



Healthy

नवरात्र

guide





Navratri fasting, a part of ancient Indian traditions, is observed during seasonal transitions and involves worshiping goddess Durga. It symbolizes spiritual growth and detoxification.

Fasting has multiple health benefits including health weight and fat loss, however you need to be careful about your nutritional and fluid consumption if you want to feel energetic and active all day.

In general, a diet comprising fruits, gluten-free grains, low-fat dairy products, dry fruits and plenty of hydration is advocated during this time.

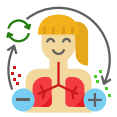
So, this Navratri, follow Fitelo's 9-Day Diet Plan - and detoxify your body while losing weight!





BENEFITS OF FASTING

Fasting offers numerous benefits supported by extensive research



Detoxifies the body



Improves digestion.



Fat burning and healthy weight loss



Increase metabolism



Stability in heart rate and blood pressure



Stabilizing sugar levels



Cell strengthening and enhancing immunity





TIPS FOR NAVRATRI FASTING

- Do not take long intervals between meals because it causes acidity and bloating.
- Do not go to sleep immediately after taking your last meal.
- Increase your intake of vegetables or foods. Keep on consuming small and frequent meals to maintain high energy.
- Ensure you are drinking at least 3L of water per day to maintain electrolyte balance.
- Choose low-fat milk and milk products instead of full-fat milk, cream, or cheese.
- Add high-fibre nuts like almonds and walnuts in your diet.
- Limit tea and coffee to avoid dehydration.
- Choose nimbu pani, buttermilk, milkshakes, coconut water, or just plain water instead.
- Use regular potatoes only once in week, and opt for sweet potatoes as an alternative.
- Use sendha namak in place of ordinary salt.
- Try to make your food at home rather than ordering outside or eating processed food.





GROCERY LIST

1. **Buckwheat Flour (Kuttu Atta):** Rich in fiber, proteins, vitamins, and minerals - can use it to make rotis or flatbreads
2. **Sago/Tapioca Pearls (Sabudana):** Provides energy during fasting - easy to digest and can be used to make dishes like vada, kheer or khichdi.
3. **Samak Chawal:** A low GI alternative to rice - Try it with dahi or kadhi.
4. **Amaranth (Rajgira):** High in nutrients like iron and manganese - use for rotis, kheer or porridge.
5. **Water Chestnut Flour (Singhara Atta):** Rich in vitamins and potassium - use to make rotis or dhoklas.
6. **Fox Nuts (Makhana):** These are rich in antioxidants and fiber - munch as a snack or make kheer!
7. **Almonds and Walnuts:** Nuts like almonds and walnuts are great for snacking and making smoothies
8. **Fruits:** Buy Vitamin C rich fruits such as Papaya, Kiwi, Guava, Amla and fibre rich fruits such as Apple, Pomegranate etc.
9. **Vegetables:** Fresh veggies like bottle gourd, sweet potatoes, and cucumbers are common during fasting
10. **Dairy Products:** Low-fat dairy products provide protein and keep your energy stable. You can have milk, buttermilk, or even make paneer dishes.
11. **Sendha Namak :** This is the only salt allowed during fasting. It's good for your blood pressure and mineral absorption.





YOUR 9-DAY NAVRATRI DIET PLAN

Note: You can switch your lunch and dinner based on your fasting preferences.. It's all about what works best for you during your fast.

Day 1

Early breakfast: Lemon water + 5 Almonds

Breakfast: Apple curd smoothie

Mid-morning: Coconut water with fruits

Lunch: Sabudana vadas with mint chutney

Evening time: Green tea/tea with mixed nuts/roasted makhana

Dinner: A bowl of curd and salad

Post dinner: Hot water/Chamomile tea





Day 2

Early breakfast: Lemon water + 5 almonds

Breakfast: Kiwi Detox Slush

Mid-morning: Coconut water

Lunch: Kuttu roti with pumpkin or lauki sabji and salad with raita

Evening time: Green tea/tea with mixed nuts/roasted makhana

Dinner: Ghiya soup with paneer cubes

Post dinner: Hot water/Chamomile tea

Day 3

Early breakfast: Lemon water + 5 Almonds

Breakfast: Milk with fruits

Lunch: Kuttu wrap

Evening time: Green tea/tea with mixed nuts/roasted makhana

Dinner: Apple halwa

Post dinner: Hot water/Chamomile tea





Day 4

Early breakfast: coriander water + 5 almonds

Breakfast: Papaya curd smoothie

Mid-morning: Chia seed water with fruits

Lunch: Samak rice Khichdi

Evening time: Green tea/tea with mixed nuts/roasted makhana

Dinner: Veg salad(add cucumber, carrots, Tomato)

