



**LC**<sup>TM</sup>  
LUKE COUTINHO

# The Bharat Lifestyle Tips

Inspired by our Hon. Prime Minister  
Shri Narendra Modi Ji

Made in India

Curated by Luke Coutinho

Hosted by NXT



Hon. Prime Minister  
Shri Narendra Modi Ji

# A Message From Luke

It was a peaceful evening. I was soaking in the sunset after a day of patient consults when I received the call. We were asked to curate and design a special dish for our Honorable Prime Minister, Narendra Modi Ji, based on his favorite foods and superfoods, along with a special Bharat dish lunch and dinner menu centered around Indian superfoods to make it holistic, nutritious, and powerful. I was also requested to design key lifestyle tips—not just for our Honorable Prime Minister, but for our nation and the world.

We had only a few hours to put everything together and send it to the Prime Minister's office for his personal review and approval. What you read in the following pages was curated by this amazing team, shown on the next page. They worked tirelessly through the night, early morning, and throughout the day, with extensive coordination through calls between chefs, teams, event organizers, and the PM's office—until finally, it all came together.

I am deeply grateful to this pilot team—who are also part of my amazing Team Luke—for working alongside me to make this happen for our Honorable Prime Minister, for India, and for our people.

By the time you read this and, hopefully, implement it (which I truly hope you will), I would have already had the honor of presenting it to our Prime Minister.

This is a proud and historic moment for all of us. The special Bharat dish, menu, and lifestyle tips will be embraced across the country and passed down for generations to come. It has always been our dream to create a lasting impact, to build a legacy—and this is a significant milestone in that journey. My team, their families, and their children will take pride in this, as I hope you will too.

With joy, however, comes sacrifice. To be present in this moment with our Honorable Prime Minister, I had to make the heartbreaking decision to miss my daughter Tyanna Coutinho's school concert and performance, breaking a promise I had made to her. Her sacrifice has taught me so much about life, emotions, and the weight of our choices. Through this, we have both learned, and we will proudly celebrate one another in this powerful moment.

Thank you, Tyanna—I know how much it meant to you for me to be there. And thank you, Team Luke, for shaping who we are today and impacting so many lives across the globe.

Love and regards,  
**Luke Coutinho**



*My amazing daughter, Tyanna*

# The Pilot Team Behind The Bharat Dish and Lifestyle Tips



Luke Coutinho



Natashya Phillips



Gautam Kapadi



Narendra Firodia



Natasha Joseph



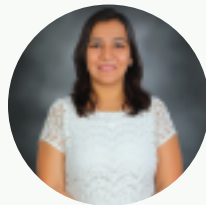
Shimpli Patil



Deepika Rathod



Charmi Gogri



Charmi Gala



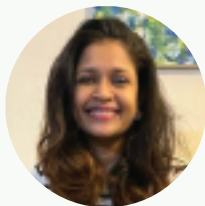
Sneha Shah



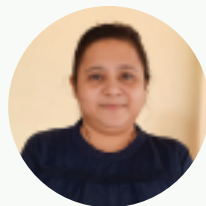
Priyanka Vithlani



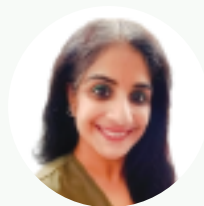
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# THE IDEA BEHIND THIS



**Luke Coutinho and Team Luke** are honored and privileged to be requested by the **NXT Conclave** to present something historic.

Introducing **The Bharat Lifestyle Tips**—a first-of-its-kind meticulously curated nutritional guide inspired by the health, discipline, and lifestyle of our Honorable Prime Minister. This plan is not only a tribute to Bharat's rich culinary heritage but also the ideals of our visionary leader.

Our Honorable Prime Minister has always advocated for a **healthier, fitter, and more self-reliant Bharat**. His unwavering commitment to wellness, yoga, and disciplined living serves as an inspiration to millions. It is our privilege to design this plan that perfectly strikes a balance between nutrition, mindful eating, and the sustainable lifestyle that he upholds.

As part of this initiative, we also introduce a **Special Bharat Dish**, crafted by **Team Luke** using elements of this plan, prepared by top chefs, and displayed at the prestigious **NXT Conclave** on **February 28 - March 1, 2025**, at **Bharat Mandapam, New Delhi**.

This is a **vegetarian menu**, thoughtfully designed to balance macronutrients, meet protein requirements, and harness the power of **local ingredients and superfoods of Bharat**.

As you go through this plan and recipes, remember every ingredient matters. Source ingredients **from trusted, organic suppliers or farmers** to ensure **purity, quality, and authenticity**. In alignment with the PM's directives, we have also **reduced oil usage by 15%** while preserving homely, earthy flavors inspired by his dietary choices.

And while you make and enjoy these beautiful recipes, here's a gentle reminder that true wellness goes beyond your plate. Complement it with other important lifestyle pillars like **regular and personalized movement, deep restorative sleep, emotional wellness, breathwork, and reconnecting with your inner spirit**.

This is not just a diet or lifestyle plan. It's a movement. A **Made in India** approach to wellness, deeply rooted in tradition, wisdom, and modern science. Here's **to a healthier, stronger, and more vibrant India**.

With gratitude,  
**Luke and Team Luke**

# Why Millets Deserve a Place in Your Diet



- Gluten-free and fiber-rich
- Low glycemic index
- Rich in minerals and antioxidants
- Supports digestion and healthy weight
- Enhances cognitive function
- Supports immunity, heart, and bone health

Excellent choice for people of most ages, including **students**.

## Common millets:

**Ragi** (finger millet), **Bajra** (pearl millet), **Jowar** (sorghum), **Kangni** (foxtail millet).

# Makhana (Fox Nuts): A Loved Superfood



Makhana (Fox nuts or lotus seeds) is a highly nutritious and versatile snack.

Our Hon. Prime Minister Shri Narendra Modi ji is known to include makhana in his diet almost 300 days a year.

- **Nutritional Facts of Makhana (per 100g)**
- **Calories:** ~347 kcal
- **Protein:** ~9.7g
- **Fiber:** ~14.5g
- **Carbohydrates:** ~76.9g
- **Fat:** ~0.1g (almost negligible)
- **Calcium:** ~60mg
- **Magnesium:** ~67mg
- **Iron:** ~1.4mg
- **Potassium:** ~500mg

## Why Choose Makhana?

It is light, crunchy, and versatile.

- Low glycemic index (**~54**)
- A healthy snack for those managing blood sugar levels
- A complex carbohydrate, best paired with protein (nuts/seeds/yogurt)
- High-fiber snack (**~14.5g per 100g**)
- Rich in bioactive compounds and essential minerals
- B1 (thiamine), B2 (riboflavin), and B3 (niacin)



### How to Consume Makhana the Right Way?

- Roast with ghee/cold-pressed coconut oil
- Pair with nuts/seeds/yogurt for satiety and balancing blood sugar levels.
- Portion control to avoid excessive carbohydrate intake.

## Amla: India's Superberry



Why chase **blueberries** and **acai berries**, when India has been blessed with **Amla**, the **Indian gooseberry**?

Derived from the Sanskrit word meaning the nectar of life, Amla has been revered in **Ayurveda for thousands of years**.

### DID YOU KNOW AMLA HAS:

- **6-8x more Vitamin C** than oranges
- **2x more antioxidants** than acai berries
- **17x more antioxidants** than pomegranates

### Incredible Health Benefits of Amla

- Rich in polyphenols & flavonoids
- Reduces inflammation & cellular damage
- Lowers **LDL**, improves circulation, regulates **BP**
- Regulates blood sugar, improves insulin sensitivity
- Has anti-cancer properties (ellagic, gallic acid)
- Strengthens bone and oral health

### How to Include Amla in Your Diet

- Raw Amla
- Amla Juice
- Amla Powder
- Amla Pickle/Chutney
- Amla Candy/Murabba

And more...





# A2 Desi Ghee: India's Timeless Superfood



In India, ghee is more than just a cooking ingredient—it is a superfood deeply rooted in Ayurveda and traditional cuisine.

Revered as the “**food of the gods**,” it has a rich nutritional profile and numerous health benefits, making it a staple in Indian households for centuries.

## Health Benefits of Ghee

- Rich in essential vitamins – A, E, and K
- Trains immunity and digestion
- Promotes heart health and balances cholesterol
- Encourages fat metabolism (consumed in moderation)
- Nourishes skin and hair
- Lubricates joints and strengthens bones
- Supports cognitive health

## How to Include Ghee in Your Diet

- Healthier alternative to refined oils
- Cooking, sautéing, or tempering
- Drizzle on flatbreads & rice
- In herbal remedies and concoctions
- As a spread to substitute butter
- In warm milk for immunity and deep sleep

**Pure ghee is liquid gold for health!**

**Quality matters.**

**Enjoy it in moderation.**

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# Moringa: The Ultimate Nutrient Powerhouse



Moringa, also known as **drumstick**, is a **superfood** packed with **essential vitamins** and **minerals**, often surpassing the nutritional value of common vegetables.

Several women in India are anemic. Moringa can be widely used to **combat anemia** and **support pregnancy** due to its rich iron and nutrient content.



### Health Benefits of Moringa

- Loaded with Vitamins A, C, and B-complex
- Rich in calcium, iron, potassium, and magnesium
- Boosts hemoglobin & fights anemia
- Supports pregnancy & lactation
- Regulates blood sugar, cholesterol, and blood pressure

**Did you know kings and queens used moringa for healthy skin and Indian warriors consumed it to relieve pain and counter stress during war?**

### Health Benefits of Moringa

- **Moringa Leaves** – Use in soups, salads, or stir-fries
- **Moringa Powder** – Add to smoothies, herbal teas, or warm water
- **Moringa Pods (Drumsticks)** – Include in curries, dals, and stews

## Turmeric: India's Golden Superfood



A '**golden warrior**' in Indian cuisine and traditional medicine.

A **staple spice** in every Indian household, turmeric is cherished for its **potent anti-inflammatory and antioxidant properties**.

