

LIBERATION FROM DIABETES

LOW CARB HEALTHY
HIGH-FAT MODERATE PROTEIN
INDIAN RECIPE BOOK

AUTHORS:

DR. K BHUJANG SHETTY
PROF. K KRISHNAPPA
PUSHPA KRISHNAPPA

PREFACE

A drastic change in dietary and lifestyle disorders in the recent years has led to an alarming increase of modern metabolic disorders such as obesity, diabetes, hypertension, heart problem and kidney problem.

According to latest research, the consumption of excess carbohydrates and sugar is a leading cause for various lifestyle disorders. Reverse Diabetes and Other Metabolic Disorders by reducing the intake of carbs and increasing the intake of healthy fats in your diet.

These simple, tasty and easy to make recipes can improve your health, help you lose weight, boost energy levels and prevent or reverse chronic disorder.

I'm truly grateful to Mrs Pushpa Krishnappa for having taken time and trouble to bring out this recipe book on low carb healthy fat diet. It will be of immense help to those who want to regain their health. One of the common questions asked is 'then, what can I eat?' You have answered their doubts in simple and easy way. Thank so very much for your incredible contribution.

Dr. K. Bhujang Shetty

Managing Director of Narayana Nethralya
Bangalore.



Gp Capt SK Mittal VSM (Veteran)
CEO of Narayana Nethralaya
Bangalore.

FOREWORD

Dr K Bhujang Shetty, Chairman, Narayana Nethralaya has a dream to witness a diabetes free world through a simple, yet very powerful paradigm of dietary changes that has been lucidly explained in his book 'Diabetes No More'. The new insights completely rewire the understanding of connection between nutrition and life style diseases.

However, the biggest bottleneck to move diabetic patients away from existing eating habits especially a staple diet lies in lack of credible knowledge about alternative options that do not compromise quality of life and joy of eating.

Simply put, the new science of diabetic cure would remain an unrealized dream, unless it was integrated with alternative food options. This challenge was effectively addressed by Prof K Krishnappa and his wife, Mrs. Pushpa Krishnappa by undertaking to write a recipe book that ensured a balanced nutrition under the able guidance of Dr Shetty. The book content is based on hard scientific evidence and validated with their own self-healing and many others.

The recipes are easy to adopt, delicious, sustainable and cost effective in the long run. The book is a divine blessing for those who are keen to see a transition from sick care to healthcare in a true sense. A must read book by one and all.

LIBERATION FROM MY 15 YEARS OF DIABETES



Prof. K Krishnappa
Head, Reversing Diabetes Clinic,
Narayana Nethralaya.

My mother, sister, brother and most of my family and relatives were all diabetics. And then the inevitable happened. I too was diagnosed with diabetes in 2007. I started taking a pill to keep it in check and soon I was taking four. The stress was more than I could handle. I started having sleepless nights, which led to an issue with my blood pressure. Not long after I was taking 3 pills to manage my BP too. My doctors, who felt that I had to sign up for the pill package, added one cholesterol tablet, one acidity tablet, and one tablet for sleep. I was gulping 13 tablets per day. It was as if medicines had become my food. I lost muscle, weight, and peace of mind. I began to look very unhealthy and much older.

Finally, I decided to put this miserable situation to an end and started looking around for better options to improve my blood sugar levels. After thorough deliberation, I joined a yearlong programme to help ease my diabetes.

The programme was rigorous and included exercises, a stringent diet, and a shift in lifestyle, and mind-set. But I saw my sugar levels gradually dropping to normal and soon my diabetes medicines were stopped completely. These results greatly boosted my confidence and I continued with the program with much more enthusiasm.

My HbA1c level came down to 6.3 from 7.2, and at the end of one year, I was completely medicine-free, with all my vitals in the normal range.

I continuously monitored my vitals (Sugars, BP, Cholesterol, Weight, and BMI) and soon everyone around me started noticing the change. I looked fit and much more than 10 years younger than my metabolic age of 76 years, but what was best was the fact that I felt happy and stress-free.

I continue to follow a disciplined lifestyle that includes light exercises and a religious diet regimen - an important component - with the perks of being pill-free, stress-free, and insomnia-free, which I am loving.

I wish to share my experience of healthy diet options, most of which were prepared by my wife Pushpa. These are tried and tested dishes, not just by me, but by many other diabetics who want to go pill-free too.

This book is an attempt to make it easier for all those who would like to explore the idea of Liberation from Diabetes through Diet.

I am grateful to Dr. Bhujang Shetty, a Game Changer and History Creator, for his continued guidance and support towards the pursuit of my Passion! I am thankful to Gp. Capt. S. K. Mittal VSM (Retd.), for motivating me through his own experiences.

I acknowledge Mrs. Ashwini K Chakrasali for her contribution. Many thanks to Mrs. Chitra Seshadri, Mrs. Navitha Reddy, and the Multimedia Team for aesthetically designing this book with mouth-watering pictures of the dishes. I am deeply indebted to my family for always being with me.

I would like to end my note with a quote that I truly believe in: ***"The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition"*** - Thomas Edison.

Finding alternates to the **No's** in the diet plan

"Processed foods cause inflammation, a source of most Chronic illness and stress" - Kris Carr

When my husband was diagnosed with diabetes, I was upset, but not lost. All I had to take care was to ensure to use less sugar and refrain from cooking any sweets that would tempt him. I did exactly that, but his sugar levels kept going up, a pill turned to two, then three and eventually four.

That's when we realised that refraining from sugar is just not the answer.

He signed up for a programme that promised to get him off the diabetes medication, but the diet they suggested came with so many NOs and I was completely at loss.

“NO *Sugar, maida, bakery products, refined oils, vegetable oils, grains (rice, wheat, millets, barley, oats, quinoa, ragi), fast-food, ice-creams, fruits except a few.*”

I had never seen that many NOs in one place so far and I could not think of any dishes that I could cook which would fit this new requirement.

Rasam is a yes, but we always have with rice

Sabzi's are a yes, but we ate them with chapathi

How did they expect me to cook and serve the meals?

Well, that's when I sat down and did a little research. Found alternatives to all the NOs and started experimenting with new recipes with these alternate ingredients. I realised the importance of cold pressed oils. I learnt how to reorganize my kitchen with healthy and organic plant-based products.

A surprising discovery I made during this lifestyle transformation was that there were lots of fats that are actually beneficial and we could forgo the 'Fat Phobia'. Ghee, butter, cheese, paneer and cream are few of the good ones which I could use. I started adding those to my recipes. I then added spices and condiments and found that the food got tastier.

You may also try these with your own permutations and combinations of your choice keeping the focus on low carbs. Eat only when you are hungry and also watch quantity to avoid the spikes in sugar levels.

If you are convinced that these Low Carb, Healthy Fat and Moderate Protein recipes are worthy of a try, join this Movement for a Diabetic free and Healthy Society and reap the benefits of a healthier lifestyle.

Reading this book is your first step towards Liberation from Diabetes. Hope my research, trials and experience helps you cook a meal that would tickle your taste buds and take you closer to a pill-free living.



Pushpa Krishnappa
Home-Maker



GREEN ZONE: EAT PLENTY



DRINKS

GREEN TEA | GREEN COFFEE | HERBAL TEA | BON BROTH | INFUSED WATER | SUGARLESS COFFEE AND TEA



NON-DAIRY ALTS

COCONUT MILK/CREAM | NUT BUTTERS | ALMOND MILK | COCONUT MILK | SOY MILK



FLOUR

ALMOND FLOUR | COCONUT FLOUR | KETO FLOUR



SAUCES

MAYONNAISE | MUSTARD | CHUTNEY



VEGETABLES

CABBAGE | CAULIFLOWER | BROCCOLI | ASPARAGUS | ZUCCHINI | BRUSSEL SPROUTS | EGG PLANT | OLIVES | SPINACH | MUSHROOMS | CUCUMBER | LETTUCE | ONIONS | CAPSICUMS | TOMATOES | GREEN LEAFY VEGETABLES | LADY'S FINGER



SEEDS

FLAX SEEDS | CHIA SEEDS | PUMPKIN SEEDS | SUNFLOWER SEEDS | SESAME SEEDS | BASIL SEEDS | MELON SEEDS



DAIRY

CREAM | BUTTER | CHEESE | COTTAGE CHEESE | YOGURT | CURD | GHEE | FULL FAT MILK



OILS (COLD PRESSED OILS)

COCONUT OIL | OLIVE OIL | GROUND NUT OIL | CANOLA OIL | MUSTARD OIL



NUTS

ALMONDS | WALNUTS | BRAZIL NUTS | PECANS | PINE NUTS



SWEET SUPPLIMENTS

STEVIA | ERYTHRITOL



FRUITS

AVOCADO | BERRIES (STRAWBERRIES, RASPBERRIES, GOOSE BERRIES, BLUEBERRIES) | WOOD APPLE | PALM FRUIT | LIME | AMLA | STAR FRUIT | JAMUN FRUIT



NON-VEG

EGG | FISH | CHICKEN | LAMB | PORK | CRAB | SHRIMP | PRAWNS | OYSTERS



OTHERS

SPICES | HERBS | PICKLES



RED ZONE: AVOID



DRINKS

FRUIT JUICES | SPORTS DRINKS | ENERGY DRINKS | FLAVOURED MILKS | COLAS | LIQUOR | CARBONATED BEVERAGES



GRAINS

CEREALS | MILLETS | OATS | RICE CAKES | QUINOA | NOODLES | MUFFINS | MUESLI & MUESLI BARS | PASTA | ENERGY BAR | SEMOLINA | RICE & RICE PRODUCTS | MILLET & MILLET PRODUCTS | WHEAT & WHEAT PRODUCTS | RAGI & RAGI PRODUCTS



FRUITS

MANGO | PINE APPLE | BANANA | ORANGES | GRAPES | DEHYDRATED FRUITS



NON-VEG

HIGHLY PROCESSED | NUGGETS | HOT DOGS



SUGAR

SOFT DRINKS | CHOCOLATES | ICE CREAM | PIES | PASTRIES | SUGAR | JAGGERY | HONEY



OTHERS

FLAVOURED YOGURT | FROZEN YOGURT | ARTIFICIAL SWEETNERS | ANYTHING DEEP-FRIED



PROCESSED VEGETABLE OILS

SUNFLOWER OIL | GROUNDNUT OIL | DALDA | PALM OIL



BAKERY

BREAD | BUNS | BISCUITS | CAKES

LOW CARB MIRACLE



CONTENTS

BREAKFAST (OPTIONS)

LUNCH(OPTIONS)/ Dinner(veg/non-veg)

DINNER(OPTIONS)/ Lunch(veg/non-veg)

SNACK(OPTIONS)

VEGETARIAN

Beverages	06-16
1. Bulletproof coffee	06
2. Coconut milk coffee	07
3. Amla juice	08
4. Avocado strawberry smoothie	09
5. Cucumber buttermilk	10
6. Strawberry cream smoothie	11
7. Tomato juice	12
8. Berries spinach smoothie	13
9. Broccoli smoothie	14
10. Coconut shake	15
11. Almond walnut flaxseed smoothie	16
Salads	17-20
12. Stir fried vegetable salad	17
13. Strawberry salad	18
14. Avocado salad	19
15. Zucchini salad	20
Snacks	20 - 31
16. Sautéed mushroom	21
17. Cabbage rolls	22
18. Seeds mixture	23
19. Roasted nuts	24
20. seeds crackers	25
21. Nuts granola	26
22. Avocado chips	27
23. Peanut butter balls	28

24. Boiled peanut chat	29
25. Chakli	30
26. Chia pudding	31
Chutneys Sauces Dips	32 - 40
27. Methi seeds chutney	32
28. Ridge gourd chutney	33
29. Red bell pepper chutney	34
30. Dry coconut chutney	35
31. Dry garlic chutney	36
32. Sesame pudu	37
33. Cream avocado dip	38
34. Greek yogurt onion dip	39
35. Walnut chutney	40
Soups	41- 50
36. Spicy pumpkin soup	41
37. Bottle gourd soup	42
38. Cream mushroom soup	43
39. Broccoli spinach soup	44
40. Broccoli cheddar soup	45
41. Cauliflower soup	46
42. Tomato soup	47
43. Lentil soup	48
44. Palak/spinach soup	49
45. Instant seeds porridge soup	50
Deserts	51- 52
46. Nuts bar	51
47. Dry nuts laddu	52
Breakfast	53 - 66
48. Mixed dal dosa	53
49. Moong dosa (Pesarattu)	54
50. Almond cheese dosa	55
51. Flax seed dosa	56
52. Instant dosa	57

53.	coconut uttapam	58
54.	Almond coconut uttapam	59
55.	Seeds cheela	60
56.	Moong dal dosa	61
57.	Eggless cheese omelette	62
58.	Scrambled paneer	63
59.	Dhokla	64
60.	Coriander vadi	65
61.	Seed paddu	66

Lunch| Dinner 67 - 92

62.	Palak paratha	67
63.	Paneer paratha	68
64.	Amarath leaves paratha	69
65.	Coconut roti	70
66.	Flaxseed & Groundnut roti	71
67.	Coconut cream roti	72
68.	Seeds roti	73
69.	Bottle gourd talipattu	74
70.	Garlic naan	75
71.	Bhakri	76
72.	Nuts & seeds chapathi	77
73.	Cauliflower paratha	78
74.	Coconut & cauliflower rice	79
75.	Cauliflower methi rice	80
76.	Cauliflower palak rice	81
77.	Cauliflower Lemon rice	82
78.	Cauliflower poha	83
79.	Pumpkin pulao	84
80.	Cauliflower bisi bele bath	85
81.	Vegetable kichdi	86
82.	Cauliflower curd rice	87
83.	Cauliflower fried rice	88
84.	Baked veg au gratin	89
85.	Broccoli stir fried with coconut	90
86.	Cheese pizza	91
87.	Kadhi	92

Others 93

88.	Almond flour	93
-----	--------------	----

EGGITARIAN



89.	Zucchini egg fried rice	94
90.	Omelette stuffed bell peppers	95
91.	Flaxseed & egg uttapam	96
92.	Egg Idli	97
93.	Egg salad	98
94.	Mixed seed egg dosa	99
95.	Egg pan cake	100
96.	Almond bun	101
97.	Egg noodles	102
98.	Egg paddu	103
99.	Flax seed crackers	104
100.	Nuts granola	105
101.	Chocolate cookies	106
102.	Almond bread	107
103.	Almond cake	108

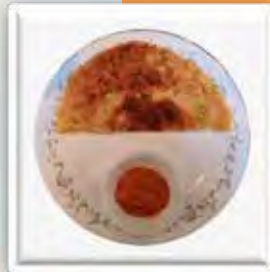
NON-VEGETARIAN



104.	Cauliflower chicken biryani	109
105.	Chicken Zucchini noodles	110
106.	Pepper chicken	111
107.	Grilled chicken	112
108.	Fish fry	113
109.	Saute dried shrimps	114
110.	Grilled fish	115
111.	Prawn fry	116
How to prepare Low Carb Flours at Home		117 -120
How to prepare vegetable rice?		121 -122
Sample diet plan: Vegetarian		123 -127
Sample diet plan: Non-Vegetarian		128 -132
Resources/References		133

BREAKFAST (OPTIONS)

- Boiled egg + Avocado smoothie
 - Dhokla with pudina chutney
 - Coriander Vadi with mint chutney
 - Besan Chilla with Coriander + Mint Chutney
 - Avocado salad + Bullet coffee
 - Coconut Flour Dosa + Coconut chutney
 - Almond flour Paratha
 - Mixed Dal Dosa with Tomato Chutney
 - Scrambled Paneer + Green Tea
 - Cauliflower upma + Coconut Milk Smoothie
-
- Sprouts with fat dressing/ Sprouts dosa/ Besan dosa/ Tofu preparations/ Paneer preparations/ Egg preparations
 - High fat roti/ chapati/ paratha/ dosa/ idli
 - Lentil rice/ Tofu rice/ Paneer rice/ Mushroom rice/ Egg rice made with riced vegetables (Cabbage | cauliflower | Broccoli | Zucchini | Pumpkin | Ashgourd | Coconut)



LUNCH(OPTIONS) / Dinner (veg/non-veg)

- Keto Rice Pulao + salad + stir leafy subji + 1 cup curd
- Paneer tikka + stir brinjal subji + curd + salad
- Coconut roti + palak paneer + salad + fry
- Palak cauliflower rice + curd
- Cauliflower pulao + curd + avocado salad + curd + salad
- Cauliflower curd rice + stir fried vegetable
- Healthy fat roti(2) + Chicken gravy
- Cauliflower rice + vegetable kurma + salad + curd
- Cabbage rice + bottle gourd dal + Sprout salad + curd
- A bowl of stir fried vegetables (stir fried with fats like oil/ butter/ ghee)
- Protein sources like Legumes/ Pulses/ Sprouts/ Dhal/ Tofu/ Mushroom/ Paneer/ Egg/ Fish/ Chicken/ Meat preparations
- High fat roti/ chapati/ paratha/ dosa/ idli
- A bowl of Curd
- Veg rice may include cauli/ cabbage/ broccoli/ zucchini/ pumpkin.



