Wellness on Ivory Plate

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Explore a variety of delectable dishes, curated with health and flavour in mind, highlighted ingredients and nutritional benefits, designed to support your overall well-being

BREAKFAST

Vegetable Upma

Key Ingredients
Rice semolina
Mixed vegetables
Spices
Curry leaves
Mustard seeds
Turmeric
Asafoetida
Vegetable oil

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
Gluten (wheat semolina)

Health-boosting tip
Rice semolina is easy to digest and provides quick energy, making it a good choice for breakfast.

Fresh Fruit Salad

Key Ingredients
Seasonal fruits
Cucumber
Mint leaves
Lemon juice
Honey
Chaat masala

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
Sulphites (preservatives in dried fruits)

Health-boosting tip
Fresh fruits are packed with vitamins and antioxidants, helping to boost immunity and support overall health.

Vegetable Poha

Key Ingredients
Flattened rice (poha)
Onions
Green chillies
Curry leaves
Mustard seeds
Turmeric
Peanuts
Lemon juice

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
Peanuts

Health-boosting tip
Poha is low in fat and easy to digest, making it a light yet nutritious breakfast option.

Idli Sambar

Key Ingredients
Rice
Urad dal (black gram)
Fenugreek seeds
Salt
Sambar powder
Mixed vegetables
Tamarind
Curry leaves
Mustard seeds
Asafoetida

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
Gluten (wheat semolina)

Health-boosting tip
Idli is steamed, making it a healthier option compared to fried breakfast items.

Aloo Paratha with Curd

Key Ingredients
Whole wheat flour
Potatoes
Spices
Coriander leaves
Ghee
Curd (yogurt)

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
Gluten (wheat)
Dairy (curd)

Health-boosting tip
Curd is a probiotic that aids digestion and boosts immunity.

Vegetable Omelette

Key Ingredients
Eggs
Onions
Tomatoes
Green chillies
Coriander leaves
Salt
Pepper
Butter

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
Eggs

Health-boosting tip
Eggs are a rich source of protein and essential nutrients, helping to keep you full and energized.

Oats Porridge with Fruits and Nuts

Key Ingredients
Rolled oats
Milk
Water
Honey
Mixed fruits
Almonds
Walnuts
Cinnamon powder

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
Dairy (milk)
Tree nuts (almonds, walnuts)

Health-boosting tip
Oats are high in fibre, which helps lower cholesterol and maintain heart health.

Rava Dosa with Coconut Chutney

Key Ingredients
Semolina (rava)
Rice flour
Curd (yogurt)
Water
Salt
Coconut
Green chillies
Ginger
Curry leaves
Mustard seeds
Urad dal (black gram)
Ghee

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
Gluten (wheat semolina)
Dairy (curd)

Health-boosting tip
Rava dosa is a lighter alternative to traditional dosa, making it easier to digest.

Moong Dal Chilla with Mint Chutney

Key Ingredients
Yellow moong dal (split mung beans)
Onions
Green chillies
Ginger
Coriander leaves
Cumin seeds
Salt
Water
Oil

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
None

Health-boosting tip
Moong dal is packed with protein and fibre, making it a nutritious and filling breakfast option.

Sprouted Moong Salad

Key Ingredients
Sprouted moong beans
Cucumber
Tomatoes
Onions
Lemon juice
Chaat masala
Coriander leaves

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
None

Health-boosting tip
Sprouted moong is rich in enzymes and vitamins, aiding digestion and boosting immunity.

Vegetable Upma

Key Ingredients
Rice semolina
Mixed vegetables
Spices
Curry leaves
Mustard seeds
Turmeric
Asafoetida
Vegetable oil

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
Gluten (wheat semolina)

Health-boosting tip
Rice semolina is easy to digest and provides quick energy, making it a good choice for breakfast.

Fresh Fruit Salad

Key Ingredients
Seasonal fruits
Cucumber
Mint leaves
Lemon juice
Honey
Chaat masala

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
Sulphites (preservatives in dried fruits)

Health-boosting tip
Fresh fruits are packed with vitamins and antioxidants, helping to boost immunity and support overall health.

Vegetable Poha

Key Ingredients
Flattened rice (poha)
Onions
Green chillies
Curry leaves
Mustard seeds
Turmeric
Peanuts
Lemon juice

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
Peanuts

Health-boosting tip
Poha is low in fat and easy to digest, making it a light yet nutritious breakfast option.