The magic behind turmeric's benefits? **Its active compound, curcumin.**

### Health Benefits of Turmeric

- Reduces inflammation, relieves pain
- Primes immunity
- Helps manage arthritis and joint pain
- Stimulates bile production for gut health
- Balances cholesterol, blood sugar, and blood pressure
- Cleanses the liver, improves metabolism
- Reduces acne and scars

### How to Include Turmeric in Your Diet

- **Turmeric milk** at bedtime
- **Turmeric tea** or concoction for immunity
- In curries & stir-fries
- **Turmeric water** for cleansing on an empty stomach
- **With black pepper and fat source (coconut oil/ghee)** to enhance bioavailability and curcumin absorption



# Indian Garam Masala: A Blend of Aromatic Spices



The magic behind Indian cooking and flavoring lies in its **Garam Masala** – a **must-have in every kitchen**.

This fragrant and flavorful **spice adds both taste and health to our desi cuisine**.

Each spice in it has unique properties.

**Buy it from a good source or make your own at home.**

## Key Ingredients & Their Benefits

- **Cloves** – Antioxidant-rich, supports digestion & immunity
- **Cardamom** – Aids digestion, freshens breath, regulates BP
- **Black Pepper** – Boosts nutrient absorption, anti-inflammatory
- **Cumin** – Aids digestion, metabolism & cleansing
- **Bay Leaves** – Supports gut health, balances blood sugar
- **Nutmeg** – Promotes sleep, brain health, antibacterial
- **Coriander Seeds** – Eases digestion, reduces bloating, heart-friendly

## How to Use Garam Masala in Cooking

- Curries & Gravies
- Rice & Pulaos
- Soups & Stews
- Masala Chai
- Marinades & Dry Rubs

Garam Masala isn't just a spice mix—it's the heart of Indian cooking!

Longevity experts, biohackers, and health enthusiasts worldwide are now embracing garam masala for its **amazing** properties.



# Local & Seasonal Fruits and Vegetables in India



Be '**Vocal for Local**' as our Hon. Prime Minister says.

Eating local and seasonal fruits and vegetables is one of the best ways to support your health, immunity, our farmers, and sustainability.

## Why Choose Local & Seasonal Produce?

- **More Nutritious** – Fresher, vitamin-rich
- **Better Immunity** – Aligns with seasonal needs
- **Easy Digestion** – Gentle on the gut
- **Eco-Friendly** – Supports farmers, cuts carbon footprint

# Beans in India: A Nutritional Powerhouse



Beans are an integral part of Indian cuisine, offering a rich source of plant-based protein, fiber, and essential nutrients.

## Common Beans in India & Their Benefits

- **Rajma (Kidney Beans)** – Protein, iron, fiber; heart-healthy
- **Chana (Bengal Gram)** – Protein, folate; aids digestion
- **Moong (Green Gram)** – Gut-friendly, antioxidant-rich
- **Masoor Dal (Red Lentils)** – Iron, B vitamins; heart-healthy
- **Lobia (Black-eyed Peas)** – Supports weight & blood sugar control
- **Urad Dal (Black Gram)** – Strengthens bones, boosts energy

**Note:** Always soak beans for 12-14 hours/overnight to get rid of antinutrients like phytic acid before cooking.

## Beans + Grains = A Complete Protein

Beans lack some essential amino acids, but when paired with millets, rice, roti, or sweet potato, they create a complete protein.

- **Rajma + Rice** – Complete protein, classic combo
- **Moong Dal + Millet Roti** – High protein, gut-friendly
- **Chickpeas + Bajra** – Strengthens muscles, boosts energy
- **Lobia + Sweet Potato** – Balances blood sugar, supports digestion

## Grain + Bean = Better Nutrition & Satiety

A time-tested Indian tradition!



# SHAKTI BHOJAN

## A Wholesome Bharat Shakti Thali Experience

A nourishing and power-packed Sattvic meal celebrating Bharat's rich culinary heritage.







## WELCOME DRINKS

Pick any one

- **Aam Panna** – A tangy raw mango cooler, perfect to refresh and energize.
- **Pudina Jaljeera with Sabja** – A minty, cooling digestive drink infused with sweet basil seeds.



## STARTERS

- **Coriander-Paneer Khandvi** – Soft, melt-in-the-mouth steamed gram flour rolls infused with fresh coriander, paneer, and sesame seeds for a flavorful twist.



## SALAD

- **Raw Papaya Carrot Sambariyo** – A vibrant and sautéed mix of raw papaya and carrot with mild tempering for a refreshing start.



## CHUTNEYS/ACCOMPANIMENTS

- **Peanut Chutney with Yellow Mustard Seeds** – A nutty, tangy ground peanut chutney with a bold yellow mustard kick.
- **Fresh Turmeric and Ginger Pickle** – An oil-free zesty lacto-fermented, immune-priming pickle packed with antioxidants.



## MAIN COURSE

- **Baingan ka Bharta** – Smoky roasted, mashed eggplant cooked with mild spices for a soulful experience.
- **Gavar Nu Shaak** – A simple yet flavorful stir-fry of cluster beans with aromatic spices.



- **Bajra Rotla with White Makkhan** – Rustic pearl millet Indian flatbread served with creamy, hand-churned white butter.
- **Steamed Rice or Jowar Moong Dal Vegetable Khichdi** – Choose between soft, fragrant steamed rice or a wholesome sorghum millet-moong dal and vegetable-loaded one-pot meal.
- **Sattu Kadhi** – A soothing yogurt-based curry enriched with protein-packed sattu.



## DESSERT

- **Fada Ni Lapsi** – A rich and warm Gujarati sweet dish made with broken wheat, edible gum, pure A2 ghee, dry ginger powder, saffron, and nuts, sweetened with jaggery.



## BEVERAGE

- **Jeera Chaas** – A gut-friendly yogurt drink infused with cumin for digestion.



## POST-MEAL MOUTH FRESHENER

- **Mukwaas** – A fragrant, digestive blend of fennel, roasted split coriander seeds, dill seeds, and flaxseeds.
- **Homemade Gulkand Paan** – A royal sweet betel leaf filled with homemade gulkand for a refreshing end.

## NUTRITIONAL INFO PER SERVING

(Approximate Values)



Calories  
**703 Kcal**



Carbs  
**99g**



Protein  
**25g**



Fat  
**23g**

# RECIPES

## WELCOME DRINKS

### Aam Paana

(Raw Mango Cooler)



#### INGREDIENTS

- Raw mango - 50g
- Organic jaggery powder - 10g
- Black salt - ¼ tsp
- Cumin powder (roasted) - ¼ tsp
- Water - 200ml
- Mint leaves - 3-4

#### METHOD

1. Boil raw mango until soft. Peel and extract the pulp.
2. Blend the pulp with organic jaggery powder, black salt, cumin powder, and water.
3. Garnish with mint and serve chilled.

### Pudina Jaljeera with Sabja



#### INGREDIENTS

- Mint leaves - 10g
- Lemon juice - 1 tsp
- Cumin powder (roasted) - ¼ tsp
- Black salt - ¼ tsp
- Sabja/basil seeds (soaked) - 1 tsp
- Water - 200ml

#### METHOD

1. Blend mint leaves, lemon juice, cumin, and black salt with water.
2. Add soaked sabja seeds and serve chilled.



## STARTER

### Coriander-Paneer Khandvi



#### INGREDIENTS

- Besan/gram flour - 25g
- Water - 100ml
- A2 curd - 50g
- Fresh coriander (chopped) - 5g
- Sesame seeds - ½ tsp
- A2 paneer (grated) - 30g
- Salt - ¼ tsp
- Turmeric - ¼ tsp

#### METHOD

1. Mix besan, water, curd, salt, and turmeric. Cook on a low flame until thick.
2. Spread the batter on a greased plate, let it cool, and cut into strips.
3. Sprinkle it with paneer and coriander. Add a tadka/tempering of a few drops of cold-pressed peanut oil, sesame seeds, mustard seeds, and curry leaves.

## SALAD

### Raw Papaya Carrot Sambariyo



#### INGREDIENTS

- Raw papaya (peeled and grated) - 25g
- Carrot (peeled and grated) - 25g
- Ginger (finely chopped) - 2g
- Mustard seeds - 1g
- Cumin seeds - 1g
- Coriander powder - 1g
- Turmeric powder - 0.5g
- Red chili powder (optional) - 0.25g
- Salt, to taste
- Fresh cilantro, chopped (for garnish) - 2g
- Cold-pressed coconut oil or peanut oil - 3g

#### METHOD

1. Heat oil in a pan over medium heat.
2. Add mustard and cumin seeds and let them splutter.
3. Add chopped ginger. Sauté it for 1 minute.
4. Add grated raw papaya and carrot. Stir well.
5. Add coriander powder, turmeric powder, and red chili powder (optional). Mix well.
6. Sauté for 3 minutes or until the vegetables are tender but still crisp.
7. Season with salt to taste.
8. Garnish with chopped cilantro.

## CHUTNEYS/ACCOMPANIMENTS

### **Peanut Chutney with Yellow Mustard Seeds** (Serves 1)



#### **INGREDIENTS**

- Peanuts (roasted) – 10g
- Yellow mustard seeds – ½ tsp
- Lemon juice – 1 tsp
- Salt – ¼ tsp
- Water – 1 tbsp

#### **METHOD**

1. Grind all ingredients into a coarse paste.
2. Serve as an accompaniment.

### **Fresh Turmeric and Ginger Pickle** (25g)



#### **INGREDIENTS**

- Fresh turmeric (grated) – 12g
- Fresh ginger (grated) – 10g
- Lemon juice – 1 tsp
- Salt and pinch of pepper (adjust to taste) – 1/8 tsp

#### **METHOD**

1. In a bowl, mix grated turmeric, and ginger.
2. Add salt, pepper, and lemon juice.
3. Mix well and let it sit for 10 minutes to absorb flavors.
4. Serve fresh or store in an airtight container in the fridge for up to 2–3 days.

## MAIN COURSE

### Baingan ka Bharta (100 gm)



#### INGREDIENTS

- Brinjal (roasted and mashed) – 100g
- Tomato (chopped) – 30g
- Ginger (grated) – ½ tsp
- Cumin seeds – ¼ tsp
- A2 ghee – 1/3 tsp
- Salt – ¼ tsp

#### METHOD

1. Heat ghee, add cumin and ginger.
2. Add tomatoes and cook until soft.
3. Mix in mashed brinjal and cook for 5 mins.
4. Serve hot.