Post dinner: Hot water/Chamomile tea

Day 5

Early breakfast: Jeera water + 5 almonds

Breakfast: Fruit salad

Mid-morning: coconut water/ Fruit salad

Lunch: Amaranth cheela

Evening time: Green tea/tea with mixed nuts/roasted makhana

Dinner: Ghiya kheer

Post dinner: Hot water/Chamomile tea





Day 6

Early breakfast: Amla juice

Breakfast: Sweet potato chaat

Mid-morning: Guava chaat

Lunch: Dahi makhani

Evening time: Green tea/tea with mixed nuts/roasted makhana

Dinner: Ghiya soup

Post dinner: Hot water/Chamomile tea

Day 7

Early breakfast: Amla juice

Breakfast: Buckwheat (kuttu) khichdi

Mid-morning: Fruit salad

Lunch: Thalipeeth + curd

Evening time: Green tea/tea with mixed nuts/roasted makhana

Dinner: Paneer tikka

Post dinner: Hot water/Chamomile tea





Day 8

Early breakfast: Lemon water

Breakfast: Mix fruit shake

Mid-morning: Chia seed water with fruits

Lunch: Samak rice idli with coconut/green chutney

Evening time: Green tea/tea with mixed nuts/roasted makhana

Dinner: Ghiya kheer

Post dinner: Hot water/Chamomile tea

Day 9

Early breakfast: Lemon water

Breakfast: Raw papaya salad

Mid-morning: Cucumber salad

Lunch: Singhare ki roti with aloo ki sabji

Evening time: Green tea/tea with mixed nuts/roasted makhana

Dinner: Milk with nuts

Post dinner: Hot water/Chamomile tea



SAMAK RICE IDLI

Ingredients:

- 1 cup samak rice
- ½ cup curd
- ½ tsp lemon juice
- 1 tsp cumin seeds
- ½ tsp baking powder
- oil- few drops
- Sendha namak to taste
- 1 tbsp desiccated coconut(optional)



Method:

- 1.This recipe will make 3 servings.
- 2.Firstly, rinse the rice and soak it in water for 2-3 hours. Then, drain the water.
- 3.Put the soaked rice in a blender along with curd, desiccated coconut (optional), lemon juice, and sendha namak. Blend until it becomes a smooth batter.
- 4.Grease the idli plate with oil.
- 5.Just before pouring the batter, add cumin seeds, and baking powder to the batter. You can optionally add a small amount of eno as well. Mix everything well.
- 6.Pour the batter into idli molds and steam them in a steamer for 7-8 minutes.
- 7.After the idlis have cooled down, take them out of the molds, and serve them with the coconut green chutney.



SAMAK RICE KHICHDI

Ingredients:

- 1 cup samak rice
- 1 tbsp ghee
- ½ tsp cumin seeds (Jeera)
- 1 green chili
- 3 cups water
- 2 tbsp curd
- Sendha namak to taste
- coriander leaves
- 2-3 tsp roasted Peanuts (optional)



Method:

1. This recipe will make 2 servings.
2. Rinse the samak rice a couple of times, similar to how you rinse rice. Soak it in enough water for 20-30 minutes, then drain and set aside.
3. Heat some ghee in a pan and add cumin seeds and green chili. Cook them for about a minute.
4. Put in samak rice and cook it with the spices for 2-3 minutes.
5. Pour in water and add sendha namak. Stir everything well.
6. Cover the pan with a lid and let it cook for 15-20 minutes. Remember to stir occasionally.
7. Check the khichdi's consistency when the rice has puffed up and is fully cooked. If it is too firm, add 1 cup of boiling water and cook for an additional 4-5 minutes.
8. Garnish the khichdi with coriander leaves and it's ready to be served. Optionally you can also add chopped peanuts.



