



LIBERATION FROM DIABETES

LOW CARB HEALTHY
HIGH-FAT MODERATE PROTEIN

INDIAN RECIPE BOOK

REVISED EDITION

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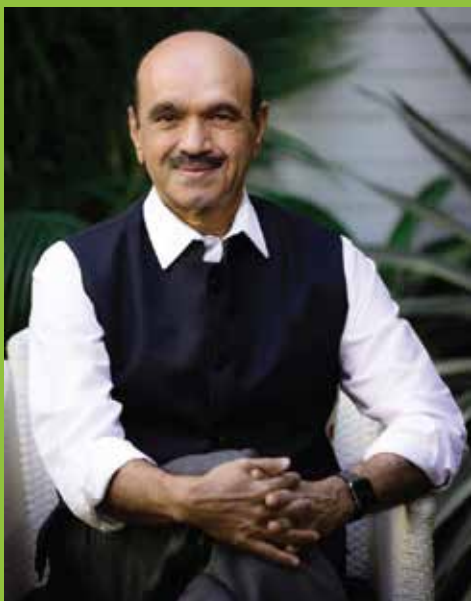
PUSHPA KRISHNAPPA

Mrs. Ashwini K Chakrasali

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Dr K Bhujang Shetty
Founder & Managing Director
Narayana Nethralaya
1953-2023

PREFACE

Narayana Nethralaya's Reversing Diabetes Clinic is a one of a kind initiative by NN with a primary goal of inculcating healthy lifestyle changes through personalized diet plan to reduce medications for diabetics.

Our Reversing Diabetes Clinic comprises of a team of highly skilled experts including doctors, dieticians and counsellors with profound knowledge in the field of medicine, along with a state-of-the-art laboratory under one roof.

Personalised, professional guidance along with periodic visits and gradual withdrawal of medicines over a period of 6-12 months under the guidance of our experts ensures best results.

The RDC team has been successful in reversing diabetes and diabetes medication of more than 714 individuals, more than 104 patients off insulin and over 1449 diabetics to reduce their pill intake to less than half their initial dosage.

Drastic changes in dietary and lifestyle practices 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 excessive carbohydrates and sugars is the leading cause for various lifestyle disorders. Reverse diabetes and other metabolic diseases by adopting a low carbohydrate and increasing healthy fats in your diet.

This recipe book consists of simple, tasty and easy to make recipes that can improve your health, help you lose weight, boost energy levels and prevent or reverse chronic disorders. I am grateful to Prof. Krishnappa who has been instrumental in this movement and to Mrs Pushpa Krishnappa for having taken time to bring out this recipe book on low carb healthy fat diet. This book is designed to guide everyone embarking on this low carb journey. The simple recipes make meal planning easy and bring in healthy alternatives to everyday staples.

We are grateful to our beloved patients who have benefited from the first edition of 10,000 Kannada/English Recipe Books in a span of three months. Based on suggestions/feedback, we are delighted in bringing out this "**Revised Edition**" with revamped recipies and also with the introduction of a variety of low carb bakes. We hope you will continue to support us in this movement for a change from **Sick Care to Health Care**

FOREWORD

**Gp Capt SK Mittal VSM
(Veteran)**

CEO of Narayana Nethralaya
Bangalore.



Dr K Bhujang Shetty, Chairman, Narayana Nethralaya had 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



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 lead 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 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 & Ms. Rakshita for the contribution. Many thanks to Mrs. Chitra Seshadri, Mr. Abdul Muthalib, 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 supporting 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

So 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 out for the 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 | PLANT BASED NUTS & SEEDS
MILK | SEEDS BUTTER | NUTS BUTTER | ALMOND MILK



FLOUR

ALMOND FLOUR | COCONUT FLOUR | LOWCARB FLOURS



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 | VIRGIN OLIVE OIL | GROUND NUT OIL
| MUSTARD OIL | AVOCADO OIL | SUNFLOWER OIL



NUTS

ALMONDS | WALNUTS | BRAZIL NUTS | PECANS |
PINE NUTS | MACADAMIA NUTS | HAZEL NUT



SWEET SUPPLIMENTS

STEVIA | ERYTHRITOL



FRUITS

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



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 | CARBONATED
BEVERAGES



GRAINS

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



FRUITS

MANGO | PINE APPLE | BANANA | ORANGES | GRAPES
| MELONS | SAPOTA | PAPAYA | POMEGRANATE |
DRY FRUITS



MEATS

HIGHLY PROCESSED | NUGGETS | HOT DOGS



SUGAR

SOFT DRINKS | CHOCOLATES | ICE CREAM | PIES |
PASTRIES | MAPLE SYRUP | COCONUT SUGAR |
PALM SUGAR



OTHERS

FLAVOURED YOGURT | FROZEN YOGURT |
ARTIFICIAL SWEETNERS | ANYTHING DEEP- FRIED |
TENDER COCONUT | COCONUT WATER



PROCESSED VEGETABLE OILS

SAFFLOWER OIL | VANASPATHI | PALM OIL | CANOLA
OIL | CORN OIL | VEGETABLE OIL | MUSTARD OIL



BAKERY

BREAD | BUNS | BISCUITS | CAKES | MUFFINS |
PIES | PASTRIES



'Low Carbohydrates and Healthy Fats' food habits

I am a diabetic for several years – is this diet suitable for me?

Yes, it is suitable. You will need to start the diet under the guidance of trained dietitians and physicians who will help you adapt to the diet and manage your medications in order to make a smooth transition. Diabetics both recently diagnosed as well as those on longterm therapy have been able to control their sugars and make a positive lifestyle change through this diet.

Will the diet help improve my blood pressure levels?

Yes, this is one of the many benefits of this diet. There will be a reduced dependence on medication, improvements in insulin sensitivity, lower blood pressure and improvement in good cholesterol levels. If you are on medications it is advisable that you follow the instructions of your physician to manage your medications as your parameters change through the course of the diet.

Can I practice intermittent fasting on a low-carb high fat diet?

Yes, you can. Both low carb diet and intermittent fasting have similar goals and outcomes, i.e., they both work to lower blood sugar and insulin and induce ketosis to help burn fat in your body.

What are the other health benefits of this diet?

Early studies have now shown that this diet can have benefits for a wide variety of health conditions:

- Heart disease
- Cancer
- Alzheimer's disease
- Epilepsy
- Parkinson's disease
- Polycystic ovary syndrome
- Arthritis
- Allergies
- Migraine
- Infertility

I'm physically active, can I still do a low carb-healthy fat diet?

You may need to reduce your workout intensity or not engage in anything that demands a lot of glucose while you try to get fat-adapted. Carb re-feed days can be helpful for active people who might need carbs around the time of their workout. Your dietitian will help you with this.

Do I need to count or restrict calories?

No, a low carb-healthy fat diet can be eaten to satiety.

How long does it take to get adapted to this diet?

With a LCHF diet, your body will need to transition from burning glucose to using your body's fat as fuel. It will take a few days or weeks to get used to it. You may experience some gastrointestinal symptoms of carbohydrate withdrawal at first, but once you become fat-adapted, it will be much easier.

Are there any tips and tricks to make it easier?

Although it can be challenging, the below measures can make it easier

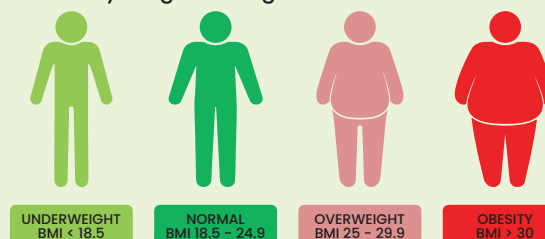
- Look at food labels and check the grams of fat, carbs, and fiber to determine how they can fit into your diet.
- Many websites, food blogs, apps and cookbooks also offer recipes and meal ideas that you can use to build your custom menu
- Some meal delivery services have/provide Low carb-friendly options for a quick and convenient way to enjoy diet meals.
- When going to social gatherings or visiting family and friends, you can consider taking your own food or eat prior to leaving, which can make it much easier to curb cravings and stick to your meal plan.

What is "keto flu" and how can I avoid it?

Your body has always relied on glucose as its primary source of energy. Therefore, when you cut or reduce carbohydrates drastically, the body's metabolism has to resort to burning fat for energy. This period of adaptation, which can take up to 4 weeks, can be associated with flu like symptoms including weakness and lack of energy. Changes in bowel habits, leg cramps and bad breath are other symptoms. This state is temporary and keeping yourself well hydrated should help.

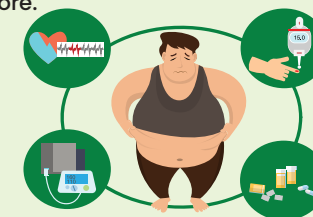
How can I determine if my weight is within a healthy range?

BODY MASS INDEX (BMI) is a reliable indicator of health and body weight. BMI is a measure that relates body weight to height.



What are the complications of excess weight/obesity?

Being overweight/obese/ excess body fat composition in the body may lead to several health complications like diabetes, hypertension, cardiovascular diseases, liver diseases, gallbladder diseases, thyroid, osteoporosis, PCOS, cancer and many more.



Will the LCHF diet help in my weight loss journey?

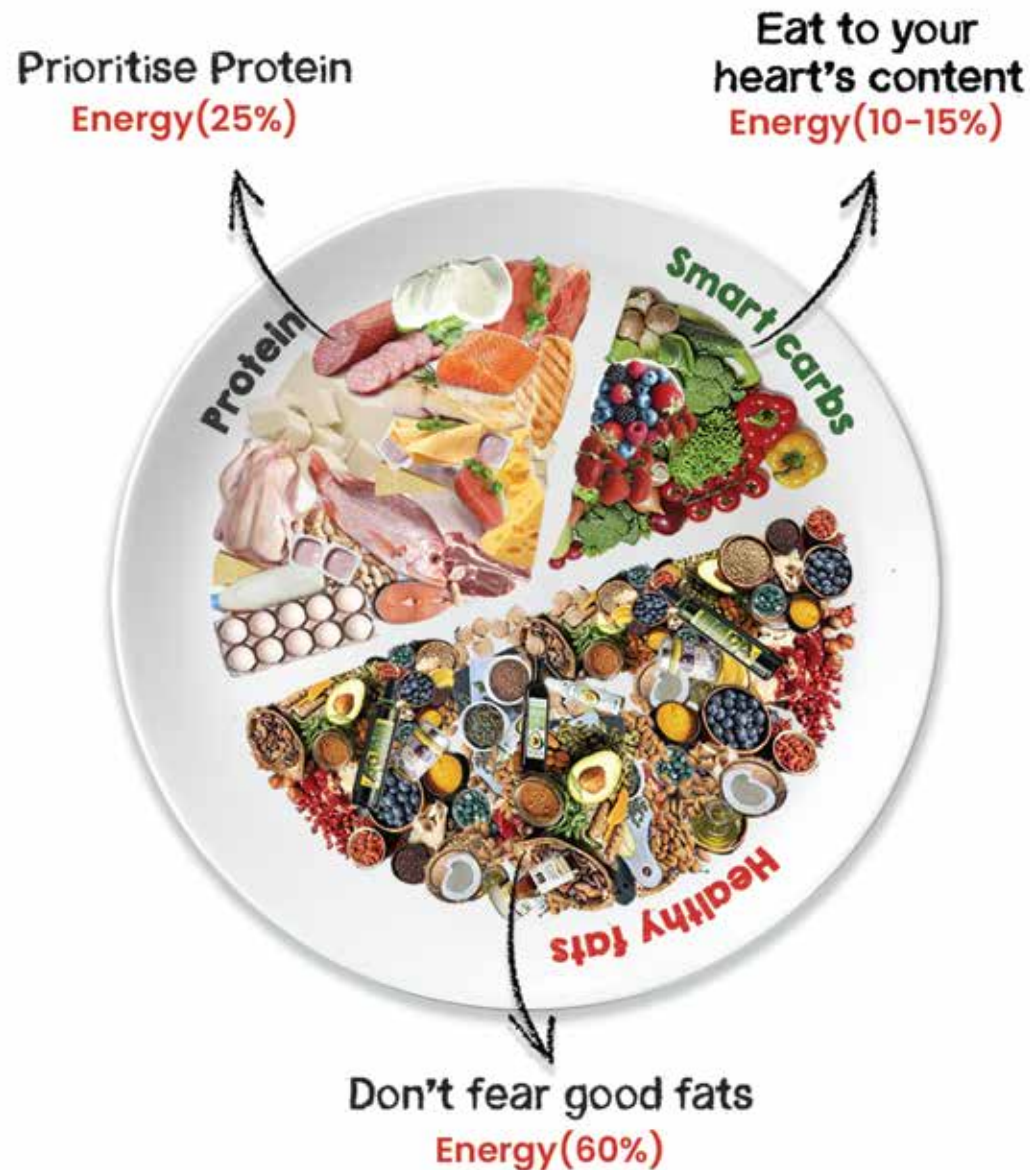
Yes, cutting down carbohydrates and increasing good fats with an adequate amount of protein in the diet helps achieve healthy body weight and composition. Reaching weight loss goals depends on about 80% dietary habits and 20% physical activity. Weight loss progression varies from person to person. It depends on an individual's body type, genetics, family history, physiological state, psychological condition, sleep pattern, physical activity, and so on. One needs to be patient and show a positive attitude towards the journey since the results are not spontaneous but gradual.

“Before you heal someone,
ask him if he’s willing to
give up the things
that made him sick.



