

INDIAN LOW CARB RECIPES

Delicious and Healthy



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Introduction

Today lot of people suffer from diabetes and obesity. Obesity is blamed on the individual as being caused by his or her laziness not to exercise and over eating due to lack of self-control. But in truth many obese individuals know that they sincerely followed the traditional advice given by the dieticians and doctors, and have failed to lose weight or maintain weight loss. They are in fact victims of wrong advice and not guilty of not following the advice given to them.

The same situation is also true for diabetic patients who are advised to take a low calorie diet with high carbohydrate and low fat composition. This has been the guidelines given by professional diabetes bodies across the world including our own Indian RSSDI dietary guidelines for diabetes. Our guidelines doing so is even more surprising because as shown in **Starch study** we Indians already consume a high level of carbohydrate intake of 60-70% in our diet. Many studies have shown that high carbohydrate diets worsen hyperinsulinemia, insulin resistance, fatty liver and cause progression of type 2 Diabetes. This inevitably ends up in increasing number of medication and insulin injections which only profit the pharmaceutical industry.

The standard dietary composition recommended is 50-60% Carbohydrate ,10-20% Protein and 20-30% of Fat. This recommendation has been based on the dietary guidelines for Americans proposed by Dr Ancel Keys. It has been shown that Dr. Ancel Keys manipulated data from an epidemiological study. He did this to please the agricultural lobby and the sugar industry which wanted to shift the blame on fats allowing the sugar and corn industry to escape. Despite of very flimsy evidence for the above guidelines, the same has been accepted universally and has attained sanctity. It has not been possible to dislodge these guidelines despite well controlled randomized studies providing evidence that low carbohydrate high fat diet is safe and efficient in reducing and maintaining weight.

Many randomized control studies have also shown that LCHF diet is beneficial for type 2 diabetes in controlling sugars and thus they can manage the disease with lesser or no medicines.

Obese people have been taught that if they eat less and exercise more having calorie deficit of minus 500 per day will lead to one pound weight loss per week. But studies have shown that 99% of people who have tried this approach have failed to achieve significant weight loss in long term. Even though there is an initial weight loss due to calorie deficit the body quickly reduces the BMR by 30-40% which will negate all the efforts of low calorie intake and high energy expenditure. Studies have also shown people who followed this approach have increased hunger, for a long period of follow up and will end up in overeating.

On the contrary when you follow the LCHF diet , during the initial few days the body uses up the available glycogen in liver and muscle for its energy .Thereafter the body turns to fat stores and starts burning fat for daily energy requirement. Because there is less carbohydrate there is no stimulus for insulin release and thus there is lower levels of insulin in the blood. Insulin as we know is an anabolic hormone which favors fats storage and does not allow fat to be burnt. Hence in absence of higher levels of insulin in the LCHF diet, patients are on fat burning mode and easily lose weight and maintain weight loss because there is increased satiety due to fat. People feel full with smaller amounts of food and lead to decreased calorie intake.

But there is resistance to increasing the fat composition of food due to fear of fat. Fats are believed to cause obesity, dyslipidemia and heart disease this also has been shown to be false by many studies. Eighty percent of the cholesterol which is found in our blood is synthesized by our liver from excess carbohydrate.

Once we are convinced by the evidence of the safety and efficacy of LCHF diet we come across a huge road block because of our ageold habits of consumption of predominantly carbohydrate diet in the form of rice, wheat, ragi and oats etc. Our cooking patterns and recipes are all tuned to these high carbohydrate ingredients. We are left in the dark as to what can be eaten and how that is to be cooked.

After teaching our patients low carbohydrate diet we have seen that there were spectacular results in a very short period of time, our patients were able to lose a lot of weight (8-12kgs) and brought their sugars under good control and were able to either reduce their medication or go off them completely.

In order to change the diet of our patients we gave them low carbohydrate recipes .The challenge was to give the recipes to suit our Indian palate . We conducted cooking classes and had them taste the food We are happy to declare that we have a large number of patients who are now following the low carbohydrate diet using our recipes.

In order to benefit a larger population of our Indian patients we are providing these recipes which will go a long way in giving healthy alternative dietary habits helping them achieving their goals of weight loss and sugar control.

Amritsari Fish



Ingredients-

1. *BASIC INGREDIENTS:*
2. *FISH FILLET, CUBED- ¼ KG CUBED*
3. *OIL- FOR FRYING*
4. *MARINADE:*
5. *GARLIC PASTE- 1 TSP*
6. *GINGER PASTE- 1/2 TSP*
7. *RED CHILLI POWDER- 1- 1/2 TSP*
8. *LIME JUICE- 2 TSP*
9. *SALT- TO TASTE*
10. *BATTER:*
11. *GRAM FLOUR- 2 TSP*
12. *RICE FLOUR- 1 TSP*

13. CAROM SEED- 1/2 TSP (AJWAIN)
14. CURD- 2 TBSP
15. SALT- A PINCH

Preparation-

- *MIX ALL THE MARINADE INGREDIENTS AND RUB INTO FISH CUBES KEEP ASIDE FOR 1 HR COMBINE*
- *ALL THE INGREDIENTS FOR THE BATTER AND MIX WITH THE MARINATED FISH, KEEP ASIDE FOR 15-20 MINS DEEP FRY FISH CUBES TILL GOLDEN BROWN*
- *SERVE HOT WITH GREEN CHUTNEY*