### Guvar nu Shaak/Cluster Beans Sabzi (Serves 1 – 100g)



#### INGREDIENTS

- Cluster beans/guvar (chopped) – 75g
- Mustard seeds – ¼ tsp
- Turmeric powder – 1/8 tsp
- Red chili powder – ¼ tsp
- Coriander powder – ½ tsp
- Salt (adjust to taste) – ¼ tsp
- Water (for cooking) – 2 tbsp
- Coconut (grated, for garnishing) – 1 tsp
- Cold-pressed peanut oil – 2g

#### METHOD

1. Heat 2g cold-pressed peanut oil in a pan.
2. Add mustard seeds and let them splutter.
3. Add chopped cluster beans and a little water. Cover and cook for 5–7 minutes until soft.
4. Add turmeric, red chili powder, coriander powder, and salt. Mix well.
5. Cook for another 2–3 minutes until flavors blend.
6. Garnish with grated coconut and serve hot.



## Bajra Rotla with Makkhan

(1 palm-sized roti)



### INGREDIENTS

- Bajra flour – 25g
- Water – as needed
- White butter – 1 tsp

### METHOD

1. Knead bajra flour with water into a dough and roll into a thick roti.
2. Cook on a tawa until golden.
3. Serve with white butter.

## Steamed Rice or Jowar Moong Dal Khichdi (100 gms)



### INGREDIENTS

- Jowar grains (soaked for 14 hours) – 25g
- Moong dal (soaked for 12 hours) – 25g
- Water – 200ml
- Salt – ¼ tsp

### METHOD

1. Pressure cook jowar and moong dal with salt until soft.
2. Serve hot.

## Sattu Kadhi (Serves 1 – 150ml)



### INGREDIENTS

- Sattu flour – 15g
- Curd – 50g
- Water – 130ml
- Mustard seeds – ¼ tsp
- Cumin seeds – ¼ tsp
- Fenugreek seeds – 2-3 seeds
- Ginger paste – ¼ tsp
- Turmeric – 1/8 tsp
- Red chili powder – ¼ tsp
- Coriander powder – ½ tsp
- Salt – ¼ tsp
- Organic jaggery powder (optional) – 2g
- Curry leaves – 3-4 leaves
- Cold-pressed peanut oil – 2g
- Coriander (chopped) – 1 tsp

### METHOD

1. Mix sattu, curd, water, turmeric, chili powder, coriander powder, salt, and jaggery powder.
2. Heat oil, add mustard, cumin, fenugreek, ginger paste, and curry leaves.
3. Pour the sattu mixture, stir continuously, and simmer for 5-7 mins.
4. Garnish with coriander and serve hot with rice or khichdi.

## DESSERT

### Fada Ni Lapsi (50g)



#### INGREDIENTS

- Broken wheat – 20g
- Organic jaggery powder – 10g
- A2 ghee – 1 tsp
- Dry ginger powder – ¼ tsp
- Saffron strands – 2-3
- Almonds and pistachios (sliced for garnish) – 2 tsp

#### METHOD

1. Roast broken wheat in ghee, add water and cook until soft.
2. Stir in jaggery, saffron, and dry ginger.
3. Garnish with almonds and pistachios.

## BEVERAGE

### Jeera Chaas (Serves 1 – 150ml)



#### INGREDIENTS

- Curd – 50g
- Water – 75ml
- Cumin powder (roasted) – ¼ tsp
- Black salt – 1/8 tsp
- Ginger (grated) – ¼ tsp
- Fresh coriander (chopped) – ¾ tsp
- Mint leaves (chopped) – 2 leaves
- Lemon juice (optional) – ¼ tsp

#### METHOD

1. Blend curd, water, cumin powder, black salt, and ginger until smooth.
2. Stir in coriander and mint leaves.
3. Serve chilled, optionally garnished with a mint leaf or a dash of cumin powder.

# TRADITIONAL MUKHWAAS

## Post-Meal Freshener (Serves 1 – 10g)



### INGREDIENTS

- Fennel seeds – 3g
- Split coriander seeds/dhana dal (roasted) – 2g
- Dill seeds – 2g
- Flaxseeds – 2g
- Cardamom powder – 1/8 tsp
- Dried rose petals – 1g

### METHOD

1. Lightly roast coriander seeds, fennel seeds, and dill seeds for enhanced flavor.
2. Mix all ingredients in a bowl.
3. Store in an airtight container and serve ½ tsp post meals.

### DISCLAIMER:

- Always consult your healthcare provider if you experience sensitivities, digestive issues, or health concerns before trying new foods.
- For those who prefer non-vegetarian alternatives, feel free to substitute or complement the recipe with high quality, hormone and antibiotic-free options such as chicken, salmon, freshwater mercury-free fish, or eggs—based on availability and personal preference. Mushrooms may also be added as desired.
- Always adjust ingredients to suit your dietary requirements and sourcing standards.



# SHAKTI BHOJAN

## A Wholesome Bharat Shakti Thali Experience

A nourishing and power-packed Sattvic meal celebrating Bharat's rich culinary heritage.





## WELCOME DRINKS

Pick any one

- **Khus Nu Sharbat** – A refreshing and cooling drink made with fresh vetiver grass, offering natural sweetness and a soothing effect on the body.
- **Saffron Almond Thandai** – A cooling creamy milk-spiced beverage infused with saffron, almonds, and aromatic Indian spices for a nourishing treat.



## STARTERS

- **Gujarati-Style Moringa Patra** – A nutritious delicacy of colocasia and moringa leaves rolled in spiced gram flour, steamed, and topped with crunchy sesame and melon seeds.



## SALAD

- **Crunchy Makhana Kachumber Chaat** – A crunchy and flavorful salad combining roasted fox nuts, cucumber, sweet potato, steamed matki, and grated fresh coconut, drizzled with green chutney and topped with khakhra and sev.



## CHUTNEYS/ACCOMPANIMENTS

- **Fresh Dates Chutney** – A naturally sweet and tangy chutney made with fresh dates, blended with aromatic spices for a rich flavor.
- **Amla Coriander Chutney** – A zesty and vitamin-rich chutney combining Indian gooseberry with fresh coriander leaves for a refreshing taste.



## MAIN COURSE

- **Handi Undhiyu** – A slow-cooked Gujarati delicacy made in clay pot featuring a vibrant mix of seasonal vegetables like purple yam, raw banana, and surti beans, hyacinth beans, flat broad beans, surti peas along with steamed methi muthiya (fenugreek dumplings) finished with aromatic spices, coconut, and sesame seeds, this rich and flavorful dish embodies the essence of traditional Gujarati cuisine.





- **Gujarati Dal** – A mildly sweet and tangy lentil curry made with pigeon pea lentil (toor dal), and jaggery, with mild tempering
- **Steamed Rice or Rajgira Roti with Desi Ghee:** Choose between light, fluffy, and fragrant rice, perfectly cooked to complement the flavors of the meal or soft and gluten-free amaranth millet Indian flatbread, served with a drizzle of pure A2 desi ghee for a wholesome experience.
- **Kobi Nu Shaak** – A simple yet flavorful stir-fry of shredded cabbage sautéed with mustard seeds, curry leaves, and mild spices.



## DESSERT

- **Ragi Moong Dal Sheera** – A nutritious twist on the classic sheera made with ragi flour, moong dal, jaggery, A2 ghee, cardamom, and chopped nuts.



## BEVERAGE

- **Ginger Chaas** – A digestive-friendly yogurt drink infused with fresh ginger for a cooling and refreshing post-meal sip.



## POST-MEAL MOUTH FRESHENER

- **Mukhwaas Paan with Fresh Coconut and Gulkand** – A delightful and aromatic betel leaf wrap filled with fresh coconut and rose-infused gulkand.
- **Mukhwaas** – A natural digestive made with a fragrant blend of fennel, roasted split coriander seeds, ajwain, dill seeds, cumin seeds, flax seeds, and senna leaves.

## NUTRITIONAL INFO PER SERVING

(Approximate Values)



Calories  
**838 Kcal**



Carbs  
**120g**



Protein  
**32g**



Fat  
**23g**



# RECIPES

## WELCOME DRINKS

### Khus Nu Sharbat



#### INGREDIENTS

- Fresh khus (vetiver grass) – 100g
- Water – 1 liter
- Jaggery powder/grated jaggery – 100g
- Ice cubes – as needed
- Lemon slices or mint leaves for garnish (optional)

#### METHOD

1. Rinse the khus roots or poppy seeds thoroughly.
2. Soak the khus in water for at least 2-3 hours or overnight.
3. Strain the mixture through a fine sieve or cheesecloth into a large bowl. Discard the solids.
4. Add jaggery powder/grated jaggery to the khus water. Stir until dissolved.
5. Chill the sharbat in the refrigerator for at least 30 minutes.
6. Serve the fresh khus sharbat cold, garnished with lemon slices or mint leaves, if desired.

### Saffron Almond Thandai



#### INGREDIENTS

- Almonds (soaked and peeled) – 10 g
- Cashews – 3 g
- Fennel seeds – 2 g
- Poppy seeds – 3 g
- Cardamom – 1 pod
- Black pepper – 1 g
- Saffron strands – 2-3
- Organic Jaggery powder – 10 g
- A2 milk – 75 ml

#### METHOD

1. Grind all ingredients into a fine paste.
2. Mix with A2 milk.
3. Serve chilled.

## STARTERS

### Gujarati-Style Moringa Patra with Seeds (2-3 pieces)



#### INGREDIENTS

- Colocasia leaves – 3 medium
- Moringa leaves – 10 g
- Besan/gram flour – 30 g
- Organic jaggery powder – 5 g
- Tamarind paste – 5 ml
- Ginger paste – 2 g
- Green chili paste (optional) – 1 g
- Sesame seeds – 2 g
- Melon seeds – 2 g

#### METHOD

1. Mix besan, jaggery, tamarind paste, ginger paste, and green chili paste into a smooth paste.
2. Spread evenly on colocasia leaves, layer moringa leaves, roll tightly, and steam for 20 minutes.
3. Slice and temper with curry leaves, mustard, sesame, and melon seeds.

