71. Palak Paneer Protein Curry

Classic spinach and paneer curry with a protein boost.

Ingredients

• 200g paneer cubes

• 2 cups spinach (blanched & pureed)

• 1 onion (chopped)

• 1 tomato (pureed)

• 1 tsp ginger-garlic paste

• Spices: turmeric, chili powder, garam masala

• 1 tsp oil

Method

Step 1. Heat oil in a pan and sauté onion until golden brown.

Step 2. Add ginger-garlic paste and cook for 1 minute.

Step 3. Stir in tomato puree and spices, cook until oil separates.

Step 4. Add spinach puree and mix well.

Step 5. Add paneer cubes, cover, and simmer for 5 minutes.

Step 6. Serve hot with roti or rice.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
380	25g	20g	18g

⬚ Protein Hack Tip: Add boiled soya chunks for extra 10g protein.

72. Soya Chunk Masala Curry

High-protein curry made with soya chunks in spicy masala gravy.

Ingredients

• 1 cup soya chunks (boiled & squeezed)

• 1 onion (chopped)

• 1 tomato (pureed)

• 1 tsp ginger-garlic paste

• Spices: turmeric, chili, coriander powder

• 1 tsp oil

Method

Step 1. Boil soya chunks, squeeze excess water, and keep aside.

Step 2. Heat oil, sauté onion until golden.

Step 3. Add ginger-garlic paste and tomato puree, cook until masala thickens.

Step 4. Add spices and soya chunks, mix well.

Step 5. Simmer for 5 minutes and serve.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
350	28g	22g	12g

⬛ Protein Hack Tip: Add green peas for extra nutrients.

73. Chana Masala Protein Curry

Nutritious curry made from chickpeas and spices.

Ingredients

• 1 cup boiled chickpeas

• 1 onion (chopped)

• 1 tomato (chopped)

• 1 tsp ginger-garlic paste

• Spices: cumin, turmeric, chili, garam masala

• 1 tsp oil

Method

Step 1. Heat oil and sauté onion until brown.

Step 2. Add ginger-garlic paste and tomato, cook until soft.

Step 3. Add spices and stir well.

Step 4. Add boiled chickpeas and simmer for 10 minutes.

Step 5. Serve with roti or rice.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
340	20g	45g	8g

⬛ Protein Hack Tip: Top with paneer cubes for protein boost.

74. Masoor Dal Tadka

Protein-packed dal tadka with red lentils.

Ingredients

• 1 cup masoor dal

• 1 onion (chopped)

• 1 tomato (chopped)

• 1 tsp ginger-garlic paste

• Spices: turmeric, chili, cumin seeds

• 1 tsp oil

Method

Step 1. Wash and boil masoor dal with turmeric until soft.

Step 2. In a pan, heat oil and add cumin seeds.

Step 3. Sauté onion, ginger-garlic paste, and tomato until soft.

Step 4. Add chili powder and mix well.

Step 5. Pour tadka into dal and simmer 5 minutes.

Step 6. Serve with rice or roti.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
300	18g	40g	6g

⬛ Protein Hack Tip: Add spinach to dal for extra nutrients.

78. Paneer Bhurji

Scrambled paneer dish with onion, tomato, and spices.

Ingredients

• 200g paneer (crumbled)

• 1 onion (chopped)

• 1 tomato (chopped)

• 1 green chili (chopped)

• Spices: turmeric, chili, garam masala

• 1 tsp oil

Method

Step 1. Heat oil and sauté onion until golden.

Step 2. Add tomato and cook until soft.

Step 3. Add spices and stir.

Step 4. Add crumbled paneer and cook for 5 minutes.

Step 5. Serve with chapati.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
320	22g	15g	16g

⬚ Protein Hack Tip: Add spinach to paneer bhurji for fiber and protein.

79. Soya & Palak Curry

Combination of soya chunks and spinach in spicy gravy.