ALOO KI SABJI

Ingredients:

- 3 medium potatoes
- 3 medium tomatoes or about 1 cup of chopped tomatoes
- 1 or 2 green chilies
- 1/2 teaspoon ajwain (carom seeds) or jeera (cumin seeds)
- 1.5 to 2 cups water
- 2 tbsp oil
- Sendha namak to taste
- Coriander leaves to garnish





Method:

1. This recipe will make 2 servings.
2. First boil the potatoes in a pressure cooker for 3-4 whistles till they cook and soften.
3. Once boiled, run the potatoes under cold water, peel them and keep them aside.
4. In a pan, heat two tablespoons of oil.
5. Heat $\frac{1}{2}$ tsp of carom seeds or jeera seeds until they crackle.
6. Now, add one or two chopped green chilies.
7. Cook for 30 seconds.
8. Add diced tomatoes and continue cooking.
9. Stir till the oil starts to leave the sides of the mixture.
10. By this time, the tomatoes would have cooked and softened.
11. Continue to stir in between when cooking the tomatoes, a couple of times.
12. Crumble the boiled potatoes in the tomato gravy. Stir and mix well.
13. Add 2 cups of water, stir well. Sprinkle sendha namak as required. Simmer till the gravy thickens a bit.
14. Serve vrat wale aloo hot with coriander leaves as a garnish. As it cools, the gravy will thicken.



KUTTU KI ROTI

Ingredients:

- 2 cups kuttu ka atta (buckwheat flour)
- 1 tbsp finely chopped coriander leaves
- 1 medium to large boiled potato(optional)
- 1 radish (optional)
- 1 green chili – finely chopped (optional)
- 3 to 4 tbsp warm water or add as required
- Sendha namak as per taste
- Oil or ghee as required for roasting



Method:

1. This recipe makes 4 rotis.
2. Take kuttu ka atta / buckwheat flour in a large bowl.
3. Add crumbled boiled potato or grated radish as a healthier option to the flour to act as a binding agent (optional).
4. Then add chopped coriander leaves, chopped green chili and sendha namak in mixing bowl
5. Now, keep on adding lukewarm water to it and mixing till a dough is formed.
6. Using a rolling pin, roll rotis out of the dough.
7. Then heat tawa or griddle.
8. Put a roti on the tawa. Maintain a medium-high heat setting
9. When one side is partly cooked, flip and let the other side cook.
10. Spread a small amount of ghee or oil on top and then flip again.
11. Keep on flipping the kuttu ki rotis until completely cooked / golden brown.
12. Serve kuttu ki rotis hot with vegetables or curry.



BUCKWHEAT (KUTTU) KHICHDI

Ingredients:

- 1 cup buckwheat groats (kuttu)
- 1 tbsp ghee or oil
- 1/2 tsp cumin seeds (jeera)
- 1 green chili, chopped
- 1/2 inch of ginger, finely chopped
- 2 medium-sized potatoes (optional)
- 2 cups water or as required
- Sendha namak as per taste
- 1 to 2 tbsp chopped coriander leaves
- Lemon juice (optional)
- 1 tbsp raw peanuts (optional)



Method:

1. This recipe will make 3 servings
2. In a pan, roast peanuts until golden and crunchy, then cool and grind them into a coarse powder. (optional)
3. Then rinse the kuttu a few times with water, then set it aside.
4. Heat some ghee or oil in a pan or pot. Add the cumin seeds and cook them on low heat until they start to crackle.
5. Then, add the green chili and chopped ginger and mix them for a few seconds.





Method:

6. (Optional) Add diced potato cubes. Cook them for 2 to 3 minutes over medium heat, stirring often, until they become crisp around the edges. It's better to chop the potatoes into smaller cubes for faster cooking.

7. (Optional) Add the ground peanuts and cook for about 30 seconds.

8. After that, add the rinsed kuttu and stir it in. Cook for 1 to 2 minutes over low to medium-low heat. Pour in the water and salt. Stir everything well.