DINNER(OPTIONS) **/ Lunch (veg/non-veg)**



- 2 Palak Parotta + Fish Curry
- Paneer Parotta + avocado salad + salad
- Cauliflower Lemon Rice + curd + salad
- Stir fried vegetables + curd + 3 boiled eggs
- Egg omelette + stir fried vegetables
- Almond and leafy vegetable Paratha + mint chutney + Avocado salad + curd
- Fried chicken + stir fried vegetables
- Paneer tikka + stir fried vegetables

Vegetables: Avoid potato, sweet potato, corn, beetroot and carrot.

SNACK(OPTIONS)

- Bullet coffee + Nuts
- Nuts and seeds mixture
- Boiled eggs with yellow
- Jamun Fruit
- Ice Apple
- Paneer Fry
- Berries
- Seed Cocktail
- Herbal Tea | Green Tea | Green Coffee
- Coffee | Tea without Sugar
- Full Fat Milk



Sugar Suppliments: Stevia | Erythritol



Recipes





Bulletproof coffee



Ingredients:

Bullet coffee powder
coconut oil
cinnamon powder
unsalted butter

Preparation method:

1. Blend unsalted butter, coconut oil and cinnamon powder nicely
2. Add hot brewed coffee to the mixture and serve

Serving size (ml/cup)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
100 ml	46.724	4.64	0	4.64	0



Coconut Milk Coffee

Ingredients:

0.5 tsp instant coffee powder

0.5 tsp stevia

0.5 cup water

0.5 cup grated coconut

Preparation method:

- 1. Grind the coconut in a mixer grinder with 2 Tbsp of Hot water.*
- 2. Squeeze out the coconut milk with the help of strainer and pour it in a cup and keep aside.*
- 3. Add stevia and brewed coffee powder to the coconut milk and serve hot*

Serving size (ml/cup)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
100 ml	286.5	12	7.2	27	2.7

Amla Juice

Ingredients:

0.25 tsp salt
1-2 gooseberry
200ml of water

Preparation method:

1. Blend chopped Amla with water. Filter and discard the pulp (The pulp has no taste).
2. Add pepper powder and stir well.
3. The drink is ready to serve.



Serving size (ml/cup)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
150ml	3.3	0.8	0.3	0.1	0.1


Avocado Strawberry Smoothie

Ingredients:

150g strawberries
0.5 avocado
0.125 tsp lemon juice
4 tbsp greek Yogurt (Unflavoured)
200g skimmed milk

Preparation method:

1. Add all the ingredients in a blender and whizz until smooth.
2. If the consistency is too thick, add a little water.
3. If you like your drink sweet, add stevia.
4. The smoothie is ready to serve.



Serving size (ml/cup)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
200ml	195	16.36	3	11.6	8.16



Cucumber Buttermilk

Ingredients:

- 0.5 tsp salt
- 0.5 cup curd
- 0.5 cup cucumber
- 1 tsp ginger
- 0.25 tsp green chilli
- 2 tbsp coriander leaves
- 1 tbsp curry leaves
- 1 pinch of cumin powder
- 1.75 cup water

Preparation method:

1. Blend cucumber, green chilli, ginger, curry leaves and coriander leaves.
2. Add curd, salt, water, and cumin powder and blend for a while.
3. Garnish with coriander leaves and serve chilled.

Serving size (ml/cup)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
150ml	167.72	8.3	2.296	4.348	5.03



Strawberry Cream Smoothie

Ingredients:

- 1 cup strawberries**
- 0.5 cup frozen/ fresh red raspberries**
- 0.5 cup almond milk(unsweetened)**
- 1 cup greek yogurt (unflavored)**

Preparation method:

1. Place all ingredients in a blender and close the lid.
2. Blend until smooth or until your desired consistency is reached.
3. Add some more almond milk if the smoothie is too thick or a few more pieces of fruit if it's too thin.
4. Pour the smoothie into a glasses. Garnish with a fresh strawberry, if desired.

Serving size (ml/cup)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
200ml	255	15.06	6.5	17.64	12.96



Tomato Juice

Ingredients:

Salt to taste

1 celery

4 tomato

0.25 tsp black pepper powder

Preparation method:

1. Place an empty container beneath the nozzle of juice extractor and process the tomatoes and celery.
2. When the juicing process is complete, add salt and black pepper powder to the extracted juice and mix well.
3. Add ice cubes in chilled serving glasses and pour juice over it.
4. The tomato juice is ready to serve.

Serving size (ml/cup)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
150ml	48	7.93	2.6	0.4	1.74



Berries Spinach Smoothie

Ingredients:

- 1 cup spinach
- 0.5 cup strawberries
- 0.25 cup blueberries
- 0.25 cup raspberries
- 1 cup almond/coconut milk (unsweetened)

Preparation method:

1. Add all ingredients into a blender and blend until it comes to smooth.
2. Serve in a glass.

Serving size (ml/cup)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
200ml	53.35	10.21	3.5	1.22	2.626



Broccoli Smoothie

Ingredients:

- 1 cup broccoli**
- 0.25 cucumber**
- 3-4 mint leaves**
- 1 tsp lemon juice**
- 1 cup water**

Preparation method:

- 1. Blend broccoli, cucumber, water, mint leaves and lime juice together in a blender until smooth.*
- 2. Pour the smoothie in a glass and serve immediately.*

Serving size (ml/cup)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
200ml	24.3	5.03	1.8	0.21	1.77



Coconut Shake

Ingredients:

½ cup unsweetened dry coconut flakes

½ cup milk or coconut milk

¾ cup frozen yogurt

1 tsp stevia

vanilla essence

Preparation method:

1. Heat the dry coconut flakes in a pan over medium heat.
2. Stir constantly and roast until it turns light brown. Remove the pan from the heat and transfer the toasted coconut flakes onto a plate to cool down.
3. Once cool, transfer the toasted coconut flakes to a blender jar.
4. Add the milk, vanilla essence, curd and stevia.
5. Blend until the mixture becomes smooth.
6. Transfer to a serving glass and garnish with toasted coconut flakes.
7. Thick coconut shake with coconut flakes is ready to serve.

Serving size (ml/cup)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
200ml	236.13	8.68	4.7	21.42	4.59



Almond Walnut Flaxseed Smoothie

Ingredients:

20gm walnut

1 tsp Stevia

50ml of water

2 tbsp Flax seeds powder

100gm Almond Milk (unsweetened)

Preparation method:

1. In a blender, pour the measured quantity of almond milk, stevia, water and walnut.
2. Add flaxseed powder and blend it well until smooth and creamy.
3. Transfer into a glass and garnish with chopped walnuts before serving.

Serving size (ml/cup)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
200ml	596.5	5.06	3.4	16.75	4.65



Stir Fried Vegetable Salad



SALADS

Ingredients:

½ cup paneer cubes

¼ cup spring onions

1 cup cauliflower

½ cup capsicum

1 cup tomato

¾ cup fenugreek leaves

pinch black pepper

salt for taste

1 tsp garam masala

1 tsp ginger

2 tsp ghee/ butter

pinch mustard

pinch cumin

curry leaves

pinch of hing(asafoetida)

Preparation method:

1. Heat oil in a pan, fry paneer and asset aside
2. Add curry leaves, mustard, cumin, saute add ginger.
3. Add spring onion, cauliflower.
4. Add turmeric, salt and mix, cover and cook till cauliflower is half cooked.
5. Add capsicum, tomato, salt and fry till all the vegetables are evenly cooked.
6. Sprinkle fenugreek leaves, garam masala, black pepper powder and stir properly.
7. Ready to serve in hot.

Serving size (gm/cup)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
1 cup (100gm)	85.8	6.41	2.2	4.99	5.12



Strawberry Salad

Ingredients:

- 0.33 cup peanuts**
- 1 cup strawberries**
- 0.33 cup fresh basil**
- 1 avocado**
- black pepper powder for taste**
- 1 cup cherry tomato**
- 0.5 cup mozzarella cheese**
- 0.25 tsp red wine vinegar**
- 1 tbsp extra virgin olive oil**
- salt for taste**

Preparation method:

1. Place the strawberries, cherry tomatoes, mozzarella cheese, avocado, peanuts and basil in a bowl. Drizzle with olive oil, and season generously with salt and pepper. Gently toss.
2. Add red wine vinegar or ACV (apple cider vinegar) and the salad is ready.

Serving size (gm/cup)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
1 cup (100gm)	123.2	10.23	4.22	8.862	3.978



Avocado Salad

Ingredients:

0.5 cucumber
1 avocado
2-3 tbsp onion
1-2 tomato
1 pod garlic
1 tbsp coriander leaves
1 tsp lemon juice
0.25 tsp black pepper
pinch chat masala
salt for taste

Preparation method:

1. Cut the cucumber, avocado and tomatoes into cubes.
2. Mince the garlic and onion.
3. In bowl combine cucumber, avocado, coriander leaves, garlic, chat masala, black pepper and salt.
4. Add the lemon juice and mix well.
5. The avocado salad is ready to serve

Serving size (gm/cup)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
1 cup (100gm)	94.6	7.41	4	7.41	1.59



Zucchini Salad

Ingredients:

- 0.25 cup peanuts**
- 0.5 cup fresh basil**
- 0.25cup lemon juice**
- 3 zucchini**
- Black pepper powder to taste**
- 1 garlic clove**
- 0.33 cup olive oil**
- 1 tsp to taste sea salt**
- 1 tsp dijon mustard sauce**
- salt to taste**

Preparation method:

1. Use a vegetable peeler to peel the zucchini into thin strip. Place the zucchini in a large bowl, toss with drizzles of the dressing, then transfer the zucchini to a platter.
2. Top with the pea nuts and basil. Drizzle with more dressing and season with salt and pepper, to taste.

Serving size (gm/cup)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
1 cup (100gm)	375	7.11	3.5	6.9	12.38



Sautéed Mushroom



Ingredients:

- 1 tsp salt for taste
- 1 tsp garlic
- 0.5 tsp black pepper
- 3 tbsp fresh parsley
- 1 tbsp red wine
- 3 tbsp extra virgin olive oil
- 500g mushrooms

Preparation method:

1. Clean the mushrooms & slice them and set aside.
2. Heat extra virgin olive oil over low flame in a frying pan. Add the finely chopped garlic and saute until fragrant for a few seconds.
3. Add the sliced mushrooms and mix them with the oil and garlic.
4. Add freshly crushed black pepper, paprika and salt as required. Add red or white wine. Mix very well.
5. Saute the mushroom stirring often. Initially you will see the mushrooms releasing lot of water.
6. Gradually the water will reduce. Continue to saute until all water dries up and the mushrooms look glossy. When the water dries up, reduce heat to a low.
7. Add 1 to 3 tablespoon finely chopped parsley to taste. Mix and saute for a minute. Taste and adjust the seasoning as required.
8. Serve garnished with addition parsley

Serving size (gm/cup)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
1 cup (100gm)	160	6.23	1.8	13.55	4.88



Cabbage Rolls

Ingredients:

450gm cabbage

200gm cauliflower

60gm butter

1 onion

salt to taste

30gm heavy whipping cream

½ tsp ground black pepper

1 cup coconut milk

1 tsp soy sauce

Preparation method:

1. Set the oven to 400F.
2. Remove the root of the cabbage and boil its leaves in slightly salted water for about 3 to 5 minutes. Turn off the heat and let the leaves loosen up.
3. Place a saucepan over medium heat and add the butter. Fry the cauliflower and onion in it. Add salt and pepper as per your taste and then allow it to cool.
4. Remove the cauliflower–onion mixture in a bowl and add the heavy whipping cream to it. Pour a chunk of this mixture in the middle of each cabbage leaf, fold around the edges, and make a roll.
5. In the same saucepan, fry the rolls on both sides until the rolls turn slightly brownish.
6. Place the cabbage rolls in a microwave-safe bowl or dish and bake for about 30 minutes. Do not drain the cabbage juice. Just set it aside as we will use it to prepare the gravy.
7. In a skillet or saucepan, add heavy whipping cream, soy sauce, some salt, little pepper, and cabbage juice. Bring the mixture to a boil and then keep boiling for another 5 minutes or so, until it thickens.
8. Serve the keto cabbage rolls with the gravy.

Serving size (pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
4 no	244.51	9.89	3.842	37.9	6.3



Seeds Mixture

Ingredients:

- 3 tbsp sunflower seeds**
- 2 tbsp sesame seeds**
- 1 tbsp coconut oil**
- 3 tbsp pumpkin seeds**
- 20 almonds**
- 1 tsp red chilli powder**
- 1 tsp curry leaves**
- 0.125 tsp asafoetida**
- 1 tbsp desiccated coconut**
- salt for taste**

Preparation method:

1. Heat a pan on medium flame and add coconut oil. Toss in the curry leaves and add a pinch of asafoetida.
2. Now add the sunflower seeds, sesame seeds, pumpkin seeds, and almonds.
3. Roast them well for 2-3 min on low heat.
4. Add red chilli powder, salt, desiccated coconut and chopped coriander and mix well.
5. The seeds mixture is ready to serve.

Serving size (gm/cup)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
½ cup (50gm)	244.51	9.89	3.842	37.9	6.3

Roasted Nuts

Ingredients:

0.25 tsp salt

1 tsp Ghee

25 almonds

12 walnuts

0.5 tsp black pepper powder

Preparation method:

1. Heat ghee in a pan. Add the almonds and walnuts and stir occasionally, about 3 to 5 minutes.
2. When the nuts are browned and smell nutty (fragrant), remove from the heat and immediately transfer onto a plate.
3. Sprinkle with salt and black pepper powder as per taste and serve.



Serving size (gm/cup)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
½ cup (50gm)	244.07	5.76	2.8	24.15	5.71

Seeds Crackers



Ingredients:

- 2 tbsp sesame seeds**
- 1 tbsp chia seeds**
- 2 tbsp pumpkin seeds**
- 1 tbsp flax seeds**
- 0.5 tsp cumin seeds**
- 2 tbsp watermelon seed powder**
- 0.5 tsp Black pepper**
- 0.5 tsp fennel seeds**
- 0.25 cup water**
- 0.25 tsp ajwain**
- salt to taste**

Preparation method:

1. In a pan, dry toast all the seeds separately. Grind into a coarse powder.
2. Dry roast pepper corns, fennel seeds, cumin seeds, and ajwain. Grind into a fine powder.
3. In a bowl, add the ground seed powder, ground spice powder, and salt. Mix well with water. Cover and let it rest for 20 mins.
4. Line a baking tray with parchment paper and spread the dough on it in a thin layer.
5. Preheat the oven for 15 minute. Bake the crackers for 15 minutes. Slice the crackers and bake for another 15 minutes.
6. Allow to cool for 10 minutes and serve crackers warm.

Serving size (pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
4 no	191.4	11.8	7.35	14.5	7.59



Nuts Granola

Ingredients:

- 1 cup almonds chopped**
- 1 cup walnuts chopped**
- 1 cup unsweetened coconut flakes**
- ¼ cup sesame seeds**
- 1 tbsp flax seeds**
- 2 tbsp chia seeds**
- ½ tsp ground clove**
- 1 ½ tsp cinnamon**
- 1 tsp pure vanilla extract**
- ½ tsp salt**
- 1 large egg white**
- ½ cup melted coconut oil**

Preparation method:

1. Preheat an oven to 350 F. Grease a baking sheet with cooking spray.
2. In a large bowl, mix together the almonds, walnuts, coconut flakes, sesame seeds, flax seeds, and chia seeds. Stir in the cloves, cinnamon, vanilla extract, and salt.
3. Beat the egg white until foamy and stir it into the granola.
4. Add coconut oil and stir until everything is well coated.
5. Pour the mixture onto the prepared baking sheet and spread it into an even layer.
6. Bake for 20-25 minutes, or until golden, while stirring it gently.
7. Let it cool completely.

Serving size (pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
2 no	441.8	15.76	10.1	38.56	12.38



Avocado Chips

Ingredients:

- 1 tsp lime juice**
- ½ cup avocado**
- ½ tsp garlic powder**
- ½ tsp onion powder**
- ½ tsp oregano**
- salt for taste**

Preparation method:

1. Preheat the oven to 325 F and line a baking pan with parchment paper.
2. Add all the ingredients in a bowl and keep mixing until you get a smooth batter.
3. Next, drop full teaspoons of the prepared mixture on the pan, leaving 2 - 3 inches of space in between the scoops.
4. Use your fingers or the back of a spoon to press down each of the scoops into a 3-inch wide circle.
5. Place the baking pan in the oven and bake it for about 35- 40 minutes or until the edges of the chips turn brown or the chips turn crispy.
6. Remove the chips from the oven. Place them on a cooling rack and let them cool down completely.
7. Serve with your favourite dip and enjoy.

Serving size (pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
4-5 no	49.2	4.28	2.29	3.77	0.87



Peanut Butter Balls

Ingredients:

2 cup cream cheese

½ cup unsweetened peanut butter

1/4 cup coconut oil

pinch salt

½ cup dark chocolate chips

Preparation method:

1. Line a small baking sheet with parchment paper. In a bowl, combine the cream cheese, peanut butter, ¼ cup coconut oil, and salt.
2. Beat the mixture until fully combined, for about 2 minutes. Place the bowl in the freezer for 10-15 minutes to firm up slightly.
3. When the peanut butter mixture has hardened, use a small cookie scoop or scoop to create tablespoon-sized balls. Place it in the refrigerator to harden, for about 5 minutes.
4. To make the chocolate drizzle: combine the chocolate chips and remaining coconut oil in a microwave safe bowl and microwave in 30 second intervals until fully melted.
5. Drizzle it over the peanut butter balls and place them back in the refrigerator to harden, for about 5 minutes.
6. Store the peanut butter balls in the refrigerator.

