

SATVIK 4 MEAL PLAN

By RasoiGadget.com

# Satvik 4-in-1 Meal Plan

100 PURE SATVIK RECIPES •  
BREAKFAST • LUNCH • SNACKS • DINNER



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# Breakfast Recipes (1–25)

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## SATVIK 4 MEAL PLAN



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# 1. Moong Dal Cheela with Coriander Chutney

Prep Time: 10 mins | Cook Time: 15 mins | Servings: 3–4

## Ingredients:

- 1 cup split yellow moong dal (soaked for 2–3 hrs)
- 1 tsp grated ginger, 1 green chili (optional, mild)
- 2 tbsp finely chopped coriander leaves
- 1 tsp cumin seeds
- Salt (rock salt or sendha namak) to taste
- Cold-pressed sesame oil or ghee for cooking

## For Coriander Chutney:

- 1 cup fresh coriander leaves ,1 tbsp grated coconut
- 1 green chili (optional) 1 tsp cumin
- Lemon juice (as per taste) Salt to taste

## Instructions:

1. Drain the soaked moong dal and blend with ginger, cumin, and little water to form a smooth batter.
2. Add chopped coriander and salt. Mix well.
3. Heat a tawa and grease lightly with oil/ghee.
4. Pour a ladle of batter and spread like a thin pancake.
5. Cook on medium flame until golden on both sides.
6. For chutney, blend all chutney ingredients with a few spoons of water.
7. Serve hot cheelas with coriander chutney.

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## 2. Besan Chilla with Mint Chutney

Prep Time: 10 mins | Cook Time: 15 mins | Servings: 3–4

### Ingredients:

- 1 cup gram flour (besan)
- $\frac{1}{2}$  cup grated carrots & cabbage
- 1 tsp cumin seeds
- 1 tbsp chopped coriander
- Rock salt to taste
- Water as required
- Ghee/oil for cooking

### Mint Chutney:

- 1 cup mint leaves
- $\frac{1}{2}$  cup coriander leaves
- 1 green chili (optional)
- 1 tsp cumin
- Lemon juice to taste, Salt

### Instructions:

1. Mix besan, veggies, cumin, coriander, and salt. Add water to make smooth batter.
2. Heat tawa, grease lightly. Pour batter and spread.
3. Cook till both sides are golden brown.
4. Blend chutney ingredients till smooth.
5. Serve hot with chutney.

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### 3. Ragi Dosa with Coconut Chutney

Prep Time: 10 mins | Cook Time: 20 mins | Servings: 3–4

#### Ingredients:

- 1 cup ragi flour
- $\frac{1}{4}$  cup rice flour
- 1 cup water (adjust consistency)
- Salt to taste
- Ghee/oil for cooking

#### Coconut Chutney:

- 1 cup grated coconut
- 1 tbsp roasted chana dal (optional)
- 1 green chili
- 1 tsp cumin
- Salt to taste

#### Instructions:

1. Whisk ragi flour, rice flour, salt, and water into a smooth batter.
2. Heat tawa, pour thin layer of batter.
3. Drizzle ghee and cook both sides till crisp.
4. Blend chutney ingredients with little water.
5. Serve dosa hot with chutney.

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## 4. Poha with Peanuts & Curry Leaves (Satvik Style)

Prep Time: 10 mins | Cook Time: 15 mins | Servings: 2–3

### Ingredients:

- 1½ cups thick poha (flattened rice)
- 1 tbsp ghee or sesame oil
- 1 tsp mustard seeds
- 1 tsp cumin seeds
- 1 tbsp roasted peanuts
- 8–10 curry leaves
- 1 green chili (optional)
- 1 small boiled potato (diced)
- Turmeric & salt to taste
- Lemon juice

### Instructions:

1. Wash poha and keep aside.
2. Heat oil, add mustard, cumin, curry leaves, chili, peanuts.
3. Add turmeric and potato. Mix.
4. Add poha, salt and mix gently.
5. Cook on low flame 5 minutes.
6. Add lemon juice and serve hot.

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## 5. Upma with Vegetables

Prep Time: 10 mins | Cook Time: 20 mins | Servings: 3

### Ingredients:

- 1 cup semolina (rava)
- 2 tbsp ghee or oil
- 1 tsp mustard seeds
- 1 tsp cumin
- 8–10 curry leaves
- $\frac{1}{2}$  cup chopped carrots, beans, peas
- 2 cups hot water
- Rock salt to taste

### Instructions:

1. Dry roast rava till slightly aromatic.
2. In pan, heat ghee, add mustard, cumin, curry leaves, veggies and sauté 3–4 mins.
3. Add hot water and salt, bring to boil.
4. Slowly add rava stirring continuously.
5. Cover and cook 5 minutes. Serve hot.

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## 6. Idli with Satvik Sambar

Prep Time: 15 mins | Cook Time: 20 mins | Servings: 4

### Ingredients:

#### For Idli:

- 2 cups idli batter (fermentation-free version: mix rice flour + urad dal flour + water + salt and steam immediately)

#### For Sambar:

- 1 cup cooked tur dal
- 1 cup mid vegetables (carrot, beans, bottle gourd)
- 1 tsp mustard & cumin
- 1 tbsp sambar powder (no garlic version)
- Tamarind water (light) or tomato puree
- Rock salt to taste

#### □□ Instructions:

1. Pour idli batter into greased moulds and steam for 10–12 mins.
2. Boil veggies and dal together. Add sambar powder, salt, and simmer.
3. Temper mustard & cumin in ghee and add to sambar.
4. Serve hot idlis with sambar.

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## 7. Vegetable Dalia (Broken Wheat Porridge)

Prep Time: 10 mins | Cook Time: 20 mins | Servings: 3

### Ingredients:

- 1 cup broken wheat (dalia)
- 2 cups water
- 1 tbsp ghee or oil
- 1 tsp cumin
- ½ cup vegetables (carrot, beans, peas)
- Salt to taste

### Instructions:

1. Dry roast dalia lightly.
2. Heat oil, add cumin and veggies. Sauté 2–3 mins.
3. Add dalia and water, salt.
4. Pressure cook for 2 whistles or simmer 15 mins.
5. Serve warm.

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## 8. Oats & Pumpkin Seed Porridge

Prep Time: 5 mins | Cook Time: 10 mins | Servings: 2

### Ingredients:

- 1 cup rolled oats
- 2 cups milk or water
- 1 tbsp pumpkin seeds
- 1 tbsp jaggery or dates syrup
- 1 banana sliced (optional)

### Instructions:

1. Boil milk/water and add oats.
2. Cook till creamy (5–7 mins).
3. Add jaggery, mix well.
4. Top with pumpkin seeds and banana. Serve hot.

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## 9. Sabudana Khichdi (Fasting Style)

Prep Time: 10 mins | Cook Time: 15 mins | Servings: 2

### Ingredients:

- 1 cup soaked sabudana (4 hrs soak)
- 1 tbsp ghee
- 1 tsp cumin seeds
- 1 boiled potato diced
- 2 tbsp roasted peanuts
- Rock salt to taste
- Lemon juice

### Instructions:

1. Heat ghee, add cumin, potato and peanuts.
2. Add soaked sabudana and salt.
3. Cook on low flame till pearls turn translucent.
4. Add lemon juice and serve hot.

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# 10. Steamed Vegetable Momos (Satvik Style)

Prep Time: 15 mins | Cook Time: 15 mins | Servings: 3–4

## Ingredients:

- 1 cup whole wheat flour
- 1 cup grated cabbage, carrot, beans
- 1 tsp soy-free seasoning (like rock salt + cumin + lemon)
- 1 tsp sesame oil

## Instructions:

1. Knead wheat flour dough.
2. Sauté veggies lightly with cumin & salt.
3. Fill small portions into dough rounds, fold and seal.
4. Steam 10–12 mins.
5. Serve with coriander chutney.

