



Lower the  
**#WeightOfDiabetes**

So that they can  
carry the weight of  
healthy lifestyle



# The Perfect Platter

A flavourful cookbook & culinary journey to health & wellness,  
for people living with diabetes & others

\*This is not a substitute for medical advice. This is part of a disease awareness program by Novo Nordisk. Apis bull is a registered trademark of Novo Nordisk A/S.



## The Lament of Excess Sugar

Dear Readers,

In the realm of health, there exists a powerful disease - Diabetes. Brace yourself, for within this section lies a tale of weight and its impact on our well-being. This short compilation is a treasure trove of recipes that provide nutritional information and practical tips, empowering you to take control of your health through the transformative power of nutrition. Understanding the causes of diabetes is crucial, and here's a checklist with the reasons behind this disease: insulin resistance, genetic factors, obesity, sedentary lifestyle, and comorbidities.

Diabetes silently orchestrates chaos, leading to cardiovascular diseases, kidney failure, nerve damage, and vision loss, each affliction witnessing the insidious nature of this condition<sup>1</sup>. The power of lifestyle factors plays a significant role in diabetes management, particularly the impact of diet<sup>2</sup>.

Consuming a well-balanced diet, rich in whole grains, lean proteins, fruits, and vegetables, forms the cornerstone of effective diabetes management. Monitoring and controlling carbohydrate intake, understanding the glycaemic index of foods, and managing portion sizes are essential aspects to consider.

Incorporating sources of healthy fats, such as nuts, seeds, avocados, and olive oil, can improve insulin sensitivity and cardiovascular health. Limiting added sugars and sugary beverages, including fibre-rich foods like whole grains, legumes, vegetables, and staying well-hydrated are additional strategies for managing diabetes effectively<sup>3</sup>.

Collaborating with a dietitian to personalize dietary recommendations ensures tailored diabetes management based on individual needs and preferences.

By taking small steps and adopting healthy habits, you can pro-actively manage diabetes and obesity<sup>4</sup>.

Adapted from references:

1. Deshpande AD. Phys Ther. 2008 Nov;88(11):1254-64.
2. Davies MJ et al. Diabetes Care. 2022 Nov 1;45(11):2753-2786.
3. ElSayed NA et al. Diabetes Care. 2023 Jan 1;46(Supple 1):S68-S96.
4. ElSayed NA et al. Diabetes Care. 2023 Jan 1;46(Supple 1):S68-S96.

A man and a woman are jogging together on a dirt path in a lush, green park. The woman is on the left, wearing a green and white patterned athletic top and leggings, and white sneakers. The man is on the right, wearing a black sleeveless shirt, white pants, and red sneakers. They are both smiling and looking towards each other. The background is a dense forest of green trees.

*Join us on this epic  
gastronomic expedition  
where taste and health  
intertwine.  
Bon appétit!*

## We have classified the recipe book Into two categories

### I- Fibre-Rich Recipes

In our 'Fibre-Rich Recipes,' we embrace alternative cooking methods like steaming, baking, grilling, or sautéing with vegetable broth or water for guilt-free indulgence. These recipes prioritize specific dietary guidelines, emphasizing high fibre, low glycaemic index, and essential vitamins and minerals. Filled with whole, unprocessed plant-based ingredients, these dishes offer a delightful feast for both your palate and well-being.

### II- General Recipes

Feast your eyes on diverse recipes for breakfast, lunch, dinner, snacks, and desserts. We've balanced whole grains, legumes, vegetables, fruits, and lean plant-based proteins to create nutritious and wholesome recipes. Discover a symphony of flavours, textures, and cuisines to keep mealtimes exciting and support your health goals. Discover portion control strategies, ingredient substitutions for healthier alternatives, and general guidelines for maintaining a balanced diet. Let our dietitian's expertise guide you in making informed ingredient choices, meal planning, and achieving overall nutrition. With our Diabetes Recipe Cookbook, your culinary journey becomes an adventure of flavour, health, and knowledge. Get ready to savour every bite, knowing that you are nourishing your body in the best possible way.

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Sugar Free, High Fibre

## Protein Packed Spinach Chocolate Smoothie

### Ingredients

- 1 cup fresh spinach leaves
- 1 ripe banana
- 1 scoop chocolate protein powder
- 1 tablespoon almond/peanut butter
- 1 cup unsweetened almond/oats milk
- 1 tablespoon chia seeds
- 1 tablespoon cocoa powder
- 1/2 teaspoon vanilla extract
- Ice cubes (optional)

### Method of Cooking: Blending

#### Preparation

- 🍷 Wash spinach and de-stem spinach
- 🔪 Peel and chop banana
- 📄 Measure almond milk, chia seeds, cocoa powder & vanilla extract

#### Blend the Ingredients

- Place the spinach leaves, banana chunks, chocolate protein powder, almond butter, almond milk, chia seeds, cocoa powder, and vanilla extract in a blender.
- If desired, add a handful of ice cubes for a colder and thicker smoothie.
- Blend all the ingredients until smooth and creamy. If the mixture is too thick, you can add more almond milk to reach the desired consistency.

#### Serve and Enjoy

- Pour the Spinach Chocolate Smoothie into a glass or a portable container.
- You can garnish with a sprinkle of cocoa powder or chia seeds if desired.
- Serve immediately and enjoy the protein-packed goodness!

#### Nutritional Value (Per Serving)

Protein: 25 grams  
Fat: 10 grams  
Carbs: 30 grams  
Energy: 250 calories

#### Servings

This recipe makes 1 serving



Please note that these values are approximate and may vary based on the specific ingredients and quantities used in the recipe.

High Fibre, Lean Protein

## Tangy Tofu Tikka Masala

### Ingredients

#### Tofu Tikka:




- 1 block firm tofu, drained and pressed
- 2 tablespoons curd
- 1 tablespoon lemon juice
- 1 teaspoon powdered cumin
- 1 teaspoon powdered coriander
- 1 teaspoon red chilli powder
- 1/2 teaspoon turmeric
- 1/2 teaspoon garam masala
- Salt, to taste

#### Masala Sauce:

- 1 onion, finely chopped
- 3 cloves garlic, minced
- a 1-inch piece of ginger, grated
- 1 teaspoon powdered cumin
- 1 teaspoon powdered coriander
- 1 teaspoon red chilli powder
- 2 Tomatoes
- Vegetable broth

### Method of Cooking: Sauteing

#### Preparation

-  Mix all ingredients in a bowl, leave to marinate for 30 minutes
-  Preheat air fryer to 180°C
-  Bake marinated pieces for about 20-25 minutes, flip halfway through, until the edges are crispy

#### Masala Sauce

- In a large pan, add all the vegetables and sauté until translucent. Add and stir all the spices together.
- Pour in the crushed tomatoes and vegetable broth. Season with salt to taste.
- Simmer the sauce for about 15-20 minutes to allow the flavors to meld together and the sauce to thicken.

#### Serve and Enjoy

- Add the baked tofu tikka pieces to the masala sauce. Stir gently to coat the tofu with the sauce.
- Allow the tofu to simmer in the sauce for an additional 5-10 minutes to absorb the flavors.
- Garnish with fresh cilantro.
- Serve hot with steamed basmati rice or whole wheat naan bread.