Ingredients

• 1 cup soya chunks (boiled)

• 2 cups spinach (blanched & pureed)

• 1 onion (chopped)

• 1 tomato (pureed)

• Spices: chili, garam masala

• 1 tsp oil

Method

Step 1. Heat oil, sauté onion until brown.

Step 2. Add tomato puree and spices, cook until thick.

Step 3. Stir in spinach puree.

Step 4. Add soya chunks and simmer for 10 minutes.

Step 5. Serve hot with roti.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
340	27g	22g	9g

⬜ Protein Hack Tip: Add paneer for richer texture.

80. Chole Palak

Healthy protein curry with chickpeas and spinach.

Ingredients

• 1 cup boiled chickpeas

• 2 cups spinach (blanched & chopped)

• 1 onion (chopped)

• 1 tomato (pureed)

• Spices: cumin, chili, garam masala

• 1 tsp oil

Method

Step 1. Heat oil and sauté onion until brown.

Step 2. Add tomato puree and spices, cook until oil separates.

Step 3. Add spinach and stir well.

Step 4. Add boiled chickpeas and simmer 10 minutes.

Step 5. Serve with rice or roti.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
360	22g	42g	8g

⬚ Protein Hack Tip: Add tofu cubes for extra protein.

81. Paneer Paratha

Whole wheat paratha stuffed with high-protein paneer filling.

Ingredients

• 2 cups whole wheat flour

• 150g paneer (grated)

• 1 green chili (chopped)

• 1/2 tsp cumin powder

• Salt as needed

Method

Step 1. Knead flour with water into soft dough.

Step 2. Mix paneer, chili, cumin, and salt for stuffing.

Step 3. Roll out small dough balls, fill with paneer stuffing, and roll again.

Step 4. Cook on hot tawa with little oil until golden on both sides.

Step 5. Serve with curd or pickle.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
350	20g	45g	10g

⬜ Protein Hack Tip: Add spinach to stuffing for extra nutrients.

82. Soya Paratha

Nutritious paratha with soya granule stuffing.

Ingredients

• 2 cups whole wheat flour

• 1/2 cup soya granules (soaked & squeezed)

• 1 onion (chopped)

• 1 green chili

• Salt & spices

Method

Step 1. Prepare dough with whole wheat flour and water.

Step 2. Mix soya granules with onion, chili, and spices.

Step 3. Stuff mixture into dough balls and roll out parathas.

Step 4. Cook on tawa with oil until crisp.

Step 5. Serve hot with chutney.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
340	22g	44g	8g

⬚ Protein Hack Tip: Add curd to dough for softness and protein.

84. Palak Paneer Paratha

Healthy paratha stuffed with spinach and paneer mixture.

Ingredients

• 2 cups whole wheat flour

• 100g paneer (grated)

• 1 cup spinach (chopped)

• 1 green chili

• Salt to taste

Method

Step 1. Knead flour with water to make dough.

Step 2. Mix paneer, spinach, chili, and salt for stuffing.

Step 3. Fill dough balls with stuffing and roll into parathas.

Step 4. Cook on tawa until golden brown.

Step 5. Serve hot.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
340	20g	42g	9g

⏹ Protein Hack Tip: Add flaxseed powder to dough for omega-3s.

86. Moong Dal Cheela

Savory Indian pancake made with moong dal batter.

Ingredients

• 1 cup yellow moong dal (soaked overnight)

• 1 tsp ginger paste

• 1 green chili

• Salt as needed

Method

Step 1. Grind soaked moong dal into smooth batter.

Step 2. Add ginger paste, chili, and salt.

Step 3. Pour batter on hot tawa and spread thinly.

Step 4. Cook on both sides until golden.

Step 5. Serve with chutney.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
300	18g	34g	6g

Protein Hack Tip: Stuff with paneer for extra protein.

87. Oats & Paneer Roti

High-protein roti made with oats and paneer mixture.

Ingredients

• 1 cup oats flour

• 1 cup whole wheat flour

• 100g paneer (grated)

• Salt & spices

Method

Step 1. Mix oats flour, wheat flour, and paneer with spices.

Step 2. Knead into soft dough with water.