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# 11. Stuffed Millet Paratha (Aloo / Lauki)

Prep Time: 10 mins | Cook Time: 15 mins | Servings: 3

## Ingredients:

- 1 cup millet flour (jowar or bajra)
- 1 cup boiled mashed potato or grated lauki (bottle gourd)
- ½ tsp cumin seeds
- 1 tbsp coriander leaves
- Rock salt to taste
- Ghee for roasting

## Instructions:

1. Knead soft dough using millet flour and warm water.
2. Mix filling ingredients (potato/lauki, cumin, coriander, salt).
3. Roll small dough balls, stuff filling, seal and flatten.
4. Roast both sides on tawa with ghee till golden.
5. Serve with curd or chutney.



## 12. Raw Papaya Sabzi

Prep Time: 10 mins | Cook Time: 15 mins | Servings: 2–3

### Ingredients:

- 2 cups grated raw papaya
- 1 tsp mustard & cumin
- $\frac{1}{2}$  tsp turmeric
- Rock salt
- Coconut oil

### Instructions:

1. Temper mustard and cumin in coconut oil.
  2. Add papaya, turmeric, salt.
  3. Cook covered till soft.
  4. Garnish with coriander.
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SATVIK 4 MEAL PLAN



## 13. Sweet Potato Tikki with Yogurt Dip

Prep Time: 10 mins | Cook Time: 15 mins | Servings: 3–4

### Ingredients:

- 2 boiled sweet potatoes (mashed)
- 1 tbsp roasted peanuts (crushed)
- $\frac{1}{2}$  tsp cumin powder
- Rock salt
- Ghee/oil for shallow fry

### Yogurt Dip:

- $\frac{1}{2}$  cup curd
- Coriander leaves, rock salt, cumin

### Instructions:

1. Mix mashed sweet potato, peanuts, cumin, salt.
2. Shape into small patties.
3. Shallow fry on tawa till golden on both sides.
4. Mix dip ingredients.
5. Serve tikkis hot with yogurt dip.

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## 4. Satvik Vegetable Pancake

Prep Time: 10 mins | Cook Time: 15 mins | Servings: 3

### Ingredients:

- 1 cup whole wheat or besan flour
- ½ cup grated carrot, cabbage, coriander
- 1 tsp cumin
- Rock salt
- Water as needed
- Ghee/oil for cooking

### Instructions:

1. Make a smooth batter with flour, veggies, salt, cumin.
  2. Pour ladleful on tawa, spread lightly.
  3. Cook both sides till crisp golden.
  4. Serve with chutney or curd.
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## SATVIK 4 MEAL PLAN



# 15. Banana Jaggery Pancake

Prep Time: 10 mins | Cook Time: 15 mins | Servings: 2–3

## Ingredients:

- 1 ripe banana (mashed)
- ½ cup whole wheat flour
- 2 tbsp jaggery (powdered)
- 1 tsp cardamom powder
- Water or milk as needed
- Ghee for cooking

## Instructions:

1. Mix banana, flour, jaggery, cardamom with little water to make batter.
2. Pour onto tawa like a pancake.
3. Cook both sides on low flame till golden.
4. Serve warm with extra banana slices or honey drizzle.

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# 16. Millet Pongal with Cashews

Prep Time: 10 mins | Cook Time: 20 mins | Servings: 3

## Ingredients:

- ½ cup foxtail millet
- ¼ cup moong dal
- 1 tsp cumin
- 1 tsp black pepper (mild, optional)
- 1 tbsp ghee
- 1 tbsp cashews
- Rock salt

## Instructions:

1. Roast millet and dal lightly.
  2. Cook with 2 cups water till soft and mushy.
  3. Heat ghee, fry cumin, pepper, cashews.
  4. Add to pongal, mix well.
  5. Serve hot with coconut chutney.
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## SATVIK 4 MEAL PLAN



## 17. Quinoa Upma

Prep Time: 10 mins | Cook Time: 20 mins | Servings: 3

### Ingredients:

- 1 cup quinoa (rinsed)
- 1 tsp mustard & cumin
- ½ cup chopped vegetables (carrot, beans, peas)
- Rock salt
- 2 cups water

### Instructions:

1. Heat oil, temper mustard, cumin, veggies.
2. Add quinoa and water with salt.
3. Cook covered till quinoa is soft and fluffy.
4. Serve hot.

## SATVIK 4 MEAL PLAN



## 18. Apple-Cinnamon Porridge

Prep Time: 5 mins | Cook Time: 10 mins | Servings: 2

### Ingredients:

- 1 cup oats or broken wheat
- 2 cups milk or water
- 1 apple grated
- 1 tbsp jaggery
- $\frac{1}{2}$  tsp cinnamon powder

### Instructions:

1. Boil milk, add oats and cook till soft.
  2. Add grated apple and jaggery.
  3. Simmer 2–3 mins.
  4. Sprinkle cinnamon and serve warm.
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SATVIK 4 MEAL PLAN



## 19. Satvik Thepla

Prep Time: 10 mins | Cook Time: 15 mins | Servings: 4

### Ingredients:

- 1 cup whole wheat flour
- $\frac{1}{2}$  cup grated lauki or methi leaves
- 1 tsp cumin, turmeric
- Rock salt
- Water to knead dough
- Ghee for roasting

### Instructions:

1. Knead flour, lauki/methi, spices and salt into soft dough.
2. Roll into thin theplas.
3. Roast on tawa with ghee till golden spots.
4. Serve with curd or chutney.

SATVIK 4 MEAL PLAN



## 20. Vegetable Roti Wrap with Mint Yogurt

Prep Time: 10 mins | Cook Time: 15 mins | Servings: 2

### Ingredients:

- 2 wheat rotis
- $\frac{1}{2}$  cup lightly sautéed vegetables (carrot, cabbage, beans)
- $\frac{1}{2}$  cup curd
- 1 tbsp mint chutney

### Instructions:

1. Mix curd with mint chutney.
2. Fill roti with veggies, drizzle yogurt mix.
3. Roll into wrap and serve fresh.

SATVIK 4 MEAL PLAN



# 21. Corn & Spinach Idli

Prep Time: 10 mins | Cook Time: 20 mins | Servings: 3

## Ingredients:

- 1 cup idli batter (instant or homemade satvik)
- $\frac{1}{2}$  cup corn kernels
- $\frac{1}{2}$  cup chopped spinach
- Salt

## Instructions:

1. Mix batter with corn, spinach, and salt.
  2. Pour into greased moulds.
  3. Steam for 12–15 mins.
  4. Serve hot with chutney.
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SATVIK 4 MEAL PLAN



## 22. Rice Sevai Upma

Prep Time: 10 mins | Cook Time: 15 mins | Servings: 3

### Ingredients:

- 1 cup rice sevai (vermicelli)
- 1 tsp mustard & cumin
- ½ cup vegetables (carrot, beans)
- Rock salt
- Lemon juice

### Instructions:

1. Boil sevai for 3–4 mins and drain.
  2. Temper mustard, cumin, veggies.
  3. Add sevai, salt and mix well.
  4. Cook 5 mins and finish with lemon juice.
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SATVIK 4 MEAL PLAN



## 23. Dry Fruit Energy Balls with Dates

Prep Time: 10 mins | Cook Time: 0 mins | Servings: 10 balls

### Ingredients:

- 1 cup dates (pitted)
- $\frac{1}{2}$  cup mid nuts (almonds, walnuts)
- 1 tbsp sesame seeds
- 1 tsp cardamom

### Instructions:

1. Blend dates and nuts in a processor till sticky.
  2. Add sesame and cardamom.
  3. Roll into small balls.
  4. Store airtight — no cooking needed.
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## SATVIK 4 MEAL PLAN



## 24. Herbal Detox Water & Fruit Platter Combo

Prep Time: 5 mins | Cook Time: 0 mins | Servings: 2

### Ingredients:

- 1 litre water
- 1 tsp cumin, fennel, coriander seeds (soaked overnight & strained)
- Seasonal fruits (banana, apple, papaya, pomegranate)

### Instructions:

1. Strain infused water and keep chilled or room temperature.
2. Cut fruits fresh just before serving.
3. Serve detox water with fruit platter for a light Satvik breakfast.