## SALAD

### Crunchy Makhana Chaat (100g)



#### INGREDIENTS

- Fox nuts (roasted) – 10 g
- Cucumber (chopped) – 20 g
- Sweet potato (boiled and diced) – 20 g
- Steamed matki – 10 g
- Grated coconut – 5 g
- Green chutney – 5 g
- Wheat/jowar khakhra (crushed) – 5 g
- Sev – 5 g

#### METHOD

1. Toss all ingredients together.
2. Drizzle with green chutney and serve.

## CHUTNEYS/ACCOMPANIMENTS

### Fresh Dates Chutney



#### INGREDIENTS

- Fresh dates (pitted) – 20 g
- Tamarind paste – 5 g
- Cumin powder – 1 g
- Black salt – 1 g

#### METHOD

1. Blend all ingredients into a smooth chutney.

### Amla Coriander Chutney



#### INGREDIENTS

- Amla – 10 g
- Coriander – 20 g
- Ginger – 2 g
- Rock salt – 1 g

#### METHOD

1. Blend all ingredients into a smooth paste.

## MAIN COURSE

### Handi Undhiyu (Serves 1)



#### INGREDIENTS

##### For Vegetables

- Brinjal (small, slit/cubed) – 40g
- Papdi/surti beans (whole) – 30g
- Papdi dana (fresh beans) – 25g
- Hyacinth beans/valor (whole) – 20 g
- Raw banana (cubed) – 30g
- Bottle gourd (doodhi, cubed) – 30g
- Cluster beans/guvar phali – 30g
- Yam/suran (cubed) – 25g
- Sweet potato (cubed) – 25g
- Tomato (chopped) – 30g

##### For Methi Muthiya

- Fenugreek/methi leaves (chopped) – 20g
- Besan/gram flour – 10g
- Turmeric powder – 0.5g
- Coriander powder – 1g
- Ajwain/carom seeds – 0.5g
- Salt – 1g
- Organic jaggery powder – 3g
- Lemon juice – 2g
- Water – as needed





#### For the Green Masala

- Coriander leaves (chopped) – 10g
- Ginger (grated) – 3g
- Coconut (grated) – 5g
- Lemon juice – 5g

#### Other Ingredients:

- Mustard seeds – 1.5g
- Cumin seeds – 1.5g
- Asafoetida/hing – 0.25g
- Turmeric powder – 0.5g
- Coriander powder – 2g
- Cumin powder – 2g
- Salt – 3g
- Organic jaggery powder – 5g
- Cold-pressed mustard oil – 3g
- Water – 50g

#### METHOD

##### Step 1: Prepare Methi Muthiya

1. Mix chopped methi leaves, besan, turmeric, coriander powder, ajwain, salt, jaggery powder and lemon juice.
2. Add water as needed and knead into a soft dough. Shape into small dumplings.
3. Steam for 10 minutes and keep aside.

##### Step 2: Prepare the Green Masala

1. Mix chopped coriander, grated ginger, green chili paste (optional), grated coconut, and lemon juice. Set aside.

##### Step 3: Cook Undhiyu in a Handi

1. Heat oil in a handi or thick-bottomed pan.
2. Add mustard seeds, cumin seeds, and hing. Let them splutter.
3. Add chopped tomatoes, turmeric, coriander, cumin powder, and salt. Cook for 2-3 minutes until soft.
4. Add brinjal and cook until slightly tender.
5. Add papdi, papdi dana, hyacinth beans, raw banana, bottle gourd, cluster beans, yam, and sweet potatoes. Mix well.
6. Add ½ cup (50g) water, cover, and cook for 10 minutes on a low flame.
7. Add steamed methi muthiya and the prepared green masala. Mix gently.
8. Cover and cook for another 7-8 minutes until all vegetables are tender and aromatic.
9. Switch off the flame and let it rest for a few minutes.

##### Final Touch and Serving

1. Garnish with fresh coriander and grated coconut. Serve hot.

## Rajgira Roti with Desi Ghee

(1 palm-sized roti)



#### INGREDIENTS

- Rajgira flour – 20 g
- Water – as needed
- A2 desi ghee – 3 g

#### METHOD

1. Knead flour with water and roll into rotis.
2. Cook on tawa and apply ghee.

## Gujarati Dal (125ml)



### INGREDIENTS

#### For the Dal

- Toor dal/pigeon pea lentils (soaked for 12 hours) – 20g
- Water (for cooking dal) – 150g
- Turmeric powder – 0.5g
- Salt – 2g
- Organic jaggery (grated) – 5g
- Tamarind pulp – 5g
- Tomato (chopped) – 30g
- Green chili (slit or chopped) – 2g
- Ginger (grated) – 2g
- Peanuts (optional) – 5g

#### For the Tempering/Tadka

- A2 ghee – 5g
- Mustard seeds – 1g
- Cumin seeds – 1g
- Asafoetida (hing) – 0.25g
- Curry leaves – 2-3
- Dry red chili (broken, optional) – 1 small
- Ceylon Cinnamon stick – 1 small piece
- Cloves – 1 small piece

#### For Garnishing:

- Fresh coriander (chopped) – 5g

### METHOD

#### Step 1: Cook the Dal

1. Wash the toor dal thoroughly.
2. Pressure cook with 150g water, turmeric, and peanuts for 3-4 whistles or until soft.
3. Mash the dal well for a smooth consistency.

#### Step 2: Prepare the Dal Base

1. In a pan, heat the ghee.
2. Add mustard seeds, cumin seeds, asafoetida, curry leaves, dry red chili, cinnamon, and cloves. Let them splutter.
3. Add chopped tomatoes, green chili, and ginger. Sauté until soft.
4. Add mashed dal, tamarind pulp, jaggery, and salt.
5. Add water to adjust consistency (around 50-70g).
6. Simmer for 5-7 minutes, stirring occasionally.

#### Step 3: Garnish and Serve

1. Garnish with chopped coriander.
2. Serve hot with steamed rice, roti, or khichdi.

## Steamed Rice (50g)



### INGREDIENTS

- Rice – 15 g uncooked
- Water – as required

### METHOD

1. Steam rice until fluffy.

## Kobi Nu Shaak

(Cabbage Sabzi) – 150g



### INGREDIENTS

- Cabbage (shredded) – 100g
- Green peas – 20g
- Tomato (chopped) – 30g
- Ginger (grated) – 3g
- Mustard seeds – 1.5g
- Cumin seeds – 1.5g
- Turmeric powder – 0.75g
- Coriander powder – 2g
- Red chili powder (optional) – 1.5g
- Salt – 2g
- Lemon juice – 3.5g
- Fresh coriander leaves – 7g
- Cold-pressed peanut oil (or dry roast spices to avoid) – 3g

### METHOD

1. Heat oil in a pan, add mustard and cumin seeds. Let them splutter.
2. Add grated ginger and sauté for a few seconds.
3. Add tomatoes, turmeric, coriander powder, red chili powder, and salt. Cook until tomatoes soften.
4. Add shredded cabbage and peas. Mix well.
5. Add a splash of water, cover, and cook for 6–7 minutes on low heat.
6. Once the cabbage is tender, add lemon juice. Mix well.
7. Garnish with fresh coriander and serve hot.



## DESSERT

### Ragi Moong Dal Sheera (50g)



#### INGREDIENTS

- Ragi flour – 15 g
- Moong dal – 15 g
- Jaggery – 5 g
- A2 ghee – 5 g
- Cardamom – 1 g
- Chopped almonds and walnuts (for garnish) – 5 g

#### METHOD

1. Roast moong dal and ragi flour in ghee until it releases an aroma.
2. Add cardamom and jaggery and cook until thick.
3. Garnish with nuts.

## BEVERAGE

### Ginger Chaas



#### INGREDIENTS

- Buttermilk – 150 ml
- Ginger (grated) – 2 g

#### METHOD

1. Blend ingredients and serve chilled.

# POST-MEAL MOUTH FRESHENER

## Mukhwaas Paan



### INGREDIENTS

- Betel leaf – 1
- Fresh coconut – 5 g
- Gulkand – 5 g

### METHOD

1. Stuff the betel leaf with coconut, gulkand, and roll.

## Mukhwaas (Digestive Mix)



### INGREDIENTS

- Fennel seeds/saunf – 1 tbsp (15g)
- Cumin/jeera – 1 tbsp (15g)
- Black sesame seeds – 0.5 tsp (2g)
- Bishop's weed/ajwain – 0.5 tsp (2g)
- Lemon juice – 1-2 drops
- Himalayan pink salt – a pinch (0.1g)
- Turmeric powder – a pinch (0.1g)

### METHOD

1. In a small bowl, mix fennel seeds, cumin, black sesame seeds, and Bishop's weed.
2. Add 1-2 drops of lemon juice to the mixture.
3. Let it sit for 4 hours.
4. In a small pan, lightly roast the mixture over low heat for a few seconds.
5. Add a pinch of turmeric powder and Himalayan pink salt.
6. Let the mixture cool.
7. Store in an airtight container.

### SERVING INSTRUCTIONS

1. Take ¼ teaspoon (about 1.25g) of mukhwaas post-meals for better digestion.

### SHELF LIFE

1. Mukhwaas can be stored for up to 2 weeks in an airtight container.

### TIPS

1. You can adjust the amount of lemon juice to your taste.
2. Make sure to roast the mixture lightly to avoid burning the spices.
3. Mukhwaas is a digestive aid and should be consumed in moderation.



# SHAKTI BHOJAN

## A Wholesome Bharat Shakti Thali Experience

A nourishing and power-packed Sattvic meal celebrating Bharat's rich culinary heritage.







## WELCOME DRINKS

Pick any one

- **Variyali Sharbat** – A cooling elixir of fennel seeds, black grapes, and lemon juice, perfect to refresh and soothe.
- **Homemade Rose Sharbat** – Fragrant and naturally sweetened rose syrup, crafted with love for a floral, cooling delight.



## STARTERS

- **Methi Dudhi Millet Muthiya** – Steamed Gujarati dumplings packed with sorghum millet flour, gram flour, fresh fenugreek, and bottle gourd. A nutritious spiced bite bursting with sesame nutty crunch!



## SALAD

- **Protein Kachumber Salad** – A light hydrating mix of crunchy raw cucumber mixed with soaked yellow moong dal, coriander, and cumin powder for a refreshing start.