Composition-

- CHO- 4 GM
- PROTEIN- 37 GM
- FAT- 2 GM
- ENERGY- 172 KCAL

Baked Stuffed Tomatoes



Ingredients-

1. TOMATOES- 12 MEDIUM SIZE
2. PANEER- 150 GM
3. MIX VEGETABLES- 2 CUPS (BOILED AND FINELY CHOPPED BEANS, CARROT, CAULIFLOWER, PEAS)
4. ONION- 1 NO. (FINELY CHOPPED)
5. GREEN CHILLI- 1 NO. (FINELY CHOPPED)
6. OIL- 2 TSP
7. SALT- TO TASTE

Preparation-

- CUT FRONT PORTION OF TOMATOES. REMOVE THE SEEDS OF TOMATOES BY SCRAPING IT WITH SPOON AND KEEP IT ASIDE

- *IN A FRYING PAN, HEAT THE OIL AND FRY CHOPPED ONION AND GREEN CHILLI FOR 1-2 MINUTE ADD BOILED AND CHOPPED VEGETABLES, GRATED PANEER, TOMATO PULP AND SALT.*
- *FRY IT FOR SOME TIME FILL THE INSIDE PORTION OF TOMATO WITH THIS STUFFING AND BAKE IT IN A PREHEATED OVEN AT 200 DEGREE CELSIUS FOR 20 MINUTES*
- *SERVE IT AS AN EVENING SNACK WITH GREEN CHUTNEY*

Composition-

CHO- 7 GM

PROTEIN- 5 GM

FAT- 1.2 GM

ENERGY 58 KCAL

Baked Vegetable Jalfrazie



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Photographed by Sharwilee

Ingredients:-

1. MIX VEGETABLES (BEANS, CARROT, PEAS, CAULIFLOWER) -1 CUP FINELY CHOPPED AND BOILED
2. ONION- 2 NO. (FINELY CHOPPED)
3. CAPSICUM- 1 MEDIUM (FINELY CHOPPED)
4. TOMATOES- 2 NO. CHOPPED
5. RED CHILLI POWDER- 1 TSP
6. GARAM MASALA- 1 PINCH
7. CORIANDER LEAF- 2 TBSP

Preparation :-

- HEAT OIL IN A PAN AND FRY ONION FOR 1-2 MINUTE
- ADD CAPSICUM AND TOMATOES AND FRY IT FOR 2 MINUTES ADD REMAINING VEGETABLES, PANEER, RED CHILLI POWDER, GARAM MASALA, CORIANDER LEAF AND SALT.
- FRY IT FOR SOME TIME ADD TOMATO GRAVY AND SPRINKLE GRATED PANEER OVER IT IN A PRE-HEATED OVEN BAKE IT AT 200 DEGREE CELSIUS FOR 10 MINUTES

Composition:-

- CARBOHYDRATE=9 GM
- PROTEIN- 4 GM
- FAT- 4 GM
- ENERGY- 86 KCAL

Brinjal Snack



Ingredients:-

1. ONE BIG BRINJAL
2. 100G BUTTER
3. ONE LEMON
4. SALT TO TASTE
5. 1/2 TSP CHILLI POWDER
6. 1/2 TSP GARAM MASALA
7. 1 TSP GINGER GARLIC PASTE

Preparation:-

- CHOP BRINJAL INTO THIN SLICES.
- DIP THE SLICES IN LEMON AND KEEP ASIDE.
- APPLY PASTE OF GINGER GARLIC, CHILLI POWDER, SALT AND GARAM MASALA TO BOTH SIDES OF BRINJAL SLICED.

- *SHALLOW FRY WITH BUTTER.*
- *SERVE HOT AS A SNACK.*

Cauliflower and Capsicum Fried Rice



Ingredients:-

1. CAULIFLOWER=1 IN NO
2. GREEN CAPSICUM=1 IN NO
3. RED CAPSICUM=1 IN NO
4. YELLOW CAPSICUM=1 IN NO
5. MUSHROOM =15G
6. SALT ,PEPPER= TO TASTE
7. GINGER GARLIC PASTE=1/2TSP
8. CUMIN SEEDS=1/2 TSP
9. MUSTARD SEEDS=1/2 TSP
10. CURRY LEAVES=10IN NO
11. FRESH CREAM/CHEESE=1TBSP

12. LEMON =1TSP

Preparation:-

- *CLEAN CAULIFLOWER AND GRIND IT INTO COARSE MIXTURE. CHOP MUSHROOM INTO SMALL PIECES AND CAPSICUM INTO THIN AND LONG PIECES. SEASON WITH BUTTER BY ADDING CURRY LEAVES,MUSTARD AND CUMIN SEEDS ALONG WITH GINGER GARLIC PASTE. ADD ALL THE VEGETABLES COOK TILL TENDER BY ADDING SALT , PEPPER LEMON.SERVE HOT WITH GRATED CHEESE ON IT.*

Composition:-

- *CHO- 20 GM*

Cauliflower Snack



Ingredients:-

1. CAULIFLOWER=1 IN NO
2. LEMON-1IN NO
3. BUTTER=100G
4. SALT=AS PER TASTE

5. GINGER GARLIC PASTE=TBSP
6. CHILLI POWDER=1/2TSP
7. GARAM MASALA=1/2TSP

Preparation:-

- CLEAN AND MAKE TENDER CAULIFLOWER ,BY BOILING IN WATER.CHOP IT IN FLOWER HEADS. DIP IN LEMON AND KEEP ASIDE. APPLY THE PASTE OF GINGER GARLIC, SALT, CHILLI POWDER AND GARAM MASALA TO THE FLOWER HEADS.
- SHALLOW FRY THESE FLOWER HEADS WITH BUTTER. SERVE HOT.