#### Nutritional Value (Per Serving)

Protein: 24 grams  
 Fat: 29 grams  
 Carbs: 18 grams  
 Energy: 220 calories

#### Servings

This recipe makes  $\approx$  4 servings of Tangy Tofu Tikka Masala



Please note that these values are approximate and may vary based on the specific ingredients and quantities used in the recipe.

High Fibre, Lean Protein



## Vibrant Quinoa Pulao

### Ingredients

- 1 cup quinoa
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1-inch piece ginger, grated
- 1 carrot, diced
- 1 bell pepper, diced
- 1 cup green peas (fresh or frozen)
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1/2 teaspoon turmeric
- 1/2 teaspoon red chilli powder
- 1/2 teaspoon garam masala
- Salt, to taste
- 2 cups vegetable broth or water
- 1/4 cup chopped fresh cilantro leaves
- Lemon wedges, for serving

### Method of Cooking: Simmering

#### Preparation

-  Rinse, drain, set aside the quinoa
-  Chop all vegetables into small pieces

#### Cooking the Quinoa Pulao

- In a large saucepan, heat the pan over a medium flame
- Add the chopped onion, garlic, and ginger and sauté until it become translucent.
- Add the rest of the vegetables to the pan. Sauté for a few minutes until the vegetables start to soften.
- Sprinkle the ground spices over the vegetables and stir well.
- Add the rinsed quinoa to the pan and mix it with the vegetables and spices.
- Pour in the vegetable broth or water, and bring the mixture to a boil.
- Cover the saucepan with a lid, and simmer for about 15-20 minutes or until the quinoa is cooked and the liquid is absorbed.
- Remove from heat and let the pulao rest, covered, for an additional 5 minutes.

#### Serve and Enjoy

- Fluff the Quinoa Pulao with a fork and transfer it to a serving dish.
- Garnish with chopped fresh cilantro leaves. Serve with lemon wedges on the side.

#### Nutritional Value (Per Serving)

Protein: ≈ 8 grams  
 Fibre: ≈ 5 grams  
 Carbs: ≈ 35 grams  
 Energy: ≈ 180 calories

#### Servings

This recipe makes ≈ 4 servings of Vibrant Quinoa Pulao



Please note that these values are approximate and may vary based on the specific ingredients and quantities used in the recipe.

Lean Protein, Healthy Non-Vegetarian

## Creamy Coconut Mushroom Soup

### Ingredients

- 1 onion, chopped
- 3 cloves garlic, minced
- 8 ounces mushrooms, sliced
- 1 cup coconut milk
- 2 cups low-sodium chicken or vegetable broth
- 1 teaspoon dried thyme/pepper
- 1/2 teaspoon ground cumin
- Salt and pepper to taste
- 1/4 cup fresh parsley, chopped
- 1/4 cup fresh cilantro, chopped
- 2 tablespoons lemon juice
- 8 ounces cooked chicken breast, shredded or diced (optional)

### Method of Cooking: Simmering

#### Preparation

🔪 Chop all the vegetables & mince the garlic

#### Cooking the Soup

- Sauté the chopped onion and minced garlic, until the onion becomes translucent and fragrant for about 5 minutes.
- Add the sliced mushrooms to the pot and cook for 5 minutes.
- Pour in the coconut milk and chicken/vegetable broth. Stir in the dried thyme, ground cumin, salt, and pepper. Bring the mixture to a boil, then reduce the heat and let it simmer for 15-20 minutes, allowing the flavours to meld together.
- Using a blender, puree the soup until smooth and creamy.
- Return the blended soup to the pot and stir in the fresh parsley, fresh cilantro, and lemon juice. If desired, add the cooked chicken breast for extra protein.

#### Nutritional Value (2 Ounces Per Serving)

Protein: 14 grams  
Fat: 5 grams  
Carbs: 11 grams  
Energy: 220 calories

#### Servings

This recipe serves 4 people



Please note that these values are approximate and may vary based on the specific ingredients and quantities used in the recipe.

High Fibre

## Roasted Peri-peri Fox Nuts (Makhana or Lotus Seeds)

### Ingredients

- 2 cups fox nuts
- 1 teaspoon peri-peri spice blend
- ½ tablespoon red chilli powder
- ½ tablespoon garlic powder
- Salt to taste
- Fresh cilantro or parsley, chopped (for garnish)

### Method of Cooking: Air Fryer

#### Preparation

- ☞ Fox nuts should be clean & free from impurities
- 🔥 Preheat air fryer to specified temperature

#### Cooking Peri Peri Fox Nuts

- Preheat the air fryer to 180°C for 5 minutes.
- In a large mixing bowl, combine the fox nuts, peri-peri spice blend, red chilli powder, garlic powder and salt. Toss well to ensure that the fox nuts are evenly coated with the spices and oil.
- Spread the seasoned fox nuts in a single layer on a baking sheet.
- Place the baking sheet in the preheated air fryer and roast the fox nuts for about 15-20 minutes, or until they become crispy and golden brown. Stir them occasionally during the roasting process to ensure even browning.
- Once the fox nuts are roasted to your desired level of crispiness, remove them from the air fryer and let them cool completely.
- Transfer the Roasted Peri-Peri Fox Nuts to a serving bowl and garnish with fresh cilantro or parsley.
- Serve the Roasted Peri-Peri Fox Nuts.

#### Nutritional Value (Per Serving)

Protein: 1.8 grams  
 Fat: 0 gram  
 Carbs: 9.7 grams  
 Energy: 110 calories

#### Servings

This recipe serves 4 people



Please note that these values are approximate and may vary based on the specific ingredients and quantities used in the recipe.

High fibre, Sugar Free

## High Tea-Zucchini Brownies

### Ingredients

- 4-5 sugar-free drops
- 2 cups oats flour
- 1/2 cup unsweetened cocoa powder
- 1 1/2 teaspoons baking soda
- 1/2 teaspoon salt
- 2 cups shredded zucchini
- 1/2 cup chopped walnuts
- 1/2 cup vegetable oil

### Method of Cooking: Baking

### Preparation

- 🔥 Preheat oven to 175°C. Grease the baking pan
- 🌀 Mix all the ingredients together and stir together to make a smooth batter
- 🥄 Pour batter into pan and spread walnuts evenly from top
- 🕒 Bake the pan for about 25 to 30 minutes. Let cool, about 20 minutes
- 🔪 Cut the cooled brownies into squares

### Nutritional Value (Per Serving)

Protein: 1.4 grams  
Fat: 6.2 grams  
Carbs: 6.8 grams  
Energy: 83 calories



Please note that these values are approximate and may vary based on the specific ingredients and quantities used in the recipe.

High Fibre

## Low Carb Chicken Wrap

### Ingredients

- 4 large lettuce leaves (iceberg or romaine)
- 200 g grilled or cooked chicken breast, thinly sliced
- 1 small ripe avocado, thinly sliced
- 2 slices of ripe tomato
- 1 tablespoon thick curd
- 1 teaspoon dijon mustard
- Salt and pepper to taste

### Method of Cooking: Grilling

#### Cooking Chicken Wrap

- Take one lettuce leaf and spread a thin layer of the curd-dijon mixture on it.
- Add a layer of thinly sliced grilled or cooked chicken breast on top of the spread.
- Add a few slices of ripe avocado and tomato.
- Season with a pinch of salt and pepper to taste.
- Take another lettuce leaf and place it on top to form the upper layer of your wrap.
- Gently press down to assemble the wrap.

