

Indian Vegetarian Gym Meal Bowls - Crest 5 Style

Paneer Power Bowl

Ingredients:

- 150g grilled paneer (cubes, tossed with spices)
- 1/2 cup cooked brown rice or quinoa
- 1/4 cup boiled black chana
- 1/2 cup sautéed bell peppers, zucchini, and spinach
- 1 tsp olive oil
- Toppings: Fresh coriander, lemon juice, black pepper

Calories: ~480 kcal | Protein: 30g | Carbs: 35g | Fats: 20g

Soya Chunk High-Protein Bowl

Ingredients:

- 100g cooked soya chunks (masala sautéed)
- 1/2 cup mashed sweet potato
- 1/4 cup steamed broccoli and beans
- 2 tbsp roasted peanuts
- Sprinkle of chat masala and lemon juice

Calories: ~460 kcal | Protein: 32g | Carbs: 30g | Fats: 18g

Rajma Superfood Bowl

Ingredients:

- 3/4 cup boiled rajma (kidney beans)
- 1/2 cup cooked red rice or millets
- 1/2 cup mixed vegetables (carrot, peas, beans)
- 1 tsp mustard oil or ghee
- Toppings: Fresh coriander, cumin powder, lemon juice

Calories: ~470 kcal | Protein: 22g | Carbs: 38g | Fats: 16g

Tofu Stir-Fry Bowl

Ingredients:

- 150g tofu (pan-grilled with turmeric, garlic, and pepper)
- 1/2 cup cooked oats or barley
- 1/4 cup capsicum, mushroom, and baby corn stir-fry
- 1 tsp sesame oil
- Toppings: Toasted sesame seeds and soy sauce drizzle

Calories: ~480 kcal | Protein: 28g | Carbs: 30g | Fats: 22g

Eggless Bhurji & Oats Bowl

Ingredients:

- 1/2 cup moong dal chilla crumble (eggless bhurji style)
- 1/2 cup cooked masala oats
- 1/4 cup steamed peas and cauliflower
- 1 tsp ghee or coconut oil
- Toppings: Mint, lemon, roasted cumin powder

Calories: ~440 kcal | Protein: 25g | Carbs: 35g | Fats: 16g