

"Eat Healthy & Stay Fit"

☞ Habits for better lifestyle

- Seek better sources of protein such as sprouted dals, cottage cheese or paneer or a quick glass of lassi made from low-fat curd
- Soybean in the form of soy milk flakes or boiled soya chunks tossed with some green chilli and tomatoes is a tasty vegetarian protein choice.
- Add in all types of nuts, almonds and walnuts in your sandwiches, rolls or just chew as these have enriching source of macro and micro nutrients.



Be TUNED IN to know more.....

For more guidance & tips email to - food@wellnessway4u.com

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