SATVIK 4 MEAL PLAN



## 25. Satvik Smoothie Bowl (Banana + Nuts + Seeds)

Prep Time: 10 mins | Cook Time: 0 mins | Servings: 2

### Ingredients:

- 2 ripe bananas
- $\frac{1}{2}$  cup milk (or nut milk)
- 1 tbsp jaggery or dates
- 1 tbsp mid seeds (pumpkin, flax, sunflower)
- 1 tbsp chopped nuts

### Instructions:

1. Blend bananas, milk, and jaggery till smooth.
2. Pour into bowl and top with nuts and seeds.
3. Serve immediately — chilled or room temperature.

# Lunch Recipes (25–50)





## 26. Satvik Khichdi (Moong Dal + Rice + Ghee)

Prep Time: 10 mins | Cook Time: 20 mins | Servings: 3–4

### Ingredients:

- 1 cup rice
- ½ cup split yellow moong dal
- 4 cups water
- 1 tsp cumin seeds, 1 tbsp ghee
- ½ tsp turmeric Rock salt to taste

### Instructions:

1. Rinse rice and dal together.
2. Heat ghee in a pressure cooker, add cumin seeds.
3. Add rice, dal, turmeric, salt and water.
4. Pressure cook for 2 whistles or simmer till soft.

## SATVIK 4 MEAL PLAN

5. Mash lightly and serve hot with ghee on top.



## 27. Jeera Rice with Simple Dal

Prep Time: 10 mins | Cook Time: 20 mins | Servings: 3–4

### Ingredients:

#### For Rice:

- 1 cup basmati rice
- 1 tsp cumin seeds
- 1 tbsp ghee
- Salt to taste

#### For Dal:

- $\frac{1}{2}$  cup moong or tur dal
- 3 cups water
- 1 tsp cumin
- $\frac{1}{2}$  tsp turmeric
- Salt to taste

### Instructions:

1. Cook rice with cumin, salt, and ghee.
2. Boil dal with turmeric and salt till soft.
3. Temper cumin in ghee and add to dal.
4. Serve hot rice and dal together with coriander garnish.

SATVIK 4 MEAL PLAN



## 28. Lauki Chana Dal Sabzi

Prep Time: 10 mins | Cook Time: 20 mins | Servings: 3–4

### Ingredients:

- 2 cups lauki (bottle gourd), cubed
- ½ cup soaked chana dal (2 hrs)
- 1 tsp cumin
- ½ tsp turmeric
- 1 tbsp ghee or oil
- Rock salt to taste

### Instructions:

1. Heat ghee, temper cumin.
2. Add lauki and soaked chana dal.
3. Add turmeric, salt, and water as needed.
4. Cook covered for 15–20 mins or pressure cook for 1 whistle.
5. Serve with roti or rice.

SATVIK 4 MEAL PLAN



## 29. Tinda Curry (Apple Gourd)

Prep Time: 10 mins | Cook Time: 20 mins | Servings: 3–4

### Ingredients:

- 2 cups tinda (apple gourd), peeled & cubed
- 1 tsp cumin
- 1 tsp coriander powder
- $\frac{1}{2}$  tsp turmeric
- Rock salt to taste
- Ghee or sesame oil

### Instructions:

1. Heat oil, add cumin and turmeric.
  2. Add tinda cubes and salt. Sauté 2–3 mins.
  3. Add  $\frac{1}{2}$  cup water and cook covered till soft.
  4. Sprinkle coriander powder and serve.
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SATVIK 4 MEAL PLAN



## 30. Bhindi Fry (Dry, Satvik)

Prep Time: 10 mins | Cook Time: 15 mins | Servings: 2–3

### Ingredients:

- 250 g ladyfinger (bhindi), slit lengthwise
- 1 tsp cumin
- $\frac{1}{2}$  tsp turmeric
- 1 tsp coriander powder
- 1 tbsp sesame oil or ghee
- Rock salt

### Instructions:

1. Heat oil, temper cumin.
2. Add bhindi, turmeric, coriander powder, and salt.
3. Sauté on low flame, stirring occasionally, till soft and lightly crisp.
4. Serve with roti or rice.

SATVIK 4 MEAL PLAN



## 31. Aloo Methi Sabzi

Prep Time: 10 mins | Cook Time: 15 mins | Servings: 3

### Ingredients:

- 2 boiled potatoes (cubed)
- 1 cup chopped methi (fenugreek) leaves
- 1 tsp cumin seeds
- ½ tsp turmeric
- Rock salt
- Ghee or oil

### Instructions:

1. Heat oil, temper cumin.
2. Add turmeric and methi leaves, sauté till soft.
3. Add potatoes and salt. Mix well.
4. Cook covered for 5 mins.
5. Serve warm.

SATVIK 4 MEAL PLAN



## 32. Pumpkin Curry with Coconut

Prep Time: 10 mins | Cook Time: 20 mins | Servings: 3

### Ingredients:

- 2 cups yellow pumpkin (cubed)
- ½ cup grated coconut
- 1 tsp cumin
- ½ tsp turmeric
- Rock salt
- 1 tbsp coconut oil

### Instructions:

1. Heat coconut oil, temper cumin.
2. Add pumpkin, turmeric, salt and a splash of water.
3. Cook covered till pumpkin softens.
4. Mix in grated coconut and stir gently.
5. Serve with rice or roti.

SATVIK 4 MEAL PLAN



# 33. Bottle Gourd Kofta (Steamed, Satvik)

Prep Time: 15 mins | Cook Time: 20 mins | Servings: 3–4

## Ingredients:

### For Kofta:

- 1 cup grated lauki (squeezed)
- $\frac{1}{2}$  cup besan
- $\frac{1}{2}$  tsp cumin
- Rock salt

### For Curry:

- 2 tomatoes (pureed)
- 1 tsp cumin
- $\frac{1}{2}$  tsp turmeric
- 1 tsp coriander powder
- Ghee or oil

## Instructions:

1. Mix kofta ingredients, shape into small balls, and steam for 10 mins.
2. Heat oil, temper cumin, turmeric, coriander powder. Add tomato puree and cook 5 mins.
3. Add water, salt, and bring to a boil.
4. Gently drop steamed koftas and simmer 5 mins.

5. Serve warm.



## 34. Cabbage Peas Stir Fry

Prep Time: 10 mins | Cook Time: 15 mins | Servings: 3

### Ingredients:

- 2 cups shredded cabbage
- $\frac{1}{2}$  cup green peas
- 1 tsp cumin
- $\frac{1}{2}$  tsp turmeric
- Rock salt
- Ghee or oil

### Instructions:

1. Heat oil, temper cumin.
  2. Add cabbage, peas, turmeric, salt.
  3. Cook covered for 10–12 mins till soft.
  4. Serve hot with roti or rice.
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## SATVIK 4 MEAL PLAN



## 35. Carrot & Beans Poriyal (South Indian Style)

Prep Time: 10 mins | Cook Time: 15 mins | Servings: 3

### Ingredients:

- 1 cup chopped carrots
- 1 cup chopped beans
- 1 tsp mustard & cumin
- 8-10 curry leaves
- 2 tbsp grated coconut
- Salt
- Coconut oil

### Instructions:

1. Heat coconut oil, temper mustard, cumin, curry leaves.
2. Add veggies and salt, cook covered till soft.
3. Mix in grated coconut at the end.
4. Serve hot with rice or chapati.