-HIPPOCRATES”



LOW CARB MIRACLE



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BREAKFAST OPTIONS

- Boiled egg with avocado smoothie
- Dhokla with pudina chutney
- Coriander vadi with mint chutney
- Besan chilla with coriander and mint chutney
- Avocado salad and bullet coffee
- Coconut flour dosa and coconut chutney
- Almond paratha
- Mixed dal dosa with tomato chutney
- Scrambled paneer and green tea
- Cauliflower upma and coconut milk smoothie

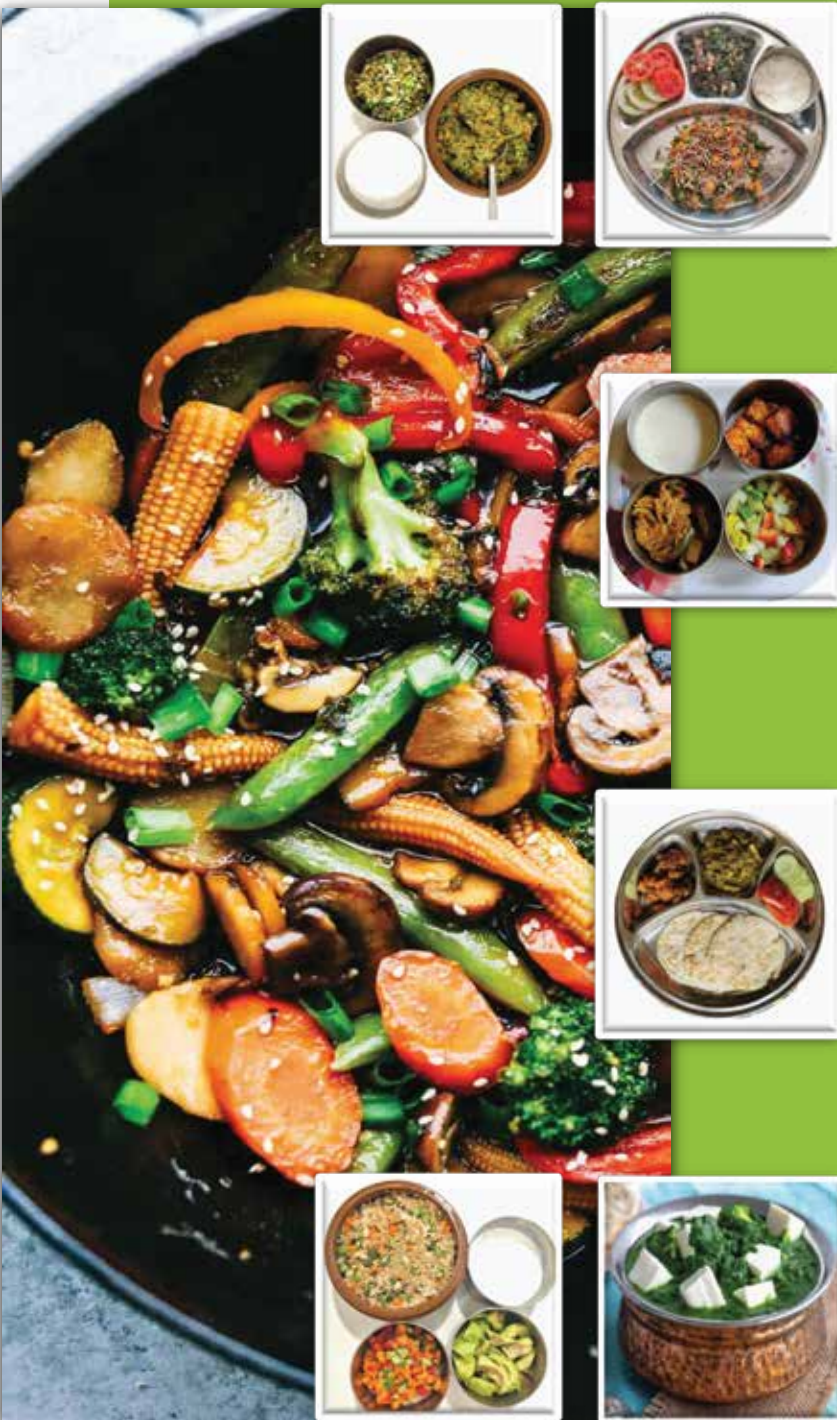
- Sprouts with fat dressing/ Sprouts dosa
- Roti/ chapathi/ paratha/ idli
- Lentil rice/ Tofu rice/ Paneer rice/ Mushroom rice/ Egg rice made with diced vegetables (Cabbage | Cauliflower | Broccoli | Zucchini | Pumpkin | Ashgourd | Coconut)

LUNCH OPTIONS (veg/non-veg)

- Low carb vegetable rice pulao, salad, stir fried leafy vegetables and curd
- Paneer tikka, salad, stir fried brinjal subji and curd
- Coconut roti, palak paneer, salad, stir fried vegetables and curd
- Palak and cauliflower rice, and curd
- Cauliflower pulao, avocado salad and curd
- Cauliflower curd rice and stir fried vegetable
- Low carb roti, chicken gravy, salad and curd
- Cauliflower rice, vegetable kurma, salad and curd
- Cabbage rice, bottle gourd dal, Sprout salad and curd

Your lunch/ dinner plate should include

- A bowl of stir fried vegetables (stir fried with fats like cold pressed oil/ butter/ ghee)
- Protein sources like legumes/ pulses/ sprouts/ dal/ tofu/ mushroom/ paneer/ egg/ fish/ chicken/ meat preparations
- Low carb roti/ chapathi/ paratha/ dosa/ idli/ veg rice made with diced cauliflower/ cabbage/ broccoli/ zucchini/ pumpkin
- A bowl of curd





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

- Palak parotta with fish curry
- Paneer parotta, avocado salad and curd
- Cauliflower Lemon rice, curd and salad
- Stir fried vegetables, curd and 3 boiled eggs
- Egg omelette and stir fried vegetables
- Almond and leafy vegetable paratha, mint chutney, avocado salad and curd
- Fried chicken and stir fried vegetables
- Paneer tikka and stir fried vegetables

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

SNACK OPTIONS

- Bullet coffee and 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 Supplements: Stevia | Erythritol



Recipes





Bulletproof Coffee



BEVERAGES

Ingredients:

**1 tsp instant coffee powder | 1 tsp coconut oil | Pinch of cinnamon powder
| 1 tsp unsalted butter**

Preparation method:

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

Other options:

Fats: Virgin coconut oil, coconut butter, cocoa butter, nut butter.

Flavouring: Cocoa and cocoa powder, cayenne, vanilla extract, almond extract, pepper mint extract

Sweetener: Add stevia or erythritol for sweetner

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:

***½ tsp instant coffee powder | ½ tsp stevia | ½ cup water
| ½ 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 hot brewed coffee to the coconut milk and serve hot

Other options:

Sweetener: Erythritol

Flavour: Vanilla, peppermint, hazelnut, mint extract, cocoa powder, cinnamon, cardamom, nutmeg & dried lavender

Nut Milk: Almond, peanut, hazelnut & walnut

Seeds Milk: Sesame, flaxseed, hempseed & sunflower

Instead of milk use heavy whipping cream

Synonyms: Coconut mocha coffee.

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:

1-2 gooseberry | ¼ tsp Black salt | 200ml of water | Pinch of Black pepper

Preparation method:

1. Blend chopped Amla with water. Filter and discard the pulp
2. Add pepper powder and stir well.

The drink is ready to serve.

Options:

Instead of Amla juice, you can also use lemon, Aloe Vera, neem, wheatgrass, ash gourd or Bitter gourd.

Sweetener: Stevia or erythritol

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



Tomato Juice

Ingredients:

4 tomatoes | ¼ tsp black pepper powder | Celery | Salt to taste

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 serving glasses and pour juice over it.

The tomato juice is ready to serve.

Other options:

Flavour: Ginger, garlic, cinnamon, jeera, fennel, basil, cilantro

Sweetner: Stevia or erythritol

Salt: Black or Pink salt

Instead of Tomato, you can use ash gourd, bitter gourd, bottle gourd, cucumber, spinach, broccoli, parsley, kale, celery

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



Cucumber Buttermilk

Ingredients:

**$\frac{1}{2}$ cup curd | $\frac{1}{2}$ cup cucumber | 1 tsp ginger | $\frac{1}{4}$ tsp green chilli |
2 tbsp coriander leaves | 1 tbsp curry leaves | 1 pinch of cumin powder |
1 $\frac{3}{4}$ cup water | $\frac{1}{2}$ tsp salt**

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.
- Garnish with coriander leaves and serve chilled.

Other options

Flavour: Jeera, mint, methi, black pepper, cinnamon, asafoetida (hing), ajwain

Instead of curd, use Vegan curd (almond, coconut, soya)

You can add chia seeds or flaxseeds

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



Coconut Shake

Ingredients:

$\frac{1}{2}$ cup unsweetened dry coconut flakes | $\frac{1}{2}$ cup milk or coconut milk | $\frac{3}{4}$ cup yogurt | 1 tsp stevia | vanilla essence

Preparation method:

1. Roast the dry coconut flakes in a pan over medium heat until it turns light brown.
2. Remove the pan from the heat and transfer the roasted coconut flakes onto a plate to cool down.
3. Once cool, blend the toasted coconut flakes and add milk, vanilla essence, curd and stevia.
4. Blend until the mixture becomes smooth.
5. Transfer to a serving glass and garnish with toasted coconut flakes.

Thick coconut shake with coconut flakes is ready to serve.

Other options:

Essence: Vanilla, Peppermint, Lemon, Rose, Orange etc.

Nut Milk: Almond, Walnut

Instead of Curd, you can use yoghurt or heavy whipping cream

Sweetener: Stevia or erythritol

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



Green Smoothie

Ingredients:

**2 tbsp spinach leaves | ½ Avocado | 1 celery stick | 1 cup plant based milk |
1 tbsp peanut Butter | 2 tbsp lemon juice**

Preparation method:

1. Add all of the ingredients to a high-speed blender.
2. Pulse to combine, stopping to scrape down the sides if necessary.
3. Blend on high speed until blended into thick and creamy consistency.

Serve immediately garnished with fresh mint.

Other options:

Sweetener: Stevia or erythritol

Other greens: Kale leaves, mint, wheat grass, lettuce, fennel stalk, celery, cilantro, parsley.

Nut Milk: Almond, peanut, hazelnut or walnut

Seeds Milk: Sesame, flaxseed, hempseed or sunflower

Fruits: Strawberry, raspberry or blueberry.

Instead of milk use Coconut cream or heavy whipped cream

Serving size (ml/cup)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
100 ml	298.88	25.09	9.95	24.619	7.78



Broccoli Smoothie

Ingredients:

**1 cup broccoli | ¼ cucumber | 3-4 mint leaves | 1 tsp lemon juice |
1 cup water | Pinch of salt**

Preparation method:

1. Blend broccoli, cucumber, water, mint leaves and lime juice together in a blender until smooth.

Pour the smoothie in a glass and serve immediately.

Other options

Nut Milk: Almond or coconut

Vegetables: Spinach, bottle gourd, kale, celery, wheat grass

Flavour: Cinnamon, Cardamom, mint

Sweetner: Stevia or erythritol

You can add avocado or berries for flavour, and curd, yogurt or heavy whipped cream for better consistency.

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



Nuts and Seeds Smoothie

Ingredients:

1 tsp flax seeds | 1 tsp pumpkin seeds | 1 tsp sunflower seeds | 1 tsp melon seeds | 1 tsp ash gourd seeds | 1 tsp cucumber seeds | 5 almonds | 2 tsp unsweetened peanut butter/almond butter | Coconut milk/ almond milk | Stevia drops | Pinch of cinnamon powder

Preparation method:

1. Add seeds in a bowl (flax seeds, pumpkin seeds, sunflower seeds, melon seeds, ash gourd seeds, cucumber seeds and almonds). Soak the seeds overnight.
2. In the morning, drain off all the water and rinse, then add the seeds to the blender.
3. Add coconut milk or almond milk, peanut butter and stevia to the blender.
4. Blend it to a smooth consistency by adding water if required.

Serve in a glass and add cinnamon powder and stir well.

Other options

Nut Milk: Almond, peanut, hazel nut, walnut, coconut

Seeds milk: Sesame, flaxseeds, hempseed, sunflower

Nut Butter: Almond, hazelnut, macadamia, pecan, walnut

Seeds butter: Pumpkin, sesame, soya, sunflower

Flavour: Cocoa powder, dark chocolate, vanilla, mint and mocha

Dressing: Mixed seeds, chia seeds, cinnamon, cardamom, basil

Serving size(ml/cup)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein(gm)
100 ml	330.9	12.11	4.065	14.655	5.7113



Chia Seeds and Cocoa Smoothie

Ingredients:

1¼ cup coconut milk | 1 tbsp Nut butter | 1 tbsp Chia seeds | 2 tbsp cocoa Powder | 1 tbsp coconut oil | Pinch of cinnamon | ½ cup water

Preparation method:

1. Add all the ingredients into the blender.
 2. Blend it to a smooth consistency by adding water if required.
- Garnish with cocoa powder and cinnamon and serve

Other options

Nut Milk: Almond, peanut, hazelnut, walnut

Sweetner: Stevia or erythritol

Nut Butter: Almond, hazelnut, macadamia, pecan, walnut, brazil nut

Flavour: Dark chocolate, vanilla, mint and mocha

Dressings: Mixed seeds, mixed nuts & berries

You can add yogurt or heavy whipped cream for better consistency

Serving size(ml/cup)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein(gm)
100 ml	354.25	11.85	6.7	32.1	7.025



Peanut Butter Smoothie

Ingredients:

3 tbsp cocoa powder | 2 tbsp peanut butter | 1 cup heavy cream | 1 ½ cups unsweetened almond milk | 6 tbsp powdered erythritol or stevia | ⅛ tsp Sea salt

Preparation method:

1. Combine all the ingredients in a blender and puree until smooth.

Serve in a glass and add sweetener and salt as per taste

Other options

Milk: Nuts milk or seed milk

Nut Butter: Almond, peanut, hazelnut, walnut , pecans

Sweetner: Stevia or erythritol

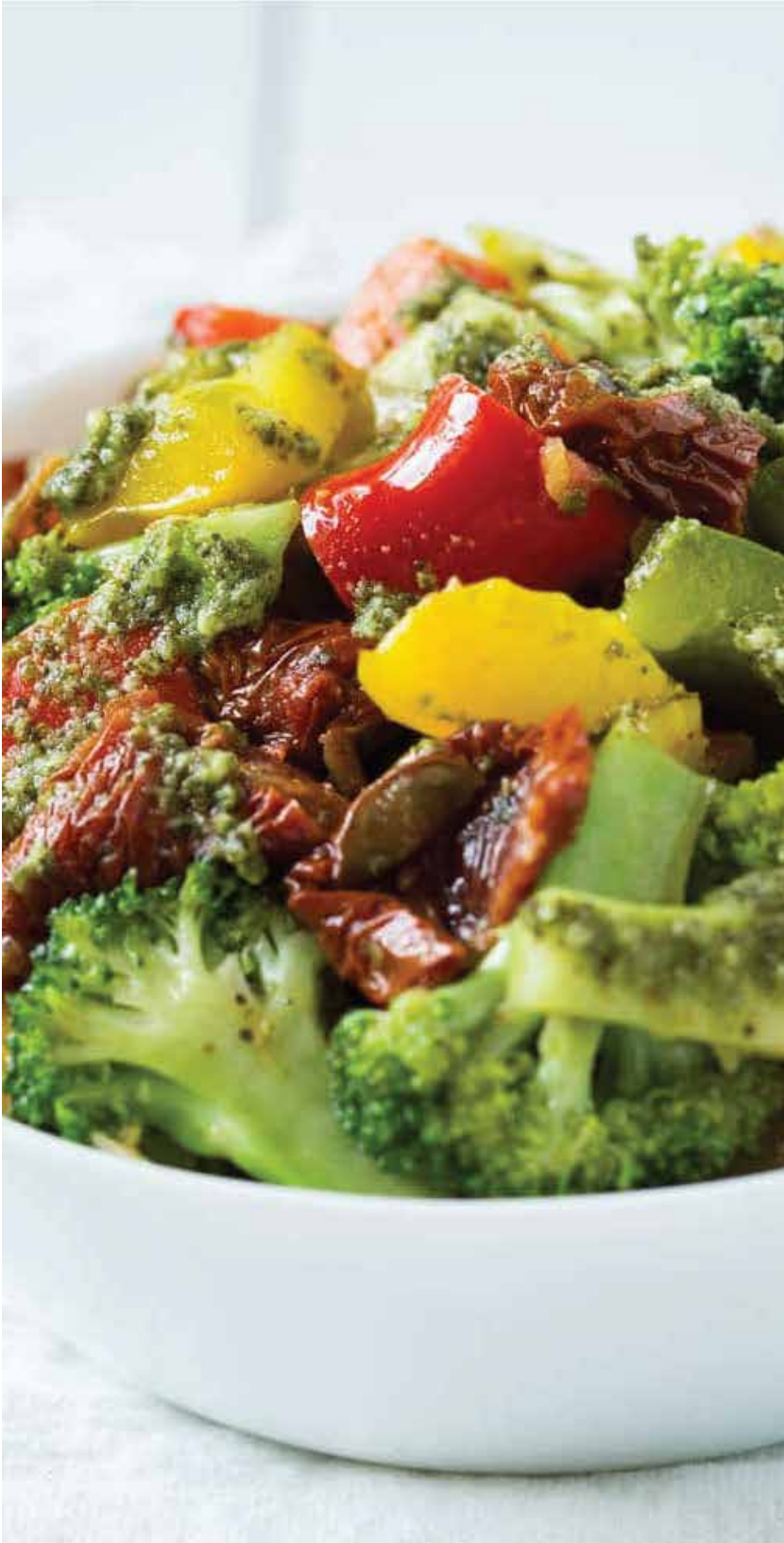
Seed Butter: Pumpkin, sunflower

Essence: Cocoa, vanilla, mint and mocha

Dressings: Mixed seeds, dark chocolate, mixed nuts & berries

Instead of heavy cream, you can use coconut cream or curd

Serving size (ml/cup)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
200 ml	1105	24.9	5.8	107.4	18.5



Stir Fried Vegetable Salad



SALADS

Ingredients:

½ cup paneer cubes | ¼ cup spring onions | 1 cup cauliflower | ½ cup capsicum | 1 cup tomatoes | ¾ cup fenugreek leaves | pinch of black pepper powder | 1 tsp garam masala | 1 tsp ginger | 2 tsp ghee/ butter | pinch of mustard seeds | pinch of cumin seeds | curry leaves | pinch of hing (asafoetida) | salt to taste

Preparation method:

1. Heat ghee or butter in a pan, fry the paneer cubes and set aside
2. Add curry leaves, mustard seeds, cumin seeds and sauté.
3. Add ginger, spring onion, cauliflowers, turmeric and salt
4. Mix the ingredients, cover and cook until the cauliflowers are half cooked.
5. Add capsicum and tomatoes, and fry until all the vegetables are evenly cooked.
6. Sprinkle fenugreek leaves, garam masala, black pepper powder and stir properly. Serve hot.