Step 3. Roll into rotis and cook on hot tawa.

Step 4. Serve with dal or curry.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
310	19g	42g	7g

⬤ Protein Hack Tip: Add flaxseeds for more protein.

88. Stuffed Besan Roti

Roti stuffed with spicy gram flour mixture.

Ingredients

• 2 cups whole wheat flour

• 1/2 cup besan

• 1 onion (chopped)

• 1 green chili

• Salt & spices

Method

Step 1. Mix besan with onion, chili, and spices.

Step 2. Make dough with flour and water.

Step 3. Stuff besan mixture into dough balls and roll out.

Step 4. Cook on hot tawa until crisp.

Step 5. Serve hot.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
320	17g	44g	8g

⬜ Protein Hack Tip: Use multigrain flour for added fiber.

91. Quinoa Khichdi

Nutritious khichdi made with quinoa and moong dal.

Ingredients

• 1/2 cup quinoa

• 1/2 cup yellow moong dal

• 1 cup vegetables (carrot, beans, peas)

• 1 tsp cumin seeds

• 1 tsp ghee

Method

Step 1. Wash quinoa and dal thoroughly.

Step 2. Heat ghee in a pressure cooker, add cumin seeds.

Step 3. Add vegetables, sauté for 2 minutes.

Step 4. Add quinoa, dal, and 3 cups water, pressure cook for 3 whistles.

Step 5. Serve hot with curd.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
330	22g	40g	7g

⬤ Protein Hack Tip: Top with roasted cashews for crunch.

92. Brown Rice Pulao with Soya Chunks

High-protein pulao with soya chunks and brown rice.

Ingredients

• 1 cup brown rice

• 1/2 cup soya chunks (boiled)

• 1 onion (sliced)

• 1/2 cup vegetables

• Spices: cumin, garam masala

Method

Step 1. Soak brown rice for 30 minutes.

Step 2. Boil soya chunks, squeeze, and keep aside.

Step 3. Heat oil, sauté onion and spices, add vegetables.

Step 4. Add rice, soya chunks, and 2 cups water, cook until done.

Step 5. Serve hot.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
360	20g	48g	8g

⬜ Protein Hack Tip: Use quinoa instead of rice for variation.

93. Paneer Fried Rice

Protein-rich fried rice with paneer cubes.

Ingredients

• 2 cups cooked brown rice

• 100g paneer cubes

• 1/2 cup mixed vegetables

• 1 tbsp soy sauce

• 1 tsp oil

Method

Step 1. Heat oil in a pan, sauté paneer cubes until golden.

Step 2. Add vegetables and stir-fry for 2 minutes.

Step 3. Add cooked rice and soy sauce, mix well.

Step 4. Cook for 3 minutes and serve.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
400	22g	50g	10g

⬤ Protein Hack Tip: Add scrambled tofu for more protein.

94. Vegetable Biryani with Soya

Aromatic biryani with vegetables and soya chunks.

Ingredients

• 1 cup basmati rice

• 1/2 cup soya chunks

• 1 cup vegetables

• 1 onion (sliced)

• Spices: biryani masala, garam masala

Method

Step 1. Soak basmati rice for 30 minutes.

Step 2. Boil soya chunks and keep aside.

Step 3. Heat oil, sauté onion and spices, add vegetables.

Step 4. Add rice and soya, cook with 2 cups water until rice is fluffy.

Step 5. Serve hot with raita.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
380	21g	52g	9g

⬜ Protein Hack Tip: Add paneer cubes for richer taste.

95. Curd Rice with Flaxseeds

South Indian curd rice enriched with flaxseeds.

Ingredients

• 1 cup cooked rice

• 1 cup curd

• 1 tsp flaxseed powder

• 1 tsp mustard seeds

• 1 tsp oil

Method

Step 1. Mix rice with curd and flaxseed powder.

Step 2. Heat oil, add mustard seeds for tempering.

Step 3. Pour tempering over curd rice and mix well.

Step 4. Serve chilled.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
280	14g	40g	6g

⬜ Protein Hack Tip: Add grated carrot for nutrition.