9. Cover the pan with a lid and simmer the kuttu khichdi over low to medium-low heat. Cook until all the water is absorbed, and the kuttu is soft and well-cooked.

10. While it's simmering, check it a few times to make sure it doesn't run out of water. If the water looks low and the kuttu is only half-cooked, add some more water as needed and gently stir. Then, cover and continue cooking the buckwheat.

11. Finally, add some chopped coriander leaves and give it a final stir.

12. Serve the kuttu khichdi hot or warm, and if you like, you can drizzle some lemon juice on top. Enjoy your meal!



KUTTU WRAP

Ingredients:

- 1 cup buckwheat flour (Kuttu ka aata)
- 1/4 cup grated boiled carrots
- 200g Paneer
- 1 tsp chopped ginger
- 1/2 cup chopped tomatoes
- 1 tbsp chopped coriander leaves
- 1/2 tsp roasted cumin powder
- 1/4 tsp Pepper powder
- Sendha Namak as per taste
- 2 chopped green chilies
- 1 tsp ghee/oil, as needed
- Water as needed
- 1-2 tbsp green chutney
- A few pieces of diced cucumber





Method:

This recipe makes 4 servings.

For Kuttu Pancakes:

1. Take one cup of buckwheat flour (kuttu flour) and add enough water to make a thick batter, similar to what you would use for making besan chilla.
2. Mix in grated boiled carrots, roasted cumin powder, pepper powder, and Sendha namak
3. Make pancakes from this batter on a greased pan. Cook them on both sides until they're done.

For the Filling:

1. Heat oil/ghee in a pan, add chopped chilies, ginger, and chopped tomatoes. Cook for a few minutes.
2. Add mashed paneer, Sendha namak, roasted cumin powder, pepper powder, and cook until it becomes dry. Then, add chopped coriander.

Assembling:

1. Take the Kuttu pancakes and spread some green coriander chutney on them.
2. Add the filling on top. You can also include some cucumber pieces.(optional)
3. Fold them or roll them up.
4. Serve with your choice of chutney or raita. Enjoy!



SWEET POTATO CHAAT

Ingredients:

- 2 sweet potato medium-sized
- ½ tsp black pepper
- ½ tsp chat masala
- ½ tsp chat masala
- Sendha namak to taste
- Lemon juice from half a lemon
- Pomegranate seeds (optional)



Method:

1. This recipe will make 1 bowl of Sweet Potato Chaat.
2. Pressure cook 2 sweet potatoes for about 3 to 4 whistles with water, just about covering the sweet potatoes.
3. Now, peel the sweet potatoes once they are warm, chop them and add to a bowl.
4. Add ½ tsp chat masala, ¼ tsp black pepper powder, and sendha namak to the bowl.
5. Mix all the ingredients well.
6. Add 1 tsp lemon juice and (optional) 2 tbsp of pomegranate seeds as garnish to the bowl.
7. Enjoy! You can use fewer or more spice powders as per your taste



THALIPEETH

Ingredients:

- 1/4 cup rajgira atta (amaranth flour)
- 2 tbsp singhare ka atta (Chestnut flour)
- 1 tbsp grated bottle gourd (lauki)
- 1 tbsp grated carrot
- 1 green chili, finely chopped (optional)
- 1-2 tbsp chopped coriander leaves
- Sendha namak to taste
- Water as needed
- Ghee for cooking





Method:

1. This recipe makes 2 thalipeeths.
2. In a mixing bowl, combine rajgira atta, singhare ka atta, grated bottle gourd, grated carrot, chopped coriander leaves, green chili (if using), and sendha namak.
3. Gradually add water and knead the mixture until it forms a soft and easy-to-handle dough.
4. Divide the dough into two equal portions and roll them into balls.
5. Take one portion of the dough and flatten it into a small disc with your hands.
6. Use a rolling pin to gently shape the flattened dough into a small circular shape. You can dust it lightly with rajgira atta to prevent sticking.
7. Heat a flat pan or griddle over medium heat and place the thalipeeth on it.
8. Cook the thalipeeth over medium heat until you see small bubbles on the surface.
9. Apply a thin layer of ghee on top.
10. Flip the thalipeeth over and cook the other side for about a minute. You can gently press it with a spatula for even cooking.
11. Remove the thalipeeth from the pan and place it on a plate.
12. Repeat the process with the remaining dough.
13. Serve the Thalipeeth hot, along with yogurt or mint chutney.



AMARANTH CHEELA

Ingredients:

- ½ cup (45g) Amaranth / Rajgira Atta
- 1/2 finely-chopped Green Chilli
- 1 or 2 pinch black pepper powder
- 1 tbsp chopped coriander leaves
- 1 pinch roasted cumin powder (jeera)
- 1 tbsp Curd (Optional)
- ½ medium sized Tomato (Optional)
- ¼ tsp Carom Seeds (Ajwain)
- 1 tsp Oil or Ghee
- Sendha namak as per taste
- Water - 1/2 cup or as required





Method:

1. This recipe makes 2 cheelas.
2. Take Rajgira atta in a mixing bowl, pour water with desired consistency to make a thick batter. Gently mix them to make it lump-free.
3. (Optional) You can add curd to the mixture to make the cheelas even softer.
4. Now, add salt, green chilli, black pepper powder, coriander leaves, cumin powder, carom seeds and (optional) chopped tomato to the bowl.
5. Mix all the ingredients, ensure that the batter is thick but pouring consistency.
6. Keep the batter aside for 5-10 minutes.
7. Heat the frying pan (Tawa) for 1-2 minutes, adjust the flame to medium, and grease it with little oil or ghee to ensure the batter doesn't stick.
8. (Optional) You can sprinkle a few drops of water on the pan to make the cheela crispier.
9. Now, pour a ladle full of batter on the pan, spread it towards the sides and try to make it thin and circular.
10. Cook until its colour turns golden-brown, then flip and cook till both sides turn golden-brown and crisp.
11. Serve hot with green chutney.

Special Notes:

1. You can avoid adding green chillies in the recipe in case you do not like spicy food.
2. The batter should not be too thick as otherwise the cheela will not cook properly.



AMARANTH KHEER

Ingredients:

- $\frac{1}{3}$ cup amaranth grain
- 1 cup milk
- 1 cup water
- 3 tsp jaggery
- 5 cashew
- 3 green cardamom
- A pinch of kesar strands
- Rose petals (Optional) for garnish





Method:

1. This recipe makes 2 servings.
2. Rinse 1/3 cup of amaranth grains using a fine-mesh sieve or strainer. Alternatively, you can add them directly to a pressure cooker if you prefer.
3. Add 1 cup of water to the amaranth grains and stir well.
4. Pressure cook over medium heat for 3 whistles or about 9 to 10 minutes. After the pressure naturally releases, open the cooker lid.
5. Now, add 1 cup of milk to the cooker.
6. Keep the cooker on the stove over low heat. Stir the mixture of milk and cooked amaranth grains thoroughly. Simmer on low heat for about 6 to 7 minutes. Be sure to stir occasionally to prevent sticking or browning at the bottom.
7. Add 3 tsp of jaggery and crushed cardamom. Stir again. Simmer the kheer for an additional 2 minutes.
8. Finally, add sliced cashews and garnish with rose petals and kesar strands.
9. Your Amaranth Kheer is ready!
10. You can serve the amaranth kheer hot, warm, or chilled.



SABUDANA VADA

Ingredients:

- 1/4 cup sabudana (tapioca pearls)
- 1/4 cup water
- 1 medium-sized boiled and mashed potato
- 1 tbsp crushed peanuts (optional)
- 1/2 tsp grated ginger
- 1/2 tsp cumin seeds (jeera)
- 1/4 tsp red chili powder
- Sendha namak to taste
- Cooking spray or oil for greasing





Method:

1. This recipe makes 4 servings.
2. Rinse the sabudana under running water until the water turns clear.
3. Soak the rinsed sabudana in water for 2-3 hours.
4. After soaking, drain the water from the sabudana and let it rest for an additional 2-3 hours without adding any water.
5. Preheat your oven to 375°F (190°C).
6. In a mixing bowl, add soaked and drained sabudana, mashed potato, crushed peanuts (optional), grated ginger, cumin seeds, red chili powder, and salt. Mix all the ingredients well.
7. Grease a baking sheet with cooking spray or oil.
8. Take a small portion of the prepared mixture and shape it into a patty or any desired shape. Repeat with the remaining mixture, placing the patties on the greased baking sheet.
9. Lightly spray some cooking spray or brush a little oil on top of each vada.
10. Bake the vadas in the preheated oven for 15-20 minutes, or until they turn golden brown and crispy. Flip them once halfway through for even cooking.
11. Once baked, remove the vadas from the oven and let them cool for a few minutes before serving.
12. Serve the healthy baked sabudana vada with your favorite chutney or dip.



SINGHARE KI ROTI

Ingredients:

- 1 cup singhara atta
- ½ tsp cumin seeds (jeera)
- Sendha Namak to taste
- 1-2 tsp Ghee/oil
- Water as required



Method:

1. This recipe makes 2-3 rotis.
2. In a bowl, mix together singhara atta, cumin seeds and salt.
3. Add a small amount of water and mix well to make a firm dough.
4. Divide the dough into 2 to 3 equal parts.
5. Sprinkle some flour on a clean surface and roll each portion into a roti.
6. Heat a tawa and grease it with ghee or oil.
7. Carefully place the roti on the tawa and let it cook for about a minute.
8. Drizzle a few drops of ghee, flip it to the other side, and add more ghee.
9. Continue to cook the roti on both sides until it reaches your desired level of crispness.



DAHI MAKHANE

Ingredients:

- 1 cup curd
- 1/2 cup makhane
- 1 tsp ghee
- 1/2 tsp chat masala
- 1/4 tsp red chili powder
- 1 green chilli chopped
- 1/2 tsp roasted cumin powder
- 1 tbsp coriander leaves
- Sendha namak as per taste



Method:

1. This recipe will make 2 servings.
2. In a pan, melt 1 teaspoon of ghee. Add 1/2 cup of Makhana and cook them on low heat for about 4-5 minutes until they become crispy. Remember to stir them occasionally so they don't burn.
3. To see if they're done, take one Makhana, crush it, and if it makes a nice crunching sound, they're perfectly roasted. Now, transfer the roasted makhanas to a plate and let them cool.
4. In a bowl, whisk the curd until it's smooth. Then, add the cooled roasted makhanas, roasted cumin powder, red chili powder, green chilies, coriander leaves and salt. Mix everything together well.
5. Enjoy your makhana raita after letting it rest for 10 minutes.



GHIYA KHEER

Ingredients:

- 1/2 Bottle Gourd
- 1/2 tsp Ghee
- 2 cup Milk
- 50 mL Water
- 1/2 tsp Cardamom Powder
- 1 tsp Chopped almonds
- A pinch of Kesar - a pinch



Method:

1. Take half a medium-sized ghiya/lauki and grate it.
2. Shift the grated lauki to a muslin cloth and squeeze out excess water. Make sure most of the water is removed.
3. Now, take a pan and heat it. Add 1/2 tsp desi ghee to it.
4. Add the grated lauki to the pan and stir it. Then cover it and let it cook until it turns light golden-green.
5. Add 2 cups of milk to the pan. On low to medium heat, simmer the milk for 20 minutes, stirring every 5 minutes.
6. Then add a pinch of saffron strands (kesar) to the pan and continue to simmer till milk comes to a gentle boil.
7. Add 1/2 tsp cardamom powder and chopped almonds.
8. Stir to mix well and simmer the kheer for 2-3 minutes more.
9. Serve Ghiya kheer hot/warm or chilled.



APPLE HALWA

Ingredients:

- Apple- 3
- Almond- 10
- Ghee - 1 tbsp



Method:

1. This recipe will make 2 servings.
2. Take 3 apples, deseed them, peel their skin and finely chop into small pieces.
3. Take 10 finely chopped almonds and roast them in a pan with a spoonful of ghee.
4. Now take another pan on low flame - put all the chopped apples into the pan.
5. Mash them using a ladle, wait for them to get mushy.
6. Cover them using a lid for 4-5 minutes and stir it gently and switch off the flame.
7. Garnish them with finely chopped almonds.
8. Serve apple halwa hot or warm.