Other options

Vegetables: Mushroom, baby corn, beans, broccoli, zucchini, eggplant, spinach, kale, cabbage

Flavours: Basil, oregano, cilantro

Spices: Cumin, coriander, fresh lemon grass, garlic

Sauces: Low sodium soya sauce, chilli sauce, mustard sauce

Dressing: Cream, whipping cream, virgin coconut oil, virgin olive oil, coconut flakes, Sesame seeds

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



Stir Fried Vegetable with Chicken

Ingredients:

1 cup chicken | 1/3 cup yellow pepper | 1/3 cup red pepper | 1/3 cup capsicum |
1 cup mushrooms | 1 cup broccoli | 1 cup baby corn | 1 cup boiled beans |
1 cup onion or spring onions | 1 cup cabbage | 4 cloves garlic | 2 chopped green chillies |
2 tbsp coconut oil/ghee/ butter | Pinch of salt / 2 pinches of black pepper powder

Preparation method:

1. Heat the coconut oil in a pan; add chopped garlic and green chillies.
 2. After a minute, add all the vegetables. Stir fry till evenly cooked.
 3. Add the chicken cubes. Sprinkle salt and pepper and add soya sauce.
 4. Add little water. Bring in to boil and wait until properly cooked.
- Serve hot.

Other options

Flavours: Basil, oregano, cilantro

Spices: Cumin, coriander, fresh lemon grass, garlic

Sauces: Low sodium soya sauce, chilli sauce, mustard sauce

Dressing: Cream, unsweetened mayonnaise, whipping cream, virgin coconut oil, virgin olive oil, coconut flakes, sesame seeds, cheese, cherry tomato, olives, peanuts

Instead of Chicken, you can use Paneer, tofu, mushroom, baby corn, broccoli, zucchini.

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



Egg Salad with Dressing

Ingredients:

2 boiled eggs | ½ avocado | 1 tbsp yogurt or curd | 1 tbsp unsweetened Mayonnaise | ¼ tsp Dijon mustard sauce(optional) | ¼ tsp red chilli flakes | 2 tbsp tomatoes | 2 tbsp Cucumber | 1 tsp lemon juice | pinch of salt | pinch of chaat masala

Preparation method:

1. Cut the eggs, cucumber, avocado and tomatoes into cubes.
2. Transfer to a bowl and add chopped garlic, onion, salt, black pepper powder, chaat masala, Dijon mustard sauce, mayonnaise and curd.
3. Add lemon juice and mix well.

The egg salad is ready to serve

Other options and Dijon mustard

Flavours: Parsley, ginger garlic powder, oregano, onion powder

Spices: Cumin, coriander, fresh lemon grass, garlic

Sauces: Low sodium soya sauce, chilli sauce

Dressing: Cream, heavy whipping cream, Sesame seeds, cheese, cherry tomato, olives, peanuts
Instead of Egg, you can use paneer or tofu

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



Chickpea Salad

Ingredients:

100gm chickpea | 2 tbsp onion | 2 tbsp spring onions | 2 tbsp unsweetened mayonnaise | ¼ tsp black pepper powder | ¼ tsp red chilli powder | ¼ tsp turmeric powder

Preparation method:

1. Take chickpeas, soak overnight in water and then pressure cook. Let it cool.
 2. Drain and rinse the chickpeas. Put it into a bowl.
 3. Add chopped onion and spring onion.
 4. Add mayonnaise, salt, pepper, red chilli powder and turmeric and stir well.
- Serve with sandwich or wrap or as a salad.

Other options

Flavours: Parsley, ginger garlic powder, chaat masala, oregano, onion powder

Spices: Cumin, coriander

Dressing: Sesame seeds, cherry tomato

Instead of Mayonnaise, you can use heavy whipped cream, yogurt or curd

Serving size(gm/cup)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein(gm)
1 cup (100gm)	375	32.3	8.9	23.8	12.8



Sautéed Mushroom

Ingredients:

500g mushrooms | 3 tbsp butter/ghee | 1 tsp garlic | ½ tsp black pepper powder | 3 tbsp fresh parsley | salt for taste

Preparation method:

1. Clean the mushrooms, slice them and set them aside.
2. Heat butter over low flame in a frying pan. Add the finely chopped garlic and sauté until fragrant for a few seconds. Add the sliced mushrooms.
3. Add freshly crushed black pepper and salt as required. Mix very well.
4. Sauté the mushroom stirring often. Initially you will see the mushrooms releasing lot of water.
5. Gradually the water will reduce. Continue to sauté until all water dries up and the mushrooms look glossy. When the water dries up, reduce heat to a low.
6. Add 1 to 3 tablespoon finely chopped parsley to taste. Mix and sauté for a minute. Taste and adjust the seasoning as required.

Garnish with parsley and serve hot.

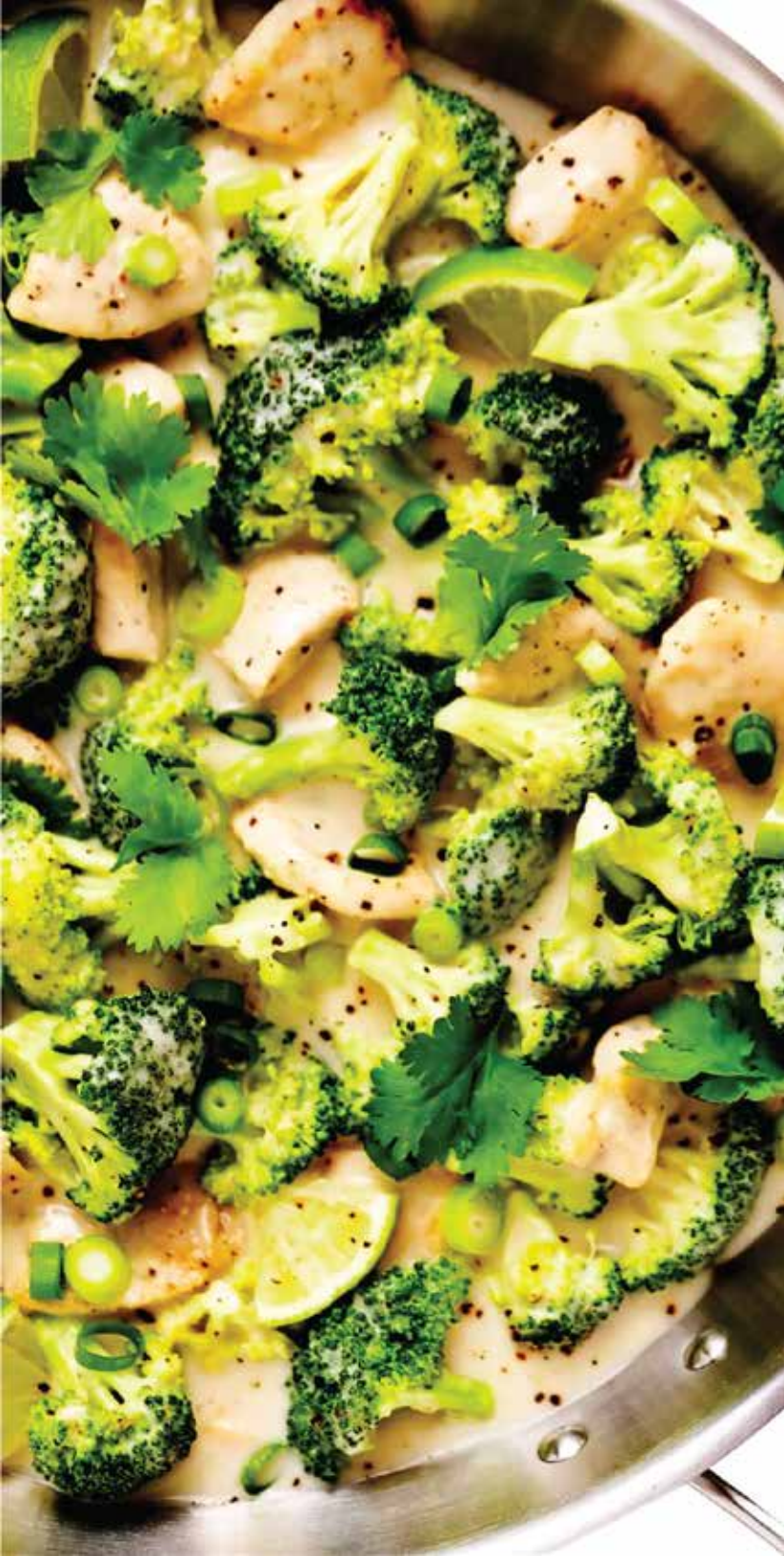
Other Options

Vegetables: Spinach, broccoli

Flavour: Garlic, butter

Dressing: Sesame seeds, Peanuts

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



Stir fried broccoli with coconut

Ingredients:

2 cups broccoli | 1 small onion | 2 green chillies | 1 tbsp shredded coconut | 1 tsp mustard seeds | ½ tsp cumin seeds | 2 tsp curry leaves | pinch of Hing (asafoetida) | salt to taste | 1 tsp cold pressed coconut oil

Preparation method:

1. Heat coconut 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 sauté for another 30 seconds.
3. Now add the chopped onion and sauté till the onions are translucent and light brown.
4. Then add broccoli and salt, and stir fry on medium-low flame until soft and tender.

Garnish with fresh shredded coconut and serve.

Other options:

Other vegetables: Mushroom, pumpkin, ash gourd, spinach, squash, methi leaves, spring onions

Garnish: Parsley or cilantro or coriander leaves

Spices : Add mixed spices for flavour

Oil : Ghee or butter



Tips

Instead of small onions
use spring onions
You can add coconut milk
to cook the vegetables
and cream for proper
consistency

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



Methi Seeds Chutney



**CHUTNEYS
/DIPS**

Ingredients:

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

Preparation method:

1. Dry roast fenugreek seeds before grinding into a powder.
 2. Add all the other ingredients and grind it into a smooth paste.
- Serve the methi chutney with idli or 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 chillies | 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 urad dal and fry till it turns light brown.
 2. Then add green chillies, garlic, tamarind, sauté for another 1 minute
 3. Cool it 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 into a fine paste.
- Add the tempering to the chutney and serve with idli or dosa.

Other option:

Vegetables: Mint leaves, Brahmi leaves, methi leaves, curry leaves, Coriander leaves.

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 of tamarind | ¼ cup peanuts | ½ tsp coconut oil | ½ tsp mustard seeds | 5-6 curry leaves | pinch of Hing (asafoetida) | salt to taste

Preparation method:

1. Heat coconut oil in a pan.
2. Add garlic, dried red chillies, curry leaves and onions, and sauté for about 1-2 minutes until onions become soft.
3. Add red bell pepper and sauté till soft. Remove from heat and allow to cool.
4. Roast peanuts until golden brown. Let them 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.

Red bell pepper chutney is ready to serve.

Other option:

Vegetables: Tomato, Brinjal, Green chilli, Ladies finger

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 chana dal | 1 tsp urad dal | ½ tsp coconut oil | salt to taste.

Preparation method:

1. Roast the dry red chillies, urad dal, and chana dal until light brown in coconut oil. Transfer to a plate and allow it to cool.
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 allow them to cool.
3. Grind all the roasted ingredients into a powder along with salt. Do not make the powder very smooth. It should have a coarse texture.

Dry coconut chutney powder can be served with any meal.

Other option:

Instead of dry coconut, you can use peanuts or bengal gram.

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 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 pan until light brown.
 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.
 5. Grind them until medium coarse powder.
- Serve the chutney or transfer to an 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 (Powder)

Ingredients:

**100gm sesame seeds | ½ tbsp ghee | 15 dry red chilli | ¼ cup curry leaves |
1 tsp asafoetida | 100gm desiccated coconut | 50gm roasted peanut | salt for taste**

Preparation method:

1. Roast all the ingredients in ghee until they turn golden brown.
2. Grind them into a coarse powder.

Serve the pudi with dosa or idli

Other option:

Instead of sesame seeds, you can use flax seeds, peanuts or bengal gram.

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



Walnut Chutney

Ingredients:

2 tbsp walnuts | ½ cup grated fresh coconut | 2 green chillies | 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 chillies, 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.
- Serve the walnut chutney 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



Creamy Avocado Dip

Ingredients:

**2 ripe avocado | ½ cup plain greek yogurt | 2 chopped cloves of garlic |
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, lime juice and season generously with salt and pepper.
- Serve with vegetables sticks.

Other options:

Flavours: Cilantro, Parsley

Yogurt : Cream or cheese

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 cups greek yogurt | 2 thinly sliced onions | 2 tbsp butter | freshly ground pepper | 1 tsp apple cider vinegar | nut crackers for serving | salt to taste

Preparation method:

1. Heat butter 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
- Serve cold with carrot sticks and nut crackers.

Other options:

Flavour: Cilantro, parsley, lemon grass

Garnish for dips: Green onions, caramelized onions, bell peppers, red onions or chopped garlic.