Serving size (pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
2 no	413	10.61	2	36.7	13.61

Boiled Peanut Chat

Ingredients:

- 30g boiled peanuts**
- 1 tsp lemon juice**
- 1 tbsp cucumber**
- 1 tbsp tomato**
- ½ tsp green chilli**
- 1 tsp coriander leaves**
- ¼ red chilli powder**
- ¼ chat masala**
- salt for taste**

Preparation method:

1. Add the peanuts into the pressure cooker with enough water and salt. Then cook for 12-15 minutes. Drain off all the water and cool down for 5 minutes.
2. Chop all the veggies in small pieces.
3. In a mixing bowl add peanuts, cucumber, tomato, green chilli and coriander leaves. Also add red chilli powder and chat masala.
4. Toss well until all the ingredients are mixed and the peanuts are seasoned well.
5. Boiled peanut chat is ready to serve.

Serving size (gm/cup)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
1 cup (100 gm)	218	15.62	5.96	15.32	9.71



Chakli

Ingredients:

- 1 pinch salt**
- 0.25 cup sunflower seeds**
- 0.25 tsp sesame seeds**
- 2 tbsp coconut oil**
- 2 tbsp roasted peanuts**
- 1 tbsp basan flour**
- 2 tbsp water**

Preparation method:

1. Grind the sunflower seeds into a fine powder. Grind the roasted peanuts into fine powder.
2. Sieve the sunflower seed powder, besan and peanut into a bowl.
3. Add white sesame seeds, and salt. Stir to combine.
4. Add water and mix until it reaches the consistency of a smooth dough.
5. Heat coconut oil in a pan over medium heat.
6. Add the dough inside a chakkuli press. Press the dough directly into the oil in the pan, creating six chakkuli of equal size.
7. Fry both sides until golden.

Serving size (pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
2 no	652.3	15.28	59.7	60.97	15.74



Chia pudding

Ingredients:

1Tbsp chia seeds

½ cup almond milk/ coconut milk/ curd/ yogurt

½ fruit strawberry/berries

Preparation method:

1. In a mason jar/ dessert bowl add the chia seeds.
 2. Pour the milk/curd of your choice stir well.
 3. Cover it & let it sit for min 4 hours or overnight.
 4. Once the chia seeds soak in & double up add berries/ strawberries chopped
 5. Dress with the nut mentioned.
- (Add or reduce the liquid content as per the consistency of one's choice).

Source: Pratihtha Hegde

Serving size (ml/cup)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
1 cup (100ml)	94	9.78	6.4	5.44	2.81



Methi Seeds Chutney



CHUTNEYS

Ingredients:

- 1 tbsp fenugreek seeds
- 3 garlic cloves
- 1 tsp curry leaves
- 1 cup grated coconut
- 2 tsp tamarind pulp
- salt to taste
- 1 tsp cumin seeds
- 2 tbsp red chilli powder
- ½ cup water

Preparation method:

1. Dry roast fenugreek seeds before grinding into a powder.
2. Place all the ingredients in the mixer / blender.
3. Add half cup of water and grind it into a smooth paste.
4. Serve the methi chutney with idli and dosa.

Serving size (tsp/tbsp)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
1 tbsp	94	9.78	6.4	5.44	2.81



Ridge Gourd Chutney

Ingredients:

- 1 cup ridge gourd with skin**
- 1 tsp urad dal**
- 2 green chilli**
- ½ inch tamarind**
- 3 cloves garlic**
- ½ tsp coconut oil**
- ½ tsp mustard seeds**
- 5-6 curry leaves**
- 1 pinch of Hing (asafoetida)**
- salt for taste**

Preparation method:

1. Add oil in a pan and place over medium flame. Once the oil is hot, add the urad dal and fry till it turns light brown.
2. Then add green chillies, garlic, tamarind, saute for another 1 minute, and put it in a blender.
3. Now fry the chopped ridge gourd in a half a teaspoon of oil until it turns light brown. Keep it aside until it cools down.
4. Then grind together everything along with salt, till comes to fine paste.
5. Add the tempering to the chutney and serve with idli or dosa.

Serving size (tsp/tbsp)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
1 tbsp	105.46	12.299	3.88	5.102	4.034



Red Bell Pepper Chutney

Ingredients:

- 1 large red bell pepper**
- ½ medium-sized onion**
- 2 cloves garlic**
- 5 dried red chillies**
- ½ inch tamarind**
- ¼ cup peanuts**
- salt to taste**
- ½ tsp coconut oil**
- ½ tsp mustard seeds**
- 5-6 curry leaves**
- pinch of Hing(asafoetida)**

Preparation method:

1. Heat about 2 Tsp coconut oil in a skillet.
2. Add the garlic, dried red chillies, curry leaves and onions and saute for about 1-2 minutes till onions are soft.
3. Add the red bell pepper and saute till they are browned and soft. Remove from heat and allow it to cool.
4. Roast ¼ cup of peanuts until golden brown. Let it cool down.
5. In a blender add the roasted bell pepper-onion mixture, roasted peanuts, tamarind and salt. Grind them together to a coarse or smooth paste by adding little water.
6. Red bell pepper chutney is ready to serve.

Serving size (tsp/tbsp)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
1 tbsp	117.4	8.05	13.32	9.482	1.69



Dry Coconut Chutney

Ingredients:

***½ cup grated dry coconut,
3 garlic cloves,
3-4 dry chillies,
2 tbsp channa dal,
1 tsp urad dal,
½ tsp coconut oil,
salt to taste.***

Preparation method:

1. Roast the dry red chillies, urad dal, and channa dal until light brown with ½ tsp. oil in a pan. Transfer to a plate and allow it to cool at room temperature.
2. Roast the grated coconut and garlic for a minute over low flame in the same pan. Turn off the flame, transfer to a plate, and let it cool.
3. Grind all the roasted ingredients into a powder along with the salt using a grinder or food processor. Do not make the powder very smooth. It should have a coarse texture.
4. Dry coconut chutney powder is ready.
5. You can enjoy it with a meal and curd.

Serving size (tsp/tbsp)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
1 tbsp	154.14	15.59	2.12	4.1	9.66



Dry Garlic Chutney

Ingredients:

- 8 garlic cloves**
- ½ cup grated dry coconut**
- 1 tbsp sesame seeds**
- 1 tbsp peanuts**
- 2 tsp red chilli powder**
- 1 tsp coriander powder**
- ½ tsp tamarind paste**
- 1 tsp coconut oil**
- salt for taste**

Preparation method:

1. Heat 1 tsp oil in skillet or pan and roast garlic cloves over low flame for 1 minute. Turn off flame and transfer it to a plate.
2. Dry roast grated coconut in same skillet over low flame until light brown. Turn off flame and transfer it to a plate.
3. Dry roast sesame seeds over low flame until seeds start to pop and transfer to plate.
4. Let roasted garlic, roasted coconut and sesame seeds cool for 5 minutes. Add roasted peanuts, tamarind paste, red chilli powder, coriander powder and salt in grinder jar or food processor jar.
5. Grind them until medium coarse powder. Taste for salt and add more if required.
6. Chutney is ready. Transfer to air tight container.

Serving size (tsp/tbsp)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
1 tbsp	175.9	12.9	2	3.2	13.45



Sesame Pudi

Ingredients:

100gm sesame seeds

0.5 tbsp ghee

15 dry red chilli

0.25 cup curry leaves

1 tsp asafoetida

100gm desiccated coconut

50gm roasted peanut

salt for taste

Preparation method:

1. Add coconut oil/ghee in a pan and roast all the ingredients until it turns to golden brown.
2. Grind it into a coarse powder.
3. Serve it with dosa or idli

Serving size (tsp/tbsp)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
1 tbsp	175.9	12.9	1.8	15.04	3.314



Creamy Avocado Dip

Ingredients:

2 ripe avocado
½ cup plain greek yogurt
2 cloves garlic minced
juice of 1 lime, salt to taste
black pepper powder
vegetable sticks for serving

Preparation method:

1. In a medium bowl, mash avocados with a fork.
2. Stir in the yogurt, garlic, and lime juice and season generously with salt and pepper.
3. Serve with chips and vegetables sticks.

Serving size (tsp/tbsp)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
1 tbsp	33.3	2.34	1.06	2.23	1.27



Greek yogurt onion dip

Ingredients:

- 2 onion thinly sliced**
- 2 tbsp olive oil**
- salt to taste**
- freshly ground pepper**
- 1 tsp apple cider vinegar**
- 2 cups greek yogurt**
- nut crackers for serving**

Preparation method:

1. Heat olive oil in a skillet over medium heat.
2. Add the onions. Turn down the heat to medium-low and cook for about 20 minutes, stirring occasionally, until the onions are soft and caramelized.
3. If the onions are browning too quickly, turn down the heat and add a splash of water.
4. When the onions are caramelized, add the vinegar and cook for about 1 minute until the vinegar reduces slightly. Remove from heat.
5. In a medium serving bowl, combine the caramelized onions and Greek yogurt.
6. Season to taste with salt and pepper
7. Serve cold with carrot sticks and crackers.

Serving size (tsp/tbsp)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
1 tbsp	71.3	4.9	0.66	5.18	0.6



Walnut Chutney

Ingredients:

- 2 tbsp walnuts
- ½ cup grated fresh coconut
- 2 green chilli
- 1 inch ginger
- 1 tsp tamarind pulp
- 1 tsp curry leaves
- 1 tbsp coriander leaves
- 1 tsp coconut oil
- 1 tsp mustard oil
- ½ tsp urad dal
- pinch of hing (asafoetida)
- salt for taste

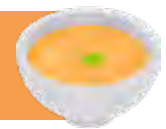
Preparation method:

1. In a mixer jar, add the freshly grated coconut, raw walnuts, green chilli, ginger, coriander leaves, curry leaves, tamarind and salt. Grind to a fine paste using some water.
2. Heat a little oil in a pan, add mustard seeds, split urad dal, hing and curry leaves.
3. Saute for a few seconds until the urad dal turns light brown.
4. Pour this tempering over the chutney paste and mix well
5. The walnut chutney goes well with idli and dosa.

Serving size (tsp/tbsp)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
1 tbsp	114.7	9.014	1.332	8.66	2.5



Spicy Pumpkin Soup



SOUPS

Ingredients:

- 1 tbsp olive oil
- 90ml fresh cream
- 1 cup pumpkin
- 1 onion
- 0.5 tbsp red chilli powder
- 0.5 tsp coriander leaves
- 1 tsp black pepper
- 0.5 tsp cumin powder
- 1 garlic clove
- salt to taste

Preparation method:

1. Heat olive oil in saucepan and cook onion over medium heat for 3-4 minutes or until soft.
2. Add garlic, cumin, and red chilli powder and cook for 1 minute longer.
3. Add pumpkin to pan, bring to the boil, then reduce heat and simmer for 15-20 minutes or until pumpkin is tender. Remove pan from heat and set aside to cool slightly.
4. Place boiled pumpkin in a food processor or blender, and process until smooth
5. Return soup to a clean saucepan, add in cream, season to taste with salt, black pepper and cook over a medium heat, without boiling, until heated.
6. Garnish with coriander leaves and serve hot.

Serving size (ml/cup)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
150 ml	314.2	9.69	1.2	30.036	2.12



Bottle Gourd Soup

Ingredients:

- 1 medium bottle gourd/lauki**
- 1 tsp coconut oil**
- 3 medium garlic cloves minced**
- 1 green chilli**
- 1 medium-sized onion**
- 1.5 cups water**
- salt and black pepper to taste**
- coriander leaves**

Preparation method:

1. Add coconut oil in a pan and place it on medium heat.
2. Once the oil is hot add the minced garlic, onions and green chilli, and saute till onions soften.
3. Add diced bottle-gourd, water or vegetable stock, and salt.
4. Cover with a lid then cook for 5 minutes.
5. Once cooked, Let it cool down for 5-10 minutes, and puree in a blender.
6. Add salt and crushed black pepper for seasoning.
7. If soup is too thick, add some water or vegetable stock and boil for 2 minutes.
8. Bottle gourd soup is ready to serve. Garnish with coriander leaves.

Serving size (ml/cup)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
150 ml	286	10.99	1	26.16	1.89



Cream Mushroom Soup

Ingredients:

- 1 tbsp coconut oil
- 2 tbsp onion
- 3 cloves garlic
- 3 cups mushroom diced
- ½ cup celery
- 2 cups water or vegetable stock
- ½ cup coconut cream
- salt & black pepper to taste,
- 2 tbsp coriander leaves
- 2 tbsp cream

Preparation method:

1. Take a pan add coconut oil, and onions, green, and saute till onions soften.
2. Next, add diced mushrooms and celery and saute till all the liquid that is released from the mushroom has evaporated. This will take about 6-8 minutes, and will help concentrate the mushroom flavour.
3. Add water or vegetable stock, salt and black pepper powder. Mix well.
4. Add everything to a pressure cooker and cook on high pressure for 5 minutes.
5. Allow to cool down and then puree in a blender.
6. Add coconut cream or heavy cream to the puree and stir well. If the consistency is too thick, add water or coconut milk and simmer for 2 minutes.
7. Cream of mushroom soup is ready. Garnish with coriander leaves and serve it hot.

Serving size (ml/cup)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
150 ml	306	6.83	0.915	29.9	2.46

Broccoli Spinach Soup

Ingredients:

- 1 cup broccoli**
- 1 cup spinach**
- 1 tbsp garlic minced**
- 1/2 cup onion**
- 1 tbsp butter**
- 1/2 cup almond milk or coconut milk**
- 1 cup water or vegetable stock.**
- 1/4 cup mozzarella cheese**
- 1/4 tsp black pepper powder**
- salt to taste**

Preparation method:

1. Add butter in a pan and place on medium heat.
2. Once the butter melts, add the minced garlic and sauté for 30 seconds.
3. Add onions and sauté till they turn translucent.
4. Next add the broccoli and water and stir.
5. Add everything in a pressure cooker and cook for 3 minutes.
6. Let it cool down for 5 minutes.
7. Add spinach, cheese, milk, salt, and pepper to taste Stir well.
8. Puree in blender once slightly cool down.
9. Transfer the soup to a vessel and boil for 2 minutes, until it gets a thick consistency.
10. Broccoli spinach soup is ready to serve.

Serving size (ml/cup)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
150 ml	288	10.74	2.5	18.16	5.77



Broccoli Cheddar Soup

Ingredients:

2 tbsp butter

1 cup onion

3 cloves garlic

1/2 cup shredded carrots

3 cups fresh broccoli

2 cups water

2 tbsp besan flour

2 cups cheddar cheese

1 cup milk or cream

salt and pepper to taste

Preparation method:

1. Melt the butter in a pan over medium flame. Add minced garlic, diced onions, and sauté till the onions turn translucent.
2. Add the flour and sauté for a minute, stirring constantly, until it is cooked.
3. Then add the shredded carrot, chopped broccoli, salt, crushed black pepper, and water, and give it a stir.
4. Cook everything in a pressure cooker for 2 minutes.
5. Let it cool down for 5 minutes.
6. Puree in the blender till it becomes a fine paste.
7. Add the milk and cheddar cheese to the puree and stir for 2-3 minutes until the cheese melts.
8. Add the salt and pepper and let the soup simmer for 2 minutes.
9. Broccoli cheddar cheese soup is ready to serve.

Serving size (ml/cup)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
150 ml	302.82	13.26	2.5	18.3	6.03



Cauliflower Soup

Ingredients:

3 cups cauliflower,
1 cup onion,
4 garlic cloves,
1 tbsp butter,
1 bay leaf,
2 cups water,
½ cup coconut cream,

¼ tsp black pepper,
salt to taste,
2-3 cheddar cheese,
¼ tsp oregano.

Preparation method:

1. Add butter or oil in a pan and place it on medium flame. Once it's hot, add the bay leaf and minced garlic and sauté for 30 seconds.
2. Add onions and sauté until they soften.
3. Add cauliflower, water or vegetable stock, black pepper powder, and salt.
4. Cook everything in a pressure cooker for 2 minutes.
5. Remove the bay leaf and puree the mixture in the blender to make a fine paste.
6. Let it cool down for 5 minutes.
7. Add the heavy cream and cheese, and stir well.
8. If the soup is too thick, you can add water or milk and boil it for 2 minutes.
9. Sprinkle green onions, oregano and more cheese just before serving.

