

3. Moong Dal Chilla Bites

Crispy, bite-sized protein-rich pancakes.

Ingredients

- 1 cup yellow moong dal (soaked overnight)
- 1 tsp ginger paste
- 1 green chili, finely chopped
- 2 tbsp chopped onion & coriander
- 1 tsp oil

Method

Step 1. Drain soaked dal and grind into a smooth batter with ginger paste.

Step 2. Add green chili, onion, coriander, and salt to the batter.

Step 3. Heat a non-stick pan and lightly grease with oil.

Step 4. Pour small rounds of batter to form mini chillas.

Step 5. Cook on both sides until golden brown.

Step 6. Serve hot with chutney.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
280	19g	30g	6g

‡ Protein Hack Tip: Stuff with paneer for extra protein.

4. Soya Tikki Wrap

Tasty soya patties wrapped in whole wheat roti.

Ingredients

- 1 cup soya chunks (boiled, minced)
- 1 boiled potato (mashed)
- 2 tbsp onion
- 2 whole wheat rotis
- Spices: salt, chili, garam masala

Method

Step 1. Boil soya chunks, squeeze water, and mince finely.

Step 2. Mix with mashed potato, onion, and spices to form patties.

Step 3. Shallow fry patties until golden brown.

Step 4. Place patties in roti, add chutney and salad, and roll tightly.

Step 5. Serve warm.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
320	20g	40g	8g

✉ Protein Hack Tip: Use multigrain roti for more fiber.

5. Paneer Veggie Roll

Paneer and sautéed vegetables wrapped in soft roti.

Ingredients

- 2 whole wheat rotis
- 100g paneer (crumbled)
- 1/4 cup capsicum & onion (sliced)
- 1 tsp oil
- Salt & spices

Method

Step 1. Heat oil in a pan and sauté capsicum and onion.

Step 2. Add crumbled paneer and spices, cook for 2 minutes.

Step 3. Place filling in roti, roll tightly, and grill lightly on pan.

Step 4. Cut into halves and serve.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
350	21g	38g	10g

✉ Protein Hack Tip: Add mint chutney for freshness.

7. Chana Sprout Salad Bowl

Refreshing sprout salad with crunchy veggies.

Ingredients

- 1 cup boiled chana sprouts
- 1/4 cup cucumber & tomato (diced)
- 1 tbsp lemon juice
- Salt & pepper

Method

Step 1. Boil or steam sprouts until slightly tender.

Step 2. Chop cucumber and tomato into small pieces.

Step 3. Mix sprouts, cucumber, and tomato in a bowl.

Step 4. Season with lemon juice, salt, and pepper.

Step 5. Serve fresh.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
220	18g	28g	4g

 Protein Hack Tip: Top with roasted peanuts for crunch.

10. Chickpea Hummus Dip

Classic protein-rich hummus for dipping.

Ingredients

- 1 cup boiled chickpeas
- 2 tbsp olive oil
- 1 tbsp tahini (optional)
- 1 garlic clove
- 1 tbsp lemon juice

Method

Step 1. Add chickpeas, garlic, lemon juice, olive oil, and tahini in blender.

Step 2. Blend until smooth and creamy.

Step 3. Add water if needed for consistency.

Step 4. Serve with veggie sticks or pita bread.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
280	16g	30g	10g

 Protein Hack Tip: Top with roasted sesame seeds.

17. Avocado Protein Smoothie

Creamy and nutrient-dense smoothie.

Ingredients

- 1/2 avocado
- 1 ripe banana
- 1 cup milk
- 1 scoop whey protein
- 1 tsp honey

Method

Step 1. Scoop avocado and add to blender with banana, milk, whey protein, and honey.

Step 2. Blend until smooth and creamy.

Step 3. Pour into glass and serve.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
320	20g	34g	11g

 Protein Hack Tip: Add spinach for extra nutrients.

21. Banana Walnut Protein Shake

Rich in protein and healthy fats for sustained energy.

Ingredients

- 1 ripe banana
- 1/4 cup walnuts
- 1 scoop whey protein
- 1 cup milk
- 1 tsp honey

Method

Step 1. Peel and slice banana into chunks.

Step 2. Add banana, walnuts, whey protein, milk, and honey into blender.