Spices: Paprika, chilli powder, cayenne pepper

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



Spicy Pumpkin Soup



SOUPS

Ingredients:

1 cup pumpkin | 1 tbsp butter | 90ml fresh cream | 1 onion | ½ tbsp red chilli powder | ½ tsp coriander leaves | 1 tsp black pepper | ½ tsp cumin powder | 1 garlic clove | salt to taste

Preparation method:

1. Cook onion in butter in a pan 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 the pan, bring to boil, then reduce heat and simmer for 15-20 minutes or until pumpkin is tender. Remove pan from heat and set aside to cool.
4. Blend all the ingredients into a soup like consistency.
5. Pour the soup to a clean saucepan, add in cream, season to taste with salt, black pepper and heat over a medium flame, without boiling.

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 chopped medium garlic cloves | 1 green chilli | 1 medium-sized onion | 1 ½ 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 chopped garlic, onions and green chilli, and sauté until onions soften.
3. Add diced bottle-gourd, water or vegetable stock, and salt.
4. Cover with a lid and 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.

Garnish with coriander leaves and serve the bottle gourd soup.

Other options:

Flavour: Parsley, celery, cilantro

Vegetables: Ridge gourd, squash, tomato, ash gourd, pumpkin

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 of Mushroom Soup

Ingredients:

**3 cups diced mushroom | 1 tbsp coconut oil | 2 tbsp onion | 3 cloves garlic |
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. To a pan add coconut oil, onion, garlic, and sauté till onions soften.
2. Then add diced mushrooms and celery, and sauté till all the liquid that is released from the mushroom has evaporated. This will take about 6-8 minutes.
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.

Garnish with coriander leaves and serve the cream of mushroom soup hot.

Other options:

Flavour: Parsley, Celery

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 chopped garlic | ½ cup onion | 1 tbsp butter | ½ cup almond milk or coconut milk | 1 cup water or vegetable stock | ¼ cup mozzarella cheese | ¼ 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 chopped garlic and sauté for 30 seconds.
3. Add onions and sauté till they turn translucent.
4. Then add broccoli and water, stir and cook in a pressure cooker.
5. Let it cool down for 5 minutes.
6. Add spinach, cheese, milk, salt, and pepper to taste. Stir well.
7. Puree in a blender and transfer the soup to a vessel and boil for 2 minutes, until it gets a thick consistency.

Garnish and serve the broccoli spinach soup hot.

Other options:

Flavour: Tulsi, garlic, parsley, spring onions, fresh herbs

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:

3 cups fresh broccoli | 2 tbsp butter | 1 cup onion | 3 cloves garlic | ½ cup shredded carrots | 2 cups water | 2 tbsp besan (chickpea) 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.
 5. Let it cool down for 5 minutes.
 6. Puree in the blender till it becomes a fine paste.
 7. Add milk and cheddar cheese to the puree and stir for 2-3 minutes until the cheese melts.
 8. Add salt and pepper and let the soup simmer for 2 minutes.
- Garnish and serve broccoli cheddar soup hot.

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 (or coconut milk) | ¼ tsp black pepper 2-3 tsp |
cheddar cheese | ¼ tsp oregano | salt to taste**

Preparation method:

1. Add butter in a pan and place it on medium flame. Add bay leaf, chopped garlic and onion, and sauté until they soften.
 2. Add cauliflower, water or vegetable stock, black pepper powder, and salt.
 3. Cook everything in a pressure cooker.
 4. Remove the bay leaf and puree the mixture in the blender to make a fine paste.
 5. Allow it to cool.
 6. Add heavy cream and cheese, and stir well.
 7. If the soup is too thick, you can add water or milk and boil it for 2 minutes.
- Garnish with green onions, oregano, and more cheese, and serve hot.

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

Preparation method:

1. Heat butter or oil over a low flame in a pan. Add bay leaf, chopped garlic and onions, and sauté until they soften..
 2. Add red bell pepper, diced tomatoes, water or vegetable stock, black pepper powder, and salt.
 3. Cook everything in a pressure cooker.
 4. Let it cool down.
 5. Remove the bay leaf and puree everything in a blender to make a fine paste.
 6. Add dried basil and heavy cream and stir well.
 7. If the soup is too thick, add water or milk and boil for 2 minutes.
- 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	181	8.43	1.61



Lentil Soup

Ingredients:

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

Preparation method:

1. Wash and thoroughly rinse the lentil.
2. Heat oil in a pan, add the chopped garlic and sauté for 30 seconds.
3. Add onions and sauté until they soften.
4. Add celery, red bell pepper, tomatoes, and green lentils into the pan.
5. Then add dry spice powders like turmeric, ground cumin, red chilli, and garam masala into the pan. Then add vegetable stock or water.
6. Add salt and black pepper and cook in a pressure cooker.
7. Let it cool down.
8. Add in the lemon juice and baby spinach. Keep stirring until the spinach wilts.

Garnish and serve the green lentil soup warm.

Other options:

Herbs: celery, parsley, cilantro

Instead of green lentils, you can use masoor dal, toor dal, chickpeas or horsegram

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:

**1 cup palak/ spinach | 1 cinnamon sticks | 1 tomato | ½ tbsp butter/ghee |
1 onion | 5gm ginger | 1 tsp cumin powder | ¼ black pepper powder | ¼ tsp salt |
2 cups water**

Preparation method:

1. Chop onion, tomato, spinach /palak and ginger.
2. In a pressure cooker, heat the butter and add cinnamon stick, chopped onions and ginger. Fry till the onions turn translucent.
3. Add chopped tomatoes and chopped spinach/palak leaves along with salt, pepper powder, cumin powder and coriander powder. Sauté for a few minutes.
4. Add a little water and pressure cook.
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.

Garnish and serve the palak soup warm

Other options:

Herbs: celery, oregano, parsley or cilantro

Butter: Ghee, cold pressed coconut oil

Instead of water, you can use cream, whipping cream or coconut milk

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:

**¼ cup curd | 1 tbsp chia seeds | 2 tbsp pumpkin seeds | 2 tbsp flaxseeds |
1 tbsp chopped onions | 2 tbsp water melon seeds | 2 cup warm water | salt to taste**

Preparation method:

1. To make instant mix, dry roast the flaxseeds, watermelon seeds and pumpkin seeds 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 the soup, add 2 cups of warm water to the porridge mix in a bowl.
4. Add chopped onion, whisked curd, and salt.

Other options:

Garnish: Sunflower seeds, pumpkin seeds, sesame seeds, flaxseeds, ghee, butter
Instead of warm water, you can use cream, almond milk or coconut milk

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



Mixed Dal Dosa



BREAKFAST

Ingredients:

**3 cups moong dal | 2 cups urad dal | 1 cup chana dal | 1 ¼ tsp jeera |
1 ¼ tsp chilli powder | 1 ¼ tsp grated ginger | pinch of turmeric powder |
2 tbsp chopped coriander leaves | 1 tbsp grated cabbage | 1 tbsp chopped capsicum |
1 tbsp coconut oil | Salt for taste**

Preparation method:

1. Add all the dals to a blender and blend to make mixed flour.
 2. For 2 cups of mixed flour, add jeera, grated ginger, chilli powder, turmeric powder, chopped coriander, capsicum and cabbage.
 3. Mix all the ingredients well with sufficient water, and leave it aside for 10 minutes.
 4. Grease a dosa pan with coconut oil. Pour the batter on it and allow it to cook completely for 2 minutes on low heat.
 5. Cover and cook on one side and flip.
- Serve the mixed dal dosa 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 1 cup | 2 red chillies | 1 tsp grated ginger | 1 chopped onion |
2 tbsp chopped coriander leaves | 1 tsp coconut oil | salt to taste**

Preparation method:

1. Soak green gram overnight and in the morning, grind it with chillies, ginger and salt. Add chopped onions and coriander leaves.
2. Grease the pan with coconut oil and pour the batter. Allow it to cook completely on low heat. Cover and cook on one side and flip.

Serve the moong dal dosa, hot with chutney.

You can use 1 tsp of gondi as thickening or binding agent

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 | ¼ cup water | 1 cup coconut milk | 1 tsp butter | 2 tsp ghee | salt for taste

Preparation method:

1. Soak the almonds for 10 minutes 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 the batter.
4. Heat a non-stick tawa on low heat. Ladle out half the batter, spread it over the tawa, cover, cook on one side, and flip.
5. Serve the almond cheese dosa 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



Flaxseeds Dosa

Ingredients:

2 tbsp chia seed | 1 tbsp coconut oil | 50g almonds | 100g whole flaxseeds | 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 flaxseeds and transfer all the ground ingredients into a bowl.
Add ½ cup of water and salt to get the 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 and flip.

Serve the flax seeds dosa hot, with coconut chutney.

You can use 1 tsp of gondhu as thickening or binding agent

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 ½ tsp coconut oil | 2 tbsp pumpkin seeds | 2 tbsp whole flaxseeds | 2 tbsp watermelon seeds | salt for taste

Preparation method:

1. Heat a pan on low flame and dry roast the flaxseeds, melon seeds, and pumpkin seeds. Turn off the heat and add chia seeds.
2. Allow the roasted seeds to cool for 2 minutes and grind into a fine powder.
3. Add salt and water to the seed mix.
4. Heat a non-stick tawa on low flame. Take batter and spread it over the tawa. Sprinkle oil on the dosa batter. Cover the tawa with a lid and cook.
5. Repeat previous step with the remaining batter.

Serve the instant dosa hot, with chutney.

Other options:

Instead of coconut oil, you can use ghee or butter.

For thickening/binding add Gondu or xanthan gum

Batter can be stored in the refrigerator up to 1 week

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



Moong Dal Dosa

Ingredients:

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

Preparation method:

1. Soak the moong dal overnight.
2. In the morning, grind the moong dal in a blender along with chillies, garlic, ginger, salt and water, till it is a smooth paste.
3. Heat a non-stick pan on medium flame. Ladle out the batter and spread it over the tawa.
4. Sprinkle some ghee and cook the dosa on both sides.
5. Cover and cook on one side and flip.

Serve the Moong dal dosa hot, with chutney.

Other options:

Instead of ghee, you can use butter or cold pressed coconut oil.

For thickening/binding add gondou or xanthan gum

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



Coconut Uttapam

Ingredients:

**1-2 cup grated coconut | 1 tbsp coconut oil | 1 tbsp milk cream | 1 tbsp chia seeds |
1 chopped onion | 2 chopped green chillies | 1 tbsp peanut | 1 tbsp butter |
1 tbsp curry leaves | 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, chillies, 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.
- Serve warm with chutney.

Other options:

Instead of coconut oil use olive oil, ghee, butter.

For thickening/binding add gondou or xanthan gum

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:

½ cup shredded coconut | 1 tbsp coconut oil | 20 gm 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 seeds 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 uttapam on both sides.

Serve with mint kurma.

Other options:

For thickening add gondu or xanthum gum

Garnish: cilantro, spring onions

Toppings: mozzarella cheese (shredded cheese), cottage cheese

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 | ¼ tsp turmeric | 2 tsp butter | half tomato | 3 tbsp cheese | 5 almonds | 2 tbsp chopped onions | ½ tsp ginger | Pinch of hing | ½ 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.

Serve warm with chutney.

Other options:

Instead of butter use ghee or coconut oil

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



Seeds Paddu

Ingredients:

1 pinch baking soda | 2 tbsp curd | ¼ cup sunflower seeds | ½ tbsp chia seeds | 1½ tbsp coconut oil | 2 green chilli | 5-6 curry leaves | ½ cup chopped onions | 1½ 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 tbsp 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.

Serve seeds paddu, warm with chutney.

Other options:

For improving the consistency of the batter, you can add psyllium husk, gondu or xanthan gum. To the Seeds batter you can also add methi seeds powder, paneer, egg white, tofu and cheese

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



Eggless Cheese Omelette

Ingredients:

¼ tsp salt | ½ bell pepper | ½ tomato | ¼ cup beans | 1 tbsp coconut oil | 25 g cucumber | 2 tbsp onion | 4 slice cheddar-cheese | 1 green chilli | ¼ 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 coconut oil, spread the vegetable mixture along with cheese.
4. Cook on medium flame, flip over and cook the other side as well.
5. Turn off the flame.

Eggless cheese omelette is ready to serve

For thickening/binding agent use besan flour and gondi

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



Dhokla

Ingredients:

20 almonds | ½ cup besan flour | 9 tbsp watermelon seeds | 1 tbsp curry leaves | ¼ tsp lemon juice | pinch of asafoetida (hing) | ½ tbsp coconut oil | ½ tsp ghee | ¼ tsp mustard seeds | a pinch of turmeric powder | 3 tbsp curd | pinch of baking soda | ¼ tsp salt

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 the mixture reaches a semolina like consistency.
4. In a bowl, add the seeds 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(hing) and curry leaves.

Pour the tempering over the dhokla and serve warm with mint chutney.

Other options:

Almond puttu, flax seeds puttu,
low carb healthy fat puttu : Sprouts dhokla,
methi moong dal dhokla, mixed vegetable dhokla



Tips

Instead of coconut oil,
you can use
ghee or butter

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



Scrambled Paneer

Ingredients:

250 g Paneer | 1 cup chopped tomatoes | 3 tbsp butter | ½ cup chopped onion | 1 slice ginger | 4 garlic cloves | 2 chopped green chillies | ½ tsp garam masala powder | ½ tsp coriander powder | ½ tsp red chilli powder | 3 tbsp chopped coriander leaves | 1 tsp salt | ¼ tsp turmeric powder | ½ tsp cumin seeds

Preparation method:

1. Crumble the Paneer (cottage cheese) and keep aside.
2. Crush the ginger and garlic to a paste and keep aside. Keep the spice powders aside.
3. Heat butter in a pan on a medium-low flame.
4. Add cumin seeds. Once it crackles and changes colour (becomes brown) add the onions.
5. When the onions become translucent, add the ginger-garlic paste and chopped green chillies.
6. 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.
7. Add all the dry spice powders - turmeric, red chilli powder, coriander powder, and gram masala powder.
8. Mix the spice powders very well and sauté for 5-6 seconds.
9. Then add the crumbled Paneer. Mix thoroughly and cook for one minute. Don't cook paneer for a long time as they can become hard or rubbery.

Garnish with chopped coriander and serve hot.

Other options:

Flavour: Mixed herbs, basil, mint or oregano

Instead of butter, you can use coconut oil or ghee

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



Coriander Vadi

Ingredients:

**2 tbsp besan flour | 2 tbsp sesame seeds | 1 tsp garam masala | salt to taste |
½ tsp turmeric powder | 1 cup coriander leaves | ¼ 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 for 15 min.
3. After steaming, allow it to cool down for 5 min.
4. Cut it into desired shape and size.
5. Heat coconut oil in a pan over medium flame.
6. Add the coriander vada pieces and shallow fry on both sides until golden and 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



Palak Paratha



LUNCH/DINNER

Ingredients:

2 cup low carb flour | 1 ½ cup palak/ spinach | 2-3 green chilli | 1 tsp Jeera | 1 tsp ajwain | salt for taste | 1 cup water | 1 tbsp ghee

Preparation method:

1. In a blender add 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 papers, 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.

Serve the hot paratha with chutney.

In addition to low-carb flour, you may also use Coconut flour or almond flour or nuts & seeds flour

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 | 2 tsp coconut oil | salt for taste**

Preparation method:

1. Grate or finely crumble the paneer.
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 centre. 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, and serve hot.

Other options:

Paneer: Tofu, chicken, egg, mixed dal, mixed vegetable, bottle gourd or avocado
For thickening/binding agent, you can use gondi

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:

**100g amaranth leaves | 1 tbsp butter | 1 tsp ghee | 1 tbsp psyllium husk |
¼ cup coconut flour | 2 garlic cloves | 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.