Serving size (ml/cup)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
150 ml	301	8.96	1.5	20.8	4.37



Tomato Soup

Ingredients:

3 cups tomato	1 bay leaf
1 cup onion	2 tsp basil
½ red bell pepper	Salt & black pepper powder for taste
3 cloves garlic	¼ cup heavy cream/milk
1 tbsp butter or coconut oil	
2 cups water or vegetable stock	

Preparation method:

1. Heat butter or oil over a low flame in a pan. Once it's hot, add the bay leaf and minced garlic and sauté for 30 seconds.
2. Add the onions and sauté until they soften.
3. Add red bell pepper, diced tomatoes, water or vegetable stock, black pepper powder, and salt.
4. Cook everything in a pressure cooker for 2 minutes.
5. Let it cool down for 5 minutes.
6. Remove the bay leaf and puree everything else in the blender to make a fine paste.
7. Add the dried basil, heavy cream, or milk and stir well.
8. If the soup is too thick, add water or milk and boil for 2 minutes.
9. Drizzle a bit of heavy cream and serve the tomato soup hot.

Serving size (ml/cup)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
150 ml	110.7	8.4	1.81	8.43	1.61



Lentil Soup

Ingredients:

- | | |
|-----------------------------------|----------------------------------|
| 3 cups whole green lentil | 3 cups water |
| 1 tbsp coconut oil | ½ cup coconut milk |
| 1 cup onion | 2-3 cups baby spinach |
| 1 cup tomato | 2 tbsp lemon juice |
| 3 cloves garlic | 2 tsp garam masala powder |
| ½ cup celery | ½ tsp turmeric powder |
| ½ cup red bell pepper | ½ tsp red chilli powder |
| salt to taste | 1 tsp cumin powder |
| ½ tsp crushed black pepper | |

Preparation method:

1. First, wash and rinse the lentil.
2. Heat oil in a pan. Once it's hot, add the minced garlic and sauté for 30 seconds.
3. Add onions and sauté until they soften.
4. Add celery, red bell pepper, tomato, and green lentils into the pan.
5. Then add dry spice powders like turmeric, ground cumin, red chilli, and garam masala into the pan. Finally, pour the vegetable stock or water.
6. Add salt and black pepper.
7. Cook in a pressure cooker for 15 minutes.
8. Let it cool down for 5 minutes.
9. Add in the lemon juice, and baby spinach. Keep stirring until the spinach wilts.
10. The green lentil soup is ready to enjoy. Serve it warm.

Serving size (ml/cup)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
150 ml	281.5	29.133	8.351	6.495	9.26



Palak/Spinach Soup

Ingredients:

- 0.25 tsp salt
- 1 cup palak/ spinach
- 1 cinnamon sticks
- 1 tomato
- 0.5 tbsp olive oil
- 1 onion
- 5g ginger
- 1 tsp cumin powder
- 0.25 black pepper powder
- 2 cups water

Preparation method:

1. Chop the onion, tomato, spinach /palak and ginger.
2. In a pressure cooker, heat 1 tsp oil. Add the cinnamon stick, chopped onions and ginger. Fry till the onions turn translucent.
3. Add the chopped tomatoes and chopped spinach/palak leaves along with salt, pepper powder, cumin powder and coriander powder.
4. Saute for a few minutes. Add a little water and pressure cook for around 2 whistles.
5. Cool this mixture and grind it.
6. Pour the blended mixture in a pan along with some water and let this simmer for a few minutes.
7. Serve warm

Serving size (ml/cup)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
150 ml	161.8	9.98	4.09	5.3	2.81



Instant Seeds Porridge Soup

Ingredients:

- 0.25 cup curd
- 1 tbsp chia seed
- 2 tbsp pumpkin seeds
- 2 tbsp flaxseed
- 1 tbsp chopped onions
- 2 tbsp water melon seed
- 2 cup warm water
- salt to taste

Preparation method:

1. To make instant mix, dry roast the flaxseeds, watermelon seeds and pumpkin seeds for 2 minutes on low flame. Add chia seeds after turning off the flame.
2. Allow to cool and grind roasted seeds into a fine powder. Store it in an air-tight container.
3. To make soup, In a bowl, add 2 cups of warm water to the porridge mix.
4. Add the chopped onion, whisked curd, and salt.

Serving size (ml/cup)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
150 ml	268.5	21.71	7.17	9.66	8.2



Nuts Bar



DESSERTS

Ingredients:

- 1 tbsp grated coconut**
- 1 tbsp sesame seeds**
- 1 tbsp pumpkin seeds**
- 1 tbsp of almond flour**
- 1 tbsp almonds**
- 2 tbsp peanuts**
- 1 tbsp walnut**
- 1 tbsp watermelon seeds**
- 1 tbsp stevia**
- 2 tbsp water**

Preparation method:

1. Chop the almonds and walnuts.
2. Dry roast the nuts, seeds and coconut separately.
3. Heat a pan with water and stevia over low flame and stir continuously.
4. When the stevia dissolves, add all the roasted ingredients and almond flour.
5. Stir continuously until thickens.
6. Grease a plate with ghee, spread the mixture on it evenly, and cut into even, rectangle shape.
7. The Nuts Bar is ready to serve.

Serving size (pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
2 no	417.4	13.26	5.43	40.03	16.1

Dry Nuts Laddu



Ingredients:

- 1 tsp grated coconut
- 0.5 tsp sesame seeds
- 1 tbsp ghee
- 1 tsp pumpkin seeds
- 25g almonds
- 1 tsp watermelon seeds
- 2 tbsp stevia
- pinch of cardamom powder

Preparation method:

1. Heat a pan over medium flame. Dry roast almonds and melon seeds. Grind into a fine powder.
2. In a bowl, mix the ground powder, cardamom powder, and stevia.
3. Grind the pumpkin seeds coarsely.
4. Heat ghee in a pan on medium flame. Add the pumpkin seeds, coconut and white sesame seeds.
5. Turn off the heat and add it to the dry mixture and stir to combine.
6. Form the mixture into balls.

Serving size (pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
2 no	203.8	7.03	2.13	20.41	4.54



Mixed Dal Dosa



BREAKFAST

Ingredients:

- 3 cups moong dal
- 2 cups urad dal
- 1 cup channa dal
- Salt for taste
- 1.25 tsp jeera
- 1.25 chilli powder
- 1.25 tsp ginger
- pinch of turmeric powder
- 2 tbsp coriander leaves
- 1 tbsp grated cabbage
- 1 tbsp grated capsicum
- 1 tbsp coconut oil

Preparation method:

1. Add all the dals to a blender and blend to make gram flour.
2. For 2 cups of mixed gram flour, add the jeera, grated ginger, chilli powder, turmeric powder, chopped coriander, capsicum and cabbage.
3. Mix all the ingredients well with sufficient water.
4. Leave it aside for 10 minutes.
5. Grease a dosa pan with coconut oil. Pour the batter on it and allow it to cook completely for 2 minutes on low heat (simmer flame).
6. Cover and cook on one side and flip.
7. Serve hot with chutney.

Serving size (pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
2 no	185.17	26.65	9.80	7.998	9.148



Moong Dosa (Pesarattu)

Ingredients:

Green gram 1cup

2 chilli

1 tsp ginger

salt to taste

onion and coriander leaves

Preparation method:

1. Soak green gram overnight.
2. Grind with chilli, ginger and salt.
3. Add chopped onions and coriander leaves.
4. Grease the pan with coconut oil and pour the batter.
Allow it to cook completely on low heat.
5. Cover and cook on one side and flip.
6. Serve hot with chutney.

Serving size (pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
2 no	32.5	8.64	1.874	0.208	2.74



Almond Cheese Dosa

Ingredients:

- 20 Almonds
- 2 slices cheese
- 0.25 cup water
- 0.25 cup
- 1 cup coconut milk
- 1 tsp butter
- 2 tsp ghee
- salt for taste

Preparation method:

1. Soak the almonds for 10 mins in hot water.
2. Grind the almonds and coconut milk into a smooth batter.
3. Dissolve cheese in a little warm water. Mix the cheese and salt into batter.
4. Heat a nonstick tawa on low heat. Ladle out half the batter, spread it over tawa, and cook for 3 minutes.
5. Cover and cook on one side and flip.
6. Serve hot with chutney.

Serving size (pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
2 no	219.49	2.95	1.6	6.9	20.84



Flax Seed Dosa

Ingredients:

- 2 tbsp chia seed**
- 1 tbsp coconut oil**
- 50g almonds**
- 100g whole flaxseed**
- salt for taste**

Preparation method:

1. Soak the almonds and flaxseeds for 3 hours.
2. Grind the chia seeds into a fine powder.
3. Peel the almond skin and grind it into a paste.
4. Grind the soaked flaxseed and transfer all the ground ingredients in a bowl. Add $\frac{1}{2}$ cup of water and salt to get dosa batter consistency. Allow it to ferment for 2 hours.
5. Grease the tawa with coconut oil and pour the batter. Allow it to cook completely for 2 minutes on low heat (simmer flame).
6. Serve hot with coconut chutney.

Serving size (pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
2 no	180	8.19	6.2	15.33	5.01



Instant Dosa

Ingredients:

4 tsp chia seeds

1.5 tsp coconut oil

2 tbsp pumpkin seeds

2 tbsp whole flaxseed

2 tbsp watermelon seed kernal

salt for taste

Preparation method:

1. Heat a pan on low flame and dry roast the flaxseeds, melon seeds, and pumpkin seeds for 2 minutes. Turn off the heat and add the chia seeds.
2. Allow the roasted seeds to cool for 2 minutes and grind into a fine powder.
(Tip: This mix can be refrigerated and used for up to 1 week.)
3. Add salt and water to the seed mix.
4. Heat a nonstick tawa on low flame. Ladle out half the batter and spread it over the tawa. Sprinkle oil on the dosa batter. Cover the tawa with a lid and cook for 3 minutes.
5. Repeat previous step with the remaining batter.
(Tip: You can use olive oil, or ghee instead of coconut oil.)
6. Serve warm with chutney.

Serving size (pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
2 no	163	3.9	3	15.8	7.8



Coconut Uttapam

Ingredients:

- 1-2 cup coconut**
- 1 tbsp coconut oil**
- 1 tbsp milk cream**
- 1 tbsp chia seeds**
- 1 chopped onions**
- 1 tbsp peanut**
- salt to taste**

Preparation method:

1. Grind coconut into a fine paste.
2. Grind chia seeds and 1 tbsp of groundnuts into fine powder.
3. Add coconut paste, chia seed powder, chopped onion, chilies, curry leaves, butter, groundnut powder, salt into a bowl and mix it into a dough consistency.
4. Cover the bowl and let the dough rest for 20 minutes.
5. Heat the tawa, pour some oil and spread the dough.
6. Keep in low flame and cook uttapam on both sides.
7. Serve warm with chutney.

Serving size (pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
2 no	340	14.76	8.7	31.27	4.03



Almond Coconut Uttapam

Ingredients:

- 0.5 cup shredded coconut
- 1 tbsp coconut oil
- 20 g almonds
- 2 tsp raw chia seeds
- salt for taste

Preparation method:

1. Soak the almonds for 10 mins in hot water.
2. Grind the almond, coconut and chia seed powder into a fine paste with salt.
3. Batter should be of thick consistency.
4. Heat a tawa on medium flame and spread some coconut oil.
5. Scoop a portion of the batter and spread it on the pan.
6. Cook the uttappam on both sides.
7. Serve with mint kurma.

Serving size (pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
2 no	165.3	7.19	5.11	14.58	3.46



Seeds Cheela

Ingredients:

- 3 tbsp sunflower seeds**
- 3 tbsp sesame seeds**
- 0.25 tsp turmeric**
- 2 tsp butter**
- Half tomato**
- 3 tbsp cheese**
- 5 almonds**
- 2 tbsp chopped onions**
- 0.5 tsp ginger**
- Pinch of hing**
- 0.5 tsp ajwain**
- salt to taste**

Preparation method:

1. Warm a pan over medium heat. Dry roast sunflower seeds and sesame seeds.
2. Grind roasted seeds, almond and water into smooth batter.
3. Add finely chopped onions, tomatoes, ajwain, turmeric powder, ginger, cheese, coriander leaves and salt to the batter and mix well.
4. Warm a non stick tawa on low heat. Ladle out half the batter, spread it over the tawa, and spread some butter on the cheela. Cover the tawa with a lid and cook for 3 minutes.
5. Serve warm with chutney.

Serving size (pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
2 no	367	12.96	3.71	34.08	6.265



Moong Dal Dosa

Ingredients:

- Moong dal 1 cup**
- 2-3 green chillies**
- salt to taste**
- 1 tsp garlic**
- 1 tsp ginger and 1 tbsp ghee/butter**

Preparation method:

1. Soak the moong dal overnight.
2. Grind the moong dal in a blender along with chilli, garlic, ginger and salt.
3. Add sufficient water and blend nicely till it is a smooth paste.
4. Heat a non-stick pan on medium flame. Ladle out the batter and spread it over the tawa.
5. Sprinkle some ghee and cook the dosa on both sides.
6. Cover and cook on one side and flip.
7. Serve hot with chutney.

Serving size (pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
2 no	156	10.126	2.454	11.5	3.75



Eggless Cheese Omelette

Ingredients:

- 0.25 tsp salt
- Half bell pepper
- Half tomato
- 0.25 cup beans
- 1 tbsp olive oil
- 25g cucumber
- 2 tbsp onion
- 4 slice cheddar-cheese
- 1 green chilli
- 0.25 tsp black pepper powder

Preparation method:

1. Take a mixing bowl and add tomato, onion, green chilli, beans, cucumber and bell pepper.
2. Add salt and black pepper powder as per taste, bring the mixture to batter consistency.
3. Heat the pan and add olive oil, spread the vegetable mixture along with the cheese.
4. Cook on medium flame, flip over and cook the other side as well.
5. Turn off the flame and serve.

Serving size (pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
2 no	273.3	9.57	1.2	24.43	4.45



Scrambled Paneer

Ingredients:

1 tsp salt, 0.25 tsp turmeric powder, 250g paneer, 1 cup tomatoes, 3 tbsp olive oil, 0.5 cup onion, 1 slice ginger, 4 garlic cloves, 2 green chilli, 0.5 tsp garam masala powder, 0.5 tsp coriander powder, 0.5 tsp red chilli powder, 3 tbsp coriander leaves, 0.5 tsp cumin seeds.

Preparation method:

1. Crumble the paneer (cottage cheese) and keep aside.
2. Finely chop the onions, tomatoes and green chilli. Keep aside
3. Crush the ginger and garlic to a paste in a mortar pestle and keep aside. Keep the spice powders aside.
4. Heat oil, or ghee, or butter in a pan and let it become hot on a medium-low or medium flame.
5. Add cumin seeds. Once it crackles and changes colour (becomes brown) add the onions.
6. When the onions become translucent, add the ginger-garlic paste and chopped green chillies.
7. Now add the tomatoes and sauté on medium-low heat till they become soft. You can add a pinch of salt to make the tomatoes cook faster.
8. Add all the dry spice powders - turmeric, red chilli powder, coriander powder, and gram masala powder.
9. Mix the spice powders very well and sauté for 5-6 seconds.
10. Then add the crumbled paneer. Mix thoroughly and cook for one minute.
11. Don't cook the paneer for a long time as they can become hard or rubbery.
12. Add the chopped coriander leaves and serve hot.

Serving size (gm/cup)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
1 cup (100 gm)	130.6	10.37	1.754	6.49	8.54



Dhokla

Ingredients:

20 almonds	0.5 tsp ghee
0.5 cup besan flour	0.25 tsp mustard seeds
9 tbsp watermelon seeds	0.125 tsp turmeric powder
1 tbsp curry leaves	3 tbsp curd
0.25 tsp lemon juice	pinch of baking soda
pinch of asafoetida(hing)	0.25 tsp salt
0.5 tbsp coconut oil	

Preparation method:

1. Soak the almonds in water for 10 minutes. Drain and peel off the skin.
2. In a separate bowl, soak the melon seeds in 3 tbsp of water for 10 minutes. Do not dry
3. Grind melon seeds along with the soaking water and the almonds until mixture reaches a semolina like consistency.
4. In a bowl, add the seed mixture, yogurt, salt, turmeric powder, lemon juice, and baking soda. Mix well.
5. Heat an idli cooker with 1-2 glass of water over medium heat. Grease an idli plate with ghee, pour the batter, and cook for 15 minutes.
6. Once the dhokla is cooked, remove from the plate and cut into pieces.
7. Tempering - Heat coconut oil in a pan over medium flame and add mustard seeds. When the seeds start popping, add asafoetida and curry leaves.
8. Pour the tempering over the dhokla and serve warm.

Serving size (pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
4 no	181.8	10.0	5.316	14.18	4.406



Coriander Vadi

Ingredients:

2 tbsp sesame seeds

1 tsp garam masala

salt to taste

0.5 tsp turmeric powder

1 cup coriander leaves

2 tbsp besan flour

0.25 cup water

2 tbsp coconut oil

Preparation method:

1. Chop the coriander leaves into small pieces.
2. Mix all the ingredients and spread it on a greased plate. Steam it for 15 min.
3. After steaming, allow it to cool down for 5 min.
4. Now cut it into your desired shape and size.
5. Heat coconut oil in a pan over medium flame.
6. Add the coriander vada pieces and Fry on both sides until golden.
7. Serve hot.