Step 3. Blend until smooth and creamy.

Step 4. Pour into a glass and serve.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
340	20g	32g	12g

✉ Protein Hack Tip: Sprinkle crushed walnuts on top for extra crunch.

22. Papaya Mint Smoothie

Refreshing tropical smoothie with mint twist.

Ingredients

- 1 cup papaya cubes
- 1/2 cup Greek yogurt
- 1 tbsp mint leaves
- 1 tsp honey
- 1/2 cup water

Method

Step 1. Add papaya, yogurt, mint, honey, and water into blender.

Step 2. Blend until smooth.

Step 3. Serve chilled with a mint leaf garnish.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
210	11g	28g	4g

 Protein Hack Tip: Add chia seeds for more protein.

35. Protein Pancakes

Fluffy pancakes with protein boost.

Ingredients

- 1/2 cup oats flour
- 1 scoop whey protein
- 1/2 banana (mashed)
- 1/2 cup milk
- 1 tsp baking powder

Method

Step 1. Mix oats flour, whey protein, mashed banana, milk, and baking powder into smooth batter.

Step 2. Heat a non-stick pan and pour small rounds of batter.

Step 3. Cook until bubbles form, flip and cook other side.

Step 4. Serve with honey or nut butter.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
300	22g	32g	7g

 Protein Hack Tip: Add blueberries for antioxidants.

36. Lentil & Veggie Cutlets

Savory protein-rich cutlets with lentils and veggies.

Ingredients

- 1 cup boiled masoor dal
- 1 boiled potato
- 1/4 cup grated carrot
- 2 tbsp chopped onion
- Spices as needed

Method

- Step 1. Mash boiled lentils and potato together.
- Step 2. Add carrot, onion, and spices to mixture.
- Step 3. Shape into cutlets and shallow fry on non-stick pan.
- Step 4. Serve hot with chutney.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
280	18g	34g	6g

✉ Protein Hack Tip: Use air fryer for oil-free version.

40. Protein-Rich Vegetable Soup

Warm, hearty soup with protein and veggies.

Ingredients

- 1/2 cup moong dal (boiled)
- 1/2 cup mixed vegetables
- 2 cups water
- Salt & pepper

Method

Step 1. Boil moong dal and vegetables in water until tender.

Step 2. Blend partially for thicker texture.

Step 3. Season with salt and pepper.

Step 4. Serve hot.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
200	16g	28g	3g

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

41. Protein-Packed Lassi

Classic Indian lassi enriched with protein.

Ingredients

- 1 cup Greek yogurt
- 1/2 cup milk
- 1 scoop whey protein
- 1 tsp sugar or honey
- Ice cubes

Method

Step 1. Add yogurt, milk, whey protein, and sugar/honey into blender.

Step 2. Blend until frothy.

Step 3. Serve chilled with ice cubes.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
260	22g	26g	5g

 Protein Hack Tip: Add cardamom powder for flavor.

51. Chana Sprouts & Veggie Salad

Refreshing high-protein salad with sprouts and crunchy veggies.

Ingredients

- 1 cup boiled chana sprouts
- 1/2 cup cucumber (chopped)
- 1/2 cup tomato (chopped)
- 1 tbsp lemon juice
- Salt & pepper

Method

Step 1. Boil chana sprouts until slightly tender.

Step 2. Chop cucumber and tomato into cubes.

Step 3. In a bowl, combine sprouts, cucumber, and tomato.

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

Step 5. Toss and serve fresh.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
220	18g	28g	4g

✉ Protein Hack Tip: Add roasted peanuts for crunch and protein.

52. Paneer Tikka Salad

Smoky paneer tikka cubes tossed with fresh salad veggies.

Ingredients

- 100g paneer cubes
- 1/2 cup capsicum (sliced)
- 1/2 cup onion (sliced)
- 1 tsp tikka masala
- 1 tbsp lemon juice

Method

Step 1. Marinate paneer cubes with tikka masala and lemon juice for 15 minutes.

Step 2. Grill or sauté paneer until golden.

Step 3. In a bowl, mix paneer with onion and capsicum.

Step 4. Serve warm as salad.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
280	22g	20g	10g

✉ Protein Hack Tip: Add hung curd dressing for creamy texture.