You can add gondu for thickening/binding

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



Cauliflower Paratha

Ingredients:

100g cauliflower | 1 pinch turmeric | 2 tsp butter | 4 tsp psyllium husk | 3 tbsp coconut flour | 3 tbsp raw almond flour | ¼ tsp ginger and garlic | ¼ tsp garam masala powder | 6 tbsp luke warm water | 2 tsp ghee | salt for taste

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 the filling, grate 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 2 min.
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 non-stick tawa over a medium flame. Place the rolled paratha on it and spread some ghee on the paratha. Cook for 3 minutes on each side.

Other options:

Cauliflower : Cabbage, mixed vegetable, paneer, tofu, dal, cheese or egg

You can add psyllium husk or gondi for binding/thickening of the dough.

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 Roti

Ingredients:

**1 cup coconut powder (200gm) | 4 tbsp psyllium husk | pinch salt to taste |
1 tbsp curd | 2 tbsp buck wheat atta | 2 tbsp butter**

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 ghee and cook for 2-3 minutes on each side, and serve hot.
- Instead of psyllium husk, you can use gondou or xanthan gum*

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:

**3 tbsp groundnut | ½ cup flaxseeds | ¼ cup whole milk | salt for taste |
2 tbsp coconut oil | 2 tbsp grated cheese**

Preparation method:

1. In a bowl, mix powder of flaxseeds and peanuts with water. Let the batter rest for 20 mins.
 2. Mix grated cheese in warm water and add into the batter along with salt. Let the batter be of a thick consistency.
 3. Pour the dosa batter on a non-stick pan and sprinkle some oil and cook it on both sides.
- Serve it hot with chutney.

Other options:

Add psyllium husk or gondi or xanthan gum for binding/thickening of the dough.
Instead of coconut oil, you can use ghee or butter.

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 ghee | 1 tbsp butter | ½ 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 non-stick tawa on medium heat and place the roti. Smear the roti with ghee and cook for 2 minutes on each side.

Serve the roti, 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:

**2 tbsp chia seeds | 3 tsp coconut oil | ¼ cup chopped onions | 1 tbsp ginger |
1 tsp cumin | 1 cup sunflower seeds | 2 tbsp sesame seeds | ¼ cup curd |
2 tsp psyllium husk | 1 tsp gondi | 1 cup luke warm water | 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 or parchment paper.
3. Spread some oil over the roti and cook on medium flame. Flip over and cook on the other side till done.

Serve it warm with coconut chutney.

Other options:

Instead of sunflower seeds and sesame seeds, you can use pumpkin and water melon seeds
Add psyllium husk or gondi for binding/thickening of the dough

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 | ¼ cup sunflower seeds | 2 tsp ghee | ½ tsp xanthan gum | 2 green chillies | ¼ cup almonds | ¼ tsp ginger | ½ tsp ground dry chilli | ½ tsp cumin | ½ tsp garam masala | salt to taste | lukewarm water (to knead)

Preparation method:

1. Grind sunflower seeds and almonds into a fine powder.
2. Grate 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 chillies, 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 non-stick tawa on medium heat and place the talipattu on it. Spread some ghee on the talipattu and cook for 2 minutes on each side.

Serve warm with coconut chutney.

Other options:

Instead of bottle gourd, you can use ridge gourd, cucumber, pumpkin or ash gourd

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



Nuts and Seeds Chapathi

Ingredients:

**6 tbsp almonds | ½ tbsp chia seeds | 2 tsp ghee | 6 tbsp water melon seeds |
1 tsp butter | ½ tsp xanthan gum/gondu | salt for taste | 1 cup lukewarm water**

Preparation method:

1. Mix all the ingredients in a bowl, knead the flour with luke warm water and make 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.

Serve hot with mint chutney.

Other options:

Almonds : any other nuts (except cashew & pistachios)

Watermelon seeds : any oily seeds

Chia seeds : basil seeds

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



Garlic Naan

Ingredients:

**6 tbsp coconut flour | 2 tbsp curd | 2 tsp coconut oil | ½ tsp xanthan gum |
1 tbsp psyllium husks | ½ tsp baking soda | 2 garlic cloves | ¼ tsp sesame seeds |
½ cup luke warm water | salt to taste**

Preparation method:

1. In a bowl, add 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 sesame seeds and minced garlic on top of the rolled naan.
5. Heat a non-stick tawa over medium heat and place the naan. Sprinkle coconut oil and cook for 5 min and serve warm.

Other options:

Add psyllium husk or gondi for binding/thickening of the dough
Instead of curd, you can use butter, ghee or cream

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:

¼ cup coconut flour | 1 tbsp psyllium husks | 1 tbsp cheese | 2 tbsp raw almond flour | 1 pinch corn starch | pinch of baking powder | 1 tbsp coconut oil | salt to taste

Preparation method:

1. In a bowl, mix coconut flour, almond flour, psyllium husk, cheese, baking powder, salt and luke warm 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 non-stick tawa on medium heat and place the bhakri. Grease with coconut oil and cook for 2 minutes on each side. Serve warm with kurma.

Other options:

Psyllium husk : Gondu for binding/thickening of the dough

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



Coconut & Cauliflower Rice

Ingredients:

**½ cup shredded coconut | ½ cup cauliflower rice | ¼ tsp mustard seeds |
2 tbsp coconut oil | 5 almonds | 1 dried red chilli | a pinch of hing | 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 dry red chilli, hing, curry leaves, coconut and almond pieces and sauté.
4. Add cauliflower rice and salt, and mix well.

Serve warm with dal or Sāmbār.

Other options:

Coconut oil : Ghee or butter

Cauliflower : Cabbage or broccoli

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:

¼ tsp salt | 200g cauliflower rice | a pinch of turmeric powder | 2 cloves | 1 ½ tsp ghee | ½ tomato | ½ onion | ½ tsp ginger garlic paste | 1 green chilli | ½ tsp coriander powder | ½ tsp red chilli powder | 1 cardamom | 1 bay leaves | ½ tsp cumin powder | ¼ cup water | 75gm methi(fenugreek) leaves

Preparation method:

1. Grind onion to a smooth paste and finely chop methi leaves, tomato and green chilli.
2. Grate cauliflower into "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 bay leaf, cardamom, and clove. Add ground onion, ginger garlic paste and green chilli, and sauté 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. Sauté until soft
8. Add the cauliflower rice and mix well, cover, cook for 3 minutes and serve warm.

Other options:

Cauliflower : Cabbage or broccoli

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:

¼ tsp salt | 100g spinach | 200g cauliflower | 2 tbsp ghee | ½ cup onion | 2 green chillies | ½ tsp cumin seeds | 1 bay leaves | 3 tbsp water | 2 garlic cloves | Salt for taste

Preparation method:

1. Finely chop onion and garlic.
2. Grate the cauliflower into “rice”
3. Add grated cauliflower and ¼ 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 cumin seeds and bay leaf. After the cumin seeds start to pop, add the onion, garlic, spinach and sauté for a minute.
6. Add the ground paste, remaining salt, cauliflower rice and mix well.

Serve warm.

Other options:

Instead of ghee, you can use butter or coconut oil

Serving size(gm/cup)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein(gm)
1 cup (100 gm)	105.9	10.12	3.1	7.17	2.91



Cauliflower Lemon Rice

Ingredients:

1 ½ cup cauliflower | 1 pinch turmeric | ¼ tsp mustard seeds | 1 tbsp coconut oil | 2 green chillies | 4-5 curry leaves | ¼ 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 starts popping, add green chilli, hing, curry leaves, turmeric powder and ginger.
4. Then add tempering to the cauliflower lemon rice and mix well and serve hot.

Other options:

Instead of coconut oil, you can use ghee or butter. You can also use cumin seeds for the seasoning.

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 Bisi Bele Bhath

Ingredients:

3 tbsp grated coconut | 1 cup cauliflower rice | ¼ tsp turmeric | ¼ tsp mustard seeds | 3 tbsp ghee | 1 cinnamon sticks | 2 green beans | ½ tsp ghee | 4 almonds | 1 tsp lemon juice | 1 tsp cumin | 1 tsp poppy seed | ¼ tsp hing | 5 tbsp coriander seeds | ½ tsp fenugreek | 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 vegetables in ½ inch size. Heat ghee in a pan, add all vegetables and sauté for 2 minutes.
3. Add ½ cup water, salt and cook the vegetables. 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, allow it to pop and add chopped almonds, dry red chilli and curry leaves.
6. Add the above tempering to the Bisi bele bhath, garnish with coriander leaves and serve hot.

Other options:

Garnish: Dry coconut flakes, sesame seeds, fresh coconut flakes

Instead of cauliflower rice, you can use cabbage or broccoli rice

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



Cauliflower Curd Rice

Ingredients:

***½ cup whole milk plain curd | 1 cup cauliflower rice | ¼ tsp mustard seeds |
½ 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.*
- Garnish the curd rice with coriander leaves and serve.*

Other options:

Coconut oil: Ghee or butter

Cauliflower rice: Cabbage or broccoli rice

Normal curd: Plant based curd

Add green gram dal or urad dal for seasoning

<i>Serving size</i> (gm/cup)	<i>Energy</i> (Kcal)	<i>Total Carbohydrate</i> (gm)	<i>Fiber</i> (gm)	<i>Fat</i> (gm)	<i>Protein</i> (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 | ½ bell peppers | 4 green beans |
1 tbsp coconut oil | 2 tbsp chopped onions | ½ tsp ginger | ½ tsp pepper |
2 garlic cloves | Salt to taste**

Preparation method:

1. Heat oil in a pan.
2. Add chopped garlic and ginger and sauté till they are slightly done.
3. Add remaining chopped vegetables and fry for 2-3 mins until vegetables are cooked.
4. Finally add cauliflower rice, vinegar, pepper powder and salt as required. Mix everything well and sauté for 2 mins, and serve hot.

Other options:

Sauce: Chilli sauce, soya sauce

Garnish : Coriander leaves or spring onions

Instead of cauliflower rice use cabbage or broccoli rice

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



Cauliflower Poha

Ingredients:

**1 cup cauliflower | 1 pinch turmeric | ¼ tsp mustard seeds | 1 ½ tbsp ghee |
2 tbsp peanuts | 1 onion | 2 green chilli | 1 tbsp coriander leaves | 2 tsp lemon juice |
1 tbsp curry leaves | 1 tbsp coconut oil | 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. Add mustard seeds and once they start popping, add onions, green chillies, curry leaves and turmeric powder. Sauté for 2 minutes.
7. Add the boiled cauliflower rice, cauliflower stalks and mix well.
8. Garnish with coriander leaves and add lemon juice, and 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 | 2 green chillies | 1 tsp chilli powder | 1 tsp garam masala powder

Preparation method:

1. Cut beans, cauliflower and onions in desired shape.
2. Boil the vegetables with little salt, chilli powder and garam masala. Keep it aside.
3. Heat coconut oil in a pan. Add finely chopped onions and sauté 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 vegetables and mix it nicely. Add salt to taste.
7. Garnish with coriander leaves and serve hot.

Other options:

Pumpkin : Ash gourd or squash

Cauliflower rice : Cabbage or broccoli rice

Coconut oil : Ghee or butter

Add hing for digestion

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



Vegetable Khichdi

Ingredients:

2 cup cauliflower | one pinch turmeric | pinch of mustard seeds | 1 tsp butter | ¼ tsp xanthan gum | 2 green beans | 2 dried red chilli | ¼ tsp ground dry chilli | ½ tsp cumin | pinch hing powder | ½ tsp mixed spices(biryani masala) | 2 tsp flaxseed | 5gm almonds | ½ cup chironji seeds (charoli nuts) | salt for taste

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 into rice.
3. In a pressure cooker, cook the grated cauliflower, ground chironji, beans, flaxseeds 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 and xanthan gum. Cook on low heat for 3 minutes, and serve warm.

Other options:

Chironji seeds : Green gram dal, toor dal or chana dal

Cauliflower rice : Cabbage or broccoli rice

Butter : Coconut oil or ghee

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



Baked veg au gratin

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 |
1 tbsp mixed herbs | 1 tbsp butter/ghee | salt to taste**

Preparation method:

1. Melt ghee/butter in a stir fry pan and sauté the vegetables with salt.
2. Add all the spice powders and half cook the vegetables to retain their crunchiness.
3. Transfer the vegetables to a microwave & OTG safe tin.
4. Add 2-3 tbsp of tomato sauce and mix well.
5. Layer the top with shredded cheese/ cheese slice.
6. Sprinkle mixed herbs.
7. Bake it at 160°C for 10 minutes or microwave it until cheese melts.

Other options:

Herbs: Oregano, basil, thyme, rosemary

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



Kadhi

Ingredients:

750ml water | 250ml full fat yogurt | 20g ginger chilli paste | pinch of fenugreek seeds | pinch of cumin seeds | pinch of 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 powder 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 chilli paste. Keep stirring continuously or the mixture will split.
4. Add 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 – Warm ghee in a saucepan and add dry red chilli, whole spices and stir frequently.
7. Once the spices start releasing aroma, add red chilli powder, turmeric and asafoetida.
8. Add the tempering and simmer the kadhi for about 15 min.
9. If it's too thick, add more water. Add salt according to taste.
10. 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

Benefits of Low Carb Bakery Products

- > **Gluten free**
- > **Sugar free**
- > **No added sugars**
- > **No added artificial preservatives**
- > **Reduced blood sugar levels**
- > **Reduced triglycerides**
- > **Reduce blood pressure**
- > **Increased HDL level**
- > **Effective against metabolic syndrome**

Why low carb Bakery products?

Normal Bakery Products	Low carb Bakery Products
<i>Made up of grains (wheat and Maida) Ex: Multigrain Bread</i>	<i>Made up of nuts and oily seeds Ex: Almond bread, Multiseeds bread</i>
<i>Contains refined sugars Ex: maple syrup, honey</i>	<i>Contain plant based sweeteners Ex: Stevia , erythritol</i>
<i>Cookies and biscuits made up of Maida</i>	<i>Cookies and biscuits made up of almond and coconut flour</i>
<i>Energy bars made up of high sugars</i>	<i>Energy bars are made from healthy nuts</i>
<i>Usage of vegetable oil/ refined oil</i>	<i>Usage of cold pressed oil/ ghee/ butter</i>
<i>Artificial flavour</i>	<i>No artificial flavour used</i>



Peanut Butter Balls



BAKERY

Ingredients:

2 cup cream cheese | ½ cup unsweetened peanut butter | ¼ cup coconut oil | pinch salt | ½ cup dark chocolate chips

Preparation method:

1. Line a parchment paper in a bowl.
2. Combine the cream cheese, peanut butter, ¼ cup coconut oil, and salt.
3. Beat the mixture for about 2 minutes until fully combined. Place the bowl in the freezer for 10-15 minutes to firm up slightly.
4. 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.
5. 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.
6. Drizzle it over the peanut butter balls and place them back in the refrigerator to harden, for about 5 minutes.
7. Store 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



Laddu

Ingredients:

**¼ cup grated coconut | 25gm almonds | ¼ tsp sesame seeds | 1 tbsp ghee |
1 tsp pumpkin seeds | ¼ cup watermelon seeds | 2 tbsp stevia |
pinch of cardamom powder**

Preparation method:

1. Heat a pan over medium heat. Dry roast almonds and melon seeds. Grind into 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 heat, add pumpkin seeds, coconut and white sesame seeds.
5. Turn off the heat and add to dry mixture and stir to combine.
6. Make small balls from the mixture to form laddus.