Serving size (pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
4 no	184	12.44	5.6	12.88	6.06



Seed Paddu

Ingredients:

- 1 pinch baking soda
- 2 tbsp curd
- 0.25 cup sunflower seeds
- 0.5 tbsp chia seeds
- 1.5 tbsp coconut oil
- 2 green chilli
- 5-6 curry leaves
- 0.5 cup chopped onions
- 1.5 tbsp watermelon seeds
- salt to taste

Preparation method:

1. Grind sunflower seeds, melon seeds and chia seeds into fine powder. Mix the ground powder, curd, baking soda, 1 tsp water and salt.
2. Add the chopped green chilli, onion, curry leaves and mix well to form dosa batter consistency. Let the batter rest for 10 mins
3. Heat the paddu tawa, apply some oil and pour the batter. Cover and cook on both sides in low flame.
4. Serve warm with chutney.

Serving size (pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
4 no	258.3	12.29	5.81	21.81	6.83



Palak Paratha



LUNCH/DINNER

Ingredients:

- 2 cup- low carb high protein flour,
- 1 ½ cup palak/ spinach
- 2-3 green chilli
- 1 tsp Jeera
- 1 tsp ajwana
- salt for taste
- 1 cup water
- 1 tbsp coconut oil

Preparation method:

1. In a blender add the palak/ spinach, green chilli, jeera and salt. Grind it into a fine smooth paste.
2. Mix all the ingredients in a bowl. Knead the flour with palak mix and make into balls.
3. Take two parchment paper, place the dough in between and roll thinly to round shape.
4. Heat a tawa on medium flame, and place the paratha on it.
5. Sprinkle some ghee and cook on both sides.
6. Serve the hot paratha with chutney.

In addition to low-carb flour, you may also use Coconut flour | Almond flour | Nuts & seeds flour

Serving size (pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
2 no	330	21.64	11.114	16.22	25.22



Paneer Paratha

Ingredients:

- 200g paneer**
- ½ cup onion**
- 2-3 green chilli**
- 2 tbsp coriander leaves**
- 1 tsp jeera**
- 200g Low carb flour**
- salt for taste**

Preparation method:

1. Mash the paneer nicely to form a smooth paste.
2. Sauté the onions, green chilli and jeera for 2 min. Add paneer and mix nicely.
3. Make small balls out of the paneer mix.
4. Make dough of Low carb high protein flour atta or plain atta or coconut flour.
5. Let the dough rest for 30 min.
6. Roll out the dough. Place the paneer mix in the center. Seal the edges and roll it out once again.
7. Place the paneer paratha on a tawa and cook on both sides with coconut oil.
8. Serve hot.

Serving size (pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
2 no	345.8	25.18	106.14	13.802	30.44

Amaranth Leaves Paratha

Ingredients:

- 1 tbsp butter
- 1 tsp coconut oil
- 1 tbsp psyllium husks
- 0.25 cup coconut flour
- 2 garlic cloves
- 100g amaranth leaves
- salt for taste

Preparation method:

1. Heat oil in a pan over a low flame, add amaranth leaves, green chili, garlic, and a pinch of salt.
2. Sauté until tender and grind into a smooth paste.
3. In a bowl, add the coconut flour, psyllium husk, ground paste, salt and warm water. Knead to the consistency of paratha dough.
4. Cover and let the dough rest for 20 minutes.
5. Divide the dough into small balls. Place a dough ball between two pieces of parchment paper and roll into thin, round shape using a rolling pin.
6. Heat a non-stick tawa on medium heat and place the paratha on it. Smear with ghee and cook for 2 minutes on each side.
7. Serve hot with chutney.

Serving size (pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
2 no	541.3	35.53	12.05	22.48	19.29



Coconut Roti

Ingredients:

- 1 cup coconut powder**
- 2 tbsp psyllium husk**
- pinch salt to taste**
- 1 tbsp curd**
- 2 tbsp buck wheat atta**

Preparation method:

1. Mix all the ingredients with lukewarm water.
2. Keep aside for 30 minutes.
3. Make small balls from the dough. Place a dough ball between two pieces of parchment paper and roll into a thin, round shape using a rolling pin.
4. After rolling the roti, use a round lid to cut into a perfect round shape that is even from all sides. The roti should not have thick or cracked edges.
5. Heat a tawa on medium flame and place the roti on it.
6. Sprinkle with ghee and cook for 2-3 minutes on each side.
7. Serve hot.

Serving size (pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
2 no	295.2	37.66	7.51	10.97	13.04

Flaxseed & Groundnut Roti

Ingredients:

- 1 tbsp coconut oil
- 3 tbsp peanut
- 0.5 cup flaxseed
- 0.25 cup whole milk
- salt for taste

Preparation method:

1. In bowl, mix flaxseed and peanut powder with water. Let the batter rest for 20 mins.
2. Mix cheese in warm water and add in the batter along with salt. Let the batter be in thick consistency.
3. Pour the dosa batter on a nonstick pan and sprinkle some oil
4. Cook the dosa on both sides.
5. Serve hot with chutney.



Serving size (pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
2 no	323	11.09	8.1	28.04	11.73



Coconut Cream Roti

Ingredients:

- 1 tsp coconut cream**
- 1 tbsp butter**
- 0.5 cup coconut flour**
- 3 tbsp chia seeds**
- salt to taste**

Preparation method:

- 1. In a bowl, mix coconut flour, chia seed powder, butter, salt, and lukewarm water. Knead to the consistency of a roti dough.*
- 2. Cover and let the dough rest for 15 minutes.*
- 3. Divide the dough into small balls. Place a dough ball between two pieces of parchment paper and roll into a thin, round shape using a rolling pin.*
- 4. Heat a nonstick tawa on medium heat and place the roti. Smear the roti with ghee and cook for 2 minutes on each side.*
- 5. Serve warm with chutney.*

Serving size (pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
2 no	322	48.3	6.3	13.14	10.12



Seeds roti

Ingredients:

- 0.25 cup curd**
- 2 tbsp chia seed**
- 3 tsp coconut oil**
- 0.25 cup chopped onions**
- 1 tbsp ginger**
- 1 tsp cumin**
- 1 cup sunflower seed**
- 2 tbsp sesame seeds**
- salt for taste**

Preparation method:

1. In a bowl, mix sunflower seed flour, sesame seed powder, chia seed powder, chopped onions, curry leaves, green chilli, ginger, salt and cumin seeds
2. Add lukewarm water and knead to a roti dough consistency. Pat over a butter paper.
3. Spread some oil over the roti and cook on medium flame. Flip over and cook on the other side till done.
4. Serve warm with coconut chutney.

Serving size (pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
2 no	254.6	15.28	7.15	20.686	8.011



Bottle Gourd Talipattu

Ingredients:

- 1 cup bottle gourd**
- 0.25 cup sunflower seeds**
- 2 tsp butter**
- 0.5 tsp xanthan gum**
- 0.25 cup almonds**
- 0.25 tsp ginger**
- 0.5 tsp ground dry chilli**
- 0.5 tsp cumin**
- salt to taste**

Preparation method:

1. Grind sunflower seeds, and almond into fine powder.
2. Grate the bottle gourd and squeeze out the water. Finely chop green chilli.
3. In a bowl, mix the ground powder, xanthan gum, bottle gourd, cumin seeds, green chili, ginger, red chilli powder (optional), garam masala, and salt. Knead to the consistency of a roti dough.
4. Divide the dough into uniform balls. Place a dough ball between two pieces of parchment paper and roll into a thin, round shape using a rolling pin.
5. Heat a nonstick tawa on medium heat and place the talipattu on it. Spread some ghee on the talipattu and cook for 2 minutes on each side.
6. Serve warm with coconut chutney.

Serving size (pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
2 no	238.9	13.34	9.38	12.342	5.05



Garlic Naan

Ingredients:

- 2 tbsp curd
- 2 tsp coconut oil
- 0.5 tsp xanthan gum
- 1 tbsp psyllium husks
- 6 tbsp coconut flour
- 0.5 tsp baking soda
- 2 garlic cloves
- 0.25 tsp gingelly seeds
- 0.5 cup warm water
- salt to taste

Preparation method:

1. In a bowl, add the coconut flour, psyllium husk, xanthan gum, baking powder, thick curd, salt, and warm water. Knead to the consistency of a soft dough.
2. Cover and let the dough rest for 20 minutes.
3. Divide the dough into two uniform balls. Place a dough ball between two pieces of parchment paper and roll into an oval shape using a rolling pin.
4. Sprinkle gingelly seed and minced garlic on top of the rolled naan.
5. Heat a nonstick tawa over a medium heat and place the naan. Sprinkle coconut oil and cook for 5 min.
6. Serve warm.

Serving size (pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
2 no	321.3	36.153	12.6	15.06	10.4



Bhakri

Ingredients:

- 1 tbsp coconut oil**
- 1 tbsp psyllium husks**
- 1 tbsp cheese**
- 0.25 cup coconut flour**
- 2 tbsp raw almond flour**
- 1 pinch cornstarch and baking powder**
- salt to taste**

Preparation method:

1. In a bowl, mix coconut flour, almond flour, psyllium husk, cheese, baking powder, salt and water. Knead to the consistency of a roti dough.
2. Cover and let the dough rest for 20 minutes.
3. Divide the dough into small balls. Place a dough ball between two pieces of parchment paper and roll into a thin, round shape using a rolling pin.
4. Heat a nonstick tawa on medium heat and place the bhakri. Grease with coconut oil and cook for 2 minutes on each side.
5. Serve warm with kurma.

Serving size (pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
2 no	326.6	29.633	6.173	18.2	12.0



Nuts and Seeds Chapathi

Ingredients:

- 1 tsp butter
- 0.5 tsp xanthan gum
- 6 tbsp almond
- 0.5 tbsp chia seeds
- 2 tsp coconut oil
- 6 tbsp water melon seed
- salt for taste

Preparation method:

1. Mix all the ingredients in a bowl, knead the flour with luke warm water and make into small balls.
2. Take two parchment paper, place the dough in between and roll thinly to round shape.
3. Heat a tawa on medium flame, place the chapathi spread some ghee and cook on both sides.
4. Serve hot with mint chutney.

Serving size (pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
2 no	243.49	13.86	11.919	12.656	3.619



Cauliflower Paratha

Ingredients:

2 tsp cream	3 tbsp raw almond flour
100g cauliflower	0.25 tsp ginger and garlic
1 pinch turmeric	0.25 tsp garam masala powder
2 tsp butter	6 tbsp warm water
4 tsp psyllium husk	salt for taste
3 tbsp coconut flour	

Preparation method:

1. In a bowl, mix almond flour, coconut flour, psyllium husk, 1 tsp butter, and 1/4 tsp salt. Knead with warm water until it reaches the consistency of a roti dough. Let the dough rest for 10 minutes.
2. For filling, grate the cauliflower and finely chop green chilli.
3. Heat butter in a pan over medium flame, add grated cauliflower, ginger garlic paste, garam masala, green chilli, turmeric powder, and 1/4 tsp salt. Sauté for 2min.
4. Turn off the heat and add coriander leaves.
5. Separate the dough into four pieces. Place a dough ball between two pieces of parchment paper and roll into a thin, round shape using a rolling pin.
6. Spread half of the filling over one piece of dough. Place another piece of dough on top and gently press the edges together. Repeat with the remaining dough and filling.
7. Heat a nonstick tawa over a medium flame. Place the gobi paratha on it and spread some ghee on the paratha. Cook for 3 minutes on each side.

Serving size (pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
2 no	418	32.123	7.573	20.035	12.22



Coconut & Cauliflower Rice

Ingredients:

0.5 cup shredded coconut

0.5 cup cauliflower

0.25 tsp mustard seeds

2 tbsp coconut oil

5 almonds

1 dried red chilli

0.125 tsp hing powder

salt for taste

Preparation method:

1. Chop the almond into small pieces.
2. Heat oil in a pan and add the mustard seeds.
3. Once the mustard starts popping, add the dry red chilli, hing, curry leaves, coconut and almond pieces and saute.
4. Add the cauliflower rice and salt, and mix well.
5. Serve warm with dal or sambhar.

Serving size (gm/cup)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
1 cup (100 gm)	108.9	10.9	3.4	7.38	2.66



Cauliflower Methi Rice

Ingredients:

0.25 tsp salt, 200g cauliflower rice, 0.125 tsp turmeric powder, 2 cloves, 1.5 tsp ghee, 0.5 tomato, 0.5 onion, 0.5 tsp ginger garlic paste, 1 green chilli, 0.5 tsp coriander powder, 0.5 tsp red chilli powder, 1 cardamom, 1 bay leaves, 0.5 tsp cumin powder, 0.25 cup water, 75g fenugreek leaves.

Preparation method:

1. Grind the onion to a smooth paste and finely chop the methi leaves, tomato and green chilli.
2. Grate the cauliflower to create "rice".
3. Add grated cauliflower to a pan with 2 cups of boiling water. Cover and cook for 2 minutes over medium heat.
4. Drain the grated cauliflower using a colander or muslin cloth and squeeze out the excess water.
5. Warm ghee in a pan over medium heat. Add the bay leaf, cardamom, and clove. Add ground onion, ginger garlic paste and green chilli and saute until it turns brown.
6. Add chopped tomato, turmeric powder, coriander powder, red chilli powder, cumin powder, salt and water.
7. Lower the heat and add Methi leaves. Saute until soft
8. Add the cauliflower rice and mix well cover and cook for 3 minutes.
9. Serve warm.

Serving size (gm/cup)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
1 cup (100 gm)	105.9	10.97	3.4	6.88	2.66



Cauliflower Palak Rice

Ingredients:

0.25 tsp salt
100g spinach
200g cauliflower
2 tbsp ghee
0.5 cup onion
2 green chillies
0.5 tsp cumin seeds

1 bay leaves
3 tbsp water
2 garlic cloves
salt for taste

Preparation method:

1. Finely chop the onion and garlic.
2. Grate the cauliflower to create "rice"
3. Add grated cauliflower and $\frac{1}{4}$ tsp salt to a pan with 2 cups of boiling water. Cover and cook for 2 minutes over medium heat.
4. Drain the grated cauliflower using a colander or muslin cloth and squeeze out the excess water.
5. Warm ghee in a pan over medium flame. Add the cumin seeds and the bay leaf. After the cumin seeds start to pop, add the onion, garlic, spinach and saute for a minute.
6. Add the ground paste and remaining salt.
7. Add the cauliflower rice and mix well.
8. Serve warm.

Serving size (gm/cup)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
1 cup (100 gm)	105.07	10.12	3.1	7.17	2.91



Cauliflower Lemon Rice

Ingredients:

- 1 ½ cup cauliflower**
- 1 pinch turmeric**
- 0.25 tsp mustard seeds**
- 1 tbsp coconut oil**
- 0.25 tsp ginger**
- 1 tbsp peanuts**
- 2 tsp lemon juice**
- 1 pinch hing**
- salt for taste**

Preparation method:

1. Squeeze lemon in cauliflower rice and add salt as required.
2. Heat pan with oil and add mustard.
3. Once mustard start popping, add green chilli, hing, curry leaves, turmeric powder and ginger.
4. Then add tempering to the cauliflower lemon rice and mix well.
5. Serve hot.

Serving size (gm/cup)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
1 cup (100 gm)	105.07	10.12	3.1	7.17	2.91



Cauliflower Poha

Ingredients:

- 1 cup cauliflower
- 1 pinch turmeric
- 0.25 tsp mustard seeds
- 1.5 tbsp ghee
- 2 tbsp peanuts
- 2 green chilli
- 1 tbsp coriander leaves
- 2 tsp lemon juice
- 1 tbsp curry leaves
- salt to taste

Preparation method:

1. Separate the cauliflower florets and stalks.
2. Cut the stalks into cubes (similar to potato cubes).
3. Boil the stalks in salted water till tender. Keep them aside in a bowl.
4. Grate the florets and cook them in boiling water with salt. Drain and squeeze out the water.
5. Heat ghee in a Pan on medium flame. Fry the peanuts and keep aside.
6. Then add mustard seeds. Once they start popping, add the onions, green chillies, curry leaves and turmeric powder. Saute for 2 minutes.
7. Add the boiled cauliflower rice, cauliflower stalks and mix well.
8. Garnish with coriander leaves and add lemon juice.
9. Serve warm.

Serving size (gm/cup)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
1 cup (100 gm)	193.3	9.63	3.8	16.6	4.8



Pumpkin Pulao

Ingredients:

- 2 cups grated pumpkin**
- 2 tbsp beans**
- 2 tbsp peas**
- 1 cup cauliflower**
- 2 tsp mint leaves**
- 2 tsp coriander leaves**
- 1 cup onions**
- 2 tbsp coconut oil**
- 2 green chillies**
- salt to taste**

Preparation method:

1. Cut beans, cauliflower and onions in desired shape.
2. Boil the veggies with little salt, chilli powder and garam masala. Keep it aside.
3. Heat coconut oil in a pan. Add finely chopped onions and saute for 2 minutes.
4. Add the green chillies and mint leaves and fry for 2 minutes.
5. Add the grated pumpkin and fry on medium heat, till it becomes soft.
6. Add the cooked veggies and mix it nicely. Add salt to taste.
7. Garnish with coriander leaves and serve hot.