## CHUTNEYS/ACCOMPANIMENTS

- **Fresh Pumpkin Seeds Coriander Chutney** – A zesty and nutrient-packed chutney with pumpkin seeds, fresh coriander leaves, and a hint of spice for an extra kick.
- **Sautéed Mogri (Radish Pods)** – Lightly sautéed for a crisp, peppery bite, these radish pods bring a unique crunch to the meal.



## MAIN COURSE

- **Jowar Roti** – Soft, wholesome, and gluten-free, this traditional sorghum Indian flatbread pairs beautifully with every dish.
- **Sautéed Crispy Bhindi** – Crispy on the outside, tender inside—okra tossed with light spices for the perfect crunch.



- **Baingan, Vatana ane Valor nu Shaak** – A vibrant mix of eggplant, peas, and valor beans (broad beans) in a deliciously spiced curry.
- **Urad Dal/Split Black Gram Rice or Chowli/Black-Eyed Beans Rice** – Choose between creamy urad dal rice for comfort or a hearty black-eyed bean curry for a protein boost.
- **Capsicum Besan Sabzi Dry** – Capsicum and gram flour come together in a roasted, mildly spiced delight with a rustic, nutty aroma.



## DESSERT

- **Kesar Pista Shrikhand** – Silky smooth yogurt blended with saffron, pistachios, and nuts for a royal, melt-in-your-mouth treat.



## BEVERAGE

- **Jeera Masala Chaas** – A digestive yogurt drink infused with roasted cumin, coriander, mint, and ginger, leaving a cool, tangy



## MUKHWAAS (DIGESTIVE FRESHENERS)

- **Paan with Gulkhand** – A refreshing betel leaf wrap with fragrant rose petal jam, perfect for post-meal indulgence.
- **Traditional Mukhwaas** – A blend of fennel, roasted split coriander seeds, carom seeds, dill seeds, cumin, flax seeds, and senna leaves for a refreshing and gut-friendly finish.

## NUTRITIONAL INFO PER SERVING

(Approximate Values)



Calories  
**811 Kcal**



Carbs  
**118g**



Protein  
**33g**



Fat  
**23g**

# RECIPES

## WELCOME DRINKS

### Variyali Sharbat



#### INGREDIENTS

- Fennel seeds (Variyali) - 10g
- Black grapes (seedless) - 20g
- Organic jaggery powder - 5g
- Fresh lemon juice - 5ml
- Water - 200ml
- Ice cubes (optional) - 3-4

#### METHOD

1. Soak fennel seeds in 200ml water for about 2 hours.
2. In a blender, combine the soaked fennel seeds, black grapes, and jaggery powder. Blend thoroughly until smooth.
3. Strain the mixture through a fine sieve, stir in 5ml lemon juice, and serve over ice if desired.

### Homemade Rose Sharbat



#### INGREDIENTS

- Dried rose petals (organic) - 10g
- Organic jaggery powder - 5g
- Water - 200ml
- Fresh lemon juice - 5ml

#### METHOD

1. Bring 200ml water to a boil and add dried rose petals. Simmer for 5 minutes, then allow to cool completely.
2. Strain the rose-infused water into a blender jar. Add jaggery powder and blend until dissolved.
3. Stir in 5ml lemon juice. Chill or add a few ice cubes and serve.



## STARTERS

### Methi Dudhi Millet Muthiya (75g)



#### INGREDIENTS

- Jowar flour - 10g
- Gram flour/besan - 10g
- Fresh fenugreek/methi leaves (finely chopped) - 25g
- Bottle gourd/dudhi, grated - 30g
- Sesame seeds - 5g
- Turmeric powder - 0.5g (¼ tsp)
- Ginger-green chili paste - 5g (1 tsp)
- Fresh lemon juice - 5ml
- Organic jaggery powder - 5g
- Salt (adjust as needed) - 2g
- Water - 30-40ml

#### METHOD

1. In a bowl, combine jowar flour, besan, chopped methi leaves, and grated dudhi.
2. Add sesame seeds, turmeric, ginger-chili paste, lemon juice, jaggery, and salt.
3. Gradually add 30-40ml water and knead into a soft dough.
4. Shape the dough into small cylindrical dumplings (muthiya) and steam them for 15 minutes.
5. For extra texture, lightly sauté the steamed muthiya in a pan with a few drops of oil and a sprinkle of sesame seeds before serving.

## SALAD

### Protein Kachumber Salad with Soaked Yellow Moong Dal



#### INGREDIENTS

- Cucumber (diced) - 50g
- Soaked yellow moong dal (pre-soaked overnight) - 20g
- Fresh coriander leaves (chopped) - 5g
- Cumin/jeera powder - 0.5g (¼ tsp)
- Fresh lemon juice - 5ml
- Salt - 1-2g

#### METHOD

1. In a mixing bowl, combine diced cucumber, soaked moong dal, and chopped coriander.
2. Sprinkle cumin powder and salt over the mixture.
3. Drizzle with lemon juice, toss gently, and serve immediately

## CHUTNEYS/ACCOMPANIMENTS

### Fresh Pumpkin Seeds Coriander Chutney



#### INGREDIENTS

- Pumpkin seeds – 10g
- Fresh coriander leaves – 15g
- Fresh lemon juice – 5ml
- Salt – 2g

#### METHOD

1. Place pumpkin seeds and coriander leaves in a blender.
2. Add lemon juice and salt, along with a splash of water if needed.
3. Blend until smooth, taste, and adjust seasoning. Serve fresh.

### Mogri (Radish Pods) Sautéed



#### INGREDIENTS

- Mogri/radish pods (trimmed and chopped) – 30g
- Mustard seeds – 1g (¼ tsp)
- Turmeric powder – 0.5g (¼ tsp)
- Salt – 2g
- A few drops of cold-pressed coconut oil

#### METHOD

1. Heat oil in a pan over medium heat.
2. Add mustard seeds and wait until they splutter.
3. Add chopped mogri, turmeric, and salt.
4. Sauté for 2–3 minutes until the pods are tender yet crisp. Serve warm.

## MAIN COURSE

### Jowar Roti (1 palm-sized roti)



#### INGREDIENTS

- Jowar flour – 20g
- Warm water (adjust as needed) – 30–40ml
- Salt (optional) – A pinch

#### Method

- In a bowl, mix jowar flour with a pinch of salt.
- Gradually add 30–40ml warm water to knead into a smooth, pliable dough.
- Divide into one portion, and roll out on a lightly floured surface into a thin circle.
- Cook on a preheated tava (griddle) over medium heat, flipping until both sides are lightly browned and the roti puffs up. Serve hot with ghee.

## Sautéed Crispy Bhindi Crispy Okra (100g)



### INGREDIENTS

- Bhindi/okra (sliced) - 50g
- Cumin/jeera seeds - 1g (¼ tsp)
- Salt - 2g
- Cold-pressed coconut oil - 5g
- Cumin/jeera powder, turmeric/haldi, red chili/lal mirch powder, as per taste

### METHOD

1. Wash and slice okra uniformly.
2. Heat oil in a pan over medium heat. Add jeera seeds and let them sizzle.
3. Add the sliced okra and sprinkle with salt.
4. Sauté for about 5–7 minutes until the edges turn crisp add cumin powder, red chili powder, and turmeric powder. Serve immediately

## Baingan, Vatana ane Valor nu Shaak (Eggplant, Peas, and Broad Beans Curry) (120g)



### INGREDIENTS

- Eggplant/baingan (chopped) - 30g
- Peas - 20g
- Valor beans, chopped - 20g
- Ginger paste - 2 g
- Turmeric powder - 0.5g (¼ tsp)
- Salt - 2g
- Cold-pressed peanut oil - 2g
- Water - 20–30ml

### METHOD

1. Heat oil in a pan over medium heat. Sauté ginger paste until aromatic.
2. Add chopped eggplant, peas, and valor beans. Stir well.
3. Sprinkle turmeric and salt; add 20–30ml water.
4. Cover and cook for 8–10 minutes until vegetables are tender and the water has mostly evaporated. Serve hot.



## Urad Dal/Split Black Gram – Serves 1 (125ml)



### INGREDIENTS

- Urad dal/split black gram – 30g
- Water – 150ml
- Turmeric powder – 0.5g
- Salt – 2g
- A few drops of A2 ghee
- Mustard seeds – 1g
- Cumin seeds – 1g
- Asafoetida/hing – 0.2g
- Ginger (finely chopped) – 2g
- Green chili (finely chopped, optional) – 3g
- Fresh coriander (chopped, optional) – 2g
- Lemon juice – 5ml

### METHOD

1. Pressure cook soaked urad dal with 150ml water and turmeric until soft.
2. Heat oil in a pan; add mustard seeds and cumin seeds. Once they splutter, add asafoetida, ginger, and green chili optional; sauté briefly.
3. Stir in the cooked dal and add salt. Simmer for 3–4 minutes.
4. Finish with 5ml lemon juice. Garnish with coriander and serve hot with rice.

## Chowli Sabzi/Black-Eyed Beans (125gms)



### INGREDIENTS

- Black-eyed beans (soaked and pre-cooked) – 30g
- Tomato (finely chopped) – 20g
- Ginger (grated) – 2g
- Turmeric powder – 0.5g
- Cumin seeds – 1g
- Cumin powder – 1g
- Mustard seeds – 1g
- Asafoetida/hing – 0.2g
- Cold-pressed peanut oil – 3g
- Salt – 2g
- Water – 40ml
- Lemon juice – 5ml
- Fresh coriander (optional, chopped) – 2g

### METHOD

1. Heat oil in a pan; add mustard seeds, cumin seeds, and asafoetida.
2. Sauté ginger and green chili for 30 seconds, then add tomato; cook until soft.
3. Stir in turmeric and cumin powder.
4. Add pre-cooked beans and water; simmer for 5–7 minutes.
5. Mix in salt and lemon juice. Garnish with coriander and serve hot with rice.

## Capsicum Besan Sabzi Dry



### INGREDIENTS

- Capsicum/bell pepper (chopped) - 50g
- Gram flour/besan - 10g
- Turmeric powder - 0.5g (¼ tsp)
- Salt - 2g
- Cold-pressed coconut oil - 2g

### METHOD

1. Heat oil in a pan.
2. Add 50g chopped capsicum and sauté for 2 minutes.
3. Sprinkle in 10g gram flour and turmeric along with salt.
4. Roast the mixture, stirring constantly for 3–4 minutes until it becomes dry and fragrant. Serve immediately.

## DESSERT

### Kesar Pista Shrikhand



### INGREDIENTS

- Hung curd/strained yogurt - 50g
- Organic jaggery powder - 10g
- Saffron strands/kesar - 2–3 strands
- Pistachios (crushed) - 5g
- Cardamom powder (optional) 1g

### METHOD

1. In a bowl, whisk 50g hung curd until smooth and creamy.
2. Add jaggery powder and mix until completely dissolved.
3. Soak 2–3 saffron strands in a teaspoon of warm water, then stir into the curd; add cardamom powder.
4. Garnish with crushed pistachios and chill for at least 30 minutes before serving.

## BEVERAGE

### Jeera Masala Chaas



#### INGREDIENTS

- A2 Curd - 75ml
- Water - 100ml
- Cumin/jeera powder (roasted) - 0.5g (½ tsp)
- Fresh mint leaves (chopped) - 2g
- Salt - 2g

#### METHOD

1. In a jug, combine curd with 100ml water.
2. Stir in roasted cumin powder, chopped mint, and salt.
3. Mix well until smooth and serve chilled.

## MUKHWAAS (DIGESTIVE FRESHENERS)

### Paan with Gulkand



#### INGREDIENTS

- Fresh betel leaf/paan - 1 leaf (~5-7g)
- Gulkand/sweet rose petal jam with jaggery - 5g

#### METHOD

1. Gently wash and pat dry 1 betel leaf.
2. Spread 5g of gulkand evenly on the leaf, fold it in the traditional style, and serve as a refreshing mouth freshener.



# Traditional Mukhwaas



## INGREDIENTS

- Fennel seeds/saunf - 5g
- Split coriander seeds/dhana dal (roasted) - 2g
- Ajwain/carom seeds - 1g
- Dill seeds - 1g
- Cumin/jeera seeds - 1g
- Flax/alsi seeds - 1g
- Senna leaves (dried, optional) 0.5g

## METHOD

1. Dry roast all the seeds in a pan on low heat until they emit a fragrant aroma.
2. Allow the mixture to cool completely before combining.
3. Serve a small pinch (the measured mix above) as a digestive mukhwaas after your meal.

# SWASTHIC SUPPER

## A Desi Dinner Thali Experience

Indulge in **Swasthic Supper** – a vibrant, desi dinner thali where tradition meets modern wellness with every bite.

Relish a wholesome medley of probiotic kadhi, nutrient-packed millet khichdi, fresh stir-fries, and naturally sweet delights that fuel body and spirit.





## CHUTNEY/ACCOMPANIMENTS

- **Curry Leaves Chutney** – Bursting with the fresh, herbaceous aroma of curry leaves and zesty green chilies, this chutney delivers a punch of antioxidants and vibrant spice.
- **Cabbage with Steamed Moong Sprouts** – Crisp, diced cabbage, and tender moong sprouts are tossed with cumin, raw flax seed powder, and a dash of lemon and salt for a refreshing crunch. This salad celebrates nature's bounty with a tangy, light finish that balances nutrition with zesty zest.
- **Beetroot and Curry Leaf Pickle** – Grated beetroot mingles with aromatic curry leaves, lemon juice, and a sprinkle of sesame seeds for an earthy, mildly spiced tang.



## MAIN COURSE

- **Lauki Chana Dal Sabzi/Bottle Gourd and Split Chickpea Lentil Curry** – Tender bottle gourd meets hearty Bengal gram dal and a medley of mild spices, offering a nourishing dose of vitamins and minerals. This comforting sabzi wraps you in its gentle, homely warmth with every spoonful.
- **Gujarati Kadhi** – Light, tangy yogurt and besan blend into a soothing curry, perfectly tempered with crisp curry leaves and a pop of mustard seeds. A probiotic-rich elixir that not only comforts your palate but also supports a happy, healthy gut.
- **Bharat's Millet Khichdi** – A wholesome one-pot wonder where nutrient-packed pearl millet, moong dal, and colorful vegetables unite for a complete, fiber-rich meal. Enhanced with paneer, it offers a balanced mix of protein and complex carbs—fueling your body the healthy Indian way.
- **Gajar Methi Stir Fry** – Crunchy carrots and fresh fenugreek leaves are stir-fried to perfection, delivering a burst of natural sweetness and a dose of vitamins. This vibrant dish combines earthy flavors with a refreshing twist to brighten your main course.





## DESSERTS

- **Khajur Paak** – Sweet, succulent dates meld with aromatic cardamom and crunchy nuts for a naturally indulgent treat. A guilt-free dessert that offers a rich, caramel-like finish, leaving you satisfied.



## BEVERAGE

- **Spiced Buttermilk (Masala Chaas)** – A cool and tangy yogurt drink, elevated with roasted cumin and fresh mint, provides a refreshing, digestive boost. A revitalizing sip that cools your palate and rehydrates your body, making every meal a complete experience.



## MUKHWAAS (DIGESTIVE FRESHENERS)

- **Paan with Gulkand** – A refreshing betel leaf wrap with fragrant rose petal jam, perfect for post-meal indulgence.
- **Traditional Mukhwaas** – A blend of fennel, roasted split coriander seeds, carom seeds, dill seeds, cumin, flax seeds, and senna leaves for a refreshing and gut-friendly finish.

## NUTRITIONAL INFO PER SERVING

(Approximate Values)



Calories  
**730Kcal**



Carbs  
**100g**



Protein  
**32g**



Fat  
**28g**

# RECIPES

## CHUTNEY AND ACCOMPANIMENTS

### Curry Leaves Chutney



#### INGREDIENTS

- Fresh curry leaves – 15 g
- Green chili (small, chopped, optional) – 5 g
- Fresh coriander leaves – 10 g
- Cumin powder (roasted) – 0.5 g
- Lemon juice – 5 ml
- Salt – 1 g
- Water (adjust as needed) – 15 ml

#### METHOD

1. Rinse the curry leaves, green chili, and coriander thoroughly.
2. Combine all ingredients—including water, cumin powder, lemon juice, and salt—in a blender.
3. Blend until you get a smooth, slightly coarse paste. Adjust salt or lemon as desired.

### Cabbage with Steamed Moong Sprouts



#### INGREDIENTS

- Cabbage (finely chopped) – 50 g
- Moong sprouts (pre-soaked and sprouted, steamed) – 20 g
- Cumin and flax seed powder – 0.5 g
- Lemon juice – 5 ml
- Salt – 1.5 g

#### METHOD

1. In a bowl, toss together the chopped cabbage and steamed moong sprouts.
2. Sprinkle in cumin and flax seed powder, then add lemon juice and salt.
3. Mix gently and serve immediately for a refreshing, crunchy salad.

### Beetroot and Curry Leaf Pickle



#### INGREDIENTS

- Beetroot (grated) – 30 g
- Curry leaves (finely chopped) – 5 g
- Lemon juice – 5 ml
- Sesame seeds – 3 g
- Salt – 1 g

#### METHOD

1. In a small bowl, combine the grated beetroot with chopped curry leaves and sesame seeds.
2. Add lemon juice and salt; mix well.
3. Let it stand for 10 minutes to allow the flavors to develop, then serve.

## MAIN COURSE

### Lauki Chana Dal Sabzi/Bottle Gourd and Split Chickpea Lentil Curry



#### INGREDIENTS

- Bottle gourd/lauki (cubed) – 50 g
- Bengal gram/split chickpea lentil (chana dal, soaked; dry weight) – 15 g
- Turmeric powder – 0.5 g
- Cumin powder – 0.5 g
- Coriander powder – 0.5 g
- Salt – 2 g
- Water – 50 ml
- Cold-pressed peanut oil – 3 g

#### METHOD

1. Heat the oil in a small pan over medium heat. Add turmeric, cumin, and coriander powders for a brief tempering.
2. Add bottle gourd cubes and the soaked, drained Bengal gram.
3. Pour in water, season with salt, cover, and simmer for 10–12 minutes until tender. Serve hot.

### Gujarati Kadhi



#### INGREDIENTS

- Yogurt/dahi – 45 g
- Gram flour/besan – 5 g
- Water – 100 ml
- Turmeric powder – 0.3 g
- Salt – 1.5 g
- Organic jaggery powder (optional, for mild sweetness) – 1 g
- Mustard seeds – 0.5 g
- Curry leaves – 2 g
- Cold-pressed oil – 2 g

#### METHOD

1. Whisk together yogurt, besan, water, turmeric, salt, and jaggery until smooth and lump-free.
2. In a small pan, heat the oil, add mustard seeds and curry leaves until they splutter.
3. Pour the tempered oil into the yogurt mixture, heat gently on low for 3–5 minutes (do not boil), then serve.



## Bharat's Millet Khichdi



### INGREDIENTS

- Millet (barnyard millet, dry) – 20 g
- Moong dal (dry) – 10 g
- Paneer (diced) – 15 g
- Mixed vegetables (carrot, peas, beans – total weight) – 30 g
- Turmeric powder – 0.5 g
- Salt – 2 g
- Cumin seeds – 0.5 g
- Water – 150 ml
- A2 ghee – 3 g

### METHOD

1. Rinse the millet and moong dal.
2. In a pressure cooker (or a deep pot) add a few drops of ghee sauté millet, dal, vegetables, turmeric, salt, cumin seeds, and water.
3. Cook until the mixture reaches a porridge-like consistency (about 15–20 minutes on the stovetop or 2–3 whistles in a pressure cooker).
4. Stir in the diced paneer gently before serving.

## Gajar Methi Stir Fry



### INGREDIENTS

- Carrots (julienned) – 40 g
- Fresh fenugreek/methi leaves (roughly chopped) – 15 g
- Mustard seeds – 0.5 g
- Turmeric powder – 0.3 g
- Red chili powder (optional) – 0.2 g
- Salt – 1.5 g
- Cold-pressed oil (coconut or preferred) – 3 g
- Lemon juice – 5 ml

### METHOD

1. Heat oil in a pan over medium heat; add mustard seeds and let them pop.
2. Add carrots and stir-fry for 3–4 minutes until they begin to soften.
3. Toss in fenugreek leaves with turmeric, red chili powder, and salt; stir-fry for another 2 minutes until crisp-tender.
4. Finish with lemon juice and serve warm.

