEACH MILKSHAKE

YIELD: 1 Serving

CALORIES: 180 kcal Carbs: 27g



INGREDIENTS	QUANTITY	INSTRUCTIONS
Peach	1 small	Place ice cubes, peach, and milk into the bowl of a blender. Puree on high until smooth.
Milk without fat	1 cup	
Ice Cubes (crushed)	½ cup	

PASTA SALAD

YIELD: 1 Serving

CALORIES: 133 kcal

Carbs: 20g



INGREDIENTS	QUANTITY	INSTRUCTIONS
Pasta	½ cup boiled	Take a medium size bowl. Add boiled pasta, chicken, vegetable and spices. Mix well. Serve.
Tomato	1 small chopped	
Carrot	¼ cup	
Cabbage	¼ cup	
Chicken	1 tablespoon shredded	
Salt	To taste	
Black pepper	¼ teaspoon	

BANANA MILKSHAKE

YIELD: 1 Serving

CALORIES: 180 kcal Carbs: 27g



INGREDIENTS	QUANTITY	INSTRUCTIONS
Banana	1 medium	Place ice cubes, banana, and milk into the bowl of a blender. Puree on high until smooth.
Milk without fat	1 cup	
Ice Cubes (crushed)	½ cup	

PASTA SOUP RECIPE

YIELD: 1 Serving

CALORIES: 189 kcal Carbs: 27g



INGREDIENTS	QUANTITY	INSTRUCTIONS
Oil	1 tablespoon	<p>Heat oil in a pan. Add vegetables and fry for 5 minutes until they starting to soften.</p> <p>Add water and bring it to boil. Once the vegetables are tender, stir in the pasta. Season it with salt and pepper and serve.</p>
Carrots	¼ cup chopped	
Onion	¼ cup chopped	
Tomato	2 chopped	
Boiled pasta	¼ cup	
Salt	To taste	
Black pepper powder	¼ teaspoon	

LAUKI KABAB

YIELD: 1 Serving

CALORIES: 158 kcal

Carbs: 20g



INGREDIENTS	QUANTITY	INSTRUCTIONS
Bottle gourd	100gms	<p>In a pressure cooker add chopped lauki , soaked Chana dal, cumin, garlic cloves, a pinch of salt, garam masala powder, salt, whole red chilies and 1/2 glasses of water.</p> <p>Cook until lauki and Chana dal are tender and the water has dried.</p> <p>Grind mixture in a food processor. And if mixture is too wet, add bread after damping it with water and grind well.</p> <p>Now add chopped mint, green coriander, chopped ginger, green chili, and chopped onion, adjust salt if required and mix well.</p> <p>Take little corn flour on plate and lightly dust the kebabs with it.</p> <p>Heat a pan and add just enough oil to cover the surface. Add kebabs at a time and shallow fry on low heat to a crisp golden color.</p> <p>Serve hot with your favorite chutney or sauce.</p>
Cumin	1 teaspoon	
Garlic clove	1 small	
Garam masala	½ teaspoon	
Whole red chili	2	
Chana daal	¼ cup	
Mint	2 tablespoons chopped	
Coriander	2 tablespoons chopped	
Salt	To taste	
Oil	2 teaspoons	

Dinner

VEGETABLE BHUJIA

YIELD: 1 Serving

CALORIES: 212 kcal Carbs: 20g



INGREDIENTS	QUANTITY	INSTRUCTIONS
Carrots	¼ cup	<p>First cut the mix vegetables, Potato and onion in 1 inch size.</p> <p>Put the oil in a Karahi or Pan and put the carrot and potatoes and cook it in low flame.</p> <p>When the carrot and potatoes are half done add capsicum, onion and green chilies and cook it with the lid on for 7 minutes.</p> <p>Afterwards put the black pepper, cumin powder, and cook it for another 5 minutes.</p> <p>Mix vegetable bhujia is ready to eat</p>
Onion	1 small diced	
Green chilies	1 small sliced	
Capsicum	¼ cup	
Potato	1 small	
Cumin powder	½ teaspoon	
Black pepper powder	½ teaspoon	
Coriander	2 tablespoons chopped	
Salt	To taste	
Oil	2 teaspoons	

