

222. Rajma-Chawal Combo

Comforting rajma served with steamed rice.

Ingredients

- 1 cup boiled rajma
- 1 onion (chopped)
- 1 tomato (chopped)
- Spices: garam masala, chili powder
- 1 cup steamed rice

Method

Step 1. Cook onion, tomato, and spices with boiled rajma.

Step 2. Serve hot with steamed rice.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
420	22g	64g	9g

✉ Protein Hack Tip: Replace rice with quinoa for more protein.

223. Paneer Curry with Jeera Rice

Paneer curry paired with fragrant jeera rice.

Ingredients

- 200g paneer cubes
- 1 onion (chopped)
- 1 tomato (chopped)
- 1 tsp cumin seeds
- 1 cup cooked jeera rice

Method

Step 1. Cook onion, tomato, and spices, add paneer cubes.

Step 2. Serve curry with jeera rice.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
430	25g	56g	11g

✉ Protein Hack Tip: Add soya chunks in curry for more protein.

224. Vegetable Sambar with Idli

Protein-rich South Indian sambar paired with idlis.

Ingredients

- 1/2 cup toor dal
- 1 cup vegetables
- 2 tbsp sambar powder
- 3 idlis (steamed)
- 1 tsp oil

Method

Step 1. Cook toor dal until soft.

Step 2. Prepare sambar with vegetables and spices.

Step 3. Serve hot with idlis.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
390	19g	52g	9g

 Protein Hack Tip: Add paneer cubes to sambar.

228. Paneer Bhurji with Chapati

Protein-rich paneer bhurji paired with chapati.

Ingredients

- 200g paneer (crumbled)
- 1 onion (chopped)
- 1 tomato (chopped)
- 2 chapatis (whole wheat)
- 1 tsp oil

Method

Step 1. Cook onion and tomato with spices.

Step 2. Add crumbled paneer and sauté 5 minutes.

Step 3. Serve with chapatis.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
410	26g	52g	10g

 Protein Hack Tip: Add spinach to bhurji for more nutrition.

229. Soya Sabzi with Roti

Everyday soya sabzi served with roti.

Ingredients

- 1 cup soya chunks (boiled)
- 1 onion (chopped)
- 1 tomato (chopped)
- 2 rotis (whole wheat)
- 1 tsp oil

Method

Step 1. Cook onion, tomato, and spices.

Step 2. Add soya chunks and simmer 10 minutes.

Step 3. Serve with rotis.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
400	25g	52g	9g

 Protein Hack Tip: Add peas for variety.

231. Sprouts Chaat

Refreshing evening snack with sprouts and vegetables.

Ingredients

- 1 cup moong sprouts (boiled)
- 1 onion (chopped)
- 1 tomato (chopped)
- 1 tbsp lemon juice
- Chaat masala

Method

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

Step 2. Add lemon juice and chaat masala.

Step 3. Toss well and serve fresh.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
280	17g	34g	6g

☞ Protein Hack Tip: Add paneer cubes for +8g protein.

232. Paneer Tikka Bites

Quick paneer tikka cubes perfect for snacking.

Ingredients

- 200g paneer cubes
- 2 tbsp tikka masala paste
- 1/2 onion (sliced)
- 1/2 capsicum (sliced)

Method

Step 1. Marinate paneer cubes in tikka masala paste.

Step 2. Grill or pan-fry with onion and capsicum.

Step 3. Serve hot with chutney.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
330	22g	20g	11g

✉ Protein Hack Tip: Air fry for a lighter version.

234. Protein Veg Cutlets

Crispy cutlets made with oats and vegetables.

Ingredients

- 1/2 cup oats
- 1/2 cup boiled vegetables
- 1/4 cup paneer (grated)
- Spices
- Bread crumbs

Method

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

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

Step 3. Shallow fry or bake until golden.

Step 4. Serve with chutney.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
320	20g	38g	9g

✉ Protein Hack Tip: Air fry for a healthier snack.

235. Moong Dal Chaat

Tangy chaat made with boiled moong dal.

Ingredients

- 1 cup boiled moong dal
- 1 onion (chopped)
- 1 tomato (chopped)
- 1 tbsp lemon juice
- Chaat masala

Method

Step 1. Mix boiled dal with onion and tomato.

Step 2. Add lemon juice and chaat masala.

Step 3. Serve fresh as tangy snack.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
300	19g	34g	7g

☞ Protein Hack Tip: Top with coriander leaves.

236. Paneer-Stuffed Bell Peppers

Bell peppers stuffed with paneer filling.

Ingredients

- 2 small bell peppers
- 100g paneer (grated)
- 1/4 cup onion (chopped)
- 1 tsp chili powder

Method

Step 1. Cut bell peppers in half and remove seeds.

Step 2. Mix paneer with onion and spices, stuff inside peppers.

Step 3. Bake or air fry until tender.

Step 4. Serve hot.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
320	21g	22g	10g

 Protein Hack Tip: Add spinach to stuffing.

237. Chickpea Salad Bowl

Quick chickpea salad perfect for evening snacking.

Ingredients

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

Method

Step 1. Mix chickpeas, cucumber, and tomato in bowl.

Step 2. Add lemon juice and toss well.

Step 3. Serve chilled.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
310	18g	34g	8g

 Protein Hack Tip: Add roasted peanuts for crunch.

238. Vegetable Oats Pancakes

Savory oats pancakes with vegetables.

Ingredients

- 1 cup oats (powdered)
- 1/2 cup curd
- 1/2 cup vegetables (carrot, capsicum, beans)
- Salt & spices

Method

Step 1. Mix oats, curd, and spices to make batter.

Step 2. Add vegetables and spread batter on tawa.

Step 3. Cook until golden on both sides.

Step 4. Serve hot.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
300	17g	36g	7g

☞ Protein Hack Tip: Serve with mint chutney.

240. Paneer Veggie Rolls

Quick rolls stuffed with paneer and vegetables.

Ingredients

- 2 whole wheat chapatis
- 100g paneer (grated)
- 1/4 cup capsicum (sliced)
- 1/4 cup onion (sliced)
- Mint chutney

Method

Step 1. Spread paneer and vegetables on chapati.

Step 2. Drizzle mint chutney and roll tightly.

Step 3. Serve fresh.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
330	20g	38g	9g

✉ Protein Hack Tip: Grill roll for crispier version.

243. Tofu Fried Rice

Asian-style fried rice with tofu and vegetables.

Ingredients

- 1 cup cooked brown rice
- 100g tofu cubes
- 1/2 cup vegetables
- 1 tbsp soy sauce
- 1 tsp oil

Method

Step 1. Heat oil in pan, sauté tofu until golden.

Step 2. Add vegetables and stir-fry briefly.

Step 3. Add rice and soy sauce, toss well.

Step 4. Serve hot.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
360	20g	44g	8g

✉ Protein Hack Tip: Add scrambled paneer for fusion version.

244. Lentil Soup (Everyday)

Simple lentil soup with vegetables.

Ingredients

- 1/2 cup masoor dal
- 1 carrot (chopped)
- 1 tomato (chopped)
- 1 onion (chopped)
- 1 tsp olive oil

Method

Step 1. Cook masoor dal with carrot, tomato, and onion.

Step 2. Blend slightly for smooth texture.

Step 3. Drizzle with olive oil before serving.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
310	18g	38g	7g

 Protein Hack Tip: Serve with whole wheat bread.