SATVIK 4 MEAL PLAN



## 36. Vegetable Pulao (Satvik Style)

Prep Time: 10 mins | Cook Time: 20 mins | Servings: 3–4

### Ingredients:

- 1 cup basmati rice (soaked 15 mins)
- 1 cup mid vegetables (carrot, beans, peas)
- 1 tsp cumin
- 1 bay leaf, 2 cloves (optional)
- 1 tbsp ghee or oil
- Salt to taste

### Instructions:

1. Heat ghee, temper cumin and bay leaf.
2. Add vegetables, sauté 2–3 mins.
3. Add rice, 2 cups water, salt.
4. Cover and cook till rice is fluffy.
5. Serve with raita or curry.

SATVIK 4 MEAL PLAN



## 37. Lemon Rice

Prep Time: 10 mins | Cook Time: 15 mins | Servings: 3

### Ingredients:

- 2 cups cooked rice
- 1 tbsp sesame oil
- 1 tsp mustard & cumin
- 1 tbsp peanuts
- 8–10 curry leaves
- 2 tbsp lemon juice
- Rock salt

### Instructions:

1. Heat oil, add mustard, cumin, curry leaves, peanuts.
2. Add cooked rice and salt. Mix gently.
3. Turn off flame, add lemon juice and stir.
4. Serve warm or at room temperature.

SATVIK 4 MEAL PLAN



## 38. Tomato Rice

Prep Time: 10 mins | Cook Time: 20 mins | Servings: 3–4

### Ingredients:

- 2 cups cooked rice
- 2 large tomatoes (pureed)
- 1 tsp cumin
- ½ tsp turmeric
- 1 tsp coriander powder
- Salt & ghee

### Instructions:

1. Heat ghee, temper cumin.
  2. Add tomato puree, turmeric, coriander powder and cook till thick.
  3. Add rice and salt, mix well.
  4. Cover and steam 5 mins.
  5. Serve hot with curd.
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SATVIK 4 MEAL PLAN



## 39. Curd Rice

Prep Time: 10 mins | Cook Time: 10 mins | Servings: 3

### Ingredients:

- 2 cups cooked rice (soft)
- 1 cup curd
- 1 tsp mustard
- 1 tsp cumin
- Curry leaves
- Salt
- Coriander leaves for garnish

### Instructions:

1. Mash rice lightly and mix with curd.
2. Heat ghee, temper mustard, cumin, curry leaves.
3. Add tempering to rice-curd mix.
4. Garnish and serve cool or at room temperature.

SATVIK 4 MEAL PLAN



## 40. Plain Paratha with Ghee & Bhaji

Prep Time: 10 mins | Cook Time: 15 mins | Servings: 3–4

### Ingredients:

- 2 cups whole wheat flour
- Ghee for roasting
- Rock salt
- Light bhaji (any sabzi) on the side

### Instructions:

1. Knead soft dough with flour and salt.
  2. Roll into thin parathas.
  3. Roast both sides on tawa with ghee.
  4. Serve with a light curry or vegetable stir fry.
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## SATVIK 4 MEAL PLAN



# 41. Beetroot Sabzi with Coconut

Prep Time: 10 mins | Cook Time: 20 mins | Servings: 3

## Ingredients:

- 2 cups grated beetroot
- 1 tsp mustard & cumin
- 8-10 curry leaves
- 2 tbsp grated coconut
- Rock salt
- Coconut oil

## Instructions:

1. Heat oil, temper mustard, cumin, curry leaves.
2. Add beetroot and salt, cook covered till soft.
3. Mix grated coconut at the end.
4. Serve warm with rice or roti.

SATVIK 4 MEAL PLAN



## 42. Lauki Raita

Prep Time: 10 mins | Cook Time: 10 mins | Servings: 2–3

### Ingredients:

- 1 cup grated lauki
- 1 cup curd
- $\frac{1}{2}$  tsp cumin powder
- Rock salt
- Coriander for garnish

### Instructions:

1. Lightly steam or boil grated lauki (2–3 mins). Cool it.
2. Mix with curd, cumin powder, and salt.
3. Garnish with coriander.
4. Serve chilled.



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## 43. Lauki Kadhi (No Garlic)

Prep Time: 10 mins | Cook Time: 20 mins | Servings: 3–4

### Ingredients:

- 1 cup grated lauki
- 1 cup curd
- 2 tbsp besan
- 1 tsp mustard & cumin
- $\frac{1}{2}$  tsp turmeric
- Rock salt
- Ghee

### Instructions:

1. Whisk curd and besan with 2 cups water.
2. Cook lauki with salt till soft.
3. Add curd mixture, turmeric, and simmer 10 mins.
4. Temper mustard & cumin in ghee and add.
5. Serve with rice.

## SATVIK 4 MEAL PLAN



## 44. Spinach Dal (Satvik Palak Dal)

Prep Time: 10 mins | Cook Time: 20 mins | Servings: 3

### Ingredients:

- 1 cup chopped spinach
- $\frac{1}{2}$  cup moong dal
- 1 tsp cumin
- $\frac{1}{2}$  tsp turmeric
- 1 tbsp ghee
- Rock salt

### Instructions:

1. Pressure cook dal with turmeric and salt.
2. Add spinach and cook 5–7 mins more.
3. Temper cumin in ghee and add.
4. Serve hot with rice or roti.

## SATVIK 4 MEAL PLAN



## 45. Tur Dal Fry with Hing & Jeera

Prep Time: 10 mins | Cook Time: 20 mins | Servings: 3–4

### Ingredients:

- $\frac{1}{2}$  cup tur dal
- 3 cups water
- $\frac{1}{2}$  tsp turmeric
- 1 tsp cumin
- A pinch of hing (asafoetida)
- Rock salt
- Ghee

### Instructions:

1. Cook dal with turmeric and salt till soft.
2. Heat ghee, temper cumin and hing.
3. Add to dal, simmer 5 mins.
4. Serve hot with jeera rice or roti.

SATVIK 4 MEAL PLAN



## 46. Satvik Paneer Curry (Mild)

Prep Time: 15 mins | Cook Time: 20 mins | Servings: 3–4

### Ingredients:

- 200 g paneer (cubed)
- 2 tomatoes (pureed)
- 1 tsp cumin
- $\frac{1}{2}$  tsp turmeric
- 1 tsp coriander powder
- Ghee or oil
- Rock salt

### Instructions:

1. Heat ghee, temper cumin.
  2. Add tomato puree, turmeric, coriander, salt.
  3. Cook till thick.
  4. Add paneer cubes and simmer for 5 mins.
  5. Serve with chapati or rice.
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**47.Sama Rice Upma  
(Barnyard Millet)**

## SATVIK 4 MEAL PLAN

Prep Time: 10 mins | Cook Time: 20 mins | Servings: 2–3

### Ingredients:

- 1 cup sama rice (barnyard millet)
- 1 cup mid vegetables (carrot, peas, beans)
- 1 tsp cumin
- Ghee
- Rock salt

### Instructions:

1. Dry roast sama rice, set aside.
  2. Temper cumin in ghee, sauté veggies.
  3. Add 2 cups water, salt, sama rice.
  4. Cook covered till soft.
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SATVIK 4 MEAL PLAN



## 48. Millet Roti with Curry

Prep Time: 10 mins | Cook Time: 15 mins | Servings: 3–4

### Ingredients:

- 1 cup millet flour (bajra/jowar)
- Warm water to knead
- Rock salt
- Ghee

### Instructions:

1. Knead soft dough with warm water and salt.
2. Roll thick rotis and roast both sides on tawa.
3. Brush with ghee.
4. Serve with any sabzi or dal.

SATVIK 4 MEAL PLAN



## 49. Green Moong Dal Curry

Prep Time: 10 mins | Cook Time: 20 mins | Servings: 3–4

### Ingredients:

- 1 cup soaked whole green moong (4 hrs)
- 1 tsp cumin
- $\frac{1}{2}$  tsp turmeric
- Rock salt
- Ghee

### Instructions:

1. Pressure cook moong with turmeric and salt.
2. Temper cumin in ghee and add.
3. Simmer 5 mins.
4. Serve hot with rice or roti.

## SATVIK 4 MEAL PLAN



## 50. Roti with Sabzi Platter (Satvik Thali)

Prep Time: 15 mins | Cook Time: 20 mins | Servings: 3–4

### Ingredients:

- 4 wheat rotis
- 1 dry sabzi (e.g., bhindi fry)
- 1 dal (e.g., tur dal fry)
- 1 chutney or raita
- Ghee for brushing

### Instructions:

1. Prepare rotis and sabzi/dal separately as above.
2. Assemble on a thali with ghee-brushed rotis.
3. Add fresh chutney or raita.
4. Serve hot.

## Snack Recipes (51–75)





## 51. Roasted Makhana with Turmeric & Ghee

Prep Time: 5 mins | Cook Time: 10 mins | Servings: 2–3

### Ingredients:

- 2 cups makhana (fox nuts)
- 1 tbsp ghee, Rock salt to taste
- $\frac{1}{2}$  tsp turmeric powder

### Instructions:

1. Heat ghee in a pan.
2. Add makhana and roast on low flame for 8–10 mins until crisp.
3. Sprinkle turmeric and salt. Toss well.

## SATVIK 4 MEAL PLAN

4. Serve warm or store airtight.



## 52. Sprouted Moong Salad with Lemon

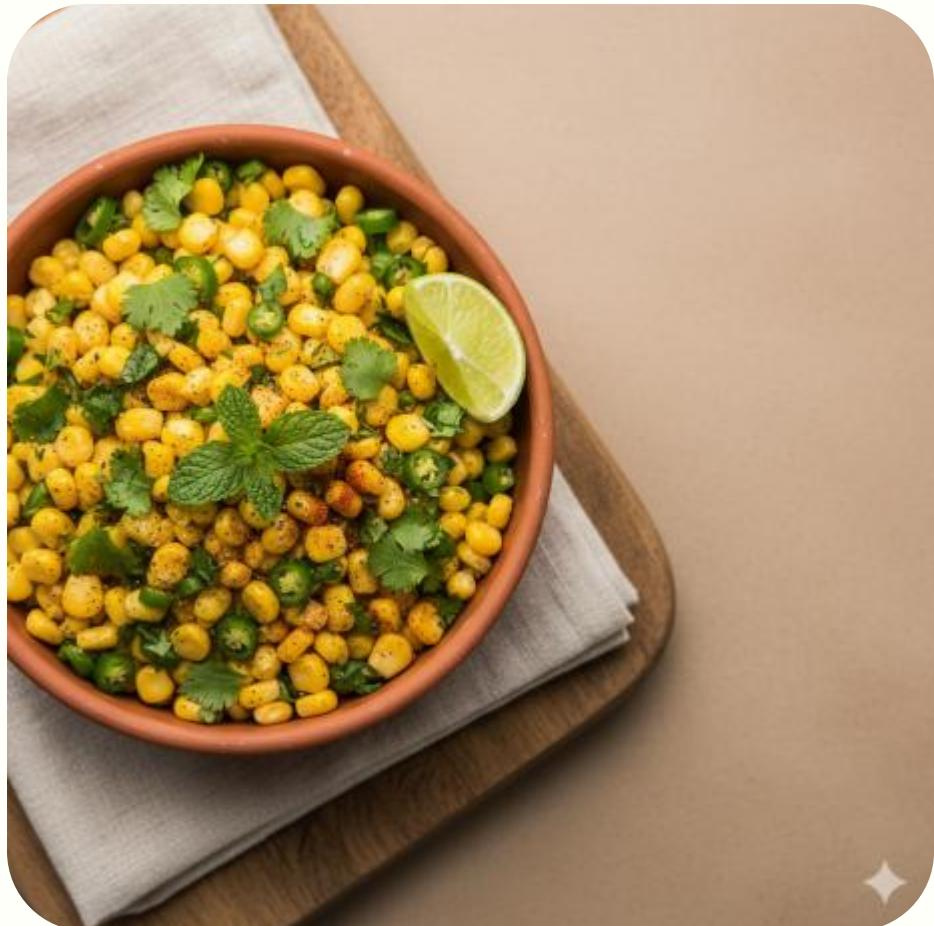
Prep Time: 10 mins | Cook Time: 0–5 mins | Servings: 2–3

### Ingredients:

- 1 cup sprouted moong
- $\frac{1}{2}$  cup chopped cucumber & tomato (optional)
- 1 tsp roasted cumin powder
- Rock salt
- Lemon juice

### Instructions:

1. Lightly steam sprouts (optional).
2. Mix with veggies, salt, cumin, lemon juice.
3. Toss well and serve immediately.



## 53. Boiled Corn Chaat (Satvik)

Prep Time: 10 mins | Cook Time: 5 mins | Servings: 2

### Ingredients:

- 1 cup boiled sweet corn
- 1 tsp roasted cumin powder
- Rock salt
- Lemon juice
- Coriander leaves

### Instructions:

1. Mix boiled corn with cumin, lemon juice, and salt.
  2. Add coriander leaves.
  3. Toss and serve warm.
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SATVIK 4 MEAL PLAN



## 54. Sweet Potato Chaat

Prep Time: 10 mins | Cook Time: 15 mins | Servings: 2–3

### Ingredients:

- 2 sweet potatoes (boiled & cubed)
- 1 tsp roasted cumin powder
- 1 tsp lemon juice
- Rock salt
- Coriander leaves

### Instructions:

1. Boil sweet potatoes and peel.
  2. Toss with cumin, lemon, salt, coriander.
  3. Serve warm or room temperature.
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## 55. Baked Banana Chips

Prep Time: 10 mins | Cook Time: 20 mins | Servings: 3–4

### Ingredients:

- 2 raw bananas
- 1 tbsp coconut oil
- Rock salt

### Instructions:

1. Preheat oven to 180°C.
  2. Slice bananas thinly. Coat with coconut oil and salt.
  3. Bake 15–20 mins, flip halfway.
  4. Cool and store airtight.
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## SATVIK 4 MEAL PLAN



## 56. Millet Crackers (Jowar/Bajra)

Prep Time: 15 mins | Cook Time: 20 mins | Servings: 15 crackers

### Ingredients:

- 1 cup millet flour
- 1 tbsp sesame seeds
- 1 tbsp cold-pressed oil
- Rock salt
- Warm water to knead

### Instructions:

1. Mix flour, sesame, oil, salt. Knead soft dough.
2. Roll thin and cut into crackers.
3. Bake at 180°C for 15–20 mins or roast on tawa.
4. Cool and store airtight.

