**SE PROJECT THEORY/DATA**

DIET:

1. muscle gain:

This is the link for gaining muscles or increasing weight and body mass for people who are skinny and want to gain.

**OATMEAL RECIPE**-

Link: <https://www.youtube.com/watch?v=tGqwg5OcYS0>

**Protein pancakes-**

Link: <https://www.youtube.com/watch?v=mqvrD_DLO7>

**Juices:**

This link does not contain videos but has recipes of juices which help to build muscle.

Link :<https://www.fitnessrxformen.com/nutrition/.../4-juices-that-build-muscle/>

1. weight loss :

For all those who want to lose weight fast and have the determination to do it, this recipe is the right thing to do.

<https://www.youtube.com/watch?v=FwReoq3_Uis>

Low calorie/low fat recipe for weight loss.

Link <https://www.youtube.com/watch?v=yH-w1ExJwVA>

Fat cutter juices.

Link <https://www.youtube.com/watch?v=3KI0pnhUXoo>

Fruit juice for weight loss

Link <https://www.youtube.com/watch?v=slZSuUlwOkM>

Vegetarian food:

1. POTATO SPIRALS:

Potato Spirals are very famous now a days in entire world, here is a quick Indian Gujarati version of it. A little spicy and crispy dish for all your needs.

1. Microwave potato for 3 minutes on high heat or until soft, then mash until smooth.
2. Add beaten egg, potato starch, Parmesan cheese, salt, pepper and milk and mix well.
3. Transfer potato mixture into a piping bag.
4. Heat oil to 340 degrees F. Squeeze out potato mixture into hot oil in a spiral pattern.
5. Cook until golden brown. Drain well on paper towel before serving.
6. Serve with your favorite sauces and dips!

LINK: <https://www.youtube.com/watch?v=czzyrN-xXVs>

1. **panner manchurian dry recipe:**
2. firstly, in a large bowl/vessel add 3 tsp oil.
3. furthermore, add chopped ginger and garlic. saute for a minute.
4. also saute onions till they sweat.
5. add tomato sauce, soy sauce and vinegar.
6. furthermore add salt and chili powder.
7. saute for a minute. or till the sauce turns slightly thick.
8. now add the deep fried paneer and chopped spring onions.
9. give a good mix.
10. finally, add some chopped spring onions greens and serve hot dry paneer manchurian.

<https://www.youtube.com/watch?v=N2uUcD_UXJ0>