Chatpata Salad



Ingredients:-

1. *LETTUCE/ CABBAGE LEAF- A FEW LEAVES*
2. *CUCUMBER- 50 GM*
3. *TOMATO- 50 GM*
4. *CARROT- 25 GM*
5. *CAPSICUM- 50 GM*
6. *VINEGAR- 1 TSP*
7. *LIME JUICE- FEW DROPS*
8. *PEPPER- A PINCH*
9. *GRATED COCONUT- 1 TBSP*

Preparation:-

MIX ALL THE INGREDIENTS TOGETHER

ADD GRATED COCONUT, LIME JUICE AND SALT. KEEP FOR A FEW MINUTES SEASON WITH MUSTARD SEEDS, ASAFOETIDA AND GREEN CHILLIES FINALLY SPRINKLE CHOPPED CORIANDER LEAVES AND PEPPER ON IT

Composition:-

- *CHO- 12 GM*
- *PROTEIN- 3 GM*
- *FAT- 8 GM*
- *ENERGY- 80 KCAL*

Cheese and Egg Omlete



Ingredients:-

1. EGGS=3
2. PANEER=30G
3. CAPSICUM=15G
4. MUSHROOM=15G
5. CABBAGE=15G
6. OIL-1TBSP
7. ONION=15G
8. SALT,PEPPER TO TASTE
9. TOMATO=15G

Preparation:-

- GRATE THE VEGETABLES LIKE CAPSICUM,CABBAGE, MUSHROOM, PANEER AND KEEP ASIDE.

- *CHOP FINELY ONION, TOMATO AND MIX WITH THE GRATED VEGETABLES.*
- *ADD THIS TO BEATEN EGGS .MAKE OMELETTE .*
- *SERVE OMELETTE HOT ALONG WITH GRATED CHEESE ON TOP OF IT.*

Composition:-

- *CHO=2.9gms*

Chilli Chicken



Ingredients-

1. CHICKEN- 1/2 KG CUT INTO MEDIUM PIECES
2. ONION- 1 LARGE (DICED)
3. SPRING ONION- 3 TBSP
4. GREEN CHILLIES- 4 CHOPPED
5. GINGER- 1 TSP CHOPPED
6. GARLIC CLOVES- 2 NO.
7. PEPPER POWDER- 1/2 T SP
8. SOYA SAUCE- 2-3 TBSP
9. SALT- TO TASTE

Preparation-

- MARINADE THE CHICKEN PIECES IN SOYA SAUCE AND PEPPER FOR ABOUT 2-3 HRS.
- DRAIN THE MARINADE AND KEEP BOTH ASIDE IN A KADAI HEAT THE OIL, DROP THE MARINATED CHICKEN AND FRY WELL ON BOTH SIDES MIX IN THE GARLIC, CHOPPED GINGER, GREEN CHILLIES AND DICED ONIONS ADD A PINCH OF SALT COVER AND COOK TILL THE CHICKEN IS TENDER
- DRY UP THE EXCESS MOISTURE, ADD THE MARINADE AND THE

Composition-

CHO- 4 GM

PROTEIN- 37 GM

FAT- 12 GM

ENERGY- 172 KCAL

Cold Cucumber Soup



Ingredients-

1. CUCUMBER- 1 KG
2. FRESH CURD- 1/2 LTR
3. SKIM MILK-1 CUP
4. CAPSICUM- 1 TBSP (FINELY CHOPPED)

5. BUTTER-1 TBSP

Preparation-

- *FINELY CHOP ONE CUCUMBER. CUT REMAINING CUCUMBERS IN LARGE CHUNKS*
- *BOIL BIG CHUNKS OF CUCUMBER IN 3 CUPS OF WATER*
- *GRIND IT INTO A LIQUIDIZER ONCE IT IS COOLED*
- *MIX MILK, CURD AND SALT AND MIX IT WELL*
- *MELT BUTTER IN A PAN, SAUTE FINELY CHOPPED CAPSICUM INTO IT FOR 1-2 MINUTE. MIX IT INTO SOUP*
- *POUR IT IN A GLASS AND SERVE IT CHILLED*

Composition-

- *CHO-9 GM*
- *PROTEIN-5 GM*
- *FAT-2.6 GM*
- *ENERGY-76 KCAL*

Cucumber Chutney



Ingredients-

1. CUCUMBER- 1 CUP CHOPPED
2. URAD DAAL- 1 TBSP
3. RED CHILLIES- 6-7
4. FENUGREEK SEED- 10 GM
5. ASAFOETIDA- 1 PINCH
6. COCONUT- 2 TBSP
7. TAMARIND PULP- 1 TSP
8. OIL- 1 TSP
9. SALT- TO TASTE

Preparation-

- *FRY RED CHILLIES, URAD DAL, FENUGREEK SEED AND ASAFOETIDA TILL GOLDEN BROWN MIX THE REMAINING INGREDIENTS AND GRIND INTO CHUTNEY SEASON WITH MUSTARD SEED SERVE IT WITH METHI PARATHA*

Composition-

- *CARBOHYDRATE=16 GM*
- *PROTEIN-.6 GM*
- *FAT-23 GM*
- *ENERGY-140 KCAL*

Dal Soup



Ingredients:-

1. CHANNA DAAL=30G
2. ONION=100G
3. TOMATO=100G
4. CUCUMBER=200G
5. CUMIN=1TSP
6. TURMERIC=1/2TSP
7. CHILLI POWDER=1/2TSP
8. GARAM MASALA=1/2TSP
9. SALT =TO TASTE

Preparation:-

- SOAK CHANNA DAL FOR 2-3HRS AND PRESSURE COOK ALONG WITH ONION, TOMATO ,GINGER GARLIC PASTE, CHILLI POWDER

TURMERIC,CUMIN ,GARAM MASALA. SEASON WITH MUSTARD SEEDS AND CURRY LEAVES. ADD CHOPPED CUCUMBER TO THIS.