Serving size (gm/cup)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
1 cup (100 gm)	125	17.52	4.8	5.94	4.304



Cauliflower Bisi Bele Bath

Ingredients:

3 tbsp grated coconut	4 almonds
1 cup cauliflower	1 tsp lemon juice
0.25 tsp turmeric	1 tsp cumin
0.25 tsp mustard seeds	1 tsp poppy seed
3 tbsp butter	0.25 tsp hing
1 cinnamon sticks	5 tbsp coriander seeds
2 green beans	0.5 tsp fenugreek
0.5 tbsp olive oil	salt to taste

Preparation method:

1. Dry roast coriander seed, fenugreek, cumin, poppy seed, cinnamon stick, asafoetida and grated coconut one by one. Grind into a fine powder.
2. Cut all the veggies in 1/2 inch size. Heat oil in a pan, add all veggies and saute for 2 minutes.
3. Add 1/2 cup water, salt and cook the veggies. Now add cauliflower rice, turmeric powder and grounded masala powder.
4. Cover and cook in low flame till it reaches a thick consistency. Now add lemon juice and mix well.
5. Tempering - Heat ghee in a pan add mustard seeds. When it starts popping, add chopped almonds, dry red chilli and curry leaves.
6. Add the above tempering to the Bisi bele bath, garnish with coriander leaves and serve hot.

Serving size (gm/cup)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
1 cup (100 gm)	184.2	13.66	5.5	13.3	5.136



Vegetable Khichadi

Ingredients:

2 cup cauliflower	0.5 tsp cumin
0.125 tsp turmeric	0.125 tsp hing powder
0.125 tsp mustard seeds	0.5 tsp mixed spices
1 tsp butter	2 tsp flaxseed
0.25 tsp xanthan gum	5g almond
2 green beans	½ cup chironji seeds
2 dried red chilli	salt for taste
0.25 tsp ground dry chilli	

Preparation method:

1. Soak chironji seeds in 1/2 cup of water for 1 hour. Grind it coarsely without adding water.
2. Grate the cauliflower to create "rice".
3. In a Pressure cooker, cook the grated cauliflower, ground chironji, beans, flax seeds powder, turmeric powder, chilli powder, biryani masala and water for 3 whistles.
4. Warm ghee in a pan over medium flame. Once warm, add mustard seeds and let it sputter. Add cumin seeds, asafoetida, cooked cauliflower rice mix, salt, xanthan gum. Cook on low heat for 3 minutes.
5. Serve warm.

Serving size (gm/cup)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
1 cup (100 gm)	156.9	12.33	5.876	10.5	5.0



Cauliflower Curd Rice

Ingredients:

0.5 cup whole milk plain curd

1 cup cauliflower

0.25 tsp mustard seeds

0.5 tbsp coconut oil

1 pinch hing

salt to taste

Preparation method:

1. In a bowl, add cauliflower rice, curd, green chilli and salt as required.
2. Heat oil in a pan and add Mustard seeds.
3. Once mustard starts popping, add curry leaves and hing.
4. Add tempering to the cauliflower curd rice.
5. Garnish the curd rice with coriander leaves and serve.

Serving size (gm/cup)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
1 cup (100 gm)	86.17	4.5	1.6	6.79	2.2



Cauliflower Fried Rice

Ingredients:

- 1 tsp apple cider vinegar**
- 1 cup cauliflower**
- 0.5 peppers**
- 4 green beans**
- 1 tbsp coconut oil**
- 2 tbsp chopped onions**
- 0.5 tsp ginger**
- 0.5 tsp pepper**
- 2 garlic cloves**
- salt to taste**

Preparation method:

1. Heat oil in a pan.
2. Add chopped garlic and ginger and saute till they are slightly done.
3. Add the remaining chopped veggies and fry for two-three mins until veggies are cooked.
4. Finally add Cauliflower rice, vinegar, pepper powder and salt as required. Mix everything well and saute for 2 mins.
5. Serve hot.

Serving size (gm/cup)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
1 cup (100 gm)	115.8	12.31	3.822	6.44	3.72



Baked veg augratin

Ingredients:

- 1 ½ cup cauliflower
- ½ cup mushroom
- ¼ Avocado
- 3 slices of Cheese
- 1 tbsp Red chilli powder
- ½ tbsp Jeera powder
- ½ tbsp Coriander powder
- Salt to taste
- 1 tbsp mixed herbs
- 1 tbsp Butter/Ghee

Preparation method:

1. In a stir fry pan melt ghee/butter
2. Drop in the vegetables and sauté with salt
3. Lit the pan & cook it on medium flame stirring in between. Half cook them till crunchy. Add all masala powder and stir fry.
4. Transfer the veggies to a tin which is microwave & OTG safe.
5. Add 2-3 tbsp of the tomato sauce mix well.
6. Layer the top with shredded cheese/ cheese slice.
7. Sprinkle mixed herbs.
8. Bake it 160° 10 minutes or microwave it until cheese melt.

Source: Pratishtha Hegde

Serving size (gm/cup)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
1 cup (100 gm)	177.97	6.5	3.7	15.18	6.75



Broccoli Stir Fry with Coconut

Ingredients:

- 2 cups broccoli
- 1 small onion
- 2 green chilli
- 1 tbsp shredded coconut
- 1.2 tsp mustard seeds
- 1.2 tsp cumin seeds
- 2 tsp curry leaves
- pinch of Hing(asafoetida)
- salt to taste
- 1 tsp coconut oil

Preparation method:

1. Heat oil in a pan, temper with mustard seeds and cumin seeds, and let it splutter for a few seconds.
2. Add the green chillies, hing and curry leaves and saute for another 30 seconds.
3. Now add the chopped onion and saute till the onions are translucent and light brown.
4. Then add the broccoli and salt and stir fry on medium-low flame until soft and tender.
5. Turn off the gas and sprinkle fresh shredded coconut.
6. Serve the broccoli stir fry.

Serving size (gm/cup)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
1 cup (100 gm)	154.32	11.2	2.816	10.15	7.14



Cheese Pizza

Ingredients:

2 tsp oregano leaves

0.5 tsp peppers

1.5 tomatoes

0.25 cup almonds

0.5 cup chopped onions

2 garlic cloves

2 tsp dry chilli flakes

2/3 cup cheese

Preparation method:

1. Dice capsicum, onion, and half cup tomato. Set aside.
2. Grind 1 tomato and 2 garlic cloves into a fine paste.
3. Sprinkle 2/3 cup of cheese over a nonstick tawa to form a round layer.
4. Sprinkle the almond flour and tomato-garlic paste over the cheese.
5. Top with remaining cheese, capsicum, onion, tomato, oregano and chilli flakes.
6. Cover the pan and cook for 10 minutes over low heat. Serve warm.

Serving size (pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
2 no/ pieces	196.9	8.56	3.364	15.37	8.8

Kadhi

Ingredients:

750ml water, 250ml full fat yogurt, 20g ginger garlic paste, pinch of fenugreek seeds, pinch of cumin seeds, pinch fennel seeds, pinch of mustard seeds, dried red chilli, 3 tbsp ghee, ¼ cup gram flour, ¼ cup coriander leaves, pinch hing, half tsp turmeric, salt to taste, chilli to taste.

Preparation method:

1. In a bowl, mix the yogurt, gram flour, and water using a hand blender.
2. Place the yogurt-flour-water mixture in a pot and place it on a medium flame.
3. Once the mixture gets warm, add the ginger, garlic-chilli paste. Keep stirring continuously or the mixture will split.
4. Add the coriander leaves, curry leaves, and salt.
5. Bring the kadhi to a boil and reduce the heat setting. Let it simmer for another 10-15 minutes. Continue stirring to prevent curdling.
6. Tempering - Place a saucepan on medium flame and add ghee to it. When the ghee gets warm, add the dry red chilli and whole spices and stir frequently.
7. Once the spices start releasing aroma, add red chilli powder and turmeric. Add asafoetida now.
8. Stir a little before turning off the gas and adding the tempering to the kadhi.
9. Continue simmering the kadhi for about 15 minutes.
10. If it's too thick, add more water. Add salt according to taste.
11. Garnish with chopped coriander leaves and serve hot.

Serving size (ml/cup)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
1 cup (100 ml)	140.3	9.25	2.47	8.3	8.45



Almond Flour

Ingredients:

1 cup of raw or unsalted almonds

Preparation method:

1. Add the almonds to a food processor or blender.
2. Use a spatula to ensure that all the nuts get processed properly.
3. Store the flour in an airtight container at room temperature or in the fridge.

Serving size (gm/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
2 rotis (60 gm)	347.1	12.8	7.5	30	12.8



Zucchini Egg Fried Rice



EGGITARIAN

Ingredients:

- 2 cup grated zucchini**
- 2 tbsp beans**
- 2 tbsp green peas**
- 2 tbsp capsicum**
- 2 eggs**
- 1 tbsp coconut aminos (sauce)**
- salt for taste**
- 1 tsp pepper**

Preparation method:

1. Grate the zucchini.
2. Scramble the eggs with a little salt and pepper.
3. In a pan, cook the vegetables with little water.
4. Fry the zucchini with ghee or butter till soft.
5. Add the coconut oil, vegetables, and scrambled egg. Mix everything nicely.
6. Add the salt, pepper and coconut aminos.
7. Mix nicely and serve hot.

Serving size (gm/cup)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
1 cup (100 gm)	151.3	12.97	3.8	6.14	10.47



Omelette Stuffed Bell Peppers

Ingredients:

50g onion	2 capsicum
50g tomato	2 eggs
2-3 tbsp spinach	Salt to taste
¼ tsp pepper	1 tbsp butter
2 slices cheese	1-2 tbsp mixed herbs

Preparation method:

1. In a baking tray for OTG/ microwave oven, grease the tray and place the green capsicum with the cut side on the tray. Brush with butter and bake at 1700 for 10 min both sides are partially cooked [microwave-medium-10min both side].
2. In a bowl add onion, tomato, spinach, pepper, salt & eggs beat everything well.
3. Pour the above mixture into the pre cooked capsicum (don't overfill).
4. Dress it with shredded cheese on each capsicum & sprinkle the herbs.
5. Bake the capsicum with egg mixture for 15min at (1700c) or until cheese melts.
[No Oven/ OTG—cut capsicum into circles & with the egg mixture can be cooked in a flat pan by placing capsicum circles on a buttered pan cook for 10 min on low flame & covered.]
6. Then pour egg mixture in each circle cover & cook until egg's are done.
7. Flip on the other side to cook both sides.

Source: Pratishtha Hegde

Serving size (pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
4 no	437.47	22.14	6.2	28.3	27.36



Flaxseed & Egg Uttapam

Ingredients:

- 2 whole eggs
- 4 tsp coconut oil
- 1 tomato
- half cup chopped onions
- 5 tbsp flaxseed
- 2 green chillies
- coriander leaves
- salt for taste

Preparation method:

1. In a bowl, mix the flaxseed powder, eggs, and salt.
2. Heat a tawa on medium flame. Ladle out the batter and spread in it on the tawa.
3. Add the onions, tomatoes, green chillies , and coriander leaves on top of the batter.
4. Sprinkle coconut oil around the uttapam and cook it on both sides.
5. Serve warm with vegetable chutney.

Serving size (pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
2 no	250	8.48	3.67	18.37	15.7



Egg Idli

Ingredients:

2 egg whites
0.5 tsp baking soda
1 tbsp curd
1 tsp ghee
200g Paneer
1 tbsp psyllium husk
0.25 cup coconut flour
salt to taste

Preparation method:

1. Put all the ingredients in a mixer grinder. Grind it to fine paste (No need to add water).
2. Batter should be of thick consistency.
3. Apply ghee on an idli plate and place the batter on it in idli shape.
4. Cook the idli for 5 to 8 mins.
5. Serve hot with sambar or chutney.

Serving size (pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
4 no	288.07	5.743	1.67	20.24	20.66



Egg Salad

Ingredients:

- 4 eggs
- 0.5 tsp salt
- 0.25 cup mayonnaise
- 0.25 tsp black pepper powder
- 0.25 cup fresh dill
- 2 tbsp chive
- 2 tbsp dijon mustard

Preparation method:

1. Add the eggs to a saucepan and fill with cold water. Bring the water to boil and let the eggs stand for 10-12 minutes. Take the eggs out of the water and let it cool.
2. Peel and chop the eggs and add them to a medium sized bowl.
3. Add the mayonnaise, dill, chives, dijon mustard, salt and pepper.
4. Mix well.
5. Enjoy your egg salad.

Serving size (gm/cup)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
1 cup (100gm)	178.4	1.467	0.336	12.9	13.176



Mixed Seed Egg Dosa

Ingredients:

- 2 whole eggs
- 0.5 tsp natural sea salt
- 0.5 tbsp cream
- 1 tbsp raw sunflower seeds
- 1 tbsp butter
- 15 almonds
- 5 dried red chilli
- 3 tbsp watermelon seed
- 4 garlic cloves
- 0.25 tsp lemon juice
- 3 tbsp flaxseed

Preparation method:

1. First, remove the seeds from the dry chillies.
2. Boil the dry chillies for 5 minutes and grind them into a smooth paste.
3. Heat the unsalted butter in a pan on medium heat. Add the finely chopped garlic and sauté for 2 minutes.
4. Add the chili paste and a pinch of salt, and sauté until it reaches thick consistency.
5. Turn off the heat and add the lemon juice. Mix well and keep aside.
6. For batter - Grind the melon seeds, sunflower seeds, almonds, and flaxseed to a fine powder. Mix with 1/2 cup of water into batter.
7. In a bowl, whisk the eggs. Mix it with the seed batter, and remaining salt.
8. Let the batter rest for 10 minutes.
9. Heat a non-stick tawa on medium flame. Ladle out the batter and spread it on the over tawa. Sprinkle with ghee and cook the dosa on both sides.
10. Spread the dry chilli paste on top of the dosa.
11. Serve warm with chutney.

Serving size (pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
2 no	432.07	9.6	4.8	35.84	21.93



Egg Pan Cake

Ingredients:

- 2 whole eggs**
- 0.25 tsp salt**
- 0.5 cup coconut**
- 2 tbsp coconut oil**

Preparation method:

1. Grind the coconut into a fine paste.
2. Beat the eggs with the salt and add to the coconut paste. Batter should be in thick consistency.
3. Heat a tawa in medium flame and add 1 teaspoon of coconut oil.
4. Scoop a portion of batter and spread it on the pan.
5. Cook the pancake on both sides.

Serving size (pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
2 no	289	5.27	2.7	24.05	14



Almond Bun

Ingredients:

- 1 egg
- 0.125 tsp salt
- 1.25 tbsp unsalted butter
- 0.25 cup almond flour
- 0.5 tsp baking powder

Preparation method:

1. Preheat the oven to 180 Celsius/ 356 Fahrenheit.
2. Put all the ingredients in a food processor, mixer, or an electric blender. Blend until smooth, for about 20 seconds.
3. Let the dough sit for a couple of minutes so that the flour can absorb the moisture.
4. Shape the flour into buns.
5. Place the buns on a baking sheet lined with parchment paper.
6. Sprinkle with sesame seeds or any seed of your choice.
7. Make a criss-cross pattern on the top and bake for around 25 minutes or until browned.

Serving size (pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
2 no	342	6.2	3	131.2	9.8



Egg Noodles

Ingredients:

2 egg, salt to taste	1 onion
2 tbsp unsalted butter	2 garlic cloves
50g paneer	1 green chilli
1 bell pepper	0.25 tsp red chilli powder
1 tomato	0.25 tsp lemon juice
1 tbsp olive oil	0.5 tsp black pepper

Preparation method:

1. Chop the onion, tomato, capsicum, and garlic into strips/ slices.
2. In a bowl, beat the eggs with salt and chilli powder.
3. Heat the olive oil in a pan and fry the egg. Cut the fried egg into thin strips to resemble noodles and keep it aside.
4. Heat 1 tbsp. butter in a pan.
5. Cut the paneer into strips, and sauté in the butter for 2 minutes. Remove the paneer and keep it aside.
6. In the same pan, add the remaining butter, onion, tomato, capsicum, and garlic, and sauté with a little salt.
7. Add the green chilli, egg noodles, sautéed paneer, pepper powder, and lemon juice, and sauté for 2 minutes.
8. Serve warm.

Serving size (gm/cup)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
1 cup (100gm)	386.3	12.54	1.97	29.95	16.05



Egg Paddu

Ingredients:

- 2 eggs
- 2 tbsp coconut oil
- 1 tbsp bell pepper
- 1 tbsp onion
- 1 dry chilli
- 1 slice cheddar cheese
- 1 green chilli
- 1 tbsp coriander leaves
- 100ml water
- 1 tbsp sesame seeds powder
- salt to taste
- 2 tbsp spring onions

Preparation method:

1. Chop the onion, capsicum, green chilli, spring onion, and coriander leaves finely.
2. Heat coconut oil/ olive oil in a pan. Sauté the chopped veggies for 2 minutes on medium heat.
3. Whisk the egg well with hand beater/ electric beater. Add the chilli flakes and sautéed veggies to the whisked egg mixture.
4. Add salt, grated cheese, and sesame seed powder to the egg mixture.
5. Heat the paddu vessel, add some oil, and pour the paddu mixture.
6. Cover and cook on both side on low heat for 5 minutes.
7. Serve warm with chutney.