## DESSERTS

### Khajur Paak



#### INGREDIENTS

- Dates (pitted and mashed) – 15 g
- Cardamom powder – 0.5 g
- Mixed nuts (almonds, walnuts, pistachios – chopped) – 10 g
- Organic jaggery powder – 5 g
- Water (if required for consistency) – 10 ml

#### METHOD

1. In a bowl, combine mashed dates with jaggery and cardamom powder.
2. Stir in chopped nuts until evenly distributed; add a splash of water if the mixture is too thick.
3. Chill for 15 minutes before serving to set the texture.

## BEVERAGE

### Masala Chaas/Spiced Buttermilk



#### INGREDIENTS

- A2 curd – 75 g
- Water – 100 ml
- Cumin/jeera powder (roasted) – 0.5 g
- Fresh mint leaves (finely chopped) – 2 g
- Salt – 2 g

#### METHOD

1. In a jug, whisk together the curd and water until smooth and frothy.
2. Stir in the cumin powder, mint, salt, and lemon juice.
3. Mix thoroughly and serve chilled or over ice.

## MUKHWAAS (DIGESTIVE FRESHENERS)

### Paan with Gulkand



#### INGREDIENTS

- Fresh betel leaf (paan) – 1 leaf (~7g)
- Gulkand (sweet rose petal jam with jaggery) – 5 g

#### METHOD

1. Rinse and pat dry the betel leaf.
2. Spread the gulkand evenly on the leaf, fold in the traditional style, and serve as a refreshing mouth freshener.

## Traditional Mukhwaas



### INGREDIENTS

- Fennel/saunf seeds – 5 g
- Split coriander seeds/dhana dal (roasted) – 2 g
- Ajwain/carom seeds – 1 g
- Dill seeds – 1 g
- Cumin/jeera seeds – 1 g
- Flax/alsi seeds – 1 g
- Senna leaves (dried, optional) – 0.5 g

### METHOD

1. Dry roast all the seeds except flax seeds over low heat until fragrant (about 2–3 minutes).
2. Allow to cool completely, then mix well.
3. Serve a small pinch (about 2–3 g total) as a digestive aid after the meal.



# SWASTHIC SUPPER

## A Desi Dinner Thali Experience

Indulge in **Swasthic Supper** – a vibrant, desi dinner thali where tradition meets modern wellness with every bite.

Relish a wholesome medley of probiotic curd, nutrient-packed millet khichdi, fresh stir-fries, and naturally sweet delights that fuel body and spirit.





## CHUTNEY/ACCOMPANIMENTS

- **Pumpkin Salad** – A refreshing, fiber-rich medley of roasted pumpkin, onions, and spices that wakes your palate with a burst of autumnal sweetness.
- **Kala Chana Pickle with Methi Seeds** – Tangy, crunchy black chickpeas, and aromatic fenugreek seeds come together in a spicy pickle that sings with tradition.
- **Kachi Keri Chutney** – This raw mango chutney is a tangy, sweet, and spicy delight that bursts with fresh, zesty flavors and aromatic spices.
- **Moringa Chutney** – Nutritious and bursting with antioxidants, this chutney made from moringa leaves and green chilies adds a healthful kick.
- **Sautéed Tava Paneer** – Delicate cubes of desi cottage cheese, sautéed to golden perfection with just a dash of salt and pepper. A simple yet satisfying treat that delivers a creamy texture and rich flavor to your thali.



## MAIN COURSE

- **Aloo Matar Sabzi** – Hearty potatoes and green peas simmered in a mild, aromatic blend of spices for a comforting, home-style curry. Each spoonful offers a classic taste of rustic India, warming you with every bite.
- **Made in India Millet Khichdi with Dudhi Methi** – Wholesome barnyard millet and moong dal unite with tender bottle gourd and fresh fenugreek leaves for a nourishing one-pot meal. This complete, fiber-rich khichdi is a celebration of rustic flavors and Indian wellness, crafted with care.
- **Fresh Curd with Jeera Powder** – Cool, creamy yogurt elevated with the warmth of roasted cumin, offering a tangy, digestive delight. A soothing, probiotic-rich addition that refreshes your palate and balances every bite of your thali.



## DESSERT

- **Anjeer Burfi** – A naturally sweet, nutrient-dense fig and nut-based dessert with aromatic spices.



## MUKHWAAS (DIGESTIVE FRESHENERS)

- **Paan with Gulkand** – A refreshing betel leaf wrap with fragrant rose petal jam, perfect for post-meal indulgence.
- **Traditional Mukhwaas** – A blend of fennel, roasted split coriander seeds, carom seeds, dill seeds, cumin, flax seeds, and senna leaves for a refreshing and gut-friendly finish.

## NUTRITIONAL INFO PER SERVING

(Approximate Values)



Calories  
**779Kcal**



Carbs  
**110g**



Protein  
**33g**



Fat  
**22g**



# RECIPES

## CHUTNEY/ACCOMPANIMENTS

### Pumpkin Salad



#### INGREDIENTS

- Pumpkin (cubed) - 50g
- Lemon juice - 2g
- Cumin powder (roasted) - 1g
- Black salt - 1g
- A few chopped coriander leaves

#### METHOD

1. Roast the pumpkin cubes in a pan on low heat until tender but firm. Let cool.
2. Toss with lemon juice, roasted cumin powder, and black salt.
3. Garnish with coriander leaves and serve.

### Kala Chana Pickle with Methi Seeds



#### INGREDIENTS

- Black chickpeas (boiled) - 30g
- Fenugreek/methi seeds (soaked overnight) - 2g
- Mustard seeds - 2g
- Turmeric powder - 2g
- Red chili powder (optional) - 2g
- Lemon juice - 5g
- Salt - 2g
- Cold-pressed mustard oil - 2g

#### METHOD

1. Heat mustard oil and splutter mustard seeds. Then add methi seeds and boiled black chickpeas.
2. Stir in turmeric, red chili powder, and salt. Cook for 2 minutes.
3. Turn off the heat and mix in lemon juice. Let sit for 1 hour before serving.

### Kachi Keri Chutney



#### INGREDIENTS

- Raw mango (grated) - 30g
- Organic jaggery (grated) - 10g
- Cumin powder (roasted) - 2g
- Salt - 1g
- Green chili (chopped, optional) - 2g
- Fresh coriander (chopped) - 5g

#### METHOD

1. Blend all ingredients into a coarse paste. Serve fresh.

## Moringa Chutney



### INGREDIENTS

- Fresh moringa leaves - 10g
- Ginger (grated) - 2g
- Lemon juice - 2g
- Rock salt - 1g
- Cumin powder (roasted) - 1g

### METHOD

1. Blend all ingredients with a little water to make a smooth chutney.

## Sautéed Tava Paneer



### INGREDIENTS

- Paneer/cottage cheese (cubed) - 50g
- Black pepper - 1g
- Salt - a pinch

### METHOD

1. Lightly sauté paneer on a hot tawa for 2 minutes until golden.
2. Sprinkle it with salt and pepper before serving.

## MAIN COURSE

### Aloo Matar Sabzi



### INGREDIENTS

- Potatoes (diced) - 40g
- Green peas - 40g
- Cumin seeds - 2g
- Coriander powder - 2g
- Turmeric powder - 1g
- Salt - 2g
- A2 ghee - 2g

### METHOD

1. Heat ghee, add cumin seeds, then potatoes. Cook for 5 minutes.
2. Add peas, turmeric, coriander powder, and salt. Cook covered until soft.

## Millet Khichdi with Dudhi Methi



### INGREDIENTS

- Barnyard millet – 30g
- Moong dal – 15g
- Bottle gourd/dudhi (grated) – 50g
- Fresh fenugreek/methi leaves (chopped) – 10g
- Cumin seeds – 2g
- Ginger (grated) – 2g
- Rock salt – 2g
- A2 ghee – 3g

### METHOD

1. Rinse millet and dal. Cook with 200ml water in a pressure cooker.
2. In a pan, heat ghee, splutter cumin seeds, and add bottle gourd and fenugreek leaves. Sauté.
3. Mix into the cooked khichdi, season with salt, and serve with a few drops of ghee on top.

## Fresh Curd with Jeera Powder



### INGREDIENTS

- Curd (homemade) – 75g
- Cumin powder (roasted) – 1g

### METHOD

1. Whisk curd until smooth.
2. Sprinkle roasted cumin powder and serve chilled.

## DESSERT

### Anjeer Burfi



### INGREDIENTS

- Dried figs/anjeer – 15g
- Almonds and walnuts (chopped) – 10g
- Cardamom powder – a pinch

### METHOD

1. Blend figs into a paste.
2. Mix with almonds, walnuts, and cardamom.
3. Shape into a bar and let it set.



# MUKHWAAS (DIGESTIVE FRESHENERS)

## Traditional Mukhwaas



### INGREDIENTS

- Fennel/saunf seeds - 2g
- Split coriander seeds/dhana dal (roasted) - 1g
- Carom/ajwain seeds - 1g
- Dill seeds - 1g
- Cumin seeds - 1g

### METHOD

1. Dry roast all ingredients. Let cool and store in an airtight container.
2. Serve ½ tsp after meals.

# SWASTHIC SUPPER

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## CHUTNEY/ACCOMPANIMENTS

- **Fresh Cucumber and Carrot Salad with Lemon** – A refreshing, fiber-rich salad made with cucumber, carrots, lemon juice, and mild spices.
- **Gajar Ka Achaar** – A sweet and spicy probiotic-rich pickle made with carrots, mustard seeds, and spices.
- **Moringa Chutney** – A nutrient-dense chutney with moringa leaves, coriander, ginger, and spices rich in antioxidants.
- **Sprouted Moong Salad** – A light, steamed dish with moong sprouts, ginger, and lemon for a tangy flavor.