Your Low Carb Chicken Club Wrap is now ready to serve!

#### Nutritional Value (Per Serving)

Protein: 11 grams  
 Fat: 9 grams  
 Carbs: 2 grams (net carbs, considering fibre)  
 Energy: 146 calories

#### Servings

1 Wrap



Please note that these values are approximate and may vary based on the specific ingredients and quantities used in the recipe.

Low Carbs

## Zucchini Chips

### Ingredients

- 2 medium-sized zucchini
- 2 eggs
- 1/2 cup almond flour
- 1/4 cup grated parmesan cheese
- 1 teaspoon garlic powder
- 1 teaspoon red chilli powder
- 1/2 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

### Method of Cooking: Air Fryer

#### Preparation

- 🔥 Preheat air fryer to 400°F (200°C)
- 🧼 Wash zucchini, cut off ends. Slice into thin, even rounds

#### Cooking the Zucchini Chips

- In a shallow bowl, beat the eggs.
- In another bowl, combine the almond flour, grated parmesan cheese, garlic powder, red chilli powder dried oregano, salt, and black pepper. Mix well.
- Dip each zucchini round into the beaten eggs, making sure to coat both sides.
- Next, coat the zucchini round with the almond flour mixture, pressing gently to adhere the coating to the zucchini.
- Place the coated zucchini rounds on a plate/wire rack/parchment paper.
- Arrange the coated zucchini rounds in a single layer in the air fryer basket, making sure they are not touching each other.
- Cook the Zucchini Chips in the air fryer for 8-10 minutes, flipping them halfway through the cooking time. Keep an eye on them to prevent burning.
- Once the Zucchini Chips are golden brown and crispy, remove them from the air fryer and transfer them to a serving plate.
- Repeat the process with the remaining zucchini rounds until all are cooked.

#### Nutritional Value (Per Serving)

Protein: 11.8 grams  
 Fat: 16.7 grams  
 Carbs: 5 grams  
 Energy: 270 calories

#### Servings

This recipe makes 2 serving



Please note that these values are approximate and may vary based on the specific ingredients and quantities used in the recipe.

High Fibre

## Green Moong Salad

### Ingredients

- 1 cup green moong (whole green gram)
- 1 small cucumber, diced
- 1 small tomato, diced
- 1 small onion, finely chopped
- 1 green chilli, finely chopped (optional)
- 1/4 cup fresh coriander leaves, chopped
- 1 tablespoon lemon juice
- Salt to taste
- 1/2 teaspoon roasted cumin powder
- 1/2 teaspoon chaat masala (optional)

### Method of Cooking: Simmering

#### Preparation

☞ Rinse green moong thoroughly under running water. Soak moong in water for at least 4-6 hours/overnight. Drain soaked moong

#### Cooking the Green Moong Salad

- In a saucepan, add the soaked and drained moong along with 2 cups of water. Bring it to a boil over with medium heat. Reduce the heat to low and simmer for about 15-20 minutes or until the moong is cooked but still retains its shape. You should be able to easily crush a cooked moong bean between your fingers.
- Once cooked, drain any excess water from the moong and let it cool to room temperature.
- In a large mixing bowl, combine the cooked moong, diced cucumber, diced tomato, finely chopped onion, green chilli (if using), and fresh coriander leaves.
- Add lemon juice, salt, roasted cumin powder, and chaat masala (if using) to the bowl. Toss everything together gently, ensuring that the ingredients are well combined and evenly coated with the seasoning.
- Taste the salad and adjust the salt and lemon juice, according to your preference.
- Transfer the salad to a serving dish or individual bowls.

#### Nutritional Value (Per Serving)

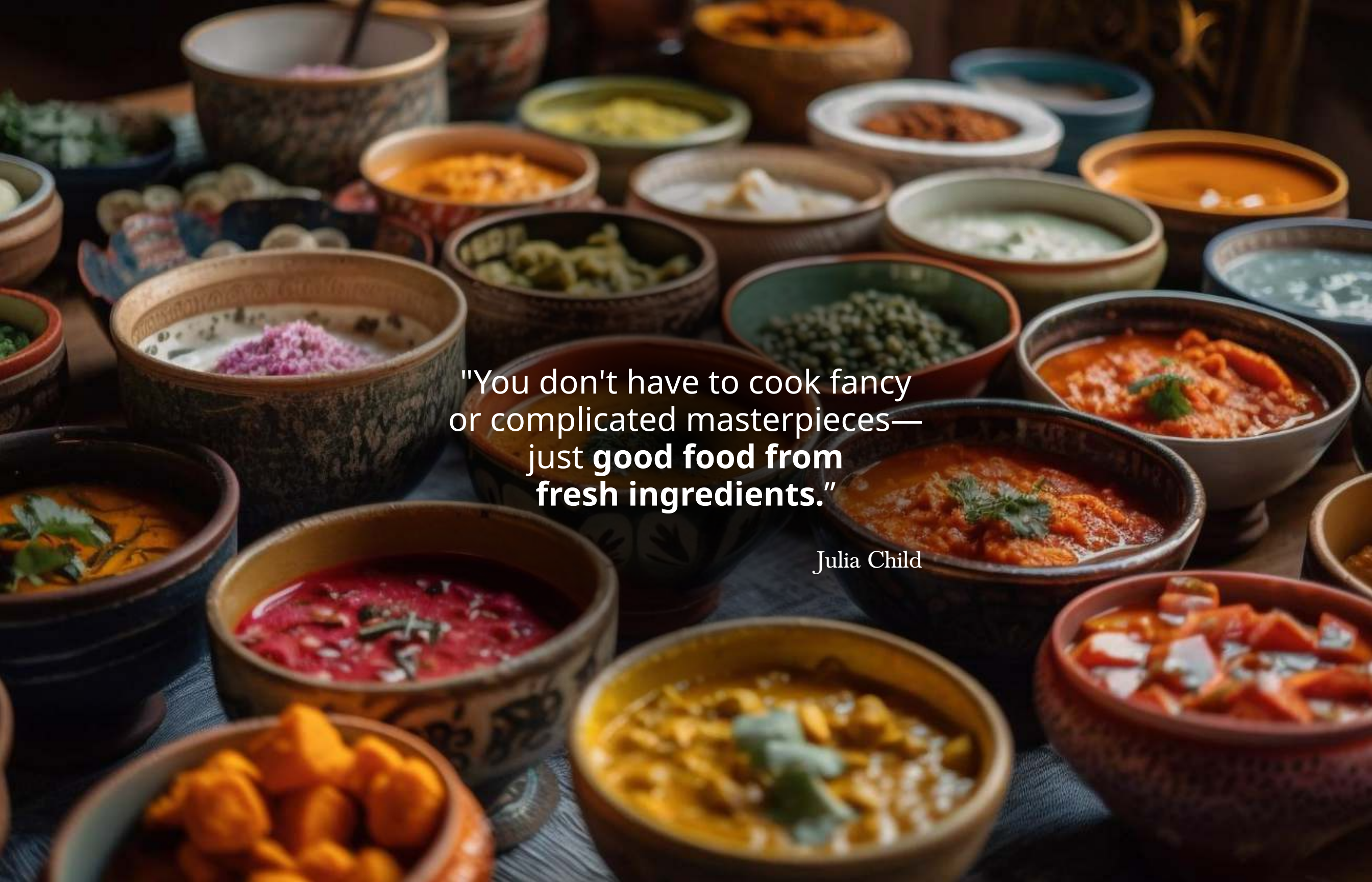
Protein: 3.5 grams  
 Fat: 1.4 grams  
 Carbs: 15.2 grams  
 Energy: 150 calories

#### Servings

This recipe makes ≈ 2-3 servings



Please note that these values are approximate and may vary based on the specific ingredients and quantities used in the recipe.