Idli Sambar

Key Ingredients
Rice
Urad dal (black gram)
Fenugreek seeds
Salt
Sambar powder
Mixed vegetables
Tamarind
Curry leaves
Mustard seeds
Asafoetida

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
Gluten (wheat semolina)

Health-boosting tip
Idli is steamed, making it a healthier option compared to fried breakfast items.

Aloo Paratha with Curd

Key Ingredients
Whole wheat flour
Potatoes
Spices
Coriander leaves
Ghee
Curd (yogurt)

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
Gluten (wheat)
Dairy (curd)

Health-boosting tip
Curd is a probiotic that aids digestion and boosts immunity.

Vegetable Omelette

Key Ingredients
Eggs
Onions
Tomatoes
Green chillies
Coriander leaves
Salt
Pepper
Butter

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
Eggs

Health-boosting tip
Eggs are a rich source of protein and essential nutrients, helping to keep you full and energized.

Oats Porridge with Fruits and Nuts

Key Ingredients
Rolled oats
Milk
Water
Honey
Mixed fruits
Almonds
Walnuts
Cinnamon powder

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
Dairy (milk)
Tree nuts (almonds, walnuts)

Health-boosting tip
Oats are high in fibre, which helps lower cholesterol and maintain heart health.

Rava Dosa with Coconut Chutney

Key Ingredients
Semolina (rava)
Rice flour
Curd (yogurt)
Water
Salt
Coconut
Green chillies
Ginger
Curry leaves
Mustard seeds
Urad dal (black gram)
Ghee

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
Gluten (wheat semolina)
Dairy (curd)

Health-boosting tip
Rava dosa is a lighter alternative to traditional dosa, making it easier to digest.

Moong Dal Chilla with Mint Chutney

Key Ingredients
Yellow moong dal (split mung beans)
Onions
Green chillies
Ginger
Coriander leaves
Cumin seeds
Salt
Water
Oil

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
None

Health-boosting tip
Moong dal is packed with protein and fibre, making it a nutritious and filling breakfast option.

Sprouted Moong Salad

Key Ingredients
Sprouted moong beans
Cucumber
Tomatoes
Onions
Lemon juice
Chaat masala
Coriander leaves

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
None

Health-boosting tip
Sprouted moong is rich in enzymes and vitamins, aiding digestion and boosting immunity.

LUNCH

Dal Tadka with Jeera Rice

Key Ingredients
Yellow lentils (toor dal)
Onions
Tomatoes
Garlic
Ginger
Green chillies
Cumin seeds
Turmeric
Red chilli powder
Coriander leaves
Ghee
Rice
Salt

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
None

Health-boosting tip
Dal is a great source of plant-based protein and fibre, helping to keep you full and satisfied.

Mixed Vegetable Curry with Roti

Key Ingredients
Seasonal vegetables (carrots, beans, peas, cauliflower, potatoes)
Onions
Tomatoes
Garlic
Ginger
Spices (cumin, coriander, turmeric, garam masala)
Coconut milk
Coriander leaves
Oil
Whole wheat flour
Water
Salt

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
Gluten (wheat)

Health-boosting tip
Mixed vegetables provide a variety of vitamins, minerals, and antioxidants, supporting overall health.

Grilled Fish with Lemon Butter Sauce

Key Ingredients
Fish fillets (e.g., salmon, tilapia)
Lemon juice
Butter
Garlic
Parsley
Salt
Pepper

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
Fish
Dairy (butter)

Health-boosting tip
Fish is rich in omega-3 fatty acids, which are beneficial for heart health and brain function.

Chicken Tikka Masala with Basmati Rice

Key Ingredients
Chicken breast
Yogurt
Spices (garam masala, turmeric, cumin, coriander)
Onions
Tomatoes
Garlic
Ginger
Cream
Butter
Basmati rice
Salt

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
Dairy (yogurt, cream, butter)

Health-boosting tip
Chicken is a lean source of protein, helping to build and repair tissues.

Vegetable Pulao with Raita

Key Ingredients
Basmati rice
Mixed vegetables (carrots, peas, beans, cauliflower)
Onions
Garlic
Ginger
Spices (cumin, coriander, turmeric, garam masala)
Ghee
Salt
Yogurt
Cucumber
Mint leaves

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
Dairy (yogurt, ghee)

Health-boosting tip
Mixed vegetables provide a variety of vitamins, minerals, and antioxidants, supporting overall health.