SATVIK 4 MEAL PLAN



## 57. Beetroot Tikki (Shallow Fried)

Prep Time: 15 mins | Cook Time: 15 mins | Servings: 4

### Ingredients:

- 1 cup grated beetroot
- ½ cup boiled potato (mashed)
- 1 tsp cumin powder
- Rock salt
- Ghee or cold-pressed oil

### Instructions:

1. Mix beetroot, potato, cumin, salt. Shape into tikkis.
  2. Shallow roast on tawa with ghee/oil till crisp.
  3. Serve warm with mint chutney.
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SATVIK 4 MEAL PLAN



## 58. Lauki Pakora (Air-fried/Grilled)

Prep Time: 15 mins | Cook Time: 20 mins | Servings: 3–4

### Ingredients:

- 1 cup grated lauki (bottle gourd)
- ½ cup besan
- 1 tsp cumin
- Rock salt

### Instructions:

1. Mix lauki, besan, cumin, and salt.
  2. Shape into small balls or patties.
  3. Air fry or grill for 15–20 mins.
  4. Serve hot with coriander chutney.
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SATVIK 4 MEAL PLAN



## 59. Jowar Popcorn (Popped Sorghum)

Prep Time: 5 mins | Cook Time: 10 mins | Servings: 2

### Ingredients:

- ½ cup jowar grains
- 1 tsp ghee
- Rock salt

### Instructions:

1. Heat a heavy pan. Add jowar and cover.
  2. Let it pop on medium flame, shaking occasionally.
  3. Add salt and ghee. Toss well.
  4. Serve fresh.
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SATVIK 4 MEAL PLAN



## 60. Vegetable Cutlets

Prep Time: 15 mins | Cook Time: 15 mins | Servings: 3–4

### Ingredients:

- 1 cup boiled mid vegetables (carrot, beans, potato)
- $\frac{1}{2}$  cup besan or breadcrumbs (homemade)
- 1 tsp cumin
- Rock salt
- Ghee/oil for shallow roast

### Instructions:

1. Mash veggies, add besan, cumin, salt.
2. Shape into cutlets.
3. Roast on tawa with little ghee/oil until golden on both sides.
4. Serve with satvik mint chutney.

## SATVIK 4 MEAL PLAN



# 61. Sabudana Vada (Air-Fried / Tawa Roasted)

Prep Time: 15 mins | Cook Time: 20 mins | Servings: 3–4

## Ingredients:

- 1 cup soaked sabudana (4 hrs)
- 2 boiled potatoes (mashed)
- 2 tbsp roasted peanuts (crushed)
- 1 tsp cumin
- Rock salt
- Lemon juice

## Instructions:

1. Mix sabudana, potato, peanuts, cumin, salt, and lemon.
2. Shape into small vadas.
3. Air fry at 180°C for 15–18 mins OR roast on tawa with little ghee.
4. Serve with satvik mint chutney.

SATVIK 4 MEAL PLAN



## 62. Sprouted Moong Cheela

Prep Time: 10 mins | Cook Time: 15 mins | Servings: 3

### Ingredients:

- 1 cup sprouted moong (blended to batter)
- 1 tsp cumin
- Rock salt
- Coriander leaves
- Ghee/oil for roasting

### Instructions:

1. Blend sprouts with water into smooth batter.
2. Add salt, cumin, coriander.
3. Pour on tawa like a pancake.
4. Cook both sides till golden.
5. Serve with chutney.

SATVIK 4 MEAL PLAN



## 63. Handvo (Satvik Style) (*no fermentation*)

Prep Time: 15 mins | Cook Time: 20 mins | Servings: 4

### Ingredients:

- 1 cup besan
- ½ cup semolina
- 1 cup grated vegetables (lauki, carrot)
- 1 tsp cumin, turmeric
- 1 cup curd (fresh, not sour)
- Rock salt

### Instructions:

1. Mix all ingredients with enough water to make thick batter.
2. Pour in greased baking dish or tawa.
3. Bake at 180°C for 20 mins OR cook covered on low flame till golden.
4. Cut into squares and serve.

SATVIK 4 MEAL PLAN



## 64. Dhokla (Instant, No Fermentation)

Prep Time: 10 mins | Cook Time: 15 mins | Servings: 4

### Ingredients:

- 1 cup besan
- 1 cup water
- 1 tsp lemon juice
- 1 tsp eno or baking soda
- Salt

### Instructions:

1. Mix besan, water, salt, lemon juice.
2. Add enough water below just before steaming, mix gently.
3. Steam 10–12 mins.
4. Temper mustard & curry leaves in ghee (optional). Pour over dhokla.
5. Cut and serve warm.

SATVIK 4 MEAL PLAN



## 65. Fruit Chaat with Rock Salt

Prep Time: 10 mins | Cook Time: 0 mins | Servings: 2

### Ingredients:

- 2 cups seasonal fruits (apple, banana, papaya, orange, pomegranate)
- 1 tsp roasted cumin powder
- Rock salt
- Lemon juice (optional)

### Instructions:

1. Chop fruits evenly.
  2. Toss with cumin powder and salt.
  3. Add lemon juice if desired.
  4. Serve immediately.
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## SATVIK 4 MEAL PLAN



## 66. Vegetable Tikki (Lauki-Carrot)

Prep Time: 15 mins | Cook Time: 15 mins | Servings: 3–4

### Ingredients:

- 1 cup grated lauki
- 1 cup grated carrot
- ½ cup besan
- 1 tsp cumin
- Rock salt
- Ghee/oil for shallow roast

### Instructions:

1. Mix lauki, carrot, besan, cumin, salt.
2. Shape into tikkis.
3. Shallow roast on tawa till crisp.
4. Serve with chutney or curd.

SATVIK 4 MEAL PLAN



## 67. Steamed Idli Cutlets (Snack Remix)

Prep Time: 15 mins | Cook Time: 20 mins | Servings: 4

### Ingredients:

- 4 idlis (freshly steamed, satvik batter)
- 1 tsp cumin powder
- Rock salt
- Ghee/oil for roasting

### Instructions:

1. Crumble idlis in a bowl.
  2. Mix in cumin, salt, and shape into small patties.
  3. Roast on tawa with a little ghee till golden brown.
  4. Serve with chutney.
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SATVIK 4 MEAL PLAN



## 68. Makhana Trail Mix (Snack Jar)

Prep Time: 10 mins | Cook Time: 10 mins | Servings: 4

### Ingredients:

- 1 cup makhana (roasted)
- $\frac{1}{2}$  cup mid nuts (almonds, cashews)
- 1 tbsp sesame seeds
- Rock salt
- 1 tsp ghee

### Instructions:

1. Roast makhana, nuts, and sesame separately in a pan.
2. Mix together with salt and ghee.
3. Cool and store airtight for quick snack.

