

Healthy Fillers

Food Item	Portion Size
Mixed Nuts	2 tbsp
Trial Mix	2 tbsp
Chana Jhor Garam	Handful
Roasted Soya Nuts	Handful
Roasted Pohe Chivda (Recipe Attached)	1 Small Vati
Roasted Makhana	10-15
Roasted Oats Chivda (Recipe Attached)	1 Small Vati
Hummus + Cucumber slices (Recipe Attached)	2 tbsp
High Fiber Crackers (Unsalted)	2 - 3
Edamame Beans	½ Vati
Olives	5
Granola Bar (Unsweetened)	1 Medium
Green Yoghurt with Cucumber Slices (4)	100 ml
Green Yoghurt with 1 tsp Chia Seeds	100 ml
Red bell peppers with Guacamole (Recipe Attached)	2 tbsp
Homemade Popcorn (Unsalted)	1 Small Vati
Whole Wheat Crackers + Peanut Butter (Unsweetened)	2 Crackers + 1 tbsp Butter
Apple Slices + Peanut Butter	1 tbsp Butter
Jowar Puffs	10-15
Khakhra	1 Big
Protein Bar (Unsweetened)	1 Medium
Sukha Bhel	1 Small Vati
Ryvita Crackers'	2 - 3
Oats Kurmura (Recipe Attached)	1 Small Vati
Kale Chips	10 - 12
Quinoa Puffs	10 - 15
Mashed Sweet Potato	2 tbsp
Roasted Channa / Peanuts	Handful
Cucumber Salad (Recipe Attached)	1 Vati
Baked Puris (Recipe Attached)	3 - 4

Fruits	1 Bowl
Moong Jhor	1 Vati

Recipes

Rosted Poha Chivda:

Ingredients	<ol style="list-style-type: none">1. 1 Katori - White Rice flakes (Poha)2. 1 tablespoon - Roasted Chana Dal (Dalia)3. 2 tsp Curry leaves4. Green chilli broken 1 as per taste5. 1 tsp Oil6. 1 tsp - Red chilli powder - alter as per taste7. Turmeric powder a pinch8. Salt use minimum, to taste
Method	<ol style="list-style-type: none">1. Dry-roast the poha in a pan over medium heat till crisp. Transfer to a bowl and set aside.2. Heat the oil in the same pan; add the curry leaves, green chilies, roasted chana dal and saute over low heat till they change colour.3. Stir in the turmeric powder and chilli powder. Add the poha and mix gently so that the poha flakes do not break Sprinkle salt and mix well. Remove from heat and set aside to cool.

Hummus:

Ingredients	<ol style="list-style-type: none">1. 3 tbsp Chickpea (Kabuli Chana)2. 1 Clove of Garlic3. Salt to taste4. 1 tbsp Tahini Paste5. 1 tsp Olive Oil6. 1/4 tsp Lemon Juice
Method	<ol style="list-style-type: none">1. Soak the chickpeas overnight. Boil in water till soft. Cool and remove skin and put them in a mixer grinder.2. Add garlic, salt and tahini, olive oil and lemon juice and continue to blend till absolutely smooth.3. Chill in the refrigerator and serve with lavash or pita bread.

Rosted Oats Chivda:

Ingredients	<ol style="list-style-type: none">1. Oats- 2 tbsp2. Roasted Chana Dal -1 tbsp3. Kurmura (Puffed Rice)- 1 tbsp4. Peanuts - 1 tsp5. Mustard seed – ¼ tsp6. Turmeric Powder-1/2tsp7. Salt-use minimum, to taste8. Black Pepper a Pinch9. Green chilli-1 sliced (optional)10. Curry leaves - 2 no11. Oil ½ tsp
Method	<ol style="list-style-type: none">1. In a pan roast the kurmura till it turns crisp.2. Keep aside, in the same pan roast oats till crisp or turns little golden brown.3. Add oil in pan, when it's hot add mustard seed let them crackle.4. Add green chili, curry leaves add turmeric powder, turn off the heat and mix it to the roasted oats, peanuts and kurmura.5. Add salt, black pepper and mix everything properly.6. Allow it to cool completely and store this in airtight container.7. Enjoy with hot cup of tea.

Guacamole:

Ingredients	<ol style="list-style-type: none">1. ½ Ripe avocado.2. ¼ Teaspoon Kosher salt.3. 1 tsp of fresh lime juice or lemon juice.4. 1 tbsp minced red onion or thinly sliced green onion.5. ½ Serrano chilies, stems and seeds removed, minced.6. 1 tablespoons cilantro, finely chopped.7. A dash of freshly grated black pepper.8. ¼ Ripe tomato, seeds and pulp removed, chopped.
Method	<ol style="list-style-type: none">1. Place the avocado pulp and lime juice in a large mixing bowl and toss to combine.2. Add the salt, black pepper and mash it with spoon, leaving some larger chunks for texture.3. Add the onion, tomatoes, cilantro, Serrano chilies, and stir to combine.4. Lay plastic wrap directly on the surface of the guacamole and allow to sit at room temperature for 2 hours before serving.

Oats Kurmura:

Ingredients	<ol style="list-style-type: none">1. Oats- 2 tbsp2. Roasted Chana Dal -1 tbsp3. Kurmura (puffed rice)- 1/4 cup4. Peanuts - 1 tsp5. Mustard seed-1/4tsp6. Turmeric Powder-1/2tsp7. Salt-use minimum, to taste8. Black pepper a pinch9. Green chilli-1 sliced (optional)10. Curry leaves - 2 no11. Oil ½ tsp
Method	<ol style="list-style-type: none">1. In a pan roast the kurmura till it turns crisp.2. Keep aside, in the same pan roast oats till crisp or turns little golden brown.3. Add oil in pan, when it's hot add mustard seed let them crackle.4. Add green chili, curry leaves add turmeric powder, turn off the heat and mix it to the roasted oats, peanuts and kurmura.5. Add salt, black pepper and mix everything properly.6. Allow it to cool completely and store this in airtight container.7. Enjoy with hot cup of tea.

Baked Puris:

Ingredients	<ol style="list-style-type: none">1. Jowar (white millet) flour 1 cup2. Soya flour 1 tbsp3. Poppy seeds ½ tsp4. Chilli powder ¼ tsp, as per taste5. Turmeric powder - a pinch6. Roasted peanuts 1 handful7. Oil- ½ tsp.8. Salt use minimum, to taste.
Method	<ol style="list-style-type: none">1. Mix all the ingredients in a bowl and knead into soft dough using a little water.2. Divide the dough into small equal portions.3. Roll out into thin puris and prick each puri with a fork.4. Arrange the puris on a baking tray. Bake in a pre-heated oven at 200°C (400°F) for 7-10 minutes.5. Cool and store in an air-tight container.

Cucumber Salad:

Ingredients	<ol style="list-style-type: none">1. 1 Big Cucumber (Spiralized / Sliced)2. Pinch of Kosher salt3. Sesame Dressing4. 1 tbsp white sesame seeds (Roasted / Toasted)5. 1 tsp Vinegar6. ½ tsp granulated honey OR 2 drops stevia.
Method	<ol style="list-style-type: none">1. Peel cucumbers to leave alternating green stripes. Slice the cucumbers in half lengthwise. Using spiral to cut or sharp knife, cut into very thin slices.2. Place in a double layer of paper towel and squeeze gently to remove any excess moisture. Combine vinegar, sugar and salt in a medium bowl, stirring to dissolve.3. Add the cucumbers and sesame seeds; toss well to combine. Serve immediately.