96. Oats Khichdi

Wholesome khichdi made with oats and moong dal.

Ingredients

• 1/2 cup oats

• 1/2 cup moong dal

• 1 cup vegetables

• 1 tsp cumin seeds

• 1 tsp ghee

Method

Step 1. Heat ghee in a cooker, add cumin seeds.

Step 2. Add vegetables and sauté briefly.

Step 3. Add oats, moong dal, 3 cups water, and pressure cook 2 whistles.

Step 4. Serve hot with pickle.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
300	20g	38g	6g

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

98. Chickpea Pulao

Protein-packed pulao made with chickpeas.

Ingredients

• 1 cup boiled chickpeas

• 1 cup basmati rice

• 1 onion (sliced)

• 1 tomato (chopped)

• Spices: cumin, chili, garam masala

Method

Step 1. Soak basmati rice for 30 minutes.

Step 2. Heat oil, sauté onion, tomato, and spices.

Step 3. Add rice, chickpeas, and 2 cups water.

Step 4. Cook until rice is fluffy and serve.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
370	19g	50g	8g

⏹ Protein Hack Tip: Top with paneer cubes for added protein.

101. Lentil Vegetable Soup

Classic lentil soup packed with vegetables and protein.

Ingredients

• 1 cup red lentils

• 1 onion (chopped)

• 1 carrot (chopped)

• 1 tomato (chopped)

• 1 tsp cumin powder

• 1 tsp olive oil

Method

Step 1. Wash and boil lentils with 3 cups water until soft.

Step 2. Heat olive oil, sauté onion, carrot, and tomato.

Step 3. Add cumin powder and stir well.

Step 4. Mix cooked lentils with vegetables and simmer 10 minutes.

Step 5. Serve hot.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
280	18g	38g	5g

⬡ Protein Hack Tip: Add spinach for extra iron and protein.

103. Tofu & Veggie Stew

Asian-style stew with tofu and vegetables.

Ingredients

• 200g tofu cubes

• 1 cup broccoli florets

• 1 carrot (sliced)

• 1 onion (sliced)

• 2 tbsp soy sauce

• 1 tsp olive oil

Method

Step 1. Heat oil in a pan, sauté onion and carrot.

Step 2. Add broccoli and tofu cubes.

Step 3. Pour in soy sauce and 2 cups water, simmer 10 minutes.

Step 4. Serve hot as stew.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
300	22g	24g	10g

⬜ Protein Hack Tip: Add mushrooms for umami flavor.

104. Black Bean Soup

Thick and protein-packed black bean soup.

Ingredients

• 1 cup black beans (soaked & boiled)

• 1 onion (chopped)

• 1 tomato (chopped)

• 1 tsp chili powder

• 1 tsp olive oil

Method

Step 1. Boil black beans until tender.

Step 2. Heat olive oil, sauté onion and tomato.

Step 3. Add chili powder and cooked beans.

Step 4. Mash half the beans for thickness, simmer 10 minutes.

Step 5. Serve with coriander garnish.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
310	19g	42g	7g

⏣ Protein Hack Tip: Top with avocado slices.

105. Chickpea Tomato Stew

Mediterranean-inspired chickpea stew with tomatoes.

Ingredients

• 1 cup boiled chickpeas

• 2 tomatoes (chopped)

• 1 onion (chopped)

• 1 tsp garlic paste

• 1 tsp olive oil

• Spices: oregano, chili flakes

Method

Step 1. Heat olive oil, sauté onion and garlic.

Step 2. Add tomatoes and spices, cook until soft.

Step 3. Add chickpeas and 2 cups water, simmer 15 minutes.

Step 4. Serve hot with bread.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
320	18g	44g	8g

⏃ Protein Hack Tip: Add spinach leaves before serving.

107. Vegetable Barley Soup

High-protein barley soup with vegetables.

Ingredients

• 1/2 cup pearl barley

• 1 cup vegetables (carrot, beans, peas)

• 1 onion (chopped)

• 1 tomato (chopped)

• 1 tsp olive oil

Method

Step 1. Boil barley until tender.

