

211. Protein Poha

Classic poha enriched with sprouts and paneer.

Ingredients

- 1 cup poha
- 1/4 cup moong sprouts
- 50g paneer cubes
- 1 onion (chopped)
- 1 tomato (chopped)
- 1 tsp oil

Method

Step 1. Wash poha and keep aside.

Step 2. Heat oil, sauté onion and tomato.

Step 3. Add sprouts, paneer, and poha.

Step 4. Cook for 5 minutes and serve warm.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
320	18g	42g	8g

 Protein Hack Tip: Top with peanuts for crunch.

212. High-Protein Upma

Upma enriched with moong dal and vegetables.

Ingredients

- 1 cup rava (semolina)
- 1/4 cup moong dal (soaked)
- 1 cup vegetables (carrot, beans, peas)
- 1 tsp oil

Method

Step 1. Roast rava until golden and keep aside.

Step 2. Cook moong dal until soft.

Step 3. Heat oil, sauté vegetables, add dal and rava.

Step 4. Add 3 cups water and cook until fluffy.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
340	19g	44g	9g

 Protein Hack Tip: Add paneer cubes for extra protein.

213. Paneer Paratha (Breakfast Style)

Quick and filling paratha with paneer stuffing.

Ingredients

- 1 cup whole wheat flour
- 100g paneer (grated)
- 1 green chili (chopped)
- Salt and spices

Method

Step 1. Prepare dough with flour and water.

Step 2. Stuff with paneer, chili, and spices.

Step 3. Roll and cook paratha on tawa with little oil.

Step 4. Serve hot with curd.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
350	21g	44g	10g

☞ Protein Hack Tip: Add spinach in stuffing for more nutrition.

214. Oats Idli

Steamed idlis made with oats and curd.

Ingredients

- 1 cup oats (powdered)
- 1/2 cup curd
- 1/2 tsp Eno (fruit salt)
- Salt

Method

Step 1. Mix oats powder, curd, and salt to form batter.

Step 2. Add Eno before steaming.

Step 3. Pour into idli molds and steam for 10 minutes.

Step 4. Serve with chutney.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
300	16g	38g	6g

☞ Protein Hack Tip: Add grated carrot to batter.

215. Protein Dosa

South Indian dosa enriched with dal and oats.

Ingredients

- 1/2 cup rice
- 1/2 cup urad dal
- 1/4 cup oats
- Salt

Method

Step 1. Soak rice, dal, and oats overnight.

Step 2. Grind into smooth batter and ferment.

Step 3. Spread batter on hot tawa into dosa.

Step 4. Cook until golden and serve with chutney.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
330	18g	42g	7g

 Protein Hack Tip: Serve with sambar for complete protein.

216. Vegetable Paneer Sandwich

Healthy sandwich with paneer and fresh vegetables.

Ingredients

- 4 whole wheat bread slices
- 100g paneer (crumbled)
- 1/4 cup cucumber (sliced)
- 1/4 cup tomato (sliced)
- Mint chutney

Method

Step 1. Spread paneer and vegetables on bread slices.

Step 2. Add mint chutney and cover with bread.

Step 3. Grill sandwich and serve warm.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
320	19g	40g	8g

 Protein Hack Tip: Add sprouts inside for more protein.

217. Besan Cheela with Paneer

Quick cheela made with besan and stuffed with paneer.

Ingredients

- 1 cup besan (chickpea flour)
- 100g paneer (grated)
- 1 onion (chopped)
- 1 green chili (chopped)

Method

Step 1. Prepare batter with besan, water, and spices.

Step 2. Spread batter on hot tawa and cook one side.

Step 3. Add paneer stuffing and fold cheela.

Step 4. Cook until golden and serve.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
340	20g	38g	9g

 Protein Hack Tip: Top with coriander leaves.

218. Sprouts Salad Breakfast Bowl

Refreshing salad with sprouts and vegetables for breakfast.

Ingredients

- 1 cup moong sprouts (boiled)
- 1 cucumber (chopped)
- 1 tomato (chopped)
- 1 tbsp lemon juice

Method

Step 1. Mix sprouts, cucumber, and tomato in a bowl.

Step 2. Add lemon juice and toss well.

Step 3. Serve fresh.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
280	17g	34g	6g

 Protein Hack Tip: Add paneer cubes for more protein.

219. Paneer Veggie Wrap

Quick wrap with paneer and vegetables for breakfast.

Ingredients

- 1 whole wheat tortilla
- 100g paneer (grilled)
- 1/4 cup capsicum (sliced)
- 1/4 cup onion (sliced)
- Mint chutney

Method

Step 1. Grill paneer and vegetables.

Step 2. Place inside tortilla with chutney.

Step 3. Roll tightly and serve.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
340	21g	38g	9g

 Protein Hack Tip: Add sprouts for nutrition.

220. Protein Smoothie Bowl

Nutritious breakfast smoothie bowl with fruits and seeds.

Ingredients

- 1 banana
- 1/2 cup Greek yogurt
- 1 scoop plant protein powder
- 1 tbsp chia seeds
- 1 tbsp flaxseeds

Method

Step 1. Blend banana, yogurt, and protein powder.

Step 2. Pour into bowl and top with chia seeds and flaxseeds.

Step 3. Serve chilled.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
330	23g	36g	8g

 Protein Hack Tip: Add berries for antioxidants.