Serving size(pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein(gm)
1 no	380	20.1	5.3	32.6	6.5



Jamun

Ingredients:

2 tbsp coconut flour | 3 tbsp almond flour | ¼ cup stevia | ¼ cup water | ½ tsp cardamom powder | pinch of baking powder | 2 tbsp coconut oil | ½ tsp xanthan gum | ½ cup cheese

Preparation method:

1. In a bowl, mix cheese, almond flour, coconut flour, xanthan gum, baking powder and knead to the consistency of a soft dough.
2. Divide the dough into small balls and let it rest for 5 minutes.(Do not keep the dough for long duration).
3. To make the syrup in a pan, bring water to boil on medium heat. Add stevia and cardamom powder. Cook for 5 minutes and turn off the heat.
4. Heat coconut oil in a pan over medium heat. Once warm, add jamun balls. Fry on all sides until golden.
5. Add fried jamun in the warm stevia syrup and serve warm or cold.

Serving size (pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
2 no	679	19.5	9	58.9	21



Pumpkin Cheese Balls

Ingredients:

**4 tsp coconut flour | 4 tsp almond flour | 300 gm pumpkin | 40 gm cheddar cheese |
¼ tsp black pepper | pinch of salt**

Preparation method:

1. Peel the pumpkin skin and cut into small pieces.
2. Pressure cook pumpkin with ½ cup water for 2 whistles.
3. After the pressure settles down, drain the boiled pumpkin and mash into smooth paste.
4. Heat an empty pan on high heat, add mashed pumpkin and sauté to remove excess moisture. Allow the mashed pumpkin to cool.
5. In a bowl, mix mashed pumpkin, coconut flour, almond flour, black pepper powder and salt. Knead the dough to a soft consistency.
6. Cut the cheese into long shape pieces and cover the cheese with pumpkin mixture.
7. Heat coconut oil in a pan over medium heat. Once warm, lower the flame and add the cheese balls.
8. Fry until golden and serve warm.

Other options:

Pumpkin Paneer balls

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



Flax Seed Bread

Ingredients:

3 cups almond flour | ½ cup flaxseeds | ½ tbsp baking powder | 1 tsp sea salt | 4 eggs | ½ cup unsalted butter | 1 cup warm water

Preparation method:

1. Preheat the oven to 350°F (177°C), line a loaf pan with parchment paper.
2. In a large bowl, stir together almond flour, flaxseed meal, baking powder, and sea salt.
3. Stir eggs and melted butter, then stir with warm water.
4. Mix well until air bubbles appear and then add flaxseeds.
5. Transfer the batter to the lined baking pan. Smoothen the top evenly to form a rounded surface. Sprinkle more flaxseeds over the top, if desired.
6. Bake for 45-50 minutes to get a crusty, brown top.

Other options:

Eggless bread, almond bun

Serving size(pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein(gm)
2 slices	1540.7	53.27	38.85	134.75	50.05



Multi Seeds Bread

Ingredients:

¼ cup unsalted sunflower seeds | ¼ cup unsalted pumpkin seeds | 3 tbsp flaxseeds | 3 tbsp sesame seeds | 1 ¾ cup almond flour | ¼ cup coconut flour | 1 tbsp baking powder | ¼ tsp salt | 3 large eggs | 1 cup buttermilk | ¼ cup coconut oil | 1 tbsp chia seeds | 1 tbsp stevia drops

Preparation method:

1. Preheat oven to 350° F. Line the bottom of the loaf pan with parchment paper.
2. In a pan, dry roast sunflower seeds, pumpkin seeds, flaxseeds and sesame seeds over medium heat, until it turns light brown.
3. Reserve 2 tablespoons of the seed mixture in a small bowl; transfer the remaining seeds to a large bowl.
4. In a bowl add the roasted seeds, almond flour, coconut flour, baking powder, baking soda and salt.
5. Whisk eggs, buttermilk, oil, chia seeds and stevia drops in another bowl. Stir all the ingredients until combined well.
6. Transfer the batter to the lined baking pan. Smooth the top evenly, sprinkle the reserved seeds, pressing them gently into the batter to help them adhere. Let stand for 10 minutes.
7. Bake until golden brown for about 40 minutes. Cool the pan for 30 minutes.
8. Remove from the pan when completely cooled.
9. Multi seeds bread is now ready to eat.

Other options:

Eggless bread, almond bun

Serving size(pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein(gm)
2 slices	884.1	34.65	16.17	74.9	31.15



Low Carb Bread/Bun

Ingredients:

7 eggs | 2 cups almond flour | ½ cup unsalted butter | 2 tbsp chia seeds | 3 tbsp sesame seeds | 1 tsp baking powder | ½ tsp xanthan gum

Preparation method:

1. Preheat oven to 180°C (355°F)
2. In a mixing bowl, whisk the eggs together.
3. Add the remaining ingredients and mix well. Using an electric whisk or hand mixer can make the mixture thick.
4. Pour into a loaf pan lined with baking paper. Place sesame seeds on top .
5. Bake for 40 minutes and cool completely before removing from the pan.
6. Low carb bread is now ready to eat.
7. Best kept in the fridge for up to 5 days, or frozen for up to 3 weeks.

Other options:

Eggless bread, almond bun, flaxseeds bread, multi seeds bread

Serving size (pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
2 slices	609.7	14.805	21.608	52.82	26.06



2 Minute Instant Bread

Ingredients:

***¼ cup Almond flour | 1 tbsp coconut flour | 1 tbsp unsalted butter |
⅛ tsp baking powder | 1 egg***

Preparation method:

1. Place all the ingredients in a mug and combine them well.
2. Microwave it only for 90 seconds.
3. Let it cool down.
4. Loosen the bread from the edges of the mug using a knife.
5. Flip the mug upside down, and slice the bread.

Other options:

Pumpkin bread, zucchini bread, sesame seed bread

Serving size (pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
2 Slices	501	14.87	5.9	43.65	12.73



Keto Egg Bread

Ingredients:

250 gm cheese | 8 eggs | 50 gm butter | 1 tbsp stevia | 1 tbsp cold water | 1 tbsp gelatin powder | 1 tbsp hot water | 1 tsp cinnamon powder | ¼ tsp nutmeg

Preparation method:

1. Preheat the oven to 180°C (355°F).
2. In a mixing bowl, beat the cream cheese with eggs, butter, and stevia until it becomes a smooth paste.
3. Combine cold water and gelatine powder to rehydrate the gelatine. Leave it to sit for 3 minutes.
4. Remove gelatine from cold water and transfer to hot water, then beat into the egg mixture.
5. Line a loaf pan with baking paper and pour the batter into the tin.
6. Sprinkle with cinnamon and nutmeg, and gently stir it in with a spoon. This will give the loaf a brown colour on top.
7. Cook in the oven for 40 minutes and cool completely before removing from the pan.
8. Keto egg bread is now ready to eat.

Other options:

Keto naan bread, low carb sesame crisp bread, low carb poppy seed bread, nut free bread

Serving size (pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
2 slices	337.25	2.85	0.708	27.04	22.07



Low Carb Granola Bars

Ingredients:

9 tbsp almonds | 2 tbsp walnuts | 6 tbsp sesame seeds | 7 tbsp pumpkin seeds | 2 tbsp flaxseeds | $\frac{2}{3}$ cup shredded coconut | dark chocolate | 6 tbsp coconut oil | 4 tbsp sesame paste | 1 tsp vanilla paste | 2 tsp ground cinnamon | pinch salt

Preparation method:

1. Preheat the oven to 350°F (175°C).
2. Mix all the ingredients in a blender or food processor to get a coarse mixture.
3. Spoon the mixture into a baking dish, preferably lined with parchment paper.
4. Bake for 15–20 minutes, or until the mixture turns golden brown.
5. Let it cool before removing from the baking dish. Divide into pieces with a sharp knife.
6. Melt the chocolate using a double boiler or microwave oven.
7. Top the granola bars with melted chocolate.

Other options:

Nuts granola, nuts bar, almond butter bars

Serving size(pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein(gm)
1 no	365.21	13.07	5.47	31.93	10.426



Peanut Butter Cookies

Ingredients:

$\frac{3}{4}$ cup peanut butter | $\frac{2}{3}$ cup stevia | 1 egg | $\frac{1}{2}$ tsp vanilla extract | $\frac{1}{2}$ salt | $\frac{1}{4}$ cup butter

Preparation method:

1. Preheat oven to 360°F (180°C). Make sure the butter is soft, and mix all the ingredients in a bowl until well combined.
2. Roll them into small balls and squash flat with a fork.
3. Bake for 15 – 20 mins until slightly brown.
4. Cool on a baking tray for 20 mins and enjoy!

Other options:

Eggless almond cookies, Coconut cookies, Peanut cookies, Nut cookies

Serving size(pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein(gm)
1 no	335.6	8.1	1.8	30.5	11.8



Lemon Coconut Cake

Ingredients:

***½ cup coconut flour | 5 eggs | ½ cup stevia | ½ cup butter | ½ lemon |
½ tsp lemon zest | ½ tsp xanthan gum | ½ tsp salt | 1 cup cream cheese |
3 tbsp stevia | 1 tsp vanilla extract | ½ tsp lemon zest***

Preparation method:

1. Separate the egg whites and yolks. Beat the egg whites until they form white peaks.
2. Add the remaining ingredients to the same bowl and combine well.
3. Pour into a greased loaf pan.
4. Bake at 180° C (355°F) for 45 mins.
5. While the cake is in the oven, beat the cream cheese, stevia, vanilla extract and lemon zest together with an electric beater or hand beater.
7. Set aside and let the cake cool down
8. Ice the cake

Lemon coconut cake is now ready to eat

Other options:

Almond flour brownie, almond cake, almond flour muffins, chocolate muffins with almond flour

Serving size (pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
1 piece	284.6	11.04	5.08	24.64	8.3



Brownie Bites

Ingredients:

**¼ cup creamy almond butter | ¼ cup stevia drops | ¼ cup chocolate chips |
2 tbsp almond flour | 3 tbsp cocoa powder | 1 pinch salt**

Preparation method:

1. Add all wet ingredients into a medium microwave safe bowl. Melt for about 40 to 60 seconds. Remove from microwave and stir well, until chocolate chips melts and becomes a smooth mixture.
2. Add all dry ingredients to the wet ingredients and stir well to make a smooth dough.
3. Roll dough into small bite size balls (if dough feels too soft or sticky to work with, then leave aside at room temperature for a few minutes to thicken and firm up).
4. Let bites cool completely (they will continue to firm up even more as it cools) before storing in an air tight container.

Serving size (pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
1 no	571.9	38.5	10.85	44.45	16.59



Ladies Finger Fry



SNACKS

Ingredients:

¼ cup sunflower seeds | 1 tbsp sesame seeds | ½ tsp turmeric powder | 200gm ladies finger | 4 tbsp coconut oil | ¼ tsp ginger | ½ tsp garam masala powder | ¾ tsp coriander powder | ¾ tsp red chilli powder | 1 tsp lemon juice | ¼ tsp cumin powder

Preparation method:

1. Roast sunflower seeds, sesame seeds and grind into a fine powder. Add chilli powder, turmeric, coriander powder, cumin powder, garam masala, ginger paste, and salt in a bowl and mix well. Add lemon juice to the mixture.
2. Cut the ladies finger into two halves and sideways and mix with the spices mixture.
3. Marinate for 10 minutes.
4. Heat a pan, pour oil and deep fry the marinated ladies finger on medium flame till they turn crispy.
5. Serve hot.

Other options:

Avocado chips, baked zucchini chips

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



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 mix until you get a smooth batter.
3. Scoop the mixture on the lined pan, leaving 2 - 3 inches of space in between the scoops.
4. Using 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 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 no	244.51	9.89	3.842	37.9	6.3



Low Carb Veg Samosa

Ingredients:

1 tsp butter | 1 cup cauliflower | 4 tbsp onion | 1 tbsp ginger paste | ½ tsp coriander seeds powder | 1 tsp garam masala | ¼ tsp cumin seeds | ¼ tsp red chilli flakes | ¾ cup almond flour | ½ cup mozzarella cheese

Preparation method:

For the filling:

1. Preheat a pan over medium heat, add butter, onions and cauliflower.
2. Sprinkle salt over the vegetables. Cook by stirring occasionally the vegetables are cooked.
3. Add ginger paste, coriander, garam masala, ground cumin seeds and chilli flakes. Stir for 1-2 minutes and turn off the heat.
4. Preheat oven to 375° F.

For the dough:

1. Set up a double boiler. Use a large sauce pan with about 1 ½ - 2 inch of water in it and a medium mixing bowl that fits on top.
2. Bring the water in the lower part of the double boiler to a simmer over high heat. Once it is simmering turn heat to low.
3. Meanwhile, place the almond flour, cumin, salt and mozzarella in the top part of the double boiler, stir together.
4. Place the bowl containing the almond flour mixture over the simmering water.
5. Stirring the mixture constantly until the mozzarella cheese melts and the mixture forms a dough.
6. Place the dough on a parchment paper and knead well.
7. Take small ball size dough, roll the dough into rectangular shape and cut into 2 squares.
8. Fill the centre of each square with the filling. Join the two ends to form a triangle and pinch the edges closed.
9. Place the samosa on the sheet.
10. Fry it until it turns golden and crispy.

Other options:

Chicken samosa, egg samosa

Serving size(piece/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein(gm)
1 no	154.32	11.2	2.816	10.15	7.14



Almond Bread Cheese Sandwich

Ingredients:

½ tbsp unsalted butter | 1 slice cheddar cheese | 2 slice almond bread

Preparation method:

1. Heat a pan on medium heat. Add butter to the hot pan, place both slices of bread into the hot butter. Flip the bread and toast on both sides.
2. Place cheese on one side of the bread and place the other bread slice over the cheese.
3. Toast for another minute on both sides until the cheese melts
4. Serve hot.

Other options:

Almond bread egg sandwich, almond bread non-veg sandwich

Serving size (pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
2 no	519.5	8.4	5.1	43.4	25.28



Cabbage Rolls

Ingredients:

**450 gm cabbage | 200 gm cauliflower | 60 gm butter | 1 onion | salt to taste |
30 gm heavy whipping cream | ½ tsp ground black pepper | 1 cup coconut milk |
1 tsp soy sauce**

Preparation method:

1. Set the oven to 400°F.
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 butter. Sauté onion and cauliflower in it. Add salt and pepper as per your taste and 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, sauté the rolls on both sides until the rolls turn slightly brown.
6. Place the cabbage rolls in a microwave-safe bowl or dish and bake for about 30 minutes.
7. Set aside the cabbage juice for the gravy.
8. In a skillet or saucepan, add heavy whipping cream, soy sauce, salt, pepper, and cabbage juice. Bring the mixture to a boil for 5 minutes or until it thickens.
9. Serve the keto cabbage rolls with the gravy.