SATVIK 4 MEAL PLAN



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## 69. Sundal (South Indian Moong Snack)

Prep Time: 15 mins | Cook Time: 15 mins | Servings: 3–4

### Ingredients:

- 1 cup soaked whole moong (cooked till soft)
- 1 tsp mustard seeds
- 8–10 curry leaves
- 2 tbsp grated coconut
- Rock salt
- Coconut oil

### Instructions:

1. Heat coconut oil, temper mustard & curry leaves.
  2. Add cooked moong and salt, sauté for 2–3 mins.
  3. Mix grated coconut.
  4. Serve warm.
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SATVIK 4 MEAL PLAN



## 70. Shallow-Fried Potato Discs (Satvik Aloo Snacks)

Prep Time: 10 mins | Cook Time: 15 mins | Servings: 3

### Ingredients:

- 2 medium potatoes (cut in round discs, parboiled)
- 1 tsp cumin
- Rock salt
- Ghee or sesame oil

### Instructions:

1. Heat ghee, sprinkle cumin.
  2. Add potato discs, season with salt.
  3. Roast both sides till golden.
  4. Serve hot with chutney.
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# 71. Bajra Roti Chips

Prep Time: 15 mins | Cook Time: 20 mins | Servings: 4

## Ingredients:

- 2 bajra rotis (cooked and cooled)
- 1 tsp ghee
- Rock salt & cumin powder

## Instructions:

1. Cut rotis into triangles.
  2. Brush with ghee, sprinkle salt & cumin.
  3. Bake at 180°C for 10–12 mins until crisp.
  4. Cool and store airtight.
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SATVIK 4 MEAL PLAN



## 72. Roasted Chana Snack Bowl

Prep Time: 5 mins | Cook Time: 10 mins | Servings: 2–3

### Ingredients:

- 1 cup roasted chana (unsalted)
- 1 tsp cumin powder
- Rock salt
- Lemon juice (optional)

### Instructions:

1. Warm roasted chana in a dry pan.
  2. Sprinkle salt, cumin, lemon juice.
  3. Toss well and serve warm.
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SATVIK 4 MEAL PLAN



## 73. Carrot & Cucumber Sticks with Yogurt Dip

Prep Time: 10 mins | Cook Time: 0 mins | Servings: 2

### Ingredients:

- 1 carrot (cut into sticks)
- 1 cucumber (cut into sticks)
- $\frac{1}{2}$  cup curd
- 1 tsp cumin powder
- Rock salt

### Instructions:

1. Mix cumin and salt into curd for dip.
  2. Serve with fresh veggie sticks.
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## SATVIK 4 MEAL PLAN





## 74. Rajgira Puffs Snack Mix

Prep Time: 5 mins | Cook Time: 5 mins | Servings: 2–3

### Ingredients:

- 2 cups puffed amaranth (rajgira)
- 1 tbsp sesame seeds
- Rock salt
- 1 tsp ghee

### Instructions:

1. Dry roast sesame and rajgira lightly.
2. Add salt and ghee.
3. Toss and serve or store airtight.

SATVIK 4 MEAL PLAN



## 75. Mid Seeds Trail Mix

Prep Time: 5 mins | Cook Time: 5 mins | Servings: 4

### Ingredients:

- $\frac{1}{2}$  cup pumpkin seeds
- $\frac{1}{2}$  cup sunflower seeds
- 2 tbsp sesame seeds
- Rock salt
- 1 tsp ghee

### Instructions:

1. Dry roast seeds in a pan for 3–5 mins.
2. Add salt and ghee.
3. Cool and store in a jar.

# Dinner Recipes (76–100)





## 76. Vegetable Soup (Carrot, Beans, Cabbage)

Prep Time: 10 mins | Cook Time: 15 mins | Servings: 2–3

### Ingredients:

- $\frac{1}{2}$  cup chopped carrots
- $\frac{1}{2}$  cup chopped beans, Rock salt
- $\frac{1}{2}$  cup shredded cabbage, 1 tsp cumin
- 1 tsp ghee or sesame oil

### Instructions:

1. In a pot, heat ghee and temper cumin.
2. Add vegetables and sauté 2–3 mins.
3. Add 3 cups water and salt. Simmer 10 mins.

## SATVIK 4 MEAL PLAN

4. Serve warm with coriander garnish.



## 77. Moong Dal Soup

Prep Time: 10 mins | Cook Time: 20 mins | Servings: 2–3

### Ingredients:

- $\frac{1}{2}$  cup yellow moong dal (soaked 15 mins)
- 1 tsp cumin
- $\frac{1}{2}$  tsp turmeric
- 1 tbsp ghee
- Rock salt

### Instructions:

1. Pressure cook dal with turmeric and 3 cups water.
  2. Blend lightly if desired.
  3. Temper cumin in ghee and add to soup.
  4. Simmer 2–3 mins and serve warm.
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## SATVIK 4 MEAL PLAN



## 78. Quinoa Vegetable Bowl

Prep Time: 10 mins | Cook Time: 20 mins | Servings: 2

### Ingredients:

- 1 cup quinoa
- 1½ cups chopped vegetables (carrot, beans, capsicum, lauki)
- 1 tsp cumin
- 1 tsp ghee or sesame oil
- Rock salt

### Instructions:

1. Cook quinoa with 2 cups water and salt.
2. Sauté vegetables in ghee with cumin until just tender.
3. Mix quinoa and veggies together.
4. Serve warm.

SATVIK 4 MEAL PLAN



## 79. Brown Rice Khichdi

Prep Time: 10 mins | Cook Time: 25 mins | Servings: 3

### Ingredients:

- 1 cup brown rice
- ½ cup moong dal
- 1 tsp cumin
- ½ tsp turmeric
- 1 tbsp ghee
- Rock salt

### Instructions:

1. Rinse rice and dal together.
2. Heat ghee, temper cumin, add turmeric.
3. Add rice, dal, salt and 4 cups water.
4. Cook covered until soft and creamy.
5. Serve hot.



## 80. Mid Vegetable Stew

Prep Time: 10 mins | Cook Time: 20 mins | Servings: 3

### Ingredients:

- 1 cup mid vegetables (lauki, carrot, beans, pumpkin)
- 1 tsp mustard seeds
- 8-10 curry leaves
- 2 tbsp grated coconut
- Coconut oil
- Rock salt

### Instructions:

1. Heat oil, temper mustard and curry leaves.
2. Add vegetables, 2 cups water and salt.
3. Cook till veggies are tender.
4. Add grated coconut and serve warm.

SATVIK 4 MEAL PLAN



# 81. Lauki Sabzi with Roti

Prep Time: 10 mins | Cook Time: 15 mins | Servings: 2–3

## Ingredients:

- 2 cups lauki (bottle gourd), cubed
- 1 tsp cumin
- $\frac{1}{2}$  tsp turmeric
- Rock salt
- Ghee or oil

## Instructions:

1. Heat ghee, temper cumin.
2. Add lauki, turmeric, salt and a little water.
3. Cook covered for 10–15 mins till soft.
4. Serve with fresh roti.

## SATVIK 4 MEAL PLAN



## 82. Pumpkin Soup

Prep Time: 10 mins | Cook Time: 20 mins | Servings: 2–3

### Ingredients:

- 2 cups pumpkin (peeled & cubed)
- 1 tsp cumin
- 1 tsp ghee
- Rock salt

### Instructions:

1. Boil or steam pumpkin till soft.
2. Blend with a little water into smooth puree.
3. Heat ghee, temper cumin, add puree and salt.
4. Simmer 5 mins and serve.



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## 83. Turai (Ridge Gourd) Sabzi

Prep Time: 10 mins | Cook Time: 15 mins | Servings: 2–3

### Ingredients:

- 2 cups turai (peeled & chopped)
- 1 tsp cumin
- $\frac{1}{2}$  tsp turmeric
- Rock salt
- Ghee or sesame oil

### Instructions:

1. Heat oil, temper cumin.
2. Add turai, turmeric, salt and  $\frac{1}{2}$  cup water.
3. Cook covered till soft and slightly mushy.
4. Serve warm with roti or rice.

SATVIK 4 MEAL PLAN



## 84. Palak Moong Dal

Prep Time: 10 mins | Cook Time: 20 mins | Servings: 3

### Ingredients:

- 1 cup chopped spinach
- $\frac{1}{2}$  cup moong dal
- 1 tsp cumin
- $\frac{1}{2}$  tsp turmeric
- Rock salt
- Ghee

### Instructions:

1. Pressure cook dal with turmeric and salt.
2. Add spinach and simmer 5–7 mins.
3. Temper cumin in ghee, add to dal.
4. Serve with roti or rice.