GUAVA CHAAT

Ingredients:

- 1 guava
- 2-3 fresh pudina leaves
- 1 tsp fresh lemon juice
- 4-5 tbsp fresh coriander leaves
- 2 green chili
- Pinch of chat masala
- 1/4 tsp roasted cumin seeds
- 1/2 inch ginger piece
- Pinch of Sendha namak



Method:

1. Cut 1 guava into small pieces.
2. Blend green chili, fresh coriander leaves, pudina leaves, ginger, and cumin seeds with water into a paste.
3. Coat diced guava with paste prepared as above.
4. Sprinkle chat masala, sendha namak, and fresh lemon juice and toss well.
5. Garnish with fresh pudina leaves and serve immediately!



CUCUMBER SALAD

Ingredients:

- 1 Cucumber
- 1 Lemon
- 1/2 tsp Black Pepper



Method:

1. This recipe makes 1 serving
2. In a bowl, Peel cucumber, chop it well.
3. Now, squeeze a lemon on the top.
4. Add black pepper as per your own preference.
5. Mix it well and enjoy.



PAPAYA CURD SMOOTHIE

Ingredients:

- $\frac{1}{4}$ Papaya
- 1 frozen Banana
- 1 cup Curd or Unflavoured Yogurt
- 3-4 Ice Cubes
- $\frac{1}{4}$ glass Water(optional)
- 1 tsp Mix Seeds (Optional)
- 1 tsp overnight soaked Chia Seeds (Optional)
- 1 tsp chopped figs / anjeer (Optional)



Method:

1. This recipe makes 1 serving.
2. Peel the papaya and banana. Cut them into small pieces.
3. Add papaya, banana, curd, (optional) chia seeds, and (optional) mix seeds in a blender.
4. (Optional) You can also add water if you want a less thicker consistency.
5. Blend all ingredients for 1-2 minutes or till liquid-like consistency.
6. Pour the smoothie in a glass and (optional) garnish it with chopped figs.
7. Serve Chilled!



APPLE CURD SMOOTHIE

Ingredients:

- 1 medium-sized Apple
- 1 cup Curd or Unflavoured Yogurt
- 1/4 glass Water
- ½ tsp Cinnamon Powder (Optional)
- ½ tsp Sugar or Honey (Optional)
- 1 tsp overnight soaked Chia Seeds (Optional)



Method:

1. This recipe makes 1-2 servings.
2. Peel the apple and slice it into small pieces.
3. Add apple, curd, water, (optional) chia seeds, and (optional) cinnamon powder in a blender.
4. (Optional) For a hint of sweetness, you can add sugar or honey to the mixture.
5. Blend all ingredients for 1-2 minutes or till liquid-like consistency.
6. Pour the smoothie in a glass and serve Chilled!



GHIYA SOUP

Ingredients:

- ½ medium sized Bottle Gourd
- 300 ml Water
- 1 Green Chilli
- 1 tsp Ginger
- a pinch Hing
- ½ tsp Turmeric Powder
- ¼ cup(30g) carrot
- 1 tsp sendha namak
- (Optional) ½ tsp Red Chilli Powder
- 0.25 tsp Black Pepper
- Coriander Leaves/Natural Lemon Juice - for garnishing





Method:

1. This recipe will make 1 serving of Ghiya Soup.
2. Peel and cut ghiya into small pieces.
3. Spray some oil on the saucepan. Add green chilli, ginger, hing to the pan and saute on medium flame for 1-2 minutes.
4. Add chopped pieces of ghiya into the pan. Then add salt, turmeric powder, and some water to it.
5. Cover the pan to cook for 5-10 minutes or until ghiya becomes soft.
6. Let it cool, take out the mixture and add it to the blender.
7. Blend well until the liquid consistency is obtained. (You can add extra water if needed.)
8. Take a saucepan/kadhai and add the blended mixture to it.
9. Now, add chopped carrots and some more water (if needed).
10. Add more salt, black pepper powder, and (optional) red chilli powder to the pan.
11. Stir it and cook on a medium flame for 4-5 minutes.
12. You can garnish it with fresh coriander leaves and squeeze lemon for taste.
13. Transfer to a bowl and serve hot!