- *SERVE HOT .*

Composition:-

- *CHO=20G*

Diabetic Dosa



Ingredients:-

1. *Moong dal=100g*
2. *Urad dal =100g*
3. *Channa dal=100g*
4. *Onion =30g*
5. *Coriander=2tsp*
6. *Green chillies=to taste*

Preparation:-

- *Soak moong dal,channa dal and urad dal.*
- *Grind it to fine batter.Add salt and keep aside*
- *Prepare dosa and sprinkle onion green chillies and coriander to one side of dosa and cook it.*

- *Serve hot with green chutney.*

Composition:-

- *CHO-22.7 GM*

Diabetic Idli



Ingredients:-

1. URAAD DAL 100 gms
2. MOONG DAL 100 gms
3. PALAK 50 gms
4. SALT To taste

Preparation-

1. SOAK MOONG DAL AND URAD DAL FOR SIX HOURS
2. GRIND IT AND ADD SALT TO IT
3. SAUTE CHOPPED PALAK IN WATER AND ADD IT TO WATER
4. STEAM THE IDLIS AND SERVE HOT WITH GREEN CHUTNEY

Composition-

1. CARBOHYDRATE 24 gms
2. PROTEIN 10 gms
3. FAT 50 gms

Diabetic Russian Salad



Ingredients:-

1. CARROT- 1 MEDIUM
2. BEANS- 3-4 NO.
3. PEAS- 30 GM
4. CAPSICUM- 1 SMALL SIZE
5. ONION- 1/2 NO.
6. PANEER- 5-6 CUBES
7. POMEGRANATE- 2 TBSP
8. LETTUCE LEAF- 1 NO.
9. ORIGAMI HERB- 1 TBSP
10. BUTTER- 1 TBSP

Preparation:-

- CUT ALL THE VEGETABLES IN SMALL CUBE SHAPED AND BOIL IT

FOR 5 MINUTES IN A FRYING PAN

- *MELT BUTTER AND SAUTE ONION AND PANEER FOR 3-4 MINUTES ADD THE HALF BOILED VEGETABLES*
- *ADD SALT*
- *SAUTE IT FOR ANOTHER 2-3 MINUTES TURN OFF THE GAS AND MIX MAYONNAISE AND ORIGAMI HERB SEASON IT WITH POMEGRANATE AND LET IT COOL*
- *SERVE IT IN A BOWL WITH LETTUCE LEAF ON BOTTOM OF THE BOWL*
-

Composition:-

- *CHO- 15 GM*
- *PROTEIN- 10 GM*
- *FAT- 22 GM*
- *ENERGY- 298 KCAL*

Go Green With Bitter Gourd



Ingredients:-

1. BITTER GOURD=50G
2. OIL=2TBSP
3. ONION=50G
4. BESAN=15G
5. SPROUTS=25G
6. TAMARIND=1TSP
7. CORIANDER=1TBSP
8. SALT =TO TASTE

Preparation:-

- *STEAM BITTER GOURD TILL TENDER AND KEEP ASIDE.*
- *PREPARE THE STUFFING BY HEATING OIL IN PAN , ADD CHOPPED ONION FOLLOWED BY ROASTED BESAN, CORIANDER ,SPROUTS. FINALLY ADD TAMARIND AND SALT . FILL THE SLITED BITTER GUARD WITH THIS STUFF AND SAUTE /ROASTFOR 2-3M*
- *SERVE HOT.*

Composition:-

- *CHO- 26-28 GM*

Herbal Tea



Ingredients:-

1. *FENNEL*=1/2TSP
2. *ZEERA*=1/2TSP
3. *CINNAMON*=1/2TSP

Preparation:-

- ADD FENNEL ,ZEERA AND CINNAMON TO BOILING WATER FOR FEW SECONDS , CONTINUE BOILING AND ADD MINT LEAVES TO IT AND KEEP IT ON LOW FLAME FOR FEW SECONDS.STRAIN AND SERVE HOT.

Composition:-

- *CHO- 16.5 GM*

Kosambri



Ingredients:-

1. *TOMATO=100G*
2. *SPROUTS=30G*
3. *MOONG DAL=30G*
4. *CUCUMBER=100G*
5. *CAPSICUM=100G*
6. *CARROT=100G*
7. *CABBAGE=100G*
8. *CAULIFLOWER=100G*
9. *PALAK=100G*

Preparation:-

- *SOAK MOONG DAL.*

- *CHOP ALL THE INGREDIENTS AND KEEP READY.*
- *MIX ALL THE INGREDIENTS AND SEASON IT WITH MUSTARD AND CURRY LEAVES.*
- *ADD LEMON AND SALT TO TASTE*
- *SERVE IT.*

Composition:-

- *CHO-25 GM*
- *PROTEIN- 6 GM*
- *FAT-2 GM*
- *ENERGY- 141 KCAL*

Laukhi Ka Kheer



Ingredients-

1. *BOTTLE GOURD- 100 GM (GRATED)*
2. *TONED MILK- 200 ML*
3. *FRESH CREAM- 100 ML*
4. *CINNAMON POWDER- 1 TSP*
5. *ALMOND-CASHEW POWDER- 2 TBSP*
6. *ELAICHI POWDER- 1 PINCH*
7. *SUGAR FREE- 1 TSP*

Preparation-

- *BOIL MILK TO HALF OF ITS CONSISTENCY*

- *GRATE AND SQUEEZE THE BOTTLE GOURD AND ADD TO BOILING MILK BOIL IT TILL MILK THICKENS AND BOTTLE GOURD IS COOKED WELL ADD FRESH CREAM, CINNAMON POWDER, DRY FRUIT POWDER (ALMOND- CASHEW) AND ELAICHI POWDER TO IT AND SWITCH OFF THE GAS SERVE IT CHILLED*