A collection of various Indian curries and dishes served in small, colorful ceramic bowls. The dishes include a variety of colors and textures, such as a pinkish-red curry, a yellow curry, a green curry, and a red curry. The bowls are arranged in a grid-like pattern, and the background is dark, making the food stand out.

"You don't have to cook fancy  
or complicated masterpieces—  
just **good food from  
fresh ingredients.**"

Julia Child



## Beetroot Spinach Semolina Chilla/Pancake

**Ingredients**

- 1 cup semolina (sooji/rava)
- 1/2 cup grated beetroot
- 1/2 cup finely chopped spinach
- 2 tablespoons curd
- 1/4 cup finely chopped onion
- 1 green chilli, finely chopped (optional)
- 1/2 teaspoon grated ginger
- 1/2 teaspoon cumin seeds
- 1/4 teaspoon turmeric powder
- Salt to taste
- Water, as needed

**Method of Cooking: Simmering**

**Preparation**

- 🧼 Wash all ingredients
- 🔪 Grate beetroot & ginger and cut spinach, onion into small pieces

**Cooking Beetroot Chilla**

- In a mixing bowl, combine the semolina, grated beetroot, chopped spinach, yogurt, finely chopped onion, green chili (if using), grated ginger, cumin seeds, turmeric powder, and salt. Mix well to form a thick batter.
- Gradually add water to the batter and mix until you achieve a smooth and pourable consistency. The batter should be neither too thick nor too thin.
- Let the batter rest for 10-15 minutes to allow the semolina to absorb the moisture.
- Heat a non-stick skillet or tawa over medium heat.
- Pour a ladleful of the batter onto the center of the heated skillet. Spread it gently in a circular motion to form a thin pancake.
- Cook the chilla on medium heat until the bottom turns golden brown and crisp. Flip the chilla using a spatula.
- Cook the other side until it is cooked through and golden brown as well.
- Transfer the cooked chilla to a plate and repeat the process with the remaining batter.

**Nutritional Value (Per Serving)**

Protein: 5-6 grams  
Fat: 2 grams  
Carbs: 47 grams  
Energy: 180 calories

**Servings**

This recipe makes ≈ 4 chillas or pancakes

Please note that these values are approximate and may vary based on the specific ingredients and quantities used in the recipe.



## Coconut Porridge

**Ingredients**

- 1 cup rolled oats (gluten-free if necessary)
- 1 cup coconut milk
- 1 cup water
- 2 tablespoons shredded coconut
- Sugar-free drops
- 1/4 teaspoon vanilla extract
- Pinch of salt
- Toppings of choice (e.g., fresh berries, sliced bananas, nuts, seeds, etc.)

**Method of Cooking: Baking**

**Cooking Coconut Porridge**

- In a saucepan, combine the rolled oats, coconut milk, water, shredded coconut, sugar-free drops, vanilla extract, and a pinch of salt.
- Place the saucepan over medium heat and bring the mixture to a gentle boil.
- Reduce the heat to low and simmer the porridge, stirring occasionally, for about 5-7 minutes or until the oats are cooked and the porridge reaches your desired consistency. Add more water or coconut milk if needed.
- Once the porridge is cooked, remove it from the heat and let it sit for a minute or two to thicken slightly.
- Serve the coconut porridge in bowls and top with your favourite toppings, such as fresh berries, sliced bananas, nuts, or seeds.

**Nutritional Value (Per Serving)**

Protein: 10 grams  
Fat: 13.6 grams  
Carbs: 63 grams  
Energy: 200 calories

**Servings**

This recipe makes ≈ 2 servings

Please note that these values are approximate and may vary based on the specific ingredients and quantities used in the recipe.

## Whole Wheat Mango Pancakes with Nut Butter

### Ingredients

#### Dry Ingredients

- 1 cup whole wheat flour
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 cup of diced fresh mangoes

#### Wet Ingredients

- 1 cup milk (dairy or plant-based)
- 1 large egg
- 2 tablespoons melted butter or oil
- 1 teaspoon vanilla extract
- Sugar-free drops

### Method of Cooking: Baking

#### Preparation

- 🔥 Preheat your oven to 375°F (190°C)
- 👉 In large mixing bowl, combine dry ingredients
- 👉 In separate bowl, whisk together wet ingredients

#### Cooking Mango Pancakes

- Pour the wet ingredients into the bowl with the dry ingredients. Stir until just combined. (Do not over mix; a few lumps are okay)
- Gently fold in 1 cup diced fresh mangoes into the batter.
- Grease a baking sheet or line it with parchment paper.
- Spoon about 1/4 cup of batter onto the baking sheet for each pancake. Use the back of the spoon to spread the batter into a circular shape.
- Bake the pancakes for about 12-15 minutes or until the edges turn golden brown.
- Remove the pancakes from the oven and let them cool before serving.

#### Serving

- Serve the whole wheat mango pancakes warm. Stack them on a plate and drizzle with your favourite nut butter (almond/peanut butter).



#### Nutritional Value (Per Serving)

Calories: ≈ 200 grams	Protein: 5 grams
Fat: 5 grams	Vitamin C: 15% of the Daily Value
Saturated Fat: 2 grams	Calcium: 15% of the Daily Value
Carbs: 30 grams	Iron: 10% of the Daily Value
Fibre: 4 grams	

Please note that these values are approximate and may vary based on the specific ingredients and quantities used in the recipe.





## Spanish Omelet

**Ingredients**

- 4 medium-sized potatoes
- 1 medium-sized onion
- 4-5 large eggs
- 2 tsp olive oil
- Salt, to taste
- Optional: sliced bell peppers, cooked peas, or other vegetables for variation

**Method of Cooking: Stirring**

**Preparation**

-  Cut potatoes into thin slices
-  Finely chop the onions

**Cooking the omelette**

- In a large non-stick frying pan, saute the chopped onions until they become translucent.
- Add the sliced potatoes to the pan and gently stir until the potatoes are cooked through and slightly golden for around 10-15 minutes.
- In a bowl crack the eggs and beat them lightly. Season with salt.
- Once the potatoes are cooked, pour the potato and egg mixture back into the frying pan. Spread it evenly in the pan using a spatula.
- Cook the omelette over low heat for about 5-7 minutes or until the edges are set but the center is still slightly runny.
- To flip the omelette, place a large plate or a flat lid over the pan. Carefully invert the pan to transfer the omelette onto the plate.
- Once cooked, transfer the Spanish omelette to a cutting board and let it cool slightly. Cut it into wedges or squares for serving.