Serving size(pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein(gm)
1 no	1174	51	14.8	109.4	17.1



Kulfi

Ingredients:

¼ cup almonds | 5 saffron threads | ¼ cup fresh cream | ¼ cup stevia | ¼ cup water

Preparation method:

1. Soak almonds in water for half an hour. Peel the skin and grind it to a smooth paste.
2. Heat a pan over low flame and boil water in it. Once it starts to boil, add fresh cream, stevia and almond paste.
3. Stir continuously until the mixture thickens.
4. Turn off the heat and add saffron strands.
5. Pour the mixture into kulfi moulds and freeze for at least 6 hours.
6. Serve cold.

Serving size (pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
1 no	40.8	8.8	3.8	39	8.9



Strawberry Ice- Cream

Ingredients:

16 oz strawberries | 2 cups heavy cream | 1 teaspoon erythritol

Preparation method:

1. Add strawberries to a blender or food processor and blend until chunky.
2. Set aside $\frac{1}{4}$ of the strawberries.
3. Add heavy cream and erythritol to the blender and blend until cream starts to thicken.
4. Add the remaining strawberries and blend it smooth.
5. Pour mixture into a large bowl, cover and freeze for 4-5 hours.
6. Serve and enjoy.

Other options:

Butter pecan ice-cream

Serving size (pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
1 scoop	141.2	3.872	0.728	13.872	1.36



Non-Veg Cutlet

Ingredients:

1 egg | ½ tsp salt | 100 gm ground chicken | 200 gm cauliflower | ¼ tsp turmeric powder | ¼ cup coconut oil | 10 almonds | ¼ tsp ginger garlic paste | 2 green chilli | 1 tsp garam masala powder | ¼ tsp black pepper

Preparation method:

1. Chop cauliflower and cook with water for 2 minutes. Coarsely grind the cauliflower.
2. Squeeze out excess water from grounded cauliflower using cotton cloth.
3. Pressure cook the chicken with salt and turmeric powder for 3 whistles. Remove the lid and sauté the chicken until it becomes dry.
4. Grind almonds and green chilli to make a fine paste.
5. In a bowl, beat an egg with crushed pepper and a pinch of salt
6. Knead grounded cauliflower and chicken, almond and green chilli paste, garam masala, ginger garlic paste, salt, half beaten egg into small balls.
7. Flatten the balls to make flat cutlets, brush the cutlet on both sides with the remaining beaten egg paste.
8. Heat coconut oil in a pan over low flame and shallow fry the on both sides.
9. Serve warm.

Serving size(pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein(gm)
1 no	106.75	1.05	0.375	9.7	4.15

Veg Cutlet

Ingredients:

6 tbsp melted ghee | 2- 3 eggs try | 1 ½ teaspoons pepper powder | 500 gms cabbage [medium-sized] (coarsely grated) | 1 tsp ginger powder | ½ tsp red chilli powder | ¼ tsp garam masala | 3 tbsp powdered almonds or almond flour | a pinch of turmeric powder | freshly cut coriander

Preparation method:

1. Shred the cabbage and remove the excess water from it and keep it in a bowl. Heat a pan and add 2 tablespoons of ghee to it.
2. Once the ghee is completely melted, sauté garlic, ginger powder and salt. Once the garlic turns brown remove the frying pan from the heat.
3. Add this seasoning to the coarsely grated cabbage and mix thoroughly.
4. Add red chilli powder, garam masala, turmeric powder and pepper powder to the above mixture.
5. Add 2 eggs to bind the mixture well.
6. Add powdered almonds to the cabbage mixture for thickening it and mix thoroughly.
7. Place a frying pan on low flame and add 5 tablespoons of ghee to it.
8. Take about 1 tablespoon of the cabbage cutlet mixture in your hand, shape it into a cutlet. Shape the entire mixture into cutlets and keep it ready.
9. Shallow fry the cutlets on both sides. Do not cook the cutlets on high heat as they will burn and remain raw inside.
10. Serve cabbage cutlets with home-made mint sauce.

Serving size(pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein(gm)
1 no	82.38	2.86	1.06	7.4	1.9



Besan Sev

Ingredients:

¾ cup Pumpkin seeds powder | ½ tsp cumin seeds | ¾ tsp Xanthan Gum | 1 tbsp Coconut oil | Pinch of Hing (asafoetida) | ½ tsp black pepper | 1½ tbsp water |

Preparation method:

1. Sieve the pumpkin seed powder and crush black pepper coarsely.
2. In a bowl, mix pumpkin seed powder, xanthan gum, cumin seeds, crushed black pepper, asafoetida and salt. Knead with water to a dough consistency.
3. Heat coconut oil in a pan on medium heat, once warm lower the flame.
4. Add the dough to a sev press. Press the dough directly into the pan.
5. Fry until golden and crispy.

<i>Serving size</i> (gm/cup)	<i>Energy</i> (Kcal)	<i>Total Carbohydrate</i> (gm)	<i>Fiber</i> (gm)	<i>Fat</i> (gm)	<i>Protein</i> (gm)
100gm	355	30.7	9.3	22.5	9.2



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 | pinch asafoetida | 1 tbsp desiccated coconut | salt for taste

Preparation method:

1. Heat a pan on medium flame and add coconut oil. Add hing and curry leaves.
2. 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 (cup/gm)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
100g	226	10.2	4.35	19.45	5.45



Chakli

Ingredients:

1 pinch salt | ¼ cup sunflower seeds | ¼ tsp sesame seeds | 2 tbsp coconut oil | 2 tbsp roasted peanuts | 1 tbsp besan flour | 2 tbsp water

Preparation method:

1. Grind the sunflower seeds and roasted peanuts into a fine powder.
2. Sieve the sunflower seed, peanut powder and besan into a bowl.
3. Add white sesame seeds, salt and mix well.
4. Mix with water to create a smooth dough.
5. Heat coconut oil in a pan over medium heat.
6. Add the dough inside a chakli press. Press the dough directly into the oil in the pan.
7. Fry both sides until golden.

Serving size(pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein(gm)
4 small pieces	551	12.3	5.1	52.8	12



Vada

Ingredients:

20 gm almonds | ¼ cup onion | ½ tsp red chilli powder | 2 tbsp coriander leaves | ¼ tsp cumin seeds | 5 gm garlic | 50 gm chironji seeds | salt as per taste

Preparation method:

1. Soak chironji seeds and almonds for 4 hours.
2. Drain the water and grind chironji seeds and almonds without adding water.
3. Chop onion and coriander leaves, finely crush the garlic.
4. In a bowl, mix ground seeds, chopped onion, red chilli powder, cumin seeds, garlic and coriander leaves.
5. Divide into small balls and roll into a vada shape.
6. Heat coconut oil in a pan over low heat. Add the shaped vadas and fry on all sides until golden.

Serve warm with your favourite chutney.

Serving size(pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein(gm)
2 no	233	29.6	5	117	8.8



Masala Papad

Ingredients:

½ tbsp almond flour | 20g cucumber | ¼ cup onion | 2 tsp coriander leaves | 2 tsp lemon juice | ¼ tsp turmeric powder | ¼ cup tomato | ¼ cumin powder | 1/5 tbsp flaxseed powder | 2 tsp sesame seeds powder | ¼ cup mozzarella cheese | ¼ chaat masala | 2 tsp pumpkin | seeds powder | ½ tsp red chilli flakes

Preparation method:

1. Melt cheese in the microwave for 20 seconds.
2. In a bowl, mix almond flour, flaxseed powder, sesame seeds powder, pumpkin seeds powder, turmeric powder, cumin powder, red chilli flakes, salt and melted cheese. Knead to the consistency of a dough.
3. Divide the dough into two uniform balls. Place a dough ball between 2 parchment papers and roll into a thin, round shape.
4. Heat a non-stick pan over low heat, place the rolled papad dough and cook on both sides until crispy and golden brown.
5. Repeat the previous step with the remaining dough.
6. Garnish the papads with finely chopped onions, tomato, cucumber, coriander leaves and lemon juice.
7. Sprinkle chaat masala and serve.

Serving size(pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein(gm)
1 no	223.1	15.8	5.2	14.2	11.3



Pav Bhaji

Ingredients:

**2 egg | 5 tbsp unsalted butter | 50 g cauliflower | ¼ tsp turmeric powder |
½ carrot | ½ green bell pepper | 1 tomato | 3 beans | 1 tbsp butter |
½ cup almond flour | 1 onion | ½ tsp ginger garlic paste | ½ tsp red chilli powder**

Preparation method:

For Pav:

1. In an electric beater or hand beater add almond flour, egg, baking powder, 2 tbsp butter, salt to taste and beat for 10 minutes.
2. Grease a pan with butter and pour the batter. Bake the bun in an oven toaster grill at 230° C for 10 minutes and cut into 4 pieces.

For bhaji:

1. Pressure cook cauliflower, carrot, capsicum and beans for 2 whistles. Once pressure settles down, mash it with a spatula.
2. Add tomato in hot water. Peel the skin and mash the tomato.
3. Heat a pan with oil on medium heat, add ¼ onion, ginger garlic paste and sauté until fragrant.
4. Add tomato puree and sauté. Add red chilli powder, turmeric powder, pav bhaji masala, stevia, ½ tsp salt and mix well.
5. Lower the flame, add butter and mashed vegetables. Cook for 5-7 minutes, garnish with lemon juice and coriander leaves.
6. Heat another pan with butter on medium heat, slice the bun into two and toast on both sides.
7. Pav bhaji is ready to serve.

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



Kachori

Ingredients:

**¼ cup curd | ¼ cup broccoli | 2 tbsp coconut oil | ½ tsp xanthan gum |
½ cup coconut flour | ½ cup almond flour | 1 green chilli | ½ tsp garam masala powder |
2 tbsp coriander leaves | ½ tsp ajwain**

Preparation method:

1. For the filling, grate broccoli and finely chop green chilli, coriander leaves and almonds.
2. Heat coconut oil in a pan over medium heat. Add broccoli, green chilli, coriander leaves, and salt.
3. Sauté for 2 minutes and allow to cool.
4. In a bowl, mix almond flour, coconut flour, xanthan gum, curd, ajwain, garam masala, ¼ tsp salt and water. Knead to the consistency of a roti dough.
5. Cover and rest the dough into small balls.
6. Divide the dough into small balls. Flatten the dough and place the stuffing inside to make a round ball, brush it with coconut oil.
7. Repeat the previous step with the remaining dough.
8. Preheat the oven to 180° C for 10 minutes and bake the kachori on both sides for 15 minutes each.
9. Serve warm with your favourite chutney.

Serving size(pieces/no)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein(gm)
1 no	106.375	7.575	4.08	8.05	3.125



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 chaat masala | salt for taste**

Preparation method:

1. Boil peanuts in a pressure cooker with water and salt. Cook for 12-15 minutes. Drain off all the water and cool down for 5 minutes.
2. Chop all the vegetables in small pieces.
3. In a mixing bowl, add peanuts, cucumber, tomato, green chilli, coriander leaves, red chilli powder and chaat masala.
4. Toss all ingredients well so that the peanuts are well seasoned.
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 (100gm)	218	15.62	5.96	15.32	9.71



Chia Pudding

Ingredients:

1tbsp chia seeds | ½ cup almond milk | ½ fruit strawberry | nuts

Preparation method:

1. In a mason jar/ dessert bowl add the chia seeds.
2. Pour the milk/curd of your choice and stir well.
3. Cover it & let it sit for a minimum of 4 hours or overnight.
4. Once the chia seeds soak in & double up add chopped berries/strawberries
5. Garnish with nuts.

Other options:

Use **coconut milk or curd or yogurt** instead of almond milk

Use **any other berries** instead of strawberries



Tips

Add or reduce the liquid content as per the consistency of one's choice.

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

Source: Pratishtha Hegde



Zucchini Egg Fried Rice



EGGETARIAN

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 | 1 tsp coconut oil

Preparation method:

1. Grate the zucchini and chop the other vegetables.
2. Scramble eggs with a pinch of salt and pepper.
3. In a pan, cook the vegetables with little water.
4. Sauté the zucchini in ghee or butter until soft.
5. Heat coconut oil in a pan, add vegetables, scrambled egg and mix well.
6. Add salt, pepper and coconut aminos.
7. Mix well and serve hot.

Other options:

Sauce: use soya sauce or chilli sauce for spices

Garnish : Garnish with spring onions and coriander leaves



Tips

Instead of zucchini
use cauliflower,
cabbage or broccoli
or bell pepper

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

Preparation method:

1. Cut capsicum into thick circles. Grease a baking tray, and place the cut side of the green capsicum on the tray. Brush with butter and bake at 170° C for 10 min until both sides are partially cooked or microwave on medium for 10 mins on both sides.
2. In a bowl, add onion, tomato, spinach, pepper, salt and eggs and beat well.
3. Pour the above mixture into the precooked capsicum (don't overfill).
4. Dress capsicum circles with shredded cheese and sprinkle herbs.
5. Bake the capsicum with egg mixture for 15 min at 170° C or until the cheese melts.
6. Flip on the other side to cook both sides.
7. If you don't have an oven or OTG, cut capsicum into circles, fill it with the egg mixture and cook in a flat pan by placing capsicum circles on a buttered pan, cover and cook on both sides for 10 min on low flame.

Other options:

Herbs: cilantro, parsley, celery



Instead of egg
use paneer
or tofu

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

Source: Pratishtha Hegde



Flaxseed & Egg Uttapam

Ingredients:

**2 whole eggs | 4 tsp coconut oil | 1 tomato | half cup chopped onions |
5 tbsp flaxseeds | 2 green chillies | coriander leaves | salt for taste |
½ cup chopped onions | 2 tsp coriander leaves | 5 tbsp flaxseed powder**

Preparation method:

1. In a bowl, mix the flaxseed powder, eggs, and salt.
2. Heat a tawa on a medium flame. Ladle out the batter and spread it on the tawa.
3. Add 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.

Other options:

Garnish: add grated coconut kernels, grated cheese or paneer



Tips

Instead of onions
use spring onions
Instead of normal
tomato use cherry
tomato

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 | ½ tsp baking soda | 1 tbsp curd | 1 tsp ghee | 200g paneer |
1 tbsp psyllium husk | ¼ 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 into the idli moulds.
4. Cook the idlis for 5 to 8 mins.
5. Serve hot with sambhar or chutney.

Other options:

Coconut idli without egg, Idli with almond flour, Idli with vegetable mix,
Paneer idli without egg

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 | ½ tsp salt | ¼ cup unsweetened mayonnaise | ¼ tsp black pepper powder | ¼ cup fresh dill | 2 tbsp chive | 2 tbsp Dijon mustard

Preparation method:

1. Boil eggs in water and let it stand for 10-12 minutes.
2. Peel and chop the eggs and add them to a medium sized bowl.
3. Add unsweetened mayonnaise, dill, chives, Dijon mustard, salt and pepper.
4. Mix well & enjoy the egg salad.