Step 2. Heat oil, sauté onion, tomato, and vegetables.

Step 3. Add boiled barley and 3 cups water, simmer 15 minutes.

Step 4. Serve warm.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
300	16g	46g	6g

⬛ Protein Hack Tip: Add beans for more protein.

113. Mexican Bean Salad

Spicy and tangy salad with beans and corn.

Ingredients

• 1/2 cup boiled kidney beans

• 1/2 cup boiled black beans

• 1/2 cup sweet corn

• 1 tomato (chopped)

• 1 onion (chopped)

• 1 tbsp lemon juice

Method

Step 1. Mix all beans with corn, tomato, and onion in a bowl.

Step 2. Season with lemon juice, chili powder, and salt.

Step 3. Toss and serve.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
310	19g	44g	6g

⧉ Protein Hack Tip: Top with avocado cubes.

114. Greek Salad with Tofu

Classic Greek salad enriched with protein-packed tofu.

Ingredients

• 100g tofu cubes (grilled)

• 1/2 cup cucumber (chopped)

• 1/2 cup tomato (chopped)

• 1/4 cup olives (sliced)

• 1 tbsp olive oil

Method

Step 1. Grill tofu cubes until golden.

Step 2. Mix cucumber, tomato, and olives in a bowl.

Step 3. Add tofu and drizzle olive oil.

Step 4. Serve fresh.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
300	21g	22g	10g

⬚ Protein Hack Tip: Add feta-style vegan cheese for variety.

115. Asian Tofu Salad

Refreshing salad with Asian-style dressing.

Ingredients

• 200g tofu cubes

• 1/2 cup cabbage (shredded)

• 1/4 cup carrot (julienned)

• 1 tbsp soy sauce

• 1 tsp sesame oil

Method

Step 1. Pan-sear tofu cubes until golden brown.

Step 2. Mix cabbage and carrot in a bowl.

Step 3. Add tofu and drizzle soy sauce and sesame oil.

Step 4. Toss well and serve.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
310	22g	20g	11g

⬛ Protein Hack Tip: Add roasted sesame seeds for crunch.

117. Protein Power Bowl

Balanced bowl with lentils, tofu, and vegetables.

Ingredients

• 1/2 cup boiled green lentils

• 100g tofu cubes

• 1/2 cup broccoli (steamed)

• 1/4 cup carrot (chopped)

• 1 tbsp lemon dressing

Method

Step 1. Mix lentils and tofu in a bowl.

Step 2. Add broccoli and carrot.

Step 3. Top with lemon dressing and serve.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
330	24g	32g	9g

⬛ Protein Hack Tip: Sprinkle sunflower seeds for added protein.

120. Roasted Chickpea Bowl

Crunchy roasted chickpeas served with veggies.

Ingredients

• 1 cup chickpeas (roasted)

• 1/2 cup cucumber (chopped)

• 1/2 cup tomato (chopped)

• 1 tbsp tahini dressing

Method

Step 1. Roast chickpeas until crunchy.

Step 2. Mix with cucumber and tomato in a bowl.

Step 3. Top with tahini dressing.

Step 4. Serve fresh.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
310	20g	36g	8g

⬛ Protein Hack Tip: Add quinoa base for complete meal.

163. Paneer Frankie

Popular frankie wrap filled with paneer masala.

Ingredients

• 1 whole wheat roti

• 100g paneer cubes

• 1/4 cup onion (sliced)

• 1 tbsp tomato ketchup

• Chaat masala

Method

Step 1. Sauté paneer cubes with chaat masala.

Step 2. Spread ketchup on roti.

Step 3. Add paneer cubes and onion.

Step 4. Roll into frankie and serve.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
340	20g	38g	10g

⬚ Protein Hack Tip: Top with shredded cabbage for crunch.

168. Moong Dal Samosa

Crispy samosa stuffed with spiced moong dal filling.

