

Indian Gym Meal Bowls - Crest 5 Style

Paneer Power Bowl (Vegetarian)

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

Chicken Tikka Macro Bowl

Ingredients:

- 150g grilled chicken tikka (marinated in curd + spices)
- 1/2 cup cooked millets or jeera brown rice
- 1/4 cup cucumber-tomato-onion salad
- 1 tbsp hung curd mint dip
- 1 tsp ghee for flavor

Calories: ~500 kcal | Protein: 38g | Carbs: 30g | Fats: 22g

Soya Chunk High-Protein Bowl (Vegetarian)

Ingredients:

- 100g cooked soya chunks (masala sautéed)
- 1/2 cup boiled sweet potato or mashed 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

Fish & Veggie Grain Bowl

Ingredients:

- 150g grilled fish (pomfret or salmon, spiced with turmeric, garlic)
- 1/2 cup cooked red rice or foxtail millet
- 1/2 avocado or 1 tsp flaxseed oil
- 1/2 cup sautéed kale/spinach + carrots
- Toppings: Roasted sesame seeds, green chutney drizzle

Calories: ~520 kcal | Protein: 36g | Carbs: 25g | Fats: 28g

Egg Bhurji Nutrition Bowl

Ingredients:

- 3 egg whites + 2 whole eggs (bhurji with onion, tomato, green chili)
- 1/2 cup cooked oats or rolled oats khichdi
- 1/4 cup steamed cauliflower or peas
- 1 tsp desi ghee or butter
- Toppings: Mint, lemon, and flaxseed powder

Calories: ~450 kcal | Protein: 28g | Carbs: 25g | Fats: 20g