**Nutritional Value (Per Serving)**

Protein: 7.8 grams  
Fat: 9 grams  
Carbs: 22.6 grams  
Energy: 150 calories

**Servings**

This recipe typically makes  
≈ 4-6 servings

Please note that these values are approximate and may vary based on the specific ingredients and quantities used in the recipe.





## Ragi Uttapam

### Ingredients

- 1 cup ragi flour (finger millet flour)
- 1/4 cup rice flour
- 1/4 cup finely chopped onion
- 1/4 cup finely chopped tomatoes
- 2 tablespoons finely chopped coriander leaves
- 1 green chilli, finely chopped (optional)
- 1/2 teaspoon grated ginger
- Salt to taste
- Water, as needed
- Cooking oil, for greasing the pan

### Method of Cooking: Sauteing and Steaming

### Preparation

-  Chop onion, tomatoes, coriander leaves, green chilli; finely
-  Grate ginger

### Cooking Ragi Uttapum

- In a mixing bowl, combine the ragi flour and rice flour. Add water gradually and mix well to form a smooth batter. The batter should have a pouring consistency, similar to that of dosa batter.
- Add the finely chopped ingredients and salt to the batter. Mix well to combine all the ingredients.
- Heat non-stick skillet/tawa over medium heat. Grease lightly with cooking oil.
- Pour a ladleful of the batter onto the centre of the heated skillet. Spread it gently in a circular motion to form a thick pancake (uttapam).
- Drizzle a little oil around the edges of the uttapam and cook it on medium heat until the bottom turns golden brown and crisp. Flip the uttapam using a spatula.
- Cook the other side until it is cooked through and golden brown as well.
- Transfer the cooked uttapam to a plate and repeat the process with the remaining batter.

### Nutritional Value (Per Serving)

Protein: 24.2 grams  
Fat: 23.2 grams  
Carbs: 139.6 grams  
Energy: 150 calories

### Servings

This recipe makes ≈ 4 uttapams





## Pomegranate Oregano Raita

Ingredients

- 1 cup plain curd (low-fat or non-fat)
- 1/2 cup pomegranate arils (seeds)
- 1 tablespoon chopped fresh oregano leaves
- 1/2 teaspoon roasted cumin powder
- 1/4 teaspoon black salt (kala namak)
- 1/4 teaspoon black pepper
- A pinch of salt (adjust to taste)
- Fresh mint leaves for garnish (optional)

### Method of Cooking: Mixing

#### Preparation

-  Wash oregano leaves, pat them dry. Finely chop the leaves
-  Cut pomegranate in half, gently tap the back of each half to release the seeds. Collect 1/2 cup of seeds & set them aside

#### Making the Raita

- In a mixing bowl, whisk the curd until it becomes smooth and creamy.
- Add all the ingredients and mix them all well. Once the flavours are well combined, cover the bowl and refrigerate the raita for at least 30 minutes to allow the flavours to meld together and for it to chill.

#### Nutritional Value (Per Serving)

Protein: 15 grams  
Fat: 5 grams  
Carbs: 15 grams  
Fibre: 3 grams  
Energy: 70 calories

#### Servings

This recipe makes ≈ 2 bowls



## Vegan Squash Pea Curry

### Ingredients

- 2 cups diced squash (such as butternut squash or kabocha squash)
- 1 cup frozen green peas
- 1 medium onion, chopped
- 2 cloves of garlic, minced
- 1-inch piece of ginger, grated
- 1 green chilli, finely chopped
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon red chilli powder (optional, adjust to taste)
- 1 can (13.5 oz) coconut milk
- 1/2 cup vegetable broth
- Salt and pepper to taste
- Fresh cilantro leaves, chopped (for garnish)

### Method of Cooking: Sauteing

#### Preparation

- 🧼 Wash, dice the squash into small pieces
- 🔪 Chop onion, mince garlic, grate ginger & finely chop the green chilli

#### Cooking the Curry

- Heat a large skillet or pan, add oil and saute the chopped onion for about 2-3 minutes.
- Add the minced garlic, grated ginger, and chopped green chili to the pan. Sauté for another minute until fragrant.
- Add the spices and saute it for half a minute. Then add the diced squash to the pan and mix it well. Cook for about 5 minutes until the squash starts to soften slightly.
- Pour in the coconut milk and vegetable broth. Stir to combine all the ingredients.
- Bring the mixture to a simmer and then reduce the heat to low. Cover the pan and let it cook for about 10-15 minutes, or until the squash is tender.
- Once the squash is cooked, add the frozen peas to the pan and cook it for another 2-3 minutes.

#### Nutritional Value (Per Serving)

Protein: 9.7 grams  
Fat: 23 grams  
Carbs: 35 grams  
Energy: 200 calories

#### Servings

This recipe makes ≈ 4 servings



Low Carbs, High Fibre

Lunch

## Ragi Idli and Sambhar

### Ragi Idli

- 1 cup ragi flour (finger millet flour)
- 1 cup idli rice
- ¼ cup urad dal (split black gram)
- ½ teaspoon fenugreek seed (methi seeds)
- Salt to taste
- Water for soaking and batter consistency

### Sambhar

- 1 cup toor dal (split pigeon peas)
- 2 cups mixed vegetables (carrots, beans, pumpkin, etc.), chopped
- 1 onion, finely chopped
- 2 tomatoes, finely chopped
- 1 green chilli, slit
- 1 tablespoon sambhar powder
- ½ teaspoon turmeric powder
- 1 teaspoon oil
- 1 teaspoon mustard seeds
- 1 teaspoon cumin seeds
- A few curry leaves
- Salt to taste

### Method of Cooking: Boiling & Steaming

#### Ragi Idli

- Wash and soak the idli rice, urad dal, and fenugreek seeds together for about 4-5 hours.
- Drain the water and grind the soaked mixture into a smooth batter and add ragi flour and salt. Mix well to combine and leave it overnight to ferment.
- Grease the idli plates with oil and pour the batter into each cavity and steam it in a steamer for about 12-15 minutes until cooked.

#### Sambhar

- Pressure cook the toor dal with turmeric and salt.
- In a separate pan, saute the vegetables for 5 minutes.
- Add the sambhar powder, turmeric powder, and salt.
- In a separate pan, heat oil and add mustard seeds. Once they splutter, add cumin seeds and curry leaves. Pour water into the pan, cover it, and let the vegetables cook until they are tender.
- Once the vegetables are cooked, add the cooked toor dal and mix everything together and leave it to simmer.
- Remove from heat and serve hot with ragi idli.

#### Nutritional Value (Per Serving)

Protein: 25.8 grams  
Fat: 5.43 grams  
Carbs: 124 grams  
Energy: 200 calories

#### Servings

This recipe makes ≈ 4 servings

## Yum Tum Sattu Sharbat

- Ingredients**
- 2 tablespoons sattu flour (roasted gram flour)
  - 1 tablespoon lemon juice
  - 1 tablespoon black salt
  - 1 tablespoon roasted cumin powder
  - 1 tablespoon mint leaves, chopped
  - 1 tablespoon coriander leaves, chopped
  - Sugar-free drops
  - Water, as needed
  - Ice cubes, for serving

### Method of Cooking: Mixing/Stirring

#### Preparation

- Gather all the ingredients needed for the Yumm Tumm Sattu Sharbat.