DAAL MASH

YIELD: 1 Serving

CALORIES: 158 kcal Carbs: 15g



INGREDIENTS	QUANTITY	INSTRUCTIONS
Daal Mash	¼ cup	<p>Boil daal with turmeric, half tsp salt and 1 cup of water till daal nearly tender.</p> <p>Heat oil; fry onion till light golden add garlic paste, chopped ginger, tomatoes, salt, chili powder and stir the mixture well.</p> <p>Add in boiled daal, green chilies, all spice.</p> <p>simmer for 5 mins.</p> <p>Daal Mash ready to serve, garnished with coriander leaves.</p>
Onion	1 small sliced	
Ginger garlic paste	1 teaspoon	
Chili powder	1 teaspoon	
Turmeric	½ teaspoon	
Salt	To taste	
Tomatoes	1 small chopped	
Coriander	2 tablespoons chopped	
Green chilies	2 small chopped	
Oil	2 teaspoons	

PALAK PANEER

YIELD: 4 Serving

CALORIES: 234 kcal

Carbs: 45g



INGREDIENTS	QUANTITY	INSTRUCTIONS
Palak	350gms	<p>To a pot of boiling water, add little salt and then spinach leaves to it. Blanch the spinach leaves for 2 to 3 minutes until wilted.</p> <p>To a blender, add the blanched spinach along with tomato, 3 cloves of garlic, ginger and green chili. Puree to a smooth paste and set aside.</p> <p>Heat a pan on medium heat. Once hot, add the oil and then add the remaining 2 cloves of chopped garlic. Sauté for few minutes until it starts changing color.</p> <p>Then add the chopped onions. Cook the onion for 2 to 3 minutes until soft and translucent. Add in the prepared spinach puree and mix. Also add around 1/2 cup water at the point. Cover the pan and let it cook for 10 minutes on medium heat. The spinach will bubble a lot. Stir at regular intervals to avoid sticking at the bottom.</p> <p>Once the spinach is cooked, add the turmeric powder, red chilli powder and salt. Mix and cook for 1 minute.</p> <p>Then add the heavy cream and mix. Stir in the paneer and mix. Let the curry simmer for 3 to 4 minutes.</p> <p>Serve palak paneer hot with naan or roti or rice.</p>
Tomato	1 medium	
Ginger garlic paste	3 teaspoons	
Chili powder	1 teaspoon	
Turmeric	½ teaspoon	
Salt	To taste	
Onion	1 small chopped	
Coriander	2 tablespoons chopped	
Green chilies	2 small chopped	
Oil	1 teaspoon	
Paneer	225gms	
Cream	1 tablespoon	

LAUKI KI BHUJIA

YIELD: 1 Serving

CALORIES: 146 kcal

Carbs: 10g



INGREDIENTS	QUANTITY	INSTRUCTIONS
Lauki	½ Cup cube size	<p>Heat oil in a pan and add white cumin, whole red chilies, and chopped garlic.</p> <p>Add onions and fry well.</p> <p>When onions become brownish, add bottle gourd and also crushed red pepper and salt and mix well.</p> <p>Cover the pan and cook unless bottle gourd is tenderized.</p> <p>As it is tenderized and oil comes on top, lauki ki bhujia is ready.</p> <p>Serve and enjoy hot sizzling bottle gourd bhujia.</p>
Onion	1 small sliced	
White cumin	1 teaspoon	
Whole red chili	3	
Turmeric	½ teaspoon	
Salt	To taste	
Tomatoes	1 small chopped	
Coriander	2 tablespoons chopped	
Green chilies	2 small chopped	
Oil	2 teaspoons	

BHINDI KI BHUJIA

YIELD: 1 Serving

CALORIES: 146 kcal Carbs: 10g



INGREDIENTS	QUANTITY	INSTRUCTIONS
Bhindi	½ cup sliced	<p>Heat oil in a pan and add white cumin, whole red chilies, and chopped garlic.</p> <p>Add onions and fry well.</p> <p>When onions become brownish, add bottle gourd and also crushed red pepper and salt and mix well.</p> <p>Cover the pan and cook unless bhindi is tenderized.</p> <p>As it is tenderized and oil comes on top, bhindi ki bhujia is ready.</p>
Onion	1 small sliced	
White cumin	1 teaspoon	
Whole red chili	3	
Turmeric	½ teaspoon	
Salt	To taste	
Tomato	1 small chopped	
Coriander	2 tablespoons chopped	
Green chilies	2 small chopped	
Oil	2 teaspoons	