Paneer Tikka with Mint Chutney

Key Ingredients
Paneer (Indian cheese)
Yogurt
Spices (garam masala, turmeric, cumin, coriander)
Onions
Bell peppers
Garlic
Ginger
Lemon juice
Mint leaves
Coriander leaves
Salt

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
Dairy (paneer, yogurt)

Health-boosting tip
Paneer is a good source of protein and calcium, supporting bone health.

Chicken Curry with Rice

Key Ingredients
Chicken
Onions
Tomatoes
Garlic
Ginger
Spices (curry powder, turmeric, cumin, coriander)
Coconut milk
Coriander leaves
Oil
Rice
Salt

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
None

Health-boosting tip
Chicken is a lean source of protein, helping to build and repair tissues.

Vegetable Biryani with Raita

Key Ingredients
Basmati rice
Mixed vegetables (carrots, peas, beans, cauliflower)
Onions
Garlic
Ginger
Spices (biryani masala, turmeric, cumin, coriander)
Ghee
Salt
Yogurt
Cucumber
Mint leaves

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
Dairy (yogurt, ghee)

Health-boosting tip
Mixed vegetables provide a variety of vitamins, minerals, and antioxidants, supporting overall health.

Fish Curry with Rice

Key Ingredients
Fish fillets (e.g., tilapia, cod)
Onions
Tomatoes
Garlic
Ginger
Spices (curry powder, turmeric, cumin, coriander)
Coconut milk
Coriander leaves
Oil
Rice
Salt

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
Fish

Health-boosting tip
Fish is rich in omega-3 fatty acids, which are beneficial for heart health and brain function.

Chicken Tikka with Mint Chutney

Key Ingredients
Chicken breast
Yogurt
Spices (garam masala, turmeric, cumin, coriander)
Onions
Bell peppers
Garlic
Ginger
Lemon juice
Mint leaves
Coriander leaves
Salt

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
Dairy (yogurt)

Health-boosting tip
Chicken is a lean source of protein, helping to build and repair tissues.

Vegetable Pulao with Raita

Key Ingredients
Basmati rice
Mixed vegetables (carrots, peas, beans, cauliflower)
Onions
Garlic
Ginger
Spices (cumin, coriander, turmeric, garam masala)
Ghee
Salt
Yogurt
Cucumber
Mint leaves

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
Dairy (yogurt, ghee)

Health-boosting tip
Mixed vegetables provide a variety of vitamins, minerals, and antioxidants, supporting overall health.

Paneer Tikka with Mint Chutney

Key Ingredients
Paneer (Indian cheese)
Yogurt
Spices (garam masala, turmeric, cumin, coriander)
Onions
Bell peppers
Garlic
Ginger
Lemon juice
Mint leaves
Coriander leaves
Salt

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
Dairy (paneer, yogurt)

Health-boosting tip
Paneer is a good source of protein and calcium, supporting bone health.

Chicken Curry with Rice

Key Ingredients
Chicken
Onions
Tomatoes
Garlic
Ginger
Spices (curry powder, turmeric, cumin, coriander)
Coconut milk
Coriander leaves
Oil
Rice
Salt

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
None

Health-boosting tip
Chicken is a lean source of protein, helping to build and repair tissues.

Vegetable Biryani with Raita

Key Ingredients
Basmati rice
Mixed vegetables (carrots, peas, beans, cauliflower)
Onions
Garlic
Ginger
Spices (biryani masala, turmeric, cumin, coriander)
Ghee
Salt
Yogurt
Cucumber
Mint leaves

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
Dairy (yogurt, ghee)

Health-boosting tip
Mixed vegetables provide a variety of vitamins, minerals, and antioxidants, supporting overall health.

Fish Curry with Rice

Key Ingredients
Fish fillets (e.g., tilapia, cod)
Onions
Tomatoes
Garlic
Ginger
Spices (curry powder, turmeric, cumin, coriander)
Coconut milk
Coriander leaves
Oil
Rice
Salt

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
Fish

Health-boosting tip
Fish is rich in omega-3 fatty acids, which are beneficial for heart health and brain function.

SNACKS

Roasted Chana Chaat

Key Ingredients
Roasted chana (chickpeas)
Onions
Tomatoes
Green chillies
Coriander leaves
Chaat masala
Lemon juice

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
None

Health-boosting tip
Roasted chana is a good source of protein and fibre, helping to keep you full and satisfied.