#### Cooking Sattu Sharbat

- In a mixing bowl, combine the sattu flour, lemon juice, black salt, roasted cumin powder, mint leaves, coriander leaves, and sugar-free drops (if using).
- Gradually add water while stirring continuously until the sharbat reaches a smooth and thin consistency.
- Strain the sharbat through a sieve to remove any lumps.
- Chill the sharbat in the refrigerator for 30 minutes.
- Serve the sharbat in glasses filled with ice cubes.

#### Nutritional Value (per serving)

Protein: Varies based on portion size  
 Fat: Varies based on portion size  
 Carbs: Varies based on portion size  
 Energy: Varies based on portion size  
 ≈ 120 calories

#### Servings

This recipe makes ≈ 2 servings



Please note that these values are approximate and may vary based on the specific ingredients and quantities used in the recipe.



## Roasted Chickpeas

### Ingredients

- 1 can (15 ounces) chickpeas (garbanzo beans), drained and rinsed
- 1/2 teaspoon red chilli powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 tablespoon olive oil
- 1 teaspoon ground cumin

### Method of Cooking: Roasting

#### Preparation

- 🔥 Preheat the oven to 400°F (200°C)
- 🚰 Rinse & drain chickpeas

#### Cooking Roasted Chickpeas

- Pat dry the chickpeas using a clean kitchen towel or paper towels to remove excess moisture.
- In a bowl, combine the chickpeas, olive oil, cumin, paprika, garlic powder, salt, and black pepper. Toss well to coat the chickpeas evenly with the spices.
- Spread the seasoned chickpeas in a single layer on a baking sheet lined with parchment paper.
- Place the baking sheet in the preheated oven and roast for 25-30 minutes, or until the chickpeas are golden brown and crispy, stirring them halfway through the cooking time.
- Once roasted, remove the chickpeas from the oven and let them cool for a few minutes.
- Serve as a healthy snack or use them as a topping for salads or soups.

#### Nutritional Value (Per Serving)

Protein: Varies based on portion size  
Fat: Varies based on portion size  
Carbs: Varies based on portion size  
Energy: Varies based on portion size  
≈ 120 calories

#### Servings

This recipe makes ≈ 4 servings

Please note that these values are approximate and may vary based on the specific ingredients and quantities used in the recipe.



## White Bean Chicken Soup

### Ingredients

- 1 tablespoon olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 2 carrots, diced
- 2 celery stalks, diced
- 1 teaspoon dried thyme
- 1 teaspoon dried rosemary
- 4 cups low-sodium chicken broth
- 2 cups cooked chicken breast, shredded
- 2 cups cooked white beans, drained and rinsed
- Salt and pepper to taste
- Fresh parsley, chopped (for garnish)

### Method of Cooking: Simmering

### Preparation

-  Dice onion, carrots & celery; and mince the garlic
-  Cook chicken breast & white beans separately, if not already cooked

### Cooking the Soup

- Heat the olive oil in a large pot over medium heat.
- Add the diced onion and cook until translucent, about 5 minutes.
- Stir in the minced garlic and cook for a 1 minute.
- Add the diced carrots, celery, dried thyme, and dried rosemary to the pot. Stir well to combine. Pour in the chicken broth and bring the mixture to a boil. Reduce the heat to low and let it simmer for about 10 minutes, or until the vegetables are tender.
- Add the shredded chicken breast and cooked white beans to the pot. Stir to combine.

### Nutritional Value (Per Serving)

Protein: 35 grams  
 Fat: 6 grams  
 Carbs: 15 grams  
 Energy: ≈ 250 calories

### Servings

This recipe makes ≈ 4 servings






## Mexican Vegetable Salad

### Ingredients

- 2 cups mixed salad greens
- 1 cup cherry tomatoes, halved
- 1/2 cup diced bell peppers (assorted colors)
- 1/2 cup diced cucumber
- 1/4 cup diced red onion
- 1/4 cup chopped fresh cilantro
- 1 jalapeno pepper, seeds removed and finely chopped (optional)
- 1 tablespoon lime juice
- 1 tablespoon olive oil
- 1/2 teaspoon ground cumin
- Salt and pepper to taste
- Avocado slices, for garnish (optional)

### Method of Cooking: Mixing

#### Preparation

 Wash and dry all the vegetables

#### Cooking the Vegetable Salad

- In a large bowl, combine all the vegetables.
- In a small bowl, whisk together the lime juice, olive oil, ground cumin, salt, and pepper to make the dressing.
- Drizzle the dressing over the salad ingredients in the large bowl and toss well to coat.
- Marinate the salad in the refrigerator for at least 30 minutes.
- Serve the Mexican Vegetable Salad chilled, garnished with avocado slices if desired.

#### Nutritional Value (Per Serving)

Protein: 3 grams  
Carbs: 4 grams  
Fat: 7.8 grams  
Energy: 99 calories

#### Servings

This recipe makes  $\approx$  4 servings



## Stuffed Bottle Gourd

### Ingredients

- 2 medium-sized bottle gourds (lauki/dudhi)
- 1 cup crumbled paneer (Indian cottage cheese)
- 1/4 cup chopped spinach
- 1/4 cup grated cauliflower
- 1/4 cup grated carrots
- 1/4 cup chopped bell peppers
- 1/4 cup chopped onions
- 1 teaspoon ginger-garlic paste
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon cumin powder
- 1/2 teaspoon coriander powder
- Salt to taste
- 1 tablespoon olive oil

### Method of Cooking: Baking/Airfrying/Grilling

#### Preparation

- ✂️ Cut bottle gourd into thick rounds, crumble paneer, chop the spinach, onions & bell peppers. Grate the cauliflower & carrots
- 🔥 Preheat the oven to 375°F (190°C)
- ✂️ Cut a small slit in each bottle gourd round, scoop out the seeds & flesh, create a hollow space for stuffing. Reserve the scooped-out flesh for later use

#### Cooking Stuffed Bottle Gourd

- In a pan, heat olive oil, add chopped onions and ginger-garlic paste. Sauté until the onions turn translucent.
- Add other vegetables. Cook for 3-4 minutes until they are tender. Then add paneer and mix well. Add all spices and cook for another 2 minutes.
- Stuff the prepared vegetable and paneer mixture into the hollowed-out bottle gourd rounds and place it in the air fryer/oven to bake for 30-35 minutes.