## 85. Broccoli & Carrot Stir Fry

Prep Time: 10 mins | Cook Time: 15 mins | Servings: 2

### Ingredients:

- 1 cup broccoli florets
- 1 cup carrot (julienned)
- 1 tsp cumin
- 1 tbsp ghee or sesame oil
- Rock salt
- Lemon juice

### Instructions:

1. Heat ghee, temper cumin.
2. Add broccoli and carrot. Stir fry 5–7 mins.
3. Add salt, cover and steam 5 mins.
4. Finish with lemon juice. Serve warm.

SATVIK 4 MEAL PLAN



## 86. Cabbage & Green Peas Sabzi

Prep Time: 10 mins | Cook Time: 15 mins | Servings: 2–3

### Ingredients:

- 2 cups shredded cabbage
- ½ cup green peas
- 1 tsp mustard & cumin
- 1 tsp turmeric
- Coconut oil
- Salt

### Instructions:

1. Temper mustard & cumin in oil.
2. Add cabbage, peas, turmeric and salt.
3. Stir fry and cook covered for 10 mins.
4. Serve with roti or rice.



## 87. Zucchini & Methi Paratha

Prep Time: 15 mins | Cook Time: 20 mins | Servings: 2

### Ingredients:

- 1 cup grated zucchini
- $\frac{1}{2}$  cup chopped methi (fenugreek leaves)
- 2 cups wheat flour
- Rock salt, cumin
- Ghee

### Instructions:

1. Knead dough with zucchini, methi, salt, cumin.
2. Roll parathas and cook on tawa with ghee.
3. Serve with curd or chutney.

SATVIK 4 MEAL PLAN



## 88. Carrot & Pumpkin Soup

Prep Time: 10 mins | Cook Time: 20 mins | Servings: 2

### Ingredients:

- 1 cup carrot (chopped)
- 1 cup pumpkin (chopped)
- 1 tsp cumin
- Ghee
- Salt

### Instructions:

1. Cook carrot and pumpkin with water until soft.
  2. Blend into smooth soup.
  3. Temper cumin in ghee, add to soup.
  4. Simmer 5 mins and serve.
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## 89. Broccoli Millet Khichdi

Prep Time: 10 mins | Cook Time: 25 mins | Servings: 2

Ingredients:

- $\frac{1}{2}$  cup foxtail millet
- $\frac{1}{2}$  cup moong dal
- 1 cup broccoli florets
- 1 tsp cumin
- $\frac{1}{2}$  tsp turmeric
- Ghee
- Salt

Instructions:

1. Cook millet and dal with turmeric and salt.
2. Steam broccoli separately.
3. Temper cumin in ghee and add broccoli to khichdi.
4. Mix and serve warm.



## 90. Capsicum & Corn Stir Fry

Prep Time: 10 mins | Cook Time: 15 mins | Servings: 2

### Ingredients:

- 1 cup sweet corn kernels
- 1 cup chopped capsicum
- 1 tsp cumin
- Coconut oil
- Salt

### Instructions:

1. Temper cumin in oil.
  2. Add corn and capsicum, sauté for 5–7 mins.
  3. Add salt and cover for 5 mins.
  4. Serve with millet roti.
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# 91. Spinach & Pumpkin Curry

Prep Time: 10 mins | Cook Time: 20 mins | Servings: 3

## Ingredients:

- 1 cup chopped spinach
- 1 cup pumpkin cubes
- 1 tsp mustard & cumin
- 1 tsp turmeric
- Coconut oil
- Salt

## Instructions:

1. Temper mustard & cumin in oil.
2. Add pumpkin and spinach.
3. Add salt, turmeric and water. Cook till soft.
4. Serve with rice or roti.



## 92. Sweet Potato & Beetroot Tikki Dinner

Prep Time: 15 mins | Cook Time: 20 mins | Servings: 2

### Ingredients:

- 2 boiled sweet potatoes (mashed)
- ½ cup grated beetroot
- 1 tsp cumin powder
- Rock salt
- Ghee

### Instructions:

1. Mix sweet potato, beetroot, cumin, salt.
2. Shape into tikkis.
3. Roast on tawa with ghee.
4. Serve with curd or mint chutney.



## 93. Zucchini Dal (Satvik)

Prep Time: 10 mins | Cook Time: 20 mins | Servings: 3

### Ingredients:

- 1 cup chopped zucchini
- $\frac{1}{2}$  cup moong dal
- 1 tsp cumin
- $\frac{1}{2}$  tsp turmeric
- Ghee
- Salt

### Instructions:

1. Pressure cook dal with turmeric and zucchini.
  2. Temper cumin in ghee, add to dal.
  3. Serve hot with rice.
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## 94. Pumpkin Thepla

Prep Time: 15 mins | Cook Time: 20 mins | Servings: 2

### Ingredients:

- 1 cup grated pumpkin
- 2 cups whole wheat flour
- Cumin, rock salt
- Ghee

### Instructions:

1. Knead soft dough with pumpkin and spices.
  2. Roll theplas and cook on tawa with ghee.
  3. Serve with curd.
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SATVIK 4 MEAL PLAN



## 95. Broccoli & Quinoa Bowl

Prep Time: 15 mins | Cook Time: 20 mins | Servings: 2

### Ingredients:

- 1 cup cooked quinoa
- 1 cup broccoli
- 1 tsp cumin
- Lemon juice
- Ghee or oil

### Instructions:

1. Steam broccoli.
  2. Mix with quinoa, cumin, salt and lemon juice.
  3. Serve warm as a light dinner bowl.
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## 96. Carrot & Cabbage Pulao

Prep Time: 10 mins | Cook Time: 20 mins | Servings: 3

### Ingredients:

- 1 cup basmati rice
- 1 cup carrot & cabbage mix
- 1 tsp cumin
- Ghee
- Salt

### Instructions:

1. Temper cumin in ghee.
2. Add vegetables and sauté lightly.
3. Add rice, water (2 cups), salt. Cook till soft.

SATVIK 4 MEAL PLAN



## 97. Palak & Peas Kadhi

Prep Time: 10 mins | Cook Time: 20 mins | Servings: 3

### Ingredients:

- 1 cup spinach (finely chopped)
- $\frac{1}{2}$  cup boiled peas
- 1 cup curd
- 2 tbsp besan
- Mustard & cumin seeds
- Turmeric, salt

### Instructions:

1. Whisk curd and besan.
2. Cook spinach and peas with salt.
3. Add curd mixture and simmer.
4. Temper mustard & cumin and pour on top.



## 98. Capsicum Quinoa Upma

Prep Time: 10 mins | Cook Time: 20 mins | Servings: 2

### Ingredients:

- 1 cup cooked quinoa
- 1 cup chopped capsicum
- 1 tsp cumin
- Ghee
- Salt

### Instructions:

1. Temper cumin in ghee.
  2. Add capsicum and sauté.
  3. Mix with quinoa and salt.
  4. Serve warm.
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## 99. Sweet Potato Millet Soup

Prep Time: 10 mins | Cook Time: 20 mins | Servings: 2

### Ingredients:

- 1 medium sweet potato
- $\frac{1}{4}$  cup millet
- 1 tsp cumin
- Ghee
- Salt

### Instructions:

1. Cook sweet potato and millet till soft.
  2. Blend into soup.
  3. Temper cumin and add.
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# 100. Broccoli Carrot Kadhi

Prep Time: 10 mins | Cook Time: 20 mins | Servings: 2–3

## Ingredients:

- 1 cup chopped broccoli
- 1 cup carrot
- 1 cup curd
- 2 tbsp besan
- Mustard & cumin seeds
- Turmeric, salt

## Instructions:

1. Whisk curd and besan with water.
2. Cook vegetables and salt.
3. Add curd mix, simmer 10 mins.
4. Temper mustard & cumin and pour over.