Composition-

- *CHO- 20 GM*
- *PROTEIN- 16 GM*
- *FAT- 30 GM*
- *ENERGY- 525 KCAL*

Methi Lassi



Ingredients-

1. *FRESH CURD- 200 ML*
2. *MINT LEAVES- 6-7 NO.*
3. *BLACK PEPPER- A PINCH*
4. *BLACK SALT- TO TASTE*
5. *METHI SEED POWDER- 1 TSP*
6. *COLD WATER- 50 ML*
7. *ICE CUBES- 4-5 NO.*

Preparation-

- *IN A JUICER JAR PUT ALL THE INGREDIENTS MENTIONED ABOVE AND GRIND IT TOGETHER*
- *SERVE IT CHILLED*

Composition-

- *CHO-9 GM*
- *PROTEIN-4 GM*
- *FAT-.6 GM*
- *ENERGY-52 KCAL*

Minty Cucumber Cooler



Ingredients-

1. CUCUMBER- 1 KG FRESH
2. FRESH CURD- 250 GM
3. MINT LEAVES- 8-10
4. SALT- TO TASTE

Preparation-

- *FINELY CHOP ONE CUCUMBER AND KEEP IT ASIDE. CUT REMAINING CUCUMBER INTO BIG PIECES*
- *BOIL THESE CUT CUCUMBER IN 3 CUPS OF WATER TILL IT IS TENDER*
- *AFTER COOKING IT MIX INTO A LIQUIDIZER*
- *MIX CURD AND SALT TO THIS AND MIX IT WELL*
- *NOW ADD FINELY CHOPPED CUCUMBER, MINT LEAVES AND CRUSHED ICE ON TOP OF IT AND SERVE CHILLED*

Composition-

- CHO-9 GM
- PROTEIN-4 GM
- FAT-.6 GM
- ENERGY-52 KCAL

Moong and Groundnut Patties



Ingredients:-

1. MOONG=25G
2. CABBAGE =15G
3. GROUNTS=25G
4. COCONUT POWDER=25G
5. CHILLI POWDER=1/2TSP
6. GARAM MASALA=1/2TSP
7. SALT= TO TASTE
8. OIL=1TBSP

Preparation:-

- SOAK WHOLE MOONG AND PRESSURE COOK. GRIND THIS ALONG WITH ONION, CABBAGE, ROASTED GROUNDNUTS AND COCONUT POWDER. ADD SALT , GARAM MASALA,CHILLI POWDER, MAKE IN

SMALL PATTICE SHAPE AND ROAST/SHALLOW FRY ON TAVA WITH LITTLE OIL. SERVE HOT WITH GREEN CHUTNEY.

Composition:-

- CHO- 16.5 GM

Multi Vegetable Egg Burji



Ingredients:-

1. EGGS-4
2. CABBAGE-150g
3. CAPSICUM-150g
4. CARROT-50g
5. SPINACH-200G
6. ONION-50G
7. CORIANDER-100G
8. TOMATO-150G
9. CAULIFLOWER-150G

Preparation:-

- FRY ONION TILL TENDER AND BROWN .

- ADD BLANCHED SPINACH, LATER CHOPPED TOMATO, CABBAGE , CAULIFLOWER AND CARROT.
- FINALLY WITH CORIANDER AND CAPSICUM.
- ADD EGG AND COOK ON LOW FLAME , MIX IT THOROUGHLY AND SERVE HOT .

Composition:-

- COMPOSITION CHO=17G

Multiple Usli



Ingredients:-

1. GREEN GRAM 15 gms
2. BLACK GRAM 15 gms
3. SOYA BEAN 20 gms
4. BENGAL GRAM 15 gms
5. RAJMA 15gms
6. KABULI CHANNA 15 gms
7. CUCUMBER 200gms
8. HORSE GRAM 15 gms
9. BEANS 15gms
10. PEAS 15 gms
11. COCONUT,PEANUT 1/2 CUP
12. CURRY LEAVES 10nos.
13. 4 GREEN CHILLIES

14. SALT TO TASTE

Preparation:-

- **SOAK AND SPROUT ALL THE GRAMS.COOK TILL TENDER.SEASON ALL THE GRAM AND CUCUMBER WITH CURRY LEAVES AND CHILLIES.ADD SALT,GRATED COCONUT AND HAND PUNDED GROUNDNUT.**
- **GARNISH WITH CORIANDER AND SERVE HOT**

Mushroom Kebab



Ingredients-

1. MUSHROOM-250 GM
2. BENGAL GRAM-2 TBSP
3. ONION-1 MEDIUM SIZE
4. GREEN CHILLI- 2 CHOPPED
5. GARLIC PASTE-1 TSP
6. GINGER PASTE-1/2 TSP
7. ALMONDS-4-5 CHOPPED
8. EGG-1 NO.
9. TURMERIC POWDER- 1 PINCH
10. GARAM MASALA POWDER-1/2 TSP
11. CHILLI POWDER-1/4 TSP

12. CORIANDER LEAVES-3-4 TBSP
13. OIL-4 TBSP
14. SALT-TO TASTE
15. SPICE POWDER

(CINNAMON STICK-1

GREEN CARDAMOM-2

CLOVES-2)

Preparation-

- POWDER THE CINNAMON, CLOVES AND CARDAMOM AND KEEP IT ASIDE
- PLACE MUSHROOM, SPLIT BENGAL GRAM, TURMERIC POWDER, GINGER-GARLIC PASTE AND POWDERED SPICE IN A BOWL
- HEAT OIL IN A KADAH AND HEAT THE ABOVE MIX ON LOW HEAT FOR 20-25 MINUTES TILL DONE
- COOL AND GRIND INTO A SMOOTH PASTE. TO THIS PASTE ADD THE ONION, GREEN CHILLIES, GARAM MASALA POWDER, CHILLI POWDER, ALMONDS, CORIANDER LEAVES, EGG AND SALT TO TASTE
- MIX INTO A DOUGH AND MAKE 20 BALLS
- IN A PAN SHALLOW FRY ALL THE KABABS TILL GOLDEN BROWN AND SERVE IT WITH GREEN CHUTNEY

Composition-

CARBOHYDRATES-4 GM

PROTEIN- 12 GM

FAT- 20 GM

ENERGY- 295 KCAL

Mushroom Soup



Ingredients-

1. MUSHROOM-100 GM
2. ONION-25 GM
3. GARLIC-3-4 CLOVES
4. GHEE/BUTTER-1 TSP
5. CREAM-2 TBSP
6. SALT TO TASTE

Preparation-

- FINELY CHOP MUSHROOM AND ONION. CRUSH THE GARLIC
- IN A PAN MELT BUTTER, ADD CRUSHED GARLIC AND ONION, SAUTE IT FOR 2-3 MINUTES WHEN ONION TURNS GOLDEN ADD CHOPPED MUSHROOM AND FRY FOR SOME TIME TILL IT LEAVES

WATER COOL IT AND THEN GRIND IN A MIXER TO GET SMOOTH PASTE NOW IN THE PAN PUT THIS PASTE, MIX 500 ML WATER AND BOIL IT TILL SOUP LIKE CONSISTENCY

- *AFF FRESH CREAM AND SIMMER IT FOR 1-2 MINUTES*
- *GARNISH IT WITH CHOPPED CORIANDER LEAF AND BLACK PEPPER AND SERVE HOT*

Composition-

- *CHO - 6GM*
- *PROTEIN 6 GM*
- *FAT- 4 GM*
- *ENERGY- 71 KCAL*

PALAK CORN WRAP:-



Ingredients:-

1. PALAK- 100 GM
2. CIRN- 25 GM
3. ONION- 25 GM
4. CREAM- 3 TBSP
5. OLIVE OIL-5ML
6. LETTUCE LEAF-3 NO.s
7. SALT- TO TASTE

Preparation:-

- BOIL PALAK IN A PRESSURE COOKER AND GRIND IT INTO SMOOTH PASTE IN A FRYING PAN HEAT OLIVE OIL.
- SAUTE CHOPPED ONION FOR 2-3 MINUTES ADD CORN AND PALAK PASTE TO IT.

- *FRY FOR 3-4 MINUTES.ADD HALDI POWDER(1 TSP), RED CHILLI POWDER (1/2 TSP) AND A PINCH GARAM MASALA.*
- *FINALLY ADD WHIPPED CREAM AND MIX IT FOR 1 MINUTE.*
- *TURN OFF THE GAS*
- *TAKE 3 BROAB LETTUCE LEAF AND MAKE IT STRAIGHT FROM ALL SIDES NOW PUT THE PALAK STUFFING ON 3 LETTUCE LEAVES AND FOLD IT LIKE A ROLL.*

Composition:-

- *CARBOHYDRATE=12 GM,*
- *PROTEIN- 4 GM,*
- *FAT- 8 GM,*
- *ENERGY- 269 KCAL*

Palak Dhokla



Ingredients:-

1. *PALAK=100G*
2. *ONION=15G*
3. *OIL=2TSP*
4. *TURMERIC=1/2TSP*
5. *CHILLI POWDER=1/2TSP*
6. *SALT-TO TASTE*
7. *BESAN =30G*
8. *CURD=15G*
9. *CUMIN SEEDS=1/2TSP*

Preparation:-

- *SEASON ONION WITH OIL TILL IT BECOMES TRANSLUCENT. ADD CHOPPED SPINACH AND CUMIN SEEDS . MIX BEATEN CURDS WITH BESAN ALONG WITH CHILLI POWDER, TURMERIC ,SALT AND A PINCH OF ENO.*
- *MIX THIS BATTER WITH ONION AND SPINACH. POUR THIS BATTER IN A GREASED PAN AND STEAM IT.*
- *LATER SLICE IT SERVE HOT.*

Composition:-

- *CHO=18G*

Palak Egg Omellete



Ingredients:-

1. EGGS= 2 IN NO
2. SPINACH=1 BUNCH
3. CARROT=1/2
4. ONION=1 IN NO.
5. SALT,PEPPER =TO TASTE

Preparation:-

- *BLANCH SPINACH AND CHOP CARROT ONION SPINACH IN SMALL PIECES. MIX ALL THE INGREDIENTS AND STIR IT PROPERLY WITH ADDED SALT AND PEPPER. PREPARE OMELETTE IN THE FORM OF A ROLL.*
- *SLICE IT AND SERVE HOT.*

Composition:-

- $CHO=8G$

Paneer and Rava Pattice



Ingredients:-

1. RAVA=30G
2. PANEER=30G
3. ONION=15G
4. CORIANDER=2TBSP
5. GREEN CHILLIES=TO TASTE
6. SALT =TO TASTE
7. MILK=100ML
8. OIL=1TBSP

Preparation:-

- MIX RAVA WITH MILK AND PANEER TO FINE PASTE BY GRINDING IT ADD CHOPPED ONION ,CORIANDER ,GREEN CHILLIES AND SALT TO TASTE.PAT IT AND CUT IN STAR SHAPE CUTTER.
- SHALLOW FRY ON TAVA.
- SERVE HOT .