#### Nutritional Value (Per Serving)

Protein: 7.5 grams  
Fat: 9 grams  
Carbs: 7.1 grams  
Energy: 220 calories

#### Servings

This recipe makes ≈ 4 servings



## Curd (Yoghurt) Afghani Chaap

Ingredients

- 500g ground beef or lamb (preferably with some fat for juiciness)
- 1 cup plain curd
- 1 small onion, finely chopped
- 2-3 cloves of garlic, minced
- 1 tablespoon ginger paste
- 2-3 green chilies, finely chopped (adjust to your spice preference)
- 1/4 cup fresh coriander leaves, chopped
- 1/4 cup fresh mint leaves, chopped
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1 teaspoon ground red chilli powder (adjust to your spice preference)
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon garam masala
- 1/2 teaspoon salt (or to taste)
- 1/4 cup cooking oil (for frying)

### Method of Cooking: Airfrying/Grilling

#### Cooking the Afghani Chaap

- In a large mixing bowl, combine the vegetables, yogurt, and soya chaap with all the spices. Mix thoroughly with your hands until all the ingredients are well incorporated.
- Cover the bowl with plastic wrap and refrigerate the mixture for at least 30 minutes. This will allow the flavors to meld together and enhance the taste.
- After marinating, take the mixture out of the refrigerator, heat the cooking oil in a large non-stick skillet over medium heat. Carefully place the chaap in the hot oil and cook them for about 7-8 minutes per side or until they are golden brown and cooked through. For air frying cook it for 24 minutes at 180 degrees Celsius. Flip each piece after 12 minutes.
- Once cooked, drain any excess oil on a paper towel.

#### Nutritional Value (Per Serving)

Protein: 11.2 grams  
Fat: 5.8 grams  
Carbs: 4.1 grams  
Energy: 220 calories

#### Servings

This recipe makes ≈ 4 servings



## Purple Sorbet

**Ingredients**

- 2 cups frozen blueberries/blackberries
- 1 cup plain curd
- 1 tablespoon lemon juice
- 1 teaspoon vanilla extract/ vanilla essence
- 1 tablespoon sugar substitute (e.g., stevia)

**Method of Cooking: Blending**

**Preparation**

- 🧼 Wash the blueberries/blackberries thoroughly
- 🧊 Place the blueberries and blackberries in the freezer for a few hours or overnight until frozen
- 🧊 Before starting the recipe, make sure the curd is cold and chilled

**Cooking Purple Sorbet**

- In a blender or food processor, combine the blackberries/blueberries, curd, lemon juice, vanilla extract/ vanilla essence, and sugar substitute.
- Blend the mixture until smooth and creamy. If needed, add a splash of water or unsweetened almond milk to help with blending.
- Taste the mixture and adjust the sweetness with more sugar substitute if desired.
- Once the sorbet mixture is smooth, transfer it to a freezer-safe container.
- Cover the container and place it in the freezer for at least 2 hours, or until the sorbet is firm.
- After the sorbet is firm, remove it from the freezer and let it sit at room temperature for a few minutes to soften slightly.
- Scoop the sorbet into bowls or cones and serve immediately.

**Nutritional Value (Per Serving)**

Protein: 5 grams  
Fat: 1grams  
Carbs: 12 grams  
Energy: 45 calories

**Servings**

This recipe makes ≈ 4 servings



## Carrot Energy Laddoos

- Ingredients**
- 2 cups grated carrots
  - 1 cup almond flour
  - 1/2 cup unsweetened shredded coconut
  - 1/4 cup chopped almonds
  - 1/4 cup chopped walnuts
  - 1/4 cup sugar-free sweetener (e.g., erythritol or stevia)
  - 1/2 teaspoon ground cinnamon
  - 1/2 teaspoon ground cardamom
  - 1/4 teaspoon ground nutmeg
  - 2 tablespoons ghee (clarified butter)
  - 1 teaspoon vanilla extract/vanilla essence

### Method of Cooking: Sauteing, Mixing & Moulding

#### Preparation

- 🧼 Wash and peel the carrots. Grate them using a grater or food processor
- 🔪 Chop the almonds and walnuts into small pieces

#### Cooking Carrot Laddoos

- Heat a non-stick pan over medium heat and add the grated carrots. Saute for 3-4 minutes until the carrots soften slightly.
- Add the ghee to the pan and continue cooking for another 2-3 minutes until the carrots are cooked through.
- In a separate bowl, combine the almond flour, shredded coconut, chopped almonds, chopped walnuts, sugar-free sweetener, ground cinnamon, ground cardamom, and ground nutmeg. Mix well.
- Add the cooked carrots to the bowl and mix everything together until well combined.
- Add the vanilla extract/vanilla essence to the mixture and stir until evenly distributed.
- Allow the mixture to cool slightly so that it is easy to handle.
- Take small portions of the mixture and roll it into bite-sized laddoos (round balls) using your hands.
- Place the laddoos on a plate or tray and refrigerate for 1 hour to firm up.

#### Nutritional Value (Per Serving)

Protein: 3 grams  
Fat: 8 grams  
Carbs: 6 grams  
Energy: 70 calories

#### Servings

This recipe makes ≈ 12 laddoos



## Zucchini Banana Bread

- Ingredients**
- 2 medium zucchini, grated
  - 2 ripe bananas, mashed
  - 4 eggs
  - 1/4 cup almond flour
  - 1/4 cup coconut flour
  - 1/4 cup ground flaxseed
  - 1/4 cup unsweetened shredded coconut
  - 1/4 cup chopped walnuts
  - 1 teaspoon baking powder
  - 1 teaspoon ground cinnamon
  - 1/2 teaspoon ground nutmeg
  - 1/4 teaspoon salt
  - 1 teaspoon vanilla extract
  - Sugar-free drops

### Method of Cooking: Baking

#### Preparation

- 🧼 Wash and grate the zucchini. Squeeze out any excess moisture from the grated zucchini using a clean kitchen towel
- 🍌 Peel the bananas and mash them using a fork or potato masher
- 🔪 Chop the walnuts into small pieces
- 🔥 Preheat your oven to 350°F (175°C) and grease a loaf pan

#### Cooking for Zucchini Banana Bread

- In a large mixing bowl, combine the grated zucchini, mashed bananas, eggs, almond flour, coconut flour, ground flaxseed, shredded coconut, chopped walnuts, baking powder, ground cinnamon, ground nutmeg, salt, vanilla extract, and sugar drops. Mix well until all the ingredients are fully incorporated.
- Pour the batter into the greased loaf pan and spread it evenly.
- Place the pan in the preheated oven and bake for 50-60 minutes, or until a toothpick inserted into the centre comes out clean.
- Once baked, remove the pan from the oven and let the zucchini banana bread cool in the pan for about 10 minutes.
- After 10 minutes, transfer the bread to a wire rack to cool completely.

#### Nutritional Value (Per Serving)

Protein: 4 grams  
Fat: 6 grams  
Carbs: 5 grams  
Energy: 130 calories

#### Servings

This recipe makes ≈ 12 slices of zucchini banana bread

Please note that these values are approximate and may vary based on the specific ingredients and quantities used in the recipe.





## One Pot Garlic Shrimps

### Ingredients

- 1 lb (450g) shrimp, peeled and deveined
- 2 tablespoons olive oil
- 4 cloves garlic, minced
- 1 medium onion, finely chopped
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1 zucchini, sliced
- 1 cup cherry tomatoes, halved
- 1 teaspoon dried oregano
- 1 teaspoon red chilli powder
- 1/2 teaspoon red pepper flakes (optional, adjust to taste)
- Salt and pepper to taste
- Fresh parsley, chopped (for garnish)

### Method of Cooking: Sauteing and Simmering

### Preparation

-  Peel & devein shrimp
-  Mince garlic cloves, finely chop onion
-  Slice red, yellow bell peppers & zucchini
-  Cut cherry tomatoes into halves

### Cooking for One pot Garlic Shrimps

- Heat olive oil in a large skillet or pan over medium heat.
- Add minced garlic and chopped onion to the pan. Sauté for 2-3 minutes until fragrant and the onion becomes translucent.
- Add the sliced red and yellow bell peppers, zucchini, and cherry tomatoes to the pan. Cook for 5-6 minutes until the vegetables are slightly tender.
- Push the vegetables to one side of the pan and add the shrimp in a single layer. Season with dried oregano, red chilli powder, red pepper flakes salt, and pepper.
- Cook the shrimp for 2-3 minutes on each side until they turn pink and are cooked through. Be careful not to overcook them, as they can become tough.
- Once the shrimp are cooked, mix them with the vegetables in the pan, ensuring everything is well combined.
- Remove the pan from heat and garnish with fresh parsley.
- Serve the one pot garlic shrimps hot and enjoy!

### Nutritional Value (Per Serving)

Protein: 25 grams  
 Fat: 10 grams  
 Carbs: 9 grams  
 Energy: 220 calories

### Servings

This recipe makes ≈ 4 servings









## Spinach & Pea Carbonara

- |                    |                               |  |
|--------------------|-------------------------------|--|
| <b>Ingredients</b> | - 8 oz whole wheat spaghetti  | - 2 eggs                               |
|                    | - 2 cups fresh spinach leaves | - 1/4 cup grated parmesan cheese       |
|                    | - 1 cup frozen green peas     | - Salt and black pepper to taste       |
|                    | - 2 cloves garlic, minced     | - Fresh parsley, chopped (for garnish) |
|                    | - 2 tablespoons olive oil     |  |

### Method of Cooking: Sauteing

#### Preparation

-  Cook whole wheat spaghetti
-  Drain, set aside
-  Mince garlic cloves
-  Measure out green peas & spinach leaves
-  Grate parmesan cheese
-  Chop fresh parsley for garnish

#### Cooking for Spinach and Pea Carbonara

- In a large skillet, heat the olive oil over medium heat. Add the minced garlic and sauté for about 1 minute until fragrant.
- Add the frozen green peas to the skillet and cook for 2-3 minutes until heated through.
- Add the fresh spinach leaves to the skillet and cook until wilted, about 2-3 minutes.
- In a separate bowl, whisk together the eggs and grated Parmesan cheese.
- Add the cooked spaghetti to the skillet with the peas and spinach. Pour the egg and cheese mixture over the pasta and quickly toss to coat the pasta evenly. The heat from the pasta will cook the eggs and create a creamy sauce.
- Season with salt and black pepper to taste. Adjust the seasoning according to your preference.
- Remove from heat and garnish with chopped fresh parsley.

#### Nutritional Value (Per Serving)

Protein: 10 grams  
Fat: 8 grams  
Carbs: 25 grams  
Energy: ≈ 280 calories

#### Servings

This recipe makes ≈ 2 servings  
(one pot meal)



## Mango Salsa with Avocado Taco

Ingredients

- 1 ripe mango, diced
  - 1 small red bell pepper, diced
  - 1/2 red onion, finely chopped
  - 1 jalapeno pepper, seeds removed and finely chopped
  - 1/4 cup chopped fresh cilantro
  - Juice of 1 lime
  - Salt and pepper to taste
- For Avocado Tacos:**
- 4 small whole wheat or low-carb tortillas
  - 2 ripe avocados, sliced
  - 1 cup cooked chicken breast, shredded
  - 1/4 cup plain curd (optional, as a topping)
  - Fresh cilantro leaves, for garnish

**Method of Cooking: Cutting/Slicing & Mixing**

**Preparation**

- ✂ Dice mango, red bell pepper & red onion. Finely chop the jalapeno pepper & cilantro.
- 🍹 Juice the lime
- 🍗 Cook and shred the chicken breast, if not already cooked
- 🥑 Slice the avocados

**Mango Salsa**

- In a bowl, combine the diced mango, red bell pepper, red onion, jalapeno pepper, cilantro, lime juice, salt, and pepper.
- Mix everything together until well combined.
- Taste and adjust the seasoning if needed.
- Cover the bowl and refrigerate the mango salsa for at least 30 minutes to allow the flavors to meld.

**Avocado Tacos**

- Heat the tortillas according to package instructions.
- Place a few avocado slices in the center of each tortilla.
- Top with shredded chicken breast.
- Spoon a generous amount of mango salsa over the chicken and avocado.
- Optional: Add a dollop of plain Greek yogurt on top for added creaminess.
- Garnish with fresh cilantro leaves.
- Fold the tortillas over to form tacos.

**Nutritional Value (Per Serving)**

Protein: 10 grams  
Fat: 8 grams  
Carbs: 25 grams  
Energy: 280 calories

**Servings**

This recipe makes  
≈ 4 avocado tacos

Please note that these values are approximate and may vary based on the specific ingredients and quantities used in the recipe.

# Recommended

By Rupali Datta

If you are a person with diabetes, you start wondering what you can eat and what you can't. Food, snacks, beverages choices can be very confusing and overwhelming. The good news is that people with diabetes can eat normal food and no food is completely off limits for you. The right diet includes eating healthy foods in the right amounts, in the right combinations at regular eating times. Food that is rich in nutrients, low in fat and calories, and contains whole fruits, vegetables and whole grains, legumes and healthy proteins. This principle applies to everyone, because a good diet is the corner stone to health.

**This cookbook is a collection of delicious recipes** that are made with fresh ingredients and add health and taste to your daily meals. The cookbook features recipes that use ingredients that should be used by everyone in good quantities. Fresh fruits, low carb vegetables, green leafy vegetables, millets, whole grains, legumes, healthy proteins. They are made with ingredients easily available in your kitchen and are easy to prepare.

Through this cookbook, the endeavour is to encourage healthy eating patterns by using nutrient dense foods in appropriate portion sizes, thereby making it easier to manage diabetes, improve HbA1c. The best thing is that they are healthy dishes so the whole family can eat healthy together.

HEALTH BHI, TASTE BHI

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## Food Items to Avoid in Diabetes<sup>1</sup>

Managing diabetes requires careful attention to one's diet. We'll explore 15 foods that people with diabetes should steer clear of to promote better health.

### I- High-Carbs

- Sugary beverages
- Candy and sweets
- White rice
- White bread
- Sweetened breakfast cereals/spreads

### II- High-Fats

- Processed meats
- Flavoured curd
- Dried fruits
- Full-fat dairy products
- Deep-fried food

### III- High-Sugar

- Canned fruits in syrup
- Honey syrup
- Sweet sauces and condiments
- Sugary jam and jellies
- Alcohol

**Remember, managing diabetes effectively involves creating a balanced and personalized meal plan.**



Congratulations, dear readers! You've reached the end of our insightful Diabetic Cookbook journey. We hope you feel inspired and empowered with knowledge to conquer diabetes challenges.

Remember, managing diabetes is a collective effort, so seek support, make informed choices, and maintain a positive mind-set. Stay connected with healthcare professionals, join support groups, and stay physically active. Diabetes is just one aspect of who you are. Face the future with confidence, armed with knowledge, and make the most of every day. You've got this! Stay healthy, stay happy, and remember, you're not alone on this journey. Together, we can triumph over diabetes and embrace a life full of joy and vitality.