CHICKEN KORMA

YIELD: 1 Serving

CALORIES: 438 kcal

Carbs: 3g



INGREDIENTS	QUANTITY	INSTRUCTIONS
Chicken	2 pieces	<p>Heat the vegetable oil into the pan Put cardamom, cloves, garlic and fry the mix properly. Then add the chicken and let it cook for about 2-3 minutes. Keep stirring it. Once it becomes brown, add coriander and chili powder. Add salt to taste. Add ginger paste, mixture of fried onions and yogurt, let it cook for a minute. Then put garam masala. If the gravy is too thick add little bit of water before covering it. The masala should fuse well with the chicken. Cover it and give it some time to cook on slow fire. Let it simmer for about 10-15 minutes. Keep stirring occasionally. Serve hot, garnished with coriander leaves.</p>
Oil	2 tablespoons	
Cardamom	3	
Cloves	3	
Garlic	2 tablespoons	
Salt	To taste	
Coriander powder	1 tablespoon	
Chili powder	1 tablespoon	
Green chilies	2 small chopped	
Yogurt	¼ cup	
Garam masala	1 teaspoon	
Onions	2 sliced	

MUTTON KARAHI

YIELD: 1 Serving

CALORIES: 256 kcal Carbs: 15g



INGREDIENTS	QUANTITY	INSTRUCTIONS
Oil	2 teaspoon	Heat oil in a large pot over high heat. Add mutton pieces and cook until starting to brown, about 5 minutes. Add water, cumin, salt, ginger and garlic paste, red chili powder, and turmeric; cook and stir until fragrant, about 30 seconds.
Mutton	2 pieces	
Cumin	¼ teaspoon	
Red chili flakes	¼ teaspoon	
Ginger garlic paste	1 teaspoon	Stir tomatoes and green chili peppers into the pot. Reduce heat to low, cover, and cook until meat pieces tender.
Turmeric powder	¼ teaspoon	
Tomatoes	2 cubes sized	Sprinkle coriander leaves over chicken and cook until leaves look slightly wilted, about 30 second
Salt	To taste	
coriander	2 teaspoons chopped	
Green chili	3 chopped	

KEEMA KARELAY

YIELD: 1 Serving

CALORIES: 296 kcal

Carbs: 15g



INGREDIENTS	QUANTITY	INSTRUCTIONS
Onion	¼ cup chopped	<p>First, sprinkle a couple of teaspoons of salt into a bowl with the Kerala, mix and set aside. This helps take out some of the bitter flavors.</p> <p>Now you're ready to cook! Heat oil in a large sauté pan over medium-high heat. Add onions and sauté until lightly brown. If the contents are sticking to the bottom of your pan, add a bit of water to caramelize them.</p> <p>Add the ground beef and cook until it is browned, using your spatula to break up the beef into small pieces to ensure no lumps.</p> <p>Add the spices and salt as well as the yogurt. Lower the heat, cover, and let this mixture cook.</p> <p>Meanwhile, wash the salt off of the karela by rinsing through a strainer. Heat some vegetable oil and fry the bitter melon for about 5 minutes, or until it is cooked and crisp around the edges.</p> <p>Add the fried bitter melon to the beef mixture, being careful not to add any excess oil. Lower the heat to the lowest setting, cover and let this mixture simmer for about 5 minutes</p> <p>Add the sprinkle chopped coriander and squeeze the lemon (if using) over the dish.</p>
Oil	1 teaspoon	
Ground beef	6 tablespoons	
Tomatoes	1 chopped	
Ginger garlic paste	1 teaspoon	
Turmeric powder	¼ teaspoon	
Tomatoes	2cubes sized	
Salt	To taste	
coriander	2teaspoons chopped	
Green chili	2chopped	
Yogurt	¼ cup	
Karela	1 small sliced	