Fruit Yogurt Parfait

Key Ingredients
Yogurt
Granola
Mixed fruits
Honey

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
Dairy (yogurt)
Gluten (granola)

Health-boosting tip
Yogurt is a probiotic that aids digestion and boosts immunity.

Vegetable Spring Rolls with Sweet Chilli Sauce

Key Ingredients
Spring roll wrappers
Mixed vegetables (cabbage, carrots, bell peppers, onions)
Garlic
Ginger
Soy sauce
Sesame oil
Sweet chilli sauce

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
Gluten (wheat)
Soy

Health-boosting tip
Mixed vegetables provide a variety of vitamins, minerals, and antioxidants, supporting overall health.

Hummus with Pita Bread

Key Ingredients
Chickpeas
Tahini
Lemon juice
Garlic
Olive oil
Salt
Pita bread

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
Sesame (tahini)
Gluten (pita bread)

Health-boosting tip
Chickpeas are a good source of protein and fibre, helping to keep you full and satisfied.

Trail Mix

Key Ingredients
Nuts (almonds, walnuts, cashews)
Seeds (pumpkin, sunflower)
Dried fruits (raisins, cranberries)
Dark chocolate chips

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
Tree nuts
Dairy (dark chocolate chips)

Health-boosting tip
Nuts are a good source of healthy fats, protein, and fibre, helping to keep you full and satisfied.

Fruit Yogurt Parfait

Key Ingredients
Yogurt
Granola
Mixed fruits
Honey

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
Dairy (yogurt)
Gluten (granola)

Health-boosting tip
Yogurt is a probiotic that aids digestion and boosts immunity.

Vegetable Spring Rolls with Sweet Chilli Sauce

Key Ingredients
Spring roll wrappers
Mixed vegetables (cabbage, carrots, bell peppers, onions)
Garlic
Ginger
Soy sauce
Sesame oil
Sweet chilli sauce

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
Gluten (wheat)
Soy

Health-boosting tip
Mixed vegetables provide a variety of vitamins, minerals, and antioxidants, supporting overall health.

Hummus with Pita Bread

Key Ingredients
Chickpeas
Tahini
Lemon juice
Garlic
Olive oil
Salt
Pita bread

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
Sesame (tahini)
Gluten (pita bread)

Health-boosting tip
Chickpeas are a good source of protein and fibre, helping to keep you full and satisfied.

Trail Mix

Key Ingredients
Nuts (almonds, walnuts, cashews)
Seeds (pumpkin, sunflower)
Dried fruits (raisins, cranberries)
Dark chocolate chips

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
Tree nuts
Dairy (dark chocolate chips)

Health-boosting tip
Nuts are a good source of healthy fats, protein, and fibre, helping to keep you full and satisfied.

DINNER

Dal Tadka with Jeera Rice

Key Ingredients
Yellow lentils (toor dal)
Onions
Tomatoes
Garlic
Ginger
Green chillies
Cumin seeds
Turmeric
Red chilli powder
Coriander leaves
Ghee
Rice
Salt

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
None

Health-boosting tip
Dal is a great source of plant-based protein and fibre, helping to keep you full and satisfied.

Mixed Vegetable Curry with Roti

Key Ingredients
Seasonal vegetables (carrots, beans, peas, cauliflower, potatoes)
Onions
Tomatoes
Garlic
Ginger
Spices (cumin, coriander, turmeric, garam masala)
Coconut milk
Coriander leaves
Oil
Whole wheat flour
Water
Salt

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
Gluten (wheat)

Health-boosting tip
Mixed vegetables provide a variety of vitamins, minerals, and antioxidants, supporting overall health.

Grilled Fish with Lemon Butter Sauce

Key Ingredients
Fish fillets (e.g., salmon, tilapia)
Lemon juice
Butter
Garlic
Parsley
Salt
Pepper

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
Fish
Dairy (butter)

Health-boosting tip
Fish is rich in omega-3 fatty acids, which are beneficial for heart health and brain function.

Chicken Tikka Masala with Basmati Rice

Key Ingredients
Chicken breast
Yogurt
Spices (garam masala, turmeric, cumin, coriander)
Onions
Tomatoes
Garlic
Ginger
Cream
Butter
Basmati rice
Salt

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
Dairy (yogurt, cream, