

Non Veg Travel Guide

Course	Menu
On Rising	1 tsp virgin coconut oil
Breakfast	Butter coffee + 3 egg whole, no bread OR 1 scoop whey with a glass of cold water (isopureDutch Chocolate)
Lunch and Dinner	Broccoli mushroom soup OR Almond soup OR Chicken clear soup OR Cauliflower soup(optional) + Grilled chicken 200 GMS OR Tandoori chicken OR Chicken sheekhkebabas(5) OR Grilled fish 200gms OR Paneertikka or paneer chilli OR Grilled zucchinis OR Methi Thepla (Only 2)
Evening	2 boiled egg OR 50 GMS peanuts OR 10almonds+5 walnuts OR Grilled mushrooms OR Keto cookie (2) OR Keto Brownie (1) OR 2 cheese slice OR 1 scoop whey with 1 a glass cold water(isopure Dutch Chocolate)(Available at https://in.iherb.com/pr/Nature-s-Best-IsoPure-Low-Carb-Protein-Powder-Dutch-Chocolate-1-lb-454-g/72949)

Recipes

Methi Thepla:

Ingredients	<ul style="list-style-type: none">• 3 tbsp Almond flour• 1 tbspsyllium husk(isabgol)• 4-5 tbsp fenugreek leaves finely chopped• 1 tsp minced ginger• 1 tbsp coriander leaves chopped• 1/2 tsp red chilli powder• 1/2 tsp chopped green chillies• 2 tbsp olive oil or coconut oil• salt to taste• 1 tsp cumin seeds
Method	<ol style="list-style-type: none">1. Combine the almond flour, coconut flour, psyllium husk and the methi leaves along with all other ingredients.2. Mix it well some 3-4tbsp of water to make the dough soft. Keep the dough covered for about 45 minutes.3. Roll into a ball using a rolling pin or a tortilla maker, flatten into a paratha.4. Take an iron skillet, heat the oil in it and fry the paratha in some ghee