FRUIT SALAD

Ingredients:

- 1/2 medium-sized Apple
- 2-3 Strawberry
- 1/2 Pomegranate
- 1/2 Lemon
- 3-4 Mint Leaf
- (Optional) 1 Kiwi
- (Optional) 1/2 tsp Chat Masala



Method:

1. This recipe creates Fruit Chaat for 1 serving.
2. Chop apple and strawberry into small pieces and place in a mixing bowl. Keep the apple skin on.
3. Peel and chop kiwi (optional) into small pieces and add to the bowl.
4. Take out the seeds from the pomegranate and add them to the chopped fruits.
5. Mix the fruits well.
6. Squeeze lemon on top and garnish it with mint leaves.
7. (Optional) For a spicier chaat, add chat masala and mix well.
8. Refrigerate until ready to serve.
9. Your healthy fruit salad is ready to eat!



KIWI DETOX SLUSH

Ingredients:

- 2 Kiwis
- 100g Cucumber
- 1/2 Orange
- 1/2 piece Lemon
- 1/2 glass Water
- 2-3 Ice Cubes



Method:

1. Peel the skin of the kiwis, cucumber and orange
2. Chop kiwi, cucumber and orange into small pieces
3. Crush ice into small pieces
4. In a blender, mix kiwi, cucumber, orange, water and ice cubes and blend well till liquid like consistency
5. Squeeze lemon juice in the mixture
6. Consume chilled



MIX FRUIT SHAKE

Ingredients:

- ½ medium sized Black Spotted Ripe Banana
- ½ medium sized apple
- 30g Chikoo / Strawberry(seasonal)
- 1/2 glass Chilled Low Fat Milk
- ¼ glass Lukewarm Water
- 3-4 Soaked Almond
- 1-2 Walnut
- 4-5 Ice Cubes
- (Optional) 1 or 2 pinch Ground Cardamom Powder





Method:

1. This recipe makes 1 serving of 220 ml approx. of Mix Fruit Shake.
2. Peel and cut the 1 medium-sized black spotted ripened banana, 1/2 apple, and 30 g of any available seasonal fruit like strawberry or chickoo into small pieces.
3. Put chopped fruits, 100 ml chilled low-fat milk, 3 soaked almonds, 2 walnuts, 1/4 glass (50 ml) lukewarm water, 4-5 ice cubes, and (optional) 1 or 2 pinch of cardamom powder in a blending jar.
4. Blend well for 1-2 minutes or till liquid-like consistency is obtained.
5. Pour the fruit milkshake into glass and sprinkle it with the remaining sliced almonds.
6. Serve chilled

Note:

You do not need additional sweetener as bananas are sweet. But if you feel the need of it, add 2 dates or 1 tsp jaggery powder.



PANEER TIKKA

Ingredients:

- 100g paneer
- 2 medium sized tomato
- 1 cup coriander leaves
- 1 inch ginger
- 2 tbsp curd
- 1-2 green chilli
- 1 tsp cumin seed powder
- 1 tsp lemon juice
- sendha namak as per taste
- 2 tsp oil or ghee





Method:

1. This recipe makes 2 servings.
2. Combine ginger, cumin seeds powder, green chili, curd, sendha namak (rock salt), coriander leaves, and lemon juice in a mixer. Blend them together until you achieve a smooth paste.
3. After blending all the ingredients into a smooth paste, transfer the mixture into a bowl.
4. Slice the paneer and tomatoes into the desired size and thickness for your recipe.
5. Next, add the sliced paneer and tomatoes into the paste you've prepared. Mix them thoroughly to coat them with the marination. Allow the mixture to sit aside for about 10-15 minutes to marinate.
6. In a pan, heat some ghee or oil.
7. Shallow fry the paneer and tomato cubes in the heated ghee or oil over medium flame.
8. Once the paneer and tomato cubes are cooked and have a nice golden texture, remove them from the pan and serve your dish.