Ingredients

• 1 cup moong dal (boiled)

• 1 onion (chopped)

• 1 green chili (chopped)

• Samosa wrappers

Method

Step 1. Cook moong dal with onion and spices.

Step 2. Stuff mixture into samosa wrappers.

Step 3. Bake or fry until golden brown.

Step 4. Serve with chutney.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
340	18g	46g	9g

⬚ Protein Hack Tip: Bake instead of frying for healthier version.

169. Chickpea Chaat Bowl

Street-style chaat with high-protein chickpeas.

Ingredients

• 1 cup boiled chickpeas

• 1 onion (chopped)

• 1 tomato (chopped)

• 1 tbsp tamarind chutney

• Chaat masala

Method

Step 1. Mix chickpeas, onion, tomato, and chutney.

Step 2. Sprinkle chaat masala and toss well.

Step 3. Serve immediately.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
330	19g	44g	7g

 Protein Hack Tip: Top with sprouts for more protein.

174. Soya Cutlet

Crispy cutlet made with soya granules and spices.

Ingredients

• 1/2 cup soya granules (cooked)

• 1/4 cup potato (mashed)

• 1/4 cup onion (chopped)

• Bread crumbs

• Spices

Method

Step 1. Mix soya, potato, onion, and spices.

Step 2. Shape into cutlets and coat with bread crumbs.

Step 3. Shallow fry or air fry until golden brown.

Step 4. Serve with chutney.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
330	21g	38g	8g

⦿ Protein Hack Tip: Use oats powder instead of bread crumbs for healthier version.

175. Chickpea Protein Muffins

Savory muffins made with chickpea flour and veggies.

Ingredients

• 1 cup chickpea flour (besan)

• 1/4 cup capsicum (chopped)

• 1/4 cup tomato (chopped)

• 1 tsp baking powder

• Salt & spices

Method

Step 1. Mix chickpea flour, baking powder, and spices.

Step 2. Add vegetables and water to form batter.

Step 3. Pour into muffin tray and bake at 180°C for 20 minutes.

Step 4. Serve warm.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
320	18g	36g	7g

⬜ Protein Hack Tip: Top with sesame seeds before baking.

178. Oats & Paneer Bites

Bite-sized snacks made with oats and paneer.

Ingredients

• 1/2 cup oats

• 100g paneer (crumbled)

• 1/4 cup onion (chopped)

• 1 tsp chili powder

• Salt

Method

Step 1. Mix oats, paneer, onion, and spices.

Step 2. Shape into bite-sized balls.

Step 3. Bake or air fry until golden.

Step 4. Serve hot.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
300	20g	30g	8g

⬜ Protein Hack Tip: Serve with green chutney.

180. Soya Spring Rolls

Healthy spring rolls with soya stuffing.

Ingredients

• 6 spring roll wrappers

• 1/2 cup soya granules (cooked)

• 1/4 cup carrot (julienned)

• 1/4 cup cabbage (shredded)

• 1 tsp soy sauce

Method

Step 1. Mix soya, carrot, and cabbage with soy sauce.

Step 2. Stuff mixture inside wrappers and roll tightly.

Step 3. Bake or air fry until golden.

Step 4. Serve hot with chili dip.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
340	20g	38g	8g

⏺ Protein Hack Tip: Use whole wheat wrappers for healthier rolls.

190. Tofu Rajma Bowl

Fusion of tofu and rajma curry served in bowl.

Ingredients

• 1 cup boiled rajma

• 200g tofu cubes

• 1 onion (chopped)

• 1 tomato (pureed)

• Spices: chili, cumin, garam masala

Method

Step 1. Cook onion and tomato with spices.

Step 2. Add rajma and tofu cubes.

Step 3. Simmer for 10 minutes and serve with brown rice.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
370	26g	42g	9g

⬛ Protein Hack Tip: Add coriander leaves for freshness.

201. Moong Dal Khichdi (Protein-Enriched)

Simple, comforting khichdi enriched with protein.