Other options:

Egg salad with avocado, Egg salad with lettuce wraps

Dressing: Avocado, cream, heavy whipping cream

Serving size (gm/cup)	Energy (Kcal)	Total Carbohydrate (gm)	Fiber (gm)	Fat (gm)	Protein (gm)
1 cup (100gm)	420	12.4	6.7	36.8	15.7



Mixed Seed Egg Dosa

Ingredients:

2 whole eggs | ½ tsp natural sea salt | ½ tbsp cream | 1 tbsp raw sunflower seeds | 1 tbsp butter | 15 almonds | 5 dried red chilli | 3 tbsp watermelon seeds | 4 garlic cloves | ¼ tsp lemon juice | 3 tbsp flaxseeds | 2 tbsp coconut oil

Preparation method:

1. Deseed the red chillies and soak in hot water for 15 minutes.
2. Grind the soaked red chillies into a smooth paste.
3. Heat unsalted butter in a pan on medium heat. Sauté chopped garlic for 2 minutes.
4. Add the chilli paste and a pinch of salt, and sauté until it reaches a thick consistency.
5. Turn off the heat and add lemon juice. Mix well and keep aside.
6. For the batter - Grind melon seeds, sunflower seeds, almonds, and flaxseeds to a fine powder. Mix with ½ cup of water to make a batter.
7. Whisk eggs in a bowl and mix it with the seed batter and 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.

Other options:

Almond egg dosa



Tips

Instead of egg use mozzarella cheese
Instead of water add almond milk or coconut milk
Instead of coconut oil use ghee, butter or olive oil

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 Pancake

Ingredients:

2 whole eggs | ¼ tsp salt | ½ 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



Egg Noodles

Ingredients:

2 whole eggs | salt to taste | 2 tbsp unsalted butter | 50g paneer | 1 bell pepper | 1 tomato | 1 tbsp butter | 1 onion | 2 garlic cloves | 1 green chilli | ¼ tsp red chilli powder | ¼ tsp lemon juice | ½ tsp black pepper

Preparation method:

1. Chop onion, tomato, capsicum, and garlic into strips/ slices.
2. In a bowl, beat eggs with salt and chilli powder.
3. Heat butter 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 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 green chilli, egg noodles, sautéed paneer, pepper powder, and lemon juice and sauté for 2 minutes

Serve warm.

Other options:

Egg noodle with cheese, Keto egg noodles with chicken

Sauce: soya sauce, chilli sauce, tomato sauce

Herbs: parsley, basil, oregano



Tips

Instead of butter use
coconut oil or ghee
Instead of paneer
use tofu

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 seed powder | salt to taste | 2 tbsp spring onions

Preparation method:

1. Finely chop the onion, capsicum, green chilli, spring onion, and coriander leaves.
2. Heat coconut oil in a pan. Sauté the chopped vegetables for 2 minutes on medium heat.
3. Whisk the egg well with hand beater/ electric beater. Add chilli flakes and sautéed vegetables 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 sides on low heat for 5 minutes.
7. Serve warm with chutney.

Other options:

Egg paddu with paneer, Egg paddu with mushroom,
Egg paddu with tofu,
Egg paddu with leafy vegetables



Tips

Instead of coconut oil
use ghee or butter

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



Cauliflower Chicken Biryani



NON-VEG

Ingredients:

100g whole milk plain yogurt | 2 tbsp butter | 1 whole clove | 1 cinnamon stick | 1 cardamom | 1 bay leaf | 1 tomato | 2 tbsp coconut oil | ½ cup chopped onions | 2 tbsp ginger and garlic | 1½ cup cauliflower | ¼ tsp grounded dry chilli | ¼ tsp lemon juice | 1 cup raw chicken | ¼ tsp pepper | 10 mint leaves | ¼ tsp biryani masala powder | green chilli | salt to taste.

Preparation method:

1. Marinate chicken with curd, ½ tbsp ginger garlic paste and salt for 1 hour.
2. Heat 2 tbsp oil in a pan. Add chopped onions, sauté till onion turns 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 cook until raw smell goes.
6. Add tomato, mint, green chilli, chilli powder and biryani masala powder, and sauté 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 butter | 3 zucchini | black pepper powder to taste | 4 garlic clove |
2 chicken breasts (boneless, without skin) | ½ tsp red chilli flakes | salt to taste**

Preparation method:

1. Heat a large heavy-duty pan on medium/high heat.
2. Add butter and minced garlic to the pan.
3. Cook garlic for 30 seconds to 1 minute or until fragrant.
4. Add the chicken, red chilli 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 the heat.
7. Sprinkle cheese if desired.

For all non-vegetarian dishes you can use chicken, fish, lamb, pork, crab, shrimp, prawns or eggs.

Other options:

Spices: Ginger, garam masala

Herbs: Oregano, rosemary, parsley, celery, cilantro, lemon grass



Tips

Instead of water use
coconut milk
Instead of butter use
coconut oil or ghee

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. Grind black pepper coarsely.
3. In a bowl, add curd, half of the ground black pepper, salt and red chilli powder.
4. Add the chicken and mix with your hands, until the chicken is fully seasoned.
5. Add coconut oil to the marinade, and mix well.
6. Let the chicken rest in the fridge for four to five hours.
7. Heat butter in a thick bottomed pan. Add the remaining ground black pepper.
8. Place the chicken in the butter and cook on low heat.
9. After 4-5 minutes, cover the chicken 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 hot.

Other options:

Fried chicken, air fry chicken breast, oven fried chicken, fried chicken strips, crispy fried chicken

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. 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 vegetables 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 | ½ 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 a piece of fish in a bowl.
2. Add red chilli powder, ginger paste, garlic paste, lemon juice, salt and besan flour to the fish. Mix well and keep it aside for half an hour
3. Heat the coconut oil sufficiently. Break an egg and beat it in a separate bowl. Dip the fish in egg and drop it in hot oil.
4. Fry the fish until it gets a golden crust on the outside.
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



Sauteed Dried Shrimps

Ingredients:

30g dried mini shrimp | 30gm chopped onions | 2 tsp ghee | pinch of turmeric powder | ¼ tsp mustard seeds | ¼ tsp chilli powder | dried curry leaves | salt to taste

Preparation method:

1. Heat ghee in a pan.
2. Add mustard seeds. When it splutters, lower the heat, and add curry leaves.
3. Add chopped onions, and sauté till they change translucent.
4. Add 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 coconut oil, lemon juice, ginger garlic paste, chilli powder, salt, and pepper together.
2. Place the fish pieces in a dish and pour the spice and oil mixture on it.
3. Cover the dish and refrigerate for 1 hour.
4. Heat the grill. Place the fish pieces on the grill.
5. Cook for 5 minutes on both sides until cooked.
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 mustard seeds and curry leaves.
3. Remove water from the prawns and place them in the pan.
4. Add chilli powder and salt.
5. Fry the prawns for about 5 mins, until they are cooked well.
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. Separate the coconut pulp from hard shell.
3. Peel off the brown skin from the white coconut pulp.
4. Cut the coconut pulp into small pieces and transfer into a 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.
8. Squeeze out the milk from the pulp .
9. **Oven method:** Preheat the oven to 170° F.
10. Spread the strained coconut pulp over the butter paper for oven drying.
11. Bake the pulp for 45 minutes.
12. Transfer the dehydrated pulp to a food processor.
13. Blend the pulp for 1- 2 minutes and finely grind.
14. **Sundry method:** If oven is not available go for shade dry or sundry method.
15. Use a cotton cloth or muslin cloth for natural drying by spreading into a flat even layer for 4 days.
16. Transfer the dehydrated pulp to a food processor.
17. Blend the pulp for 1- 2 minutes until it is finely ground.
18. Store the flour in an airtight container for future use, as and when required.

2. Peanut flour

Ingredients:

1 cup unsalted peanuts or raw shelled peanuts

Preparation method:

1. Roast peanuts over a medium heat in a dry pan until they are slightly golden and smells good.
2. Spread them on a plate and cool them down completely.
3. Make sure that peanuts are dry before blending.
4. Turn on the blender and blend for 5 seconds and stop the blender.
5. Use a spoon to loosen the sticking flour at the bottom and sides of the blender.
6. Repeat the step of loosening and blending until it becomes a fine powder.
7. Transfer the flour to a container. Don't close the lid immediately, let it cool down for 5 minutes.
8. Close the lid and store it in an airtight container and refrigerate for future use for up to 3 months
9. Use as and when required.

3. Mixed seeds flour

Ingredients:

Peanut seeds- 500gm | Coconut flour-500gm | Soya flour- 500gm | Besan flour- 200gm | Almond nuts - 200gm | Sunflower seeds-100gm | Pumpkin seeds-100gm | Sesame seeds-50gm | Isabgol/ psyllium husk-3 tbsp | Methi seeds:100gm | Xanthan gum- 3tbsp

Preparation method:

1. Roast all the above seeds over a medium heat in a dry pan until they are slightly golden and smells good.
2. Remove from the heat and spread them out on a plate and let them cool down completely before blending.
3. Please make sure that all the seeds are dry.
4. Then add the xanthan gum to blender and blend it till fine powder.
5. Add all the ingredients together into the 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. Start blending again, repeat the step until it becomes a 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. 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 seeds-500gm | flax seeds-100gm | melon seeds-100gm | pumpkin 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 a 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 sticks 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 close the lid and store in an airtight container and refrigerate 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 sticks there.
3. Blend again, and repeat the steps until it comes to a 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 soak it in the cooking vinegar for 30 minutes. After that wash in running water thoroughly.
2. Separate the cauliflower florets from the stalks.
3. Cut the stalk into cubes (similar potato cubes)
4. Take the florets and grate it by a manual grater or blend it in a blender for 2 seconds till it comes to granular/ rawa consistency form.
5. This granular cauliflower is to be used in the form of rice and rawa.

This can then be used as a rice replacement in any recipe including **curd rice, upma, poha, bisibelebath, kichdi, pongal, fried rice, coloured rice, pulao, biryani etc**

Cabbage/ zucchini/ broccoli can be used similarly.

TIPS FOR MANAGING HEALTHY SUGARS:

1. Start each meal (breakfast, lunch and dinner) with 1 bowl of stir fried vegetables or rich fat salad with butter or ghee.
2. Instead of normal flour use low carb flour options.
3. Instead of normal rice use vegetable rice (cauliflower/ cabbage/broccoli/zucchini)
4. For a healthy gut, add curd/yogurt in each meal.
5. Use mixed nuts and seeds for the snacks options anytime of the day (no dry fruits).
6. Drink 2- 3 litres of water per day.
7. Use cold pressed oils only. No refined vegetable or seeds oil.
8. Reduce frequency of eating to 2-3 meals in a day.
9. Eat only when you're hungry.
10. Include only low carb fruits in your diet like Avocado (butter fruit), guava, musambi, strawberry, blueberry, raspberry, mulberry, blackberry, gooseberry (amla), star fruit, palm fruit (ice apple), wood apple, jamun fruit and lemon
11. Avoid starchy foods, bakery items, and all processed foods.
12. Indulge physical activities for about 30- 45 minutes a day, at least 5 days a week.
13. Follow the plate method for each meal.

SAMPLE DIET PLAN: **VEGETARIAN**

Diet plan 1:

Breakfast	<i>Stir fried vegetable (1 bowl), bullet coffee (1 cup), scrambled paneer (1 bowl), star fruit (1 no)</i>
Lunch	<i>Stir fried vegetables (1 bowl), curd (½ cup), moong dosa (2 nos) + ridge gourd chutney (1 tbsp)</i>
Dinner	<i>Stir fried vegetable (1 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 bowl), bullet coffee (1 cup), dhokla (3-4 nos) + mint chutney (1 tbsp)</i>
Lunch	<i>Avocado vegetable salad (1 bowl), curd (½ cup), cauliflower bisibelebhath (1 ½ cup)</i>
Dinner	<i>Sautéed mushroom with cream (1 bowl), curd (½ cup), almond coconut uttapam (2 nos) + 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 bowl), coconut coffee/tea (1 cup), mixed dal dosa (2 nos) + walnut chutney (1 tbsp)
Lunch	Stir fried vegetable with cheese (1 bowl), curd (½ cup), pumpkin pulao (1 ½ cup)
Dinner	Broccoli stir fried with coconut (1 bowl), curd (½ cup), paneer paratha (1-2 nos) + 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	<i>Stir fried vegetable (1 bowl), coconut coffee/tea (1 cup), coriander vadi (3-4 nos) + mint chutney (1 tbsp), star fruit (1 no)</i>
Lunch	<i>Stir fried vegetable (1 bowl), curd (½ cup), amaranth leaves paratha(1-2 no) + raita (½ cup)</i>
Dinner	<i>Stir fried vegetable (1 bowl), curd (½ cup), creamy mushroom soup (1 bowl), cheese pizza (2-3 slice)</i>

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	<i>Stir fried vegetable (1 bowl), coconut shake (1 ½ cup), star fruit (1 no)</i>
Lunch	<i>Stir fried vegetable (1 bowl), curd (½ cup), coconut roti (2 nos) + palak paneer (1 bowl)</i>
Dinner	<i>Zucchini salad (1 bowl), curd (½ cup), cauliflower curd rice (1 ½ Cup)</i>

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 bowl), bullet coffee (1 cup), cauliflower poha (1 ½ bowl)
Lunch	Mushroom sauted (1 bowl), curd (½ cup), spinach soup with cream (1 bowl)
Dinner	Avocado salad (1 bowl), curd (½ cup), cauliflower paratha (1-2 nos) + 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 bowl), amla juice, coconut uttapam (2 nos) + ridge gourd chutney (1 tbsp)
Lunch	Starwberry salad (1 bowl), ½ cup raita, cauliflower fried rice (1 ½ cup)
Dinner	Stir fried vegetable (1 bowl), ½ cup curd, seeds and nuts chapati (2 nos)+ 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 bowl), egg omelette with mushroom and cheese (1-2 no)
Lunch	Chicken salad (1 bowl), ½ cup curd, cauliflower chicken rice (1 ½ cup)
Dinner	Stir fried vegetable (1 bowl), chicken soup (1 bowl), butter chicken (100gm) + coconut roti (2 nos)

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 nos), stir fried veggies (1 bowl)
Lunch	Scrambled egg with broccoli and heavy cream (1 bowl), mushroom creamy soup (1 bowl), star fruit (1 no)
Dinner	Chicken veggies salad (1 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 bowl), stir fried veggies (1 bowl)
Lunch	Stir fried vegetable (1 bowl), curd (½ cup), cauliflower chicken fried rice (1 ½ cup)
Dinner	Egg salad (100 gm), egg paratha (1-2 nos) + 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 omelette with lot of cheese (1 bowl), stir fried veggies (1 bowl)
Lunch	Palak soup with cream (1 bowl), chicken zucchini noodles (1 ½ cup), curd (½ cup)
Dinner	Baked spinach with cheese and cream (1 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 bowl)
Lunch	Creamy salmon soup (1 bowl), grilled chicken (150gm) + mint chutney (1 tbsp), optional:curd (½ cup)
Dinner	Stir fried veggies with cheese (1 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 bowl)
Lunch	Sauté dry shrimp (1 bowl), butter chicken (100gm) + seeds roti (2 nos), stir fried veggies (½ bowl), optional:curd (½ cup)
Dinner	Creamy mushroom soup (1 bowl), grilled fish (150 gm), stir fried vegetable (1 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 nos), stir fried veggies (1 bowl)
Lunch	Broccoli stir fried veggies (1 bowl), zucchini egg noodles (1 ½ cup), curd (½ cup)
Dinner	Chicken salad (1 bowl), prawn fry (150 gm), chilli chicken (100 gm) + low carb high protein roti (2 nos)

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/Keto-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://lowcarbdowndunder.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

DISCLAIMER

The content of this booklet is to build awareness only and does not represent professional medical advice. Wide array of food options 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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