Serving size (pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
4 no	401.1	13.43	2.8	29.2	25.96



Flax Seed Crackers

Ingredients:

¾ cup golden flaxseed meal

¼ cup whole flax seeds

1/3 cup of parmesan cheese

1 egg

½ cup water

Preparation method:

- 1. Preheat fan-forced oven to 200 C/ 390 F*
- 2. In a bowl, combine the flaxseed meal, flax seed, and cheese, and mix well.*
- 3. Add the water and egg and stir vigorously until firm dough is formed.*
- 4. Ensure that all the dry ingredients are combined well.*
- 5. Make teaspoon sized balls and place on a lined baking tray. Cover with a small square of parchment paper, and used a fat-based object to flatten the dough out.*
- 6. Bake the crackers for 8 minutes, and then turn over and bake for another 2 minutes.*
- 7. You may increase/decrease the cooking time based on the size of your oven and baking tray.*
- 8. After all the crackers have baked, turn the oven off.*
- 9. Remove the keto flax seed crackers from the oven and allow them to cool and dry out, for about 20 minutes.*
- 10. Crisp Flax Seed Crackers are ready to serve*

Serving size (pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
4 no	243	6.3	3.8	18.82	13.22



Nuts Granola Bar

Ingredients:

- 1 cup almonds chopped
- 1 cup walnuts chopped
- ¼ cup sesame seeds
- 1 tbsp flax seeds
- 2 tbsp chia seeds
- 1 cup unsweetened coconut flakes
- ½ tsp ground clove
- 1 ½ tsp cinnamon
- 1 tsp pure vanilla extract
- ½ tsp salt
- 1 large egg white
- ½ cup melted coconut oil

Preparation method:

1. Preheat oven to 350 F and grease a baking sheet with cooking spray.
2. In a large bowl, mix together the chopped almonds, chopped walnuts, coconut flakes, sesame seeds, flax seeds, and chia seeds. Stir in the cloves, cinnamon, vanilla extract, and salt.
3. Beat the egg white until foamy then stir it into the granola mix.
4. Add the coconut oil and stir until everything is well coated.
5. Pour onto the prepared baking sheet and spread into an even layer.
6. Bake for 20-25 minutes, or until golden, gently stirring in between.
7. Let it cool completely.

Serving size (pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
2 no	350	15.35	11	30.04	13.32

Chocolate Cookies



Ingredients:

- 2 ½ tbsp butter**
- 3 tbsp chocolate chips**
- 1 large egg**
- 1 tsp vanilla extract**
- 3 ½ tbsp dark unsweetened cocoa powder**
- ½ tsp baking powder**
- Pinch of salt**
- 2/3 cup blanched almonds flour**
- 1/3 cup stevia**

Preparation method:

1. Pre heat oven to 325 . In a medium-sized bowl, add the butter and half of the chocolate chips. Microwave for 15-30 seconds, just to melt the butter and chocolate slightly. Mix the two together to form a chocolate sauce.
2. In a small dish, add the egg and whisk until the yolk combines with the white. Once it does, add the egg and vanilla extract to the bowl with the chocolate sauce. Mix well.
3. Add the rest of the dry ingredients. (Save some of the chocolate chips to top the cookies with.) Mix until a ball of chocolate cookie dough forms.
4. Use a cookie scoop to form equal sized cookies. Add the cookies to a baking sheet lined with parchment paper and top each cookie with the remaining chocolate chips. Flatten each cookie with either a spoon or a spatula.
5. Bake for 8 - 10 minutes. The cookies should be very soft when they come out of the oven.
6. Let the cookies cool down on the baking sheet. As they set they will become firm.
7. Once it cools down, store in an air tight container in the fridge.

Serving size (pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
2 no	280.5	10.11	4.4	16.79	10.15



Almond Bread

Ingredients:

- 4 eggs
- 0.5 tsp salt
- 0.75 baking soda
- 1 tbsp apple cider vinegar
- 5 tbsp coconut oil
- 2 cups almond flour
- 2 tsp erythritol/stevia
- 0.25 cup flax seed powder
- 1 tsp baking powder

Preparation method:

1. Preheat the oven to 350 F.
2. Line the bottom of a loaf pan with parchment paper and spray it with coconut oil.
3. In a separate bowl, whisk together the eggs, coconut oil, vinegar, and erythritol
4. Combine all the wet and dry ingredients together using a whisk.
5. Pour the mixture into the loaf pan
6. Bake for about 30 minutes until the top is browned.
7. Allow it to cool in the pan.
8. Slice the bread after it cools.

Serving size (pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
2 no	355.5	7.5	5.1	28.35	19.08



Almond cake

Ingredients:

3 eggs	2 tbsp fresh cream
0.5 tsp baking soda	3 tbsp lemon juice
2 tbsp curd	0.5 cup erythritol
1 cup unsalted butter	0.5 tsp baking powder
3 tbsp coconut flour	1 tsp vanilla essence
1 cup almond flour	4 roasted almonds

Preparation method:

1. In a bowl, beat the eggs. Add the erythritol, $\frac{1}{4}$ cup unsalted butter, lemon juice, fresh cream, and vanilla essence, and beat together.
2. Add the almond flour, coconut flour, hung curd, baking soda, and baking powder and mix thoroughly.
3. Pre-heat the oven for 15 minutes.
4. Line a square baking tray with parchment paper and pour the batter into the baking tray.
5. Bake in the oven at 180 C for 55 minutes.
6. To make buttercream icing - In a bowl, add the remaining unsalted butter and whip with an electric beater for 2 minutes.
7. Slowly add the erthritol and continue to whip until you get a creamy texture.
8. After the cake cools, spread the frosting over the cake.
9. Garish with the finely chopped roasted almonds.

Serving size (pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
1 piece	547.53	18.38	4.6	146.02	19.37



Cauliflower Chicken Biryani



Ingredients:

100g whole milk plain yogurt, 1½ cup cauliflower, 1 whole clove, 2 tbsp butter, cinnamon stick, 1 tomato, 2 tbsp coconut oil, 1.5 cup chopped onions, 2 tbsp ginger and garlic, 0.25 tsp grounded dry chilli, 0.25 tsp lemon juice, 1 tsp mixed spices, 1 cardamom, 1 bay leaf, 1 cup raw chicken, 0.25 tsp pepper, 10 mint leaves, 1/4 tsp biriyani masala powder, green chilli, salt to taste.

Preparation method:

1. Marinate the chicken with curd, 1/2 tsp ginger garlic paste and salt for 1 hour.
2. Heat 2 tbsp oil in a pan. Add the chopped onions, saute till onion becomes translucent.
3. Now add marinated chicken, pepper and cook till the gravy becomes semi dry. Keep it aside.
4. Heat a pan add ghee and fry cinnamon, clove, cardamom and bay leaf.
5. Add the remaining ginger-garlic paste and saute till raw smell goes.
6. Then add the tomato, mint, green chilli, chilli powder and biriyani masala powder, and saute for 10 mins in low flame.
7. Add the cauliflower rice, lemon juice and chicken gravy, and mix. Cover with a lid.
8. Garnish with coriander leaves.
9. Serve hot with raita

Serving size (gm/cup)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
1 cup (100gm)	149.6	24.41	3.86	2.39	10.03



Chicken Zucchini Noodles

Ingredients:

2 tbsp Olive oil

3 Zucchini

Black pepper powder to taste

4 Garlic clove

2 Chicken breasts (Boneless, without skin)

0.5 tsp Red chilli Flakes

Salt to taste

Preparation method:

1. Heat a large heavy-duty pan to medium/high heat.
2. Add olive oil and minced garlic
3. Cook the garlic for 30 seconds to 1 minute or until fragrant.
4. Add the chicken, red pepper flakes, salt and pepper.
5. Fry the chicken for 5-6 minutes or until golden and cooked thoroughly.
6. Toss in the zucchini noodles (Zucchini that has been spiralized or cut into thin strips) and cook for 1 minute, then turn off heat.
7. Sprinkle with cheese if desired.

For all Non-vegetarian dishes you may use chicken, fish, lamb, pork, crab, shrimp, prawns, eggs

Serving size (gm/cup)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
1 cup (100gm)	106	7.43	1.7	5.11	8.75



Pepper Chicken

Ingredients:

- 2 cups chicken**
- 1 cup full fat greek yogurt**
- 50g butter**
- 2 tsp coconut oil**
- ½ tsp red chilli powder**
- salt for taste**
- 50g black pepper corns whole**

Preparation method:

1. Wash the chicken thoroughly and pat it dry.
2. Take black pepper and roughly grind it.
3. In a bowl, add the curd, half of the ground black pepper, salt and red chilli powder.
4. Add the chicken and mix everything with your hands, until the chicken is covered properly with the marinade.
5. Add the coconut oil to the marinade, and mix everything some more.
6. Let the chicken rest in the fridge for four to five hours.
7. Heat the butter in a thick bottomed pan. Add the remaining ground black pepper.
8. Drop the chicken in the butter and start cooking on low heat.
9. After 4-5 minutes, cover the chicken and let it be for 10-12 minutes on low heat. Keep stirring at regular intervals.
10. Once the chicken has an even golden colour, it is ready.
11. Serve it hot.

Serving size (gm/cup)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
1 cup (100gm)	184.14	1.19	0.642	6.2	14.142



Grilled Chicken

Ingredients:

- 2 cup chicken legs with thigh and back meat**
- 2 tbsp greek yogurt**
- 2 tbsp coconut oil**
- ½ tbsp dried oregano**
- 2 tsp ginger and garlic paste**
- 2 tbsp vinegar**
- 1 green chilli,**
- Salt to taste**

Preparation method:

1. Wash the chicken well and pat dry.
2. Use a fork to poke the chicken all over.
3. In a bowl mix all the ingredients well.
4. Now add the chicken pieces to the bowl, and apply the marinade all over.
5. Allow the chicken to sit in the marinade overnight or for at least 4-5 hours.
6. When you want to eat it, just place the chicken on the grill pan, cover it with the lid, and cook on low heat.
7. Cook on one side for 5-7 minutes and then flip it over.
8. The chicken will be ready in 15 minutes.
9. Eat the chicken by itself, or add veggies of your choice to the marinade, and cook them with the chicken.
10. Serve warm.

Serving size (gm/cup)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
1 cup (100gm)	167	14.77	0.7	5.34	14.83



Fish Fry

Ingredients:

- 2 cup fish
- 1/3 cup besan flour
- 1 tbsp red chilli powder
- 1 tsp ginger paste
- 1 tsp garlic paste
- 1 tbsp lemon juice
- 1 egg
- 1 tsp chaat masala
- 10 tbsp coconut oil
- 2 lemon wedges
- salt to taste

Preparation method:

1. Place the fish piece in a bowl.
2. Add the red chilli powder, ginger paste, lemon juice, garlic paste, salt and besan flour to the fish. Mix well keep it aside for half an hour
3. Heat the oil sufficiently. Break an egg and beat it in a separate bowl. Pick one fish piece dip it in the egg and drop it in the hot oil.
4. Take it out of the oil when it gets a golden outer crust.
5. Place them in a serving plate.
6. Before serving sprinkle chaat masala and place lemon wedges beside it.

Serving size (gm/cup)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
1 cup (100gm)	218	11	1.8	9.66	21.44



Saute Dried Shrimps

Ingredients:

30g dried mini shrimp

30g chopped onions

2 tsp ghee

pinch of turmeric powder

¼ tsp mustard seeds, whole

¼ tsp chilli powder

dried curry leaves

salt to taste

Preparation method:

1. In a pan, heat the ghee.
2. Add the mustard seeds. When it sputters, lower the heat, and add the curry leaves.
3. Next add the chopped onions, and sauté till they change colour.
4. Add the salt, turmeric, and red chilli powder. Sauté on low heat.
5. Drop the shrimps in the pan and lower the heat.
6. Now add a little water, cover, and cook for 3 - 4 minutes.
7. Serve warm.

Serving size (gm/cup)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
1 cup (100gm)	161.9	9.7	1.4	6.48	18.176



Grilled fish

Ingredients:

- 7-8 pieces fish steaks**
- 2 tsp coconut oil**
- 1 tsp lemon juice**
- 1 tsp red chilli powder**
- 1 tsp ginger garlic paste**
- pepper & salt to taste**

Preparation method:

1. Combine the coconut oil, lemon juice, ginger garlic paste, chilli powder, salt, and pepper together.
2. In a dish, place the fish pieces, and pour the mixture on it.
3. Cover the dish and refrigerate for 1 hour.
4. Heat the grill. Place the fish pieces on the grill, about 4 height.
5. Cook for 5 minutes. Turn the pieces over and cook on the other side.
6. Serve hot.

Serving size (gm/cup)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
1 cup (100gm)	126	5.08	1	5.33	14.57



Prawn Fry

Ingredients:

- 1 cup prawns**
- 1 tsp turmeric powder**
- 1 tbsp ghee**
- ½ tsp mustard seeds**
- 5-10 curry leaves**
- ½ tsp red chilli powder**
- salt to taste**

Preparation method:

1. Clean the prawns and apply turmeric powder on them. Keep them aside for 1-2 hours.
2. Heat ghee in a pan and add the mustard seeds and curry leaves.
3. Remove water from the prawns and place them in the pan.
4. Add the chilli powder and salt.
5. Fry the prawns for about 5 mins, until they are cooked properly.
6. Serve hot.

Serving size (gm/cup)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
1 cup (100gm)	130.2	5.67	1.01	6.29	13.25

HOW TO PREPARE LOW CARB FLOURS AT HOME:

1. Coconut flour:

Ingredients:

1 whole well matured coconut

Preparation method:

1. Take a well matured coconut. Break the coconut and remove the water from it.
2. Cut out the coconut pulp/flesh through knife. Separate the coconut pulp from hard shell.
3. Peel off the brown skin from the white coconut pulp.
4. Cut all the coconut pulp into small pieces and transfer into the blender.
5. Add hot water to a blender and blend it into fine smooth paste.
6. Let it cool for about 5 minutes.
7. Strain the coconut milk through a muslin cloth or strainer. Remove all the milk from coconut.
8. Squeeze out all the milk from the pulp .
9. Preheat the oven to 170 F. If oven not available go for shade dry or sundry.
10. Spread the strained coconut pulp over the butter paper for oven drying.
11. Use cotton cloth or muslin cloth for natural drying by spreading into a flat even layer 4 days.
12. If coconut pulp is large size break up into small pieces.
13. Bake the pulp for 45 minutes.
14. Transfer the dehydrated pulp to a food processor.
15. Blend the coconut for 1- 2 minutes until it is finely ground.
16. Store the flour in airtight container for future use as and when required.

2. Peanut flour:

Ingredients:

1 cup unsalted peanut or raw shelled peanuts

Preparation method:

1. Roast peanuts over a medium heat on a dry pan until they are slightly golden and smells really good.
2. Let them cool down completely.
3. Remove from the heater and spread them on a plate and let them cool down completely before blending.
4. Please make sure that peanuts are dry. Then add them to blender.
5. Turn on the blender and blend for 5 seconds and stop the blender.
6. Use a spoon to loosen the sticking flour at the bottom and sides of the blender.
7. Make sure nothing stick there. Then again start blending, repeat the step until it comes to fine powder consistency.
8. Remove from the blender and transfer to a container. Don't close the lid let it cool down for 5 minutes.
9. Then close the lid and you can store it in an airtight container and keep them in the fridge for upto 3 months for future use as and when required.

3. Mixed seeds flour:

Ingredients:

Peanut seeds- 500gm

Coconut flour-500gm

Soya flour- 500gm

Besan flour- 200gm

Almond nuts - 200 gm

Sunflower seeds-100gm

Pumpkin seeds-100gm

Sesame seeds-50gm

Isabgol/ psyllium husk-3 tbsp

Karela seeds-100gm

Methi seeds:100gm

Xantham gum- 3 tbsp

Preparation method:

1. Roast all the above seeds over a medium heat on a dry pan until they are slightly golden and smells really good.
2. Remove from the heat and spread them out on a pan and let them cool down completely before blending.
3. Please make sure that all the seeds are dry.
4. Then add the xantham gum to blender and blend it till fine powder.
5. Add all the ingredients together into blender and blend for 5 seconds.
6. Use a spoon to loosen the sticking flour at the bottom and sides of the blender. Make sure nothing sticks there.
7. Then again start blending repeat the step until it becomes fine powder consistency.
8. Remove from the blender and transfer to a container. Don't close the lid let it cool down for 5 minutes.
9. Then close the lid and you can store it in an airtight container and keep them in the fridge for future use up to 1-2 months

4. Low carb flour:

Ingredients:

Buckwheat flour:200gm

Soya flour:500gm

Coconut flour: 500gm

Sunflower: 500gm

Flax seeds:100gm

Melon seeds: 100gm

Pumpkin seeds: 100gm

Karela seeds:100gm

Methi seeds:100gm

Preparation method:

1. Roast all the above ingredients over a medium heat on a dry pan until they are slightly golden and smells really good.
2. Let them cool down completely.
3. Remove from the heat and spread them out on a pan and let them cool down completely before blending.