Composition:-

- CHO-26 GM

Paneer Cutlet



Ingredients:-

1. ONION=15G
2. CABBAGE=15G
3. GREEN CAPSICUM=15G
4. RED CAPSICUM=15G
5. GINGER GARLIC=1TSP
6. PANEER=200G
7. SALT =TO TASTE
8. BESAN=15G
9. OIL=15G

Preparation:-

- *CRUSH PANEER AND MIX IT WITH GRINDED CABBAGE AND CAPSICUM.ADD CHOPPED ONION, GINGER GARLIC PASTE , SALT AND FINALLY WITH BESAN .MAKE THE DOUGH AND KEEP ASIDE FOR FEW MINUTES.MAKE CUTLET AND SHALLOW FRY ON TAVA.*
- *SERVE HOT.*

Composition:-

- *CHO-13.75 GM*

Phool Malai



Ingredients:-

1. CAULIFLOWER- 50 GM
2. FAT-FREE MILK- 250 ML

3. VANILLA CUSTARD POWDER- 1 TBS
4. SUGAR FREE- 25 GM
5. KEWRA ESSENCE- 1-2 DROP
6. CHOPPED WALNUTS- 4-5 NO.
7. FRESH CREAM- 100 ML

Preparation:-

- GRATE THE CAULIFLOWER AND STEAM IT FOR SOME TIME
- IN A PAN, BOIL THE MILK TO 2/3 OF ITS CONSISTENCY
- NOW ADD THE CAULIFLOWER AND BOIL IT FOR SOME TIME
- ADD SUGAR-FREE (STEVIA) TO IT AND MIX WELL
- DISSOLVE VANILLA CUSTARD POWDER IN 20 ML OF MILK AND POUR INTO PAN TILL THE MIXTURE THICKENS
- BEFORE SWITCHING OFF THE GAS ADD FRESH CREAM TO IT AND MIX WELL. COOL IT AND GARNISH WITH CHOPPED WALNUTS AND KEWRA ESSENCE (1-2 DROP)

Composition:-

- CHO- 20 GM
- PROTEIN- 13 GM
- FAT- 12 GM
- ENERGY- 512 KCAL

Rajma Khakra



Ingredients:-

1. *RAJMA FLOUR=30G*
2. *WHEAT FLOUR=10G*
3. *CUMIN POWDER=1/2TSP*
4. *SALT=TO TASTE*
5. *WT OF EACH KHAKRA=20G*

Preparation:-

- *RAJMA WAS CLEANED AND ROASTED. IT WAS GROUND TO MAKE FINE FLOUR. MIX WITH WHEAT FLOUR IN THE RATIO OF 3:1. SHEET IT INTO THIN ROTI FORM ,HALF COOK AND KEEP ASIDE.LATER ROAST IT ON TAVA BY PRESSING IT WITH CLOTH SO THAT NO BUBBLES ARE FORMED.*

- *SERVE IT WITH THE TOPPING (ONION,TOMATO, CUCUMBER,CABBAGE MIXED WITH SALT,LEMON AND OREGANO.FINALLY WITH GRATED CHEESE ON TOP OF IT.*

Composition:-

- *CHO=24G*

Saturated Healthy Salad



Ingredients:-

1. CUCUMBER=250G
2. BEANS=100G
3. GROUNDNUTS=100G
4. COCONUT=100G
5. CUCUMBER=250G
6. BEANS=100G
7. GROUNDNUTS=100G
8. COCONUT=100G

Preparation:-

- PEEL AND CHOP CUCUMBER , BEANS.
- SEASON IT WITH CURRY LEAVES ,MUSTARD AND CUMIN SEEDS.

*ADD GRATED COCONUT,HAND POUNDED GROUNDNUTS,
CHILLIES, CORIANDER ,SALT AND LEMON.*

- *SERVE AS EVENING SNACK*

Composition:-

- *CHO=18G*

Spicy Beans Soup



Ingredients:-

1. RAJMA- 25 GM
2. TOMATO- 1 BIG
3. ONION- 1 MEDIUM SIZE
4. GINGER-1 SMALL PIECE
5. GARLIC-2 CLOVES
6. PEPPER- 1 PINCH
7. SALT- TO TASTE

Preparation:-

- SOAK RAJMA OVERNIGHT. PRESSURE COOKER TILL TENDER BOIL TOMATO, GINGER, GARLIC AND ONION FOR FIVE MINUTES; COOL THE VEGETABLES AND BLEND THEM SOFT AND SIEVE.

- NOW ADD COOKED RAJMA TO THIS AND BOIL FOR FIVE MINUTES. IF THE SOUP GETS THICK THEN COOKED RAJMA WATER COULD ALSO BE ADDED ALONG WITH COOKED RAJMA
- ADD SALT AND PEPPER BEFORE SERVING

Composition:-

- CHO-25 GM
- PROTEIN- 6 GM
- FAT-2 GM
- ENERGY- 141 KCAL

Spicy Palak Dumplings



Ingredients-

1. PALAK- 2 CUPS
2. GREEN CHILLY- 1 FINELY CHOPPED
3. BESAN- 1TBSP
4. WHEAT FLOUR- 2 TSP
5. CURD- 2 TSP
6. ASAFOETIDA- 1 PINCH
7. OIL- 1TSP
8. SALT- TO TASTE

Preparation-

- MIX ALL THE INGREDIENTS TO MAKE 10 BALLS
- IF IT IS DRY THEN SOME MORE CURD CAN BE ADDED
- STEAM IT INTO A COOKER FOR 5-7 MINUTES OR DEEP FRY IT IN A

