

61. Sprouted Chana Chaat

Street-style healthy chaat with sprouted chana.

Ingredients

- 1 cup sprouted kala chana (boiled)
- 1/4 cup onion (chopped)
- 1/4 cup tomato (chopped)
- 1 green chili (chopped)
- Chaat masala & lemon juice

Method

Step 1. Soak and sprout kala chana overnight, then boil until tender.

Step 2. In a bowl, mix chana with onion, tomato, and green chili.

Step 3. Season with chaat masala and lemon juice.

Step 4. Serve immediately.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
240	18g	32g	4g

📌 Protein Hack Tip: Add pomegranate seeds for tangy sweetness.

62. Paneer & Cucumber Salad

Refreshing paneer and cucumber salad with spices.

Ingredients

- 100g paneer cubes
- 1 cup cucumber slices
- 1 tbsp lemon juice
- 1 tsp black pepper
- Salt to taste

Method

Step 1. Cut paneer into small cubes.

Step 2. Slice cucumber thinly.

Step 3. Mix paneer and cucumber in a bowl.

Step 4. Add lemon juice, black pepper, and salt.

Step 5. Serve chilled.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
250	20g	16g	10g

🔪 Protein Hack Tip: Grill paneer cubes for smoky flavor.

63. Moong Dal Salad

Protein-rich salad with boiled moong dal.

Ingredients

- 1 cup boiled moong dal
- 1/4 cup tomato (chopped)
- 1/4 cup cucumber (chopped)
- 1 tbsp lemon juice
- Salt & pepper

Method

Step 1. Boil moong dal until soft but not mushy.

Step 2. Drain excess water.

Step 3. Mix with tomato, cucumber, lemon juice, salt, and pepper.

Step 4. Serve fresh.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
210	17g	26g	3g

📌 Protein Hack Tip: Add coriander for garnish.

64. Vegetable Quinoa Salad

Indian twist on quinoa salad with vegetables.

Ingredients

- 1/2 cup cooked quinoa
- 1/4 cup onion (chopped)
- 1/4 cup tomato (chopped)
- 1/4 cup cucumber (chopped)
- 1 tbsp lemon juice

Method

Step 1. Cook quinoa and allow it to cool.

Step 2. Mix with onion, tomato, and cucumber.

Step 3. Season with lemon juice and salt.

Step 4. Serve at room temperature.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
270	15g	32g	6g

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

65. Tofu & Carrot Salad

High-protein tofu salad with carrot crunch.

Ingredients

- 100g tofu cubes
- 1/4 cup grated carrot
- 1/4 cup cucumber (sliced)
- 1 tbsp olive oil
- Salt & pepper

Method

Step 1. Cut tofu into cubes and pan-sear lightly.

Step 2. Mix tofu with carrot and cucumber.

Step 3. Add olive oil, salt, and pepper.

Step 4. Toss and serve.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
280	20g	20g	9g

📌 Protein Hack Tip: Sprinkle sesame seeds for garnish.

67. Paneer & Tomato Salad

Simple Indian salad with paneer and tomato.

Ingredients

- 100g paneer cubes
- 1 cup tomato slices
- 1 tbsp olive oil
- Salt & oregano

Method

Step 1. Slice tomatoes and cube paneer.

Step 2. Arrange on plate, drizzle olive oil.

Step 3. Season with salt and oregano.

Step 4. Serve immediately.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
260	19g	14g	11g

📌 Protein Hack Tip: Use fresh basil for garnish.

69. Sprouted Lentil Salad

Mixed lentil sprouts salad with fresh veggies.

Ingredients

- 1/2 cup sprouted moong
- 1/2 cup sprouted masoor
- 1/4 cup onion (chopped)
- 1/4 cup tomato (chopped)
- Lemon juice & salt

Method

Step 1. Boil sprouted lentils until tender.

Step 2. Mix with onion and tomato.

Step 3. Add lemon juice and salt.

Step 4. Serve fresh.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
220	16g	28g	4g

📌 Protein Hack Tip: Add paneer for extra protein.

70. Chickpea & Cucumber Salad

Classic chickpea salad with Indian-style dressing.

Ingredients

- 1 cup boiled chickpeas
- 1/2 cup cucumber (chopped)
- 1/4 cup onion (chopped)
- 1 tbsp lemon juice
- Salt & cumin powder

Method

Step 1. Boil chickpeas until tender.

Step 2. Mix with cucumber and onion.

Step 3. Add lemon juice, salt, and cumin powder.

Step 4. Serve chilled.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
250	18g	34g	5g

📌 Protein Hack Tip: Top with coriander leaves.