

## Diet Tips



### 12 simple steps to rule the life

1. Eat your breakfast like a king, your lunch like a prince and dinner like a pauper.
2. Start your day by drinking a big glass of water; it helps to clean your system.
3. Eat the bulk of food during the day, not late at night.
4. Have a satisfying breakfast. Don't skip it.
5. Eat three meals a day along with two mini meals. Have three to four portions of fruit daily. Eat five portions of veggies a day (one portion is one ladle/serving spoon).
6. Eat as much raw food as possible. Raw food maintains total fluid levels as well as nutrients.
7. Eat water dense seasonal fruits as they have cooling effect on the body and are fewer calories dense.
8. Use cooking methods that retain fluid - baking, grilling, stir-frying, steaming.
9. Avoid coffee/caffeine/colas/stimulant drinks. Even if you don't take coffee, but drink lots of soda, you can get dehydrated fast. Any drink with caffeine will dehydrate you. Moreover, it will give you a caffeine/sugar high that will soon crash. This in turn will make you crave for more sugar.
10. Each time you take anything (like coffee or black tea) with high diuretics effect (causing increased production of urine) consume a glass of water before or immediately after.
11. Water is your best bet .Besides filling you up and rehydrating the system, it throws out the



toxins in the body. Aim for at least eight glasses in the day.

12. Avoid alcohol. For every glass of alcohol, take an equivalent amount of water. Alcohol dehydrates your body. Its diuretic effect is high.

### Any time power punch

- 1 carrot
- 1 apple
- 2 celery sticks
- 1 tsp ginger (grated)
- Juice of one lime
- Mix carrot and apple in juicer. Add celery, then ginger. Mix in lime juice. Stir. Drink to perk you up.

## Starters

### Saute veggies

#### Ingredients

50gm each of

- Carrot
- Spinach and lettuce leaves
- Baby corns
- Broccoli
- Cauliflower

#### Batter

- Maida/corn flour
- 50gm salt
- Pepper - a pinch
- Oregano - a pinch
- Oil for sautéing



#### Method

1. Cut the veggies into different shapes.
2. Make the batter by mixing maida/cornflour, salt, pepper and oregano.
3. Dip the cut veggies individually into the batter and sauté in oil.
4. Serve hot with tomato chutney.

### Mixed veg pulao

#### Ingredients

- Brown rice 40gm
- 50gm each
  - Carrot
  - Cauliflower
  - Broccoli

- Beans
- Small paneer cubes
- Pomegranate
- Black grapes
- Pineapple
- Salt to taste
- Cumin seeds 1/2tsp

### Method

1. Sauté the cumin seeds in a teaspoon of oil and pressure cook the brown rice by adding double the quantity of water.
2. Cut the veggies into different shapes and sizes and sauté in oil.
3. Cut the fruits into small pieces and keep aside.
4. In a non-stick pan put the cooked rice and add the sauté veggies and fruits.
5. Toss all of it together and add salt and lemon juice to taste.
6. Garnish with coriander leaves and serve.

### Sandwich Dhokla (Microwave)

#### Preparation time

- Cooking time - 6 minutes
- Serves 4

#### Ingredients

- |                         |         |
|-------------------------|---------|
| ● Tomato chatpata sauce | 6tbsp   |
| ● Fresh dahi            | 200ml   |
| ● Besan                 | 1½ Cup  |
| ● Oil                   | 2tbsp   |
| ● Haldi powder          | 2/3tsp  |
| ● Salt                  | 1½ tsp  |
| ● Water                 | 1cup    |
| ● Eno Powder            | 1sachet |

#### For seasonings

- |                             |        |
|-----------------------------|--------|
| ● Oil                       | 1tbsp  |
| ● Mustard seeds             | 2tsp   |
| ● Green chillies            | 2,slit |
| ● Curry leaves              | 8-10   |
| ● Water                     | 50ml   |
| ● Sugar                     | 2tbsp  |
| ● Coriander leaves, chopped | 3tbsp  |

### Method

1. Grease a shallow round glass dish.
2. In a bowl, mix together fresh natural dahi, besan, oil, haldi, salt and water. Keep for 15 minutes.

3. Add eno powder and beat the mixture to mix well. The mixture becomes light and fluffy.
4. Immediately pour the batter into a greased shallow round glass dish. Cover with a glass lid. Microwave for 6 minutes.
5. Unmould. Cut horizontally into two. Beat dahi and sprinkle half quantity over the dhokla.
6. Spread tomato chatpata sauce and sandwich. *Optional:* Sprinkle the remaining quantity of buttermilk over the dhokla.
7. Heat oil. Add mustard seeds, green chillies and curry leaves. Remove from fire cool for a minute. Add water and sugar. Bring back to boil.
8. Pour over dhokla and garnish with coriander leaves.

## Lentil & Rice Flakes Kabab

### Ingredients

- |               |                    |
|---------------|--------------------|
| ▪ Lentil      | 30g (raw) 2tbsp    |
| ▪ Rice flakes | 20g (raw) 4tsp     |
| ▪ Onion       | 50g (1/2)          |
| ▪ Coriander   | 100g               |
| ▪ Mint        | 1 sprig            |
| ▪ Potato      | *If needed to bind |

### METHOD

1. Soak lentil dal for 4 - 5 hours.
2. Boil the dal and strain well.
3. Mash the dal coarsely, and add washed rice flakes, chopped onion and coriander.
4. Shape the mixture to cutlets.
5. Deep fry/grill/bake the Kababs.
6. Serve hot with mint coriander chutney.