Ingredients

• 1/2 cup moong dal

• 1/2 cup rice

• 1 cup vegetables (carrot, beans, peas)

• 1 tsp cumin seeds

• 1 tsp ghee

Method

Step 1. Wash and soak dal + rice for 30 minutes.

Step 2. Heat ghee in a cooker, add cumin seeds.

Step 3. Add vegetables and sauté 2 minutes.

Step 4. Add dal, rice, 3 cups water, salt, and cook 3 whistles.

Step 5. Serve warm with curd.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
310	18g	44g	6g

⬚ Protein Hack Tip: Add paneer cubes for +10g protein.

202. Simple Masoor Dal Tadka

Quick protein-rich masoor dal with tadka.

Ingredients

• 1/2 cup masoor dal

• 1 onion (chopped)

• 1 tomato (chopped)

• 1 tsp cumin seeds

• 1 tsp ghee

Method

Step 1. Boil masoor dal until soft.

Step 2. Heat ghee, add cumin seeds, onion, and tomato.

Step 3. Mix with dal and simmer 5 minutes.

Step 4. Serve with roti or rice.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
280	16g	38g	6g

⬜ Protein Hack Tip: Add spinach for more protein and iron.

203. Chana Dal Curry

Everyday curry made with chana dal.

Ingredients

• 1/2 cup chana dal

• 1 onion (chopped)

• 1 tomato (chopped)

• 1 tsp ginger-garlic paste

• Spices: turmeric, chili powder

Method

Step 1. Soak chana dal for 1 hour, pressure cook until soft.

Step 2. Cook onion, tomato, and spices in oil.

Step 3. Add cooked dal and simmer 10 minutes.

Step 4. Serve hot with rice or chapati.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
320	19g	40g	7g

⬜ Protein Hack Tip: Top with coriander leaves.

204. Paneer Bhurji (Everyday Style)

Quick and easy paneer bhurji for daily meals.

Ingredients

• 200g paneer (crumbled)

• 1 onion (chopped)

• 1 tomato (chopped)

• 1 green chili

• 1 tsp oil

Method

Step 1. Heat oil, sauté onion, tomato, and chili.

Step 2. Add crumbled paneer and mix well.

Step 3. Cook for 5 minutes and serve with roti.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
340	22g	20g	12g

⬜ Protein Hack Tip: Use low-fat paneer for lighter version.

205. Moong Dal Chilla (Everyday Protein Pancake)

Light, protein-rich moong dal chillas for breakfast or dinner.

Ingredients

• 1 cup moong dal (soaked)

• 1 green chili

• 1/2 inch ginger

• Salt to taste

Method

Step 1. Grind moong dal with ginger and chili into smooth batter.

Step 2. Spread on hot tawa like a pancake.

Step 3. Cook until golden on both sides.

Step 4. Serve with green chutney.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
300	17g	34g	6g

⬛ Protein Hack Tip: Add paneer stuffing for +8g protein.

207. Rajma Curry (Everyday Style)

Quick rajma curry for everyday meals.

Ingredients

• 1 cup boiled rajma

• 1 onion (chopped)

• 1 tomato (chopped)

• 1 tsp ginger-garlic paste

• Spices: garam masala, chili

Method

Step 1. Cook onion, tomato, and spices in a pan.

Step 2. Add boiled rajma and 2 cups water.

Step 3. Simmer for 10 minutes.

Step 4. Serve with brown rice.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
360	21g	44g	9g

⬡ Protein Hack Tip: Add paneer cubes for protein boost.

210. Everyday Soya Curry

Simple curry with soya chunks for daily meals.

Ingredients

• 1 cup soya chunks (boiled)

• 1 onion (chopped)

• 1 tomato (chopped)

• 1 tsp ginger-garlic paste

• Spices: turmeric, garam masala

Method

Step 1. Boil and squeeze soya chunks.

Step 2. Cook onion, tomato, and spices in oil.

Step 3. Add soya chunks and simmer for 10 minutes.

Step 4. Serve hot with roti or rice.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
340	23g	30g	9g

⏹ Protein Hack Tip: Add peas for extra flavor and nutrition.