53. Moong Sprout Salad

Simple and light salad made from moong sprouts.

Ingredients

- 1 cup moong sprouts (boiled)
- 1/4 cup carrot (grated)
- 1/4 cup cucumber (diced)
- 1 tbsp lemon juice
- Salt & pepper

Method

Step 1. Boil or steam moong sprouts until soft.

Step 2. Mix with carrot and cucumber.

Step 3. Add lemon juice, salt, and pepper.

Step 4. Serve fresh.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
200	16g	25g	3g

 Protein Hack Tip: Add pomegranate seeds for sweetness.

54. Rajma Salad

High-protein rajma (kidney bean) salad with spices.

Ingredients

- 1 cup boiled rajma
- 1/4 cup onion (chopped)
- 1/4 cup tomato (chopped)
- 1 tbsp lemon juice
- Chaat masala

Method

Step 1. Boil rajma until soft and drain excess water.

Step 2. Mix with onion, tomato, and lemon juice.

Step 3. Season with chaat masala.

Step 4. Serve chilled.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
250	20g	34g	5g

 Protein Hack Tip: Top with fresh coriander leaves.

55. Kala Chana Salad

Nutritious black chana salad with onion and tomato.

Ingredients

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

Method

Step 1. Soak kala chana overnight and boil until soft.

Step 2. Mix with onion, tomato, and green chili.

Step 3. Add salt and lemon juice.

Step 4. Serve immediately.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
230	18g	30g	4g

✉ Protein Hack Tip: Add cucumber for extra crunch.

56. Masoor Dal Salad

Quick and filling salad made with boiled masoor dal.

Ingredients

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

Method

Step 1. Boil masoor dal until tender.

Step 2. Mix with cucumber and tomato.

Step 3. Season with lemon juice, salt, and pepper.

Step 4. Serve warm or cold.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
210	17g	28g	3g

 Protein Hack Tip: Top with chopped coriander leaves.

57. Paneer & Corn Salad

Paneer cubes tossed with sweet corn and veggies.

Ingredients

- 100g paneer cubes
- 1/2 cup sweet corn (boiled)
- 1/4 cup capsicum (chopped)
- 1 tbsp olive oil
- Salt & pepper

Method

Step 1. Boil sweet corn until tender.

Step 2. Cube paneer and mix with corn and capsicum.

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

Step 4. Toss and serve.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
280	21g	24g	9g

✉ Protein Hack Tip: Add chili flakes for spice.

59. Vegetable Sprout Salad

Combination of mixed sprouts and vegetables.

Ingredients

- 1 cup mixed sprouts (boiled)
- 1/4 cup cucumber (chopped)
- 1/4 cup tomato (chopped)
- 1/4 cup carrot (grated)
- 1 tbsp lemon juice

Method

Step 1. Boil mixed sprouts until tender.

Step 2. Add cucumber, tomato, and carrot.

Step 3. Season with lemon juice, salt, and pepper.

Step 4. Serve immediately.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
220	16g	28g	4g

✉ Protein Hack Tip: Add curd for creamy twist.

60. Sprouted Moong & Paneer Salad

Protein-packed salad with sprouts and paneer.

Ingredients

- 1 cup sprouted moong (boiled)
- 100g paneer cubes
- 1/4 cup onion (chopped)
- 1 tbsp lemon juice
- Salt & pepper

Method

Step 1. Boil sprouted moong until soft.

Step 2. Cube paneer and mix with sprouts and onion.

Step 3. Season with lemon juice, salt, and pepper.

Step 4. Serve fresh.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
280	22g	26g	8g

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

189. Indian Falafel Curry Bowl

Falafels served with Indian curry-style sauce.

Ingredients

- 4 baked falafels
- 1/2 cup tomato curry sauce
- 1/4 cup spinach
- 1 tbsp yogurt

Method

Step 1. Prepare tomato curry sauce and add spinach.

Step 2. Add baked falafels into sauce.

Step 3. Top with yogurt and serve with rice.

Nutrition (per serving)

Calories	Protein	Carbs	Fat
350	20g	38g	10g

 Protein Hack Tip: Add chickpeas for more protein.