KADAH

- *SERVE IT WITH TOMATO CHUTNEY*

Composition-

- *CARBOHYDRATES- 4 GM*
- *PROTEIN- 12 GM*
- *FAT- 20 GM*
- *ENERGY- 295 KCAL*

Stuffed Capsicum



Ingredients:-

1. *RED CAPSICUM=50G*
2. *GREEN CAPSICUM=50G*
3. *YELLOW CAPSICUM=50G*
4. *PANEER=200G*
5. *PALAK=250G*
6. *ONION=50G*
7. *KNOL KHOL=200G*
8. *CUCUMBER=100G*
9. *OIL=15G*
10. *SALT=TO TASTE*
11. *CHILLY POWDER=TO TASTE*

Preparation:-

- SCRAPE THE SEEDS OF CAPSICUM MAKE HOLLOW SPACE INSIDE AND KEEP ASIDE.PREPARE STUFFING BY HEATING OIL IN PAN AND ADD ONION CHOPPED PALAK WHEN COOKED ADD CRUSHED PANEER AND KNOL KHOL COOK TILL TENDER.
- FINALLY ADD CHOPPED CUCUMBER AND ALLOW STUFFING TO COOL. LATER FILL THIS IN EACH CAPSICUM AND STEAM / SHALLOW FRY TILL TENDER.
- SERVE HOT

Composition:-

- CHO- 15.6 GM

Tomato Apple Drink



Ingredients-

1. TOMATOES- 6 MEDIUM SIZE
2. APPLE- 2 LARGE
3. SALT- TO TASTE

Preparation-

- CUT TOMATOES INTO BIG PIECES
- PEEL THE APPLES AND CUT INTO BIG PIECES
- TAKE 1/2 CUP WATER IN A PAN AND BOIL TOMATO AND APPLE INTO IT

- AFTER COOLING GRIND IT INTO A LIQUIDIZER AND FILTER IT
- SERVE IT CHILLED. ADD 2-3 CUBES ICE ON IT

Composition-

- CHO- 10
- PROTEIN- 7 GM
- FAT- 3 GM
- ENERGY- 40 KCAL

Tulsi and Mint Juice



Ingredients:-

1. *TULSI=1/2TSP*
2. *MINT=1/2TSP*
3. *PEPPER/SALT=AS PER TASTE*
4. *ICE CUBES=4IN NO*
5. *LEMON=1/2 TSP*

Preparation:-

- *GRIND TULSI ,MINT ALONG WITH ICE CUBES.*
- *ADD SALT AND PEPPER AS PER TASTE.*
- *ADD WATER AND LEMON FOR THE CONSISTENCY OF JUICE .*
- *SERVE IT.*

Composition:-

- *CHO- 16.5 GM*

Veg Salad



Ingredients:-

1. *RED /GREEN/YELLOW CAPSICUM*
2. *STEAMED CAULIFLOWER*
3. *CABBAGE*
4. *PURPLE CABBAGE*
5. *LETTUCE*
6. *ZUCCHINI*

Preparation:-

- *CHOP ALL THE INGREDIENTS IN PARTICULAR SHAPE AND ADD LEMON SALT , PEPPER AS PER TASTE AND SERVE.*

Composition:-

- *CARBOHYDRATE=6G*

Veggie Pulao



Ingredients:-

1. *BASMATI RICE*=490G
2. *BEANS*=250G
3. *PEAS* =250G
4. *CARROT*=250G
5. *CAULIFLOWER*=400G
6. *CABBAGE*=400G
7. *CAPSICUM*=400G
8. *CUCUMBER*=300G
9. *CORIANDER*=250G
10. *BROCCOLI*=300G
11. *SPRING ONION*=200G
12. *MUSHROOM*=250G

13. SOYA CHUNKS=250G
14. CORN=200G
15. PALAK=300G
16. MINT=250G
17. OIL=45G

Preparation:-

- COOK SOYA CHUNKS AND CORN TILL TENDER AND KEEP ASIDE. HEAT OIL IN PAN AND SAUTE ALL THE CHOPPED VEGETABLES , ADD SALT TURMERIC CHILLI POWDER AND GARAM MASALA.. ADD MEASURED AMOUNT OF WATER BRING IT BOILING ,ADD BASMATI RICE .COOK TILL DONE . SERVE HOT.

Composition:-

- CHO- 24.5 GM

Dr. Paramesh Shamanna



Dr. Paramesh Shamanna B.Sc,M.B.B.S,M.D.,D.Diab is a renowned senior diabetologist and director of Bangalore Diabetes Centre. He has rich clinical experience and research expertise in the field of diabetes. He has many national and international publications to his credit. Dr. Paramesh has keen interest in low carbohydrate high fat diet and was the course director for LCHF diet conference in Bangalore.

He has a big team of dieticians and chefs who help him create delicious recipes and diet plans which are diet and diabetic friendly. This book is an effort to offer diabetics and health conscious people in India healthy and tasty alternative to mainstream food.

“I recommend this book to all the diabetic patients. It is a boon for patients looking for healthy and delicious indian recipes.”

“Dr. Prasanna Kumar”-Endocrinologist

“I recommend low carb diet to sportspersons and the recipes offered here give plenty of variety to both vegetarians and non vegetarians.”

“Mr. Naresh Prajapati”– Former National Basketball Player and Coach

“I have been following the low carb diet prescribed by Dr. Paramesh and i have been able to stop all my diabetes medicines maintaining excellent control. The recipes given here make my diet interesting, tasty and satisfying.”

“Mrs. Vilasini Raman” - Satisfied Patient



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