- 4. Please make sure that all the seeds are dry.*
- 5. Add all the ingredients together into blender. Turn the blender and blend for 5 seconds and stop the blender.*
- 6. Use a spoon to loosen the sticking flour at the bottom sides of the blender. Make sure nothing stick there.*
- 7. Then again start blending repeat the step until it comes to fine powder consistency.*
- 8. Remove from the blender and transfer to a container. Don't close the lid let it cool down for 5 minutes.*
- 9. Then close the lid and you can store it in an airtight container and keep them in the fridge for future use up to 1-2 months.*

5. Almond flour:

Ingredients:

1 cup of raw or unsalted almonds.

Preparation method:

- 1. Add almonds to a food processor or blender*
- 2. Turn on the blender and blend for 5 seconds and stop the blender. Use a spoon to loosen the sticking flour at the bottom and sides of the blender. Make sure nothing stick there.*
- 3. Then again start blending repeat the step until it comes to fine powder consistency.*
- 4. Remove from the blender and transfer to a container. Don't close the lid let it cool down for 5 minutes.*
- 5. Store the flour in an airtight container at room temperature or in the fridge for future use.*

HOW TO PREPARE VEGETABLE RICE?

Cauliflower rice:

1. Wash a cauliflower properly. Before using the cauliflower take the cauliflower then soak it in the cooking vinegar for 30 minutes. After that wash it in running water thoroughly.
2. Take out the leaves from it.
3. Separate the cauliflower florets from the stalks.
4. Cut the stalk into cubes (similar to potato cubes)
5. Take the stalk and grate it by a manual grater or blend it in a blender for 2 seconds till it comes to granular/ rawa consistency form.
6. This granular cauliflower to be used in the form of rice and rawa.

In this you can prepare **curd rice, upma, poha, bisibelebath, kichidi, pongal, fried rice, coloured rice, pulao, biryani etc**

The same way you can also use other vegetables **cabbage/ zucchini/ broccoli** for making vegetable rice.

Tips for managing healthy sugars:

1. Follow the plate concept for each meal.
2. Start each meal (Breakfast, Lunch and Dinner) with 1 bowl of stir fried vegetables or rich fat salad with olive oil.
3. Instead of normal flour use low carb flour options.
4. Instead of normal rice use vegetable rice (cauliflower/ cabbage/broccoli/zucchini)
5. For healthy gut add curd/yogurt in each meal.
6. Use mixed nuts and seeds for the snacks options anytime of the day (no dry fruits).

7. Drink 2- 3 ltrs of water per day.

8. Use cold pressed oils only. No vegetable seeds oil.

9. Reduce frequency of eating and take 2-3 meals only in a day.

10. Eat only when your hungry.

11. Fruits: Avocado (Butter fruit), all other following fruits in moderation:

Guava, Musambi, Strawberry, Blueberry, Raspberry, Mulberry, Blackberry, Gooseberry (Amla), Star fruit, Palm fruit (Ice apple), Wood apple, Jamun fruit, Lemon.

Avoid all other fruits.

12. Avoid Starchy foods, Bakery items, all processed foods and oils products.

13. Following physical activities for about 30- 45 minutes a day for 5 days in a week.

Brisk walk, Yoga, Pranayama, Meditation and Light exercise.

***"When diet is wrong medicine is of no use!
When diet is correct medicine is of no need!"***

SAMPLE DIET PLAN: **VEGETARIAN**

Diet plan 1:

Breakfast	<i>Stir fried vegetable (1.0 bowl), Bullet coffee (1 cup), Scrambled paneer (1.0 bowl), Star fruit (1.0 no)</i>
Lunch	<i>Stir fried vegetables (1.0 bowl), curd (½ cup), Moong dosa (2.0 no) + ridge gourd chutney (1 tbsp)</i>
Dinner	<i>Stir fried vegetable (1.0 bowl), cup Curd (½ cup), Cauliflower palak rice (1 ½ cup)</i>

Nutritive value for each meal:

	Energy (Kcal)	Total carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
Breakfast	281.72	25.44	5.63	16.3	14.26
Lunch	397.26	30.55	8.534	23.692	18.784
Dinner	240.87	18.25	5.3	14.26	13.91

Nutritive value per day:

Energy (Kcal)	Total carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
919.85	74.243	19.464	54.252	46.955

Diet plan 2:

Breakfast	<i>Stir fried vegetable (1.0 bowl), Bullet coffee (1 cup), Dhokla (3-4 no) + mint chutney (1 tbsp)</i>
Lunch	<i>Avocado vegetable salad (1.0 bowl), Curd (½ cup), Cauliflower Bisibelebath (1 ½ cup)</i>
Dinner	<i>Sautéed mushroom with cream (1.0 bowl), Curd (1/2 cup), Almond coconut uttapam (2 no) + mint chutney (1 tbsp)</i>

Nutritive value for each meal:

	Energy (Kcal)	Total carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
Breakfast	336.62	26.55	7.831	23.85	9.725
Lunch	420.9	29.62	12.25	29.46	15.174
Dinner	498.6	22.787	7.225	37.77	21.49

Nutritive value per day:

	Energy (Kcal)	Total carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
	1256.17	78.957	27.306	91.08	46.36

Diet plan 3:

Breakfast	Stir fried vegetable (1.0 bowl), Coconut coffee/ tea (1 cup), Mixed dal dosa (2 no) + walnut chutney (1 tbsp)
Lunch	Stir fried vegetable with cheese (1.0 bowl), Curd (1/2 cup), Pumpkin pulao (1 ½ cup)
Dinner	Broccoli stir fried with coconut (1.0 bowl), Curd (½ cup), Paneer paratha (1-2 no)+mint chutney (1 tbsp)

Nutritive value for each meal:

	Energy (Kcal)	Total carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
Breakfast	428.77	49.96	19.86	45.168	17.564
Lunch	385.3	34.65	9.4	20.97	21.456
Dinner	572.4	43.627	109.27	26.09	43.659

Nutritive value per day:

	Energy (Kcal)	Total carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
	1386.4	127.93	138.53	92.227	82.56

Diet plan 4:

Breakfast	Stir fried vegetable (1.0 bowl), Coconut coffee/ tea 1 cup, Coriander vadi (3.4 no) + mint chutney (1 tbsp), Star fruit (1.0 no)
Lunch	Stir fried vegetable (1.0 bowl), Curd (½ cup), Amaranth leaves paratha(1-2 no) + raita (½ cup)
Dinner	Stir fried vegetable (1.0 bowl), Curd (½ cup), Creamy mushroom soup (1.0 bowl), Cheese pizza (2-3 slice)

Nutritive value for each meal:

	Energy (Kcal)	Total carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
Breakfast	595.2	40.37	16.995	45.09	14.67
Lunch	739.1	43.76	14.25	34.57	34.29
Dinner	638.7	23.51	6.479	52.36	22.26

Nutritive value per day:

	Energy (Kcal)	Total carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
	1973.05	107.64	37.72	132.02	71.22

Diet plan 5:

Breakfast	Stir fried vegetable (1.0 bowl), Coconut shake (1 ½ cup), Star fruit (1.0 no)
Lunch	Stir fried vegetable (1.0 bowl), Curd (½ cup), Coconut roti (2.0 no) + palak paneer (1.0 bowl)
Dinner	Zucchini salad (1.0 bowl),Curd (½ cup), Cauliflower curd rice (1 ½ Cup)

Nutritive value for each meal:

	Energy (Kcal)	Total carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
Breakfast	340.5	19.11	8.58	26.59	10.31
Lunch	739.1	50.37	10.91	30.06	33.04
Dinner	566.25	14.14	5.9	22.085	19.68

Nutritive value per day:

Energy (Kcal)	Total carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
1496.7	83.62	25.39	78.7	63.02

Diet plan 6:

Breakfast	Stir fried vegetable (1.0 bowl), Bullet coffee (1 cup), Cauliflower poha (1 ½ bowl)
Lunch	Mushroom sauteed (1.0 bowl), Curd (½ cup), Spinach soup with cream (1.0 bowl)
Dinner	Avocado salad (1.0 bowl), Curd (½ cup), Cauliflower paratha (1/2 no) + mint chutney (1 tbsp)

Nutritive value for each meal:

	Energy (Kcal)	Total carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
Breakfast	422.3	28.49	7.9	34.53	12.32
Lunch	433.8	18.21	5.89	25.95	17.57
Dinner	584.95	46.78	8.15	29.588	19.889

Nutritive value per day:

Energy (Kcal)	Total carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
584.95	93.48	21.94	90.06	49.77

Diet plan 7:

Breakfast	Stir fried vegetable (1.0 bowl), Amla juice, Coconut uttapam (2 no) + ridge gourd chutney (1 tbsp)
Lunch	Starwberry salad (1.0 bowl), ½ cup raita, Cauliflower fried rice (1 ½ cup)
Dinner	Stir fried vegetable (1.0 bowl), ½ cup Curd, Seeds and nuts chapatti (2 no)+ palak panner (1 cup)

Nutritive value for each meal:

	Energy (Kcal)	Total carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
Breakfast	500.4	26.87	11.86	41.54	9.85
Lunch	351	24.54	8.042	22.402	17.578
Dinner	476.2	26.29	15.319	26.74	19.619

Nutritive value per day:

Energy (Kcal)	Total carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
1327.6	77.7	35.221	90.682	47.047

SAMPLE DIET PLAN: **NON-VEGETARIAN**

Diet plan 1:

Breakfast	Bullet proof coffee (1 cup), Stir fried veggies salad (1.0 bowl), Egg omlet with mushroom and cheese (1-2 no)
Lunch	Chicken salad (1.0 bowl), ½ cup Curd, Cauliflower chicken rice (1 ½ cup)
Dinner	Stir fried vegetable (1.0 bowl), Chicken soup (1.0 bowl), Butter chicken (100gm) + coconut roti (2 no)

Nutritive value for each meal:

	Energy (Kcal)	Total carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
Breakfast	430.52	15.3	2.9	31.63	25.12
Lunch	407.4	45.64	7.09	10.625	35.425
Dinner	569.3	50.79	10.71	28.42	31.33

Nutritive value per day:

	Energy (Kcal)	Total carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
	1407.2	111.56	20.7	70.675	91.875

Diet plan 2:

Breakfast	Bullet proof coffee, Boiled egg (4.0 no), Stir fried veggies (1.0 bowl)
Lunch	Scrambled egg with broccoli and heavy cream (1.0 bowl), Mushroom creamy soup (1.0 bowl), Star fruit (1.0 no)
Dinner	Chicken veggies salad (1.0 bowl), Fish fry (150 gm), Optional: ½ cup Curd

Nutritive value for each meal:

	Energy (Kcal)	Total carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
Breakfast	194.52	11.33	2.2	14.63	9.12
Lunch	527.6	18.85	7.595	40.08	24.06
Dinner	460	23.81	4	19.43	46.66

Nutritive value per day:

Energy (Kcal)	Total carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
1185.1	53.9	13.7	74.14	79.84

Diet plan 3:

Breakfast	Bullet proof coffee (1cup), Scrambled egg with veggies (1.0 bowl), Stir fried veggies (1.0 bowl)
Lunch	Stir fried vegetable (1.0 bowl), Curd (1/2 cup), Cauliflower chicken fried rice (1 ½ cup)
Dinner	Egg salad (100 gm), Egg paratha (1-2 no) + mint chutney

Nutritive value for each meal:

	Energy (Kcal)	Total carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
Breakfast	335.5	37.7	7.2	19.63	26.12
Lunch	390.6	25.93	8.3	18.99	32.68
Dinner	507.75	34.43	4.395	34.83	15.999

Nutritive value per day:

Energy (Kcal)	Total carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
1233.8	60.36	19.8	73.45	74.79

Diet plan 4:

Breakfast	Bullet proof coffee (1 cup), Spinach egg omlete with lot of cheese (1.0 bowl), Stir fried veggies (1.0 bowl)
Lunch	Palak soup with cream (1.0 bowl), Chicken zucchini noodles (1 ½ cup), Curd (½ cup)
Dinner	Baked spinach with cheese and cream (1.0 bowl), Grilled chicken (150 gm), Optional: ½ cup Curd

Nutritive value for each meal:

	Energy (Kcal)	Total carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
Breakfast	498.5	14.05	3.2	37.63	31.12
Lunch	382.8	19.41	5.79	17.511	21.44
Dinner	388.5	32.855	2.65	15.45	29.89

Nutritive value per day:

Energy (Kcal)	Total carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
1269.8	66.31	11.63	70.951	82.45

Diet plan 5:

Breakfast	Bullet proof coffee (1 cup), Fluffeel egg with cheese (100 gm), Stir fried veggies (1.0 bowl)
Lunch	Creamy salmon soup (1.0 bowl), Grilled chicken (150gm) + mint chutney (1 tbsp), Optional:Curd (½ cup)
Dinner	Stir fried veggies with cheese (1.0 bowl), Curd (½ cup), Egg paratha (1-2 no) + mint chutney (1 tbsp)

Nutritive value for each meal:

	Energy (Kcal)	Total carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
Breakfast	359.3	21.38	9.4	45.82	20.02
Lunch	354.5	24.73	1.05	13.1	33.515
Dinner	308.25	46.527	16.395	42.48	17.80

Nutritive value per day:

	Energy (Kcal)	Total carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
	1102.05	92.637	26.845	101.40	71.33

Diet plan 6:

Breakfast	Bullet proof coffee (1 cup), Avocado smoothie (1 ½ cup), Stir fried veggies (1.0 bowl)
Lunch	Sauté dry shrimp (1.0 bowl), Butter chicken (100gm) + seeds roti (2. No), Stir fried veggies (1/2 bowl), Optional:Curd (½ cup)
Dinner	Creamy mushroom soup (1.0 bowl), Grilled fish (150 gm), Stir fried vegetable (1.0 bowl)

Nutritive value for each meal:

	Energy (Kcal)	Total carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
Breakfast	327.52	27.41	5.2	21.23	13.28
Lunch	701.19	34.53	16.21	37.61	44.285
Dinner	517.8	18.32	4.115	40.22	22.15

Nutritive value per day:

Energy (Kcal)	Total carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
1546.5	80.26	25.525	99.06	79.715

Diet plan 7:

Breakfast	Bullet proof coffee (1 cup), Egg pancake (2-3 no), Stir fried veggies (1.0 bowl)
Lunch	Broccoli stir fried veggies (1.0 bowl), Zucchini egg noodles (1 ½ cup), Curd (½ cup)
Dinner	Chicken salad (1.0 bowl), Prawn fry (150 gm), Chilli chicken (100 gm) + low carb high protein roti (2.0 no)

Nutritive value for each meal:

	Energy (Kcal)	Total carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
Breakfast	181.524	20.05	2.6	10.73	7.42
Lunch	405	34.72	6.3	32.5	16.68
Dinner	687.8	28.03	14.871	25.146	45.511

Nutritive value per day:

Energy (Kcal)	Total carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
1274.3	82.8	23.77	68.3	69.611

Note: Nutritive values calculated are based on the serving size mentioned in the respective recipes. However values may vary depending on the number / quantity consumed.

Resources/ References

- Paul Mason: <https://youtu.be/wBsnk2PtPeo> - weight loss
- Jason Fung: <https://www.youtube.com/watch?v=ZKC3hiyLeRc> – weight loss
<https://www.youtube.com/watch?v=Ekqq6DE8vGE> – diabetes reversal
- Ted talk type 2 diabetes: <https://www.youtube.com/watch?v=da1vvigy5tQ&feature=share>
- <https://www.dietdoctor.com/> - Including
- Low carb brochure: https://www.dietdoctor.com/wp-content/uploads/2018/12/Ke-to-for-beginners_folder_181214.pdf
- Low carb foods for resources: <https://www.dietdoctor.com/low-carb/foods>
- <https://eatplaythrive.com.au/nutrition/>
- Low carb down under and diabetes: <https://lowcarbdownunder.com.au/resources/>
- Sugar Equivalent infographics Courtesy Of Dr David Unwin: <https://phcuk.org/sugar/>
- “A fat lot of good” a book Dr. Peter Brukner.
- Google LCHF and LCHF recipes

Why We Get Sick by Benjamin Bikman

Books

- *The Art and Sciences of low carbohydrate living* by jeff volem and Stephen phinney
- *Good calories, bad calories* by Gary Taubes
- *The big fat surprise* by Nina Teicholz
- *The Diabetes code and the obesity code* by Dr. Jason Fung
- *The Alzheimer’s antidote* by Amy Berger
- *Protein power* by Michael and Mary Dan Eades
- *Always Hungry?* By Dr. David Ludwig
- *The Diabetes Solution* by Dr. Richard Bernstein
- *Eat rich, live long* by Ivor cummins and Dr. Jeff Gerber
- *The Hungry Brain* by Stephan Guyenet
- *Get Strong* by Al Kavadlo and Danny Kavadlo

Online

- www.ruled.me: Keto diet advice and recipes
- www.dietdoctor.com: Low carb and keto diet advice and recipes
- *Body Weight Strength*, the Youtube channel of Jerry Teixeira: free online training videos that use only your body for resistance

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The content of this booklet is to build awareness only and does not represent professional medical advice. Wide options of Food items have been suggested for the benefit of the patients. However, they should select the items based on their medical history, source, quality and quantity of food items to avoid blood sugar fluctuations. Patients have to visit clinic and consult experts to develop a customized diet plan for effectively reversing diabetes

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