## MAIN COURSE

- **Moong Dal** – A light and comforting split green gram lentil dish, mildly spiced and easy to digest.
- **Samo Khichdi with Dal and Vegetables** – A wholesome little millet khichdi cooked with green gram dal and seasonal vegetables.
- **Fresh Curd with Jeera** – Homemade curd with roasted cumin powder for better digestion.
- **Tinda Masala** – A mildly spiced ivy gourd (tinda) dish, packed with fiber and nutrients.



## DESSERTS

- **Gur Papdi** – Indulge in this traditional jaggery flatbread, crafted with wheat flour, jaggery, and ghee for a naturally sweet finish. Served hot, it delivers a melt-in-your-mouth treat that perfectly ends your flavorful dinner.





## MUKHWAAS (DIGESTIVE FRESHENERS)

- **Paan with Gulkand** – A refreshing betel leaf wrap with fragrant rose petal jam, perfect for post-meal indulgence.
- **Traditional Mukhwaas** – A blend of fennel, roasted split coriander seeds, carom seeds, dill seeds, cumin, flax seeds, and senna leaves for a refreshing and gut-friendly finish.

## NUTRITIONAL INFO PER SERVING

(Approximate Values)



Calories  
**590Kcal**



Carbs  
**97g**



Protein  
**24.9g**



Fat  
**12.3g**

# RECIPES

## CHUTNEY/ACCOMPANIMENTS

### Fresh Cucumber and Carrot Salad with Lemon



#### INGREDIENTS

- Cucumber (finely chopped) – 50g
- Carrot (grated) – 50g
- Lemon juice – 1 tsp
- Coriander leaves (chopped) – 1 tbsp
- Black salt – a pinch
- Cumin powder (roasted) – ¼ tsp

#### METHOD

1. Mix all ingredients in a bowl.
2. Toss well and serve fresh.

### Gajar Ka Achaar (Carrot Pickle)



#### INGREDIENTS

- Carrot (julienned) – 50g
- Mustard seeds – ¼ tsp
- Turmeric powder – ¼ tsp
- Lemon juice – 1 tsp
- Pink salt – 1/8 tsp
- Asafoetida/hing – a pinch

#### METHOD

1. Mix all ingredients in a bowl.
2. Store in a glass jar for a few hours before serving.

### Moringa Chutney



#### INGREDIENTS

- Fresh moringa leaves – 10g
- Coriander leaves – 20g
- Ginger – 5g
- Lemon juice – 1 tsp
- Black salt – a pinch
- Cumin seeds – ¼ tsp

#### METHOD

1. Blend all ingredients with a little water to make a smooth chutney.
2. Serve fresh.

## Sprouted Moong Salad



### INGREDIENTS

- Sprouted moong – 50g
- Ginger (grated) – 5g
- Lemon juice – 1 tsp
- Black salt – a pinch

### METHOD

1. Lightly steam the sprouts.
2. Mix with grated ginger, lemon juice, and salt.
3. Serve warm.

## MAIN COURSE

### Moong Dal Osaman



### INGREDIENTS

- Split moong dal – 30g
- Water – 150ml
- Turmeric – ¼ tsp
- Asafoetida/hing – a pinch
- Cumin seeds – ¼ tsp
- Coriander leaves – 1 tbsp

### METHOD

1. Wash and soak dal for 30 minutes.
2. Boil with turmeric, asafoetida, and cumin.
3. Garnish with coriander and serve.

### Samo Khichdi with Dal and Vegetables



### INGREDIENTS

- Samo/little millet – 20g
- Moong dal – 20g
- Mixed vegetables (carrot, beans, bottle gourd) – 50g
- Water – 200ml
- Cumin seeds – ¼ tsp
- Coriander leaves – 1 tbsp
- Garam masala (homemade) – ½ tsp

### METHOD

1. Wash and soak millet and dal.
2. Cook with water, spices, garam masala, and vegetables until soft.
3. Garnish with coriander.



## A Cup of Fresh Curd with Jeera



### INGREDIENTS

- A2 curd (homemade) – 75 g
- Cumin powder (roasted) – ¼ tsp

### METHOD

1. Mix cumin powder with curd and serve.

## Tinda Masala (Ivy Gourd Masala)



### INGREDIENTS

- Tinda/ivy gourd (chopped) – 50g
- Cumin seeds – ¼ tsp
- Turmeric – ¼ tsp
- Black pepper powder- a pinch
- Coriander powder – ¼ tsp
- Salt – a pinch

### METHOD

1. Sauté cumin, add ivy gourd and spices.
2. Cook covered for 10 minutes.

## DESSERTS

### Gur Papdi



### INGREDIENTS

- Whole khapli wheat flour – 15g
- A2 ghee – 5g
- Organic jaggery (grated) – 10g

### METHOD

1. Roast flour in ghee on low heat until fragrant.
2. Remove from heat, mix in jaggery, and spread into a plate.
3. Let it set for a few minutes before serving warm.

# MUKHWAAS (DIGESTIVE FRESHENERS)

## Paan with Gulkand



### INGREDIENTS

- Fresh betel leaf - 1
- Gulkand/fragrant rose petal jam (homemade) - 5g

### METHOD

1. Spread the gulkand on the betel leaf, fold, and serve.

## Traditional Mukhwaas



### INGREDIENTS

- Fennel seeds – ¼ tsp
- Split coriander seeds/dhana dal (roasted) – ¼ tsp
- Carom/ajwain seeds – 1/8 tsp
- Dill seeds – 1/8 tsp
- Cumin/jeera seeds – 1/8 tsp
- Flax/alsi seeds – ¼ tsp
- Senna leaves – 1/8 tsp

### METHOD

1. Mix all ingredients and serve as a digestive freshener.

### DISCLAIMER

1. Always consult your healthcare provider if you experience sensitivities, digestive issues, or health concerns before trying new foods.
2. For those who prefer non-vegetarian alternatives, feel free to substitute or complement the recipe with high quality, hormone and antibiotic-free options such as chicken, salmon, freshwater mercury-free fish, or eggs—based on availability and personal preference. Mushrooms may also be added as desired.
3. Always adjust ingredients to suit your dietary requirements and sourcing standards.

**Remember, food or nutrition alone is not enough, pay attention to every pillar of your lifestyle.**

# Simple Daily Habits for a Healthier, Stronger YOU

- Bless your meal and offer gratitude—cultivate mindfulness before eating.
- Eat slowly and chew well; pay attention to meal timings, portion sizes, and the place you eat.
- Avoid eating with anger, disgust, or guilt— emotions influence digestion, the energy of sacred food, and your overall well-being.

## THE BHARAT LIFESTYLE

### Tips for India and Our Citizens



#### **Nutrition and Food**

- What you eat directly impacts your health and energy.
- Offer gratitude for your meal before eating.
- Minimize consuming ultra-processed, junk, quick commerce, and 10-minute cooked food deliveries across all ages; prioritize fresh, wholesome meals.
- Balance your plate with carbs, proteins, healthy fats, and micronutrients.
- Choose whole foods; vegetables, fruits, millet, whole grains, and high-quality proteins.
- Stay hydrated; water is essential for digestion and circulation.
- Enjoy meals mindfully; pay attention to portion sizes and avoid overeating.
- Prioritize home-cooked food—outside meals can be an occasional treat. Home-cooked meals are magic.
- Make use of the treasure of Indian super foods, local ingredients, and spices.





### **Exercise and Movement**

- Your body thrives on movement; train it holistically.
- Yoga, pranayama, and meditation originated in India—incorporate them into your daily routine.
- Train holistically—your body needs mobility, flexibility, strength, stamina, endurance, lung and cardiovascular health. Focus on a balanced approach and muscle training.
- Walking is a superpower—combine it with yoga, breathwork, and strength training.
- If you don't have an hour for exercise, give it 30 minutes. If not 30, try 15—something is better than nothing. Consistency is key.



### **Sleep Deeper India**

- Sleep is a powerful tool for health and recovery across ages—prioritize deep, restful sleep.
- Meditate and practice deep breathing before bedtime to calm the mind.
- Avoid gadgets and screens at least 45 minutes before bed to improve sleep quality.
- Engage in prayer, gratitude, or journaling before bed to relax and reset.
- Ensure at least a 3-hour gap between your last meal and bedtime for optimal digestion.
- Make your room as dark as possible or use an eye mask for better sleep.



## **Emotional and Mental Well-Being**

- Wake up and step into natural sunlight; walk, practice yoga, or simply breathe in the fresh air.
- Meditate, pray, or practice deep breathing and pranayama to cultivate inner peace.
- View stress as a challenge to overcome, not as a threat.
- Keep learning, stay curious, and invest in personal growth.
- Build healthy social connections and a strong sense of community.
- Be mindful of the content you consume; choose what nourishes your mind, values, and culture of the nation.
- Engage in acts of service and volunteering; giving back is one of the greatest sources of joy, happiness and peace.
- Practice mindfulness and gratitude daily.
- Focus on self-development and evolving into a better version of yourself.
- Anger and hatred solve nothing; unity and understanding create lasting change.



*Simplicity is the new luxury.  
Consistency is gold.  
Personal responsibility is a flex.*

The recipe booklet and lifestyle guide has been created by Luke Coutinho and Team Luke for our our country, India, and our fellow citizens.

We hope you like these recipes and tips and try them too!  
For more such innovative and healthy recipes, visit our recipe corner [here](#).

**Disclaimer:**

1. *If you have certain food allergies, avoid foods that may trigger a reaction. The information provided here is for educational and informational purposes only. Always consult your healthcare provider before making changes to your nutrition, lifestyle, or healthcare regimen, especially if you have existing medical conditions or are taking prescribed medications.*
2. *Macronutrient and calorie counts can vary for each individual based on several factors. For personalized guidance, consult your healthcare professional to determine what works best for you.*
3. *Diets alone are not enough. Great health comes from a holistic approach that integrates exercise, emotional well-being, quality sleep, breathwork, and spiritual alignment, along with balanced nutrition.*



*“Yoga helps us as individuals, and as we evolve into better versions of ourselves, we create a better community, a better society, a better humankind, and ultimately, a better world.”*

**Hon. Prime Minister Shri Narendra Modi Ji**

*“And this is just through yoga—imagine the transformation if we were to embrace a complete 360° lifestyle change.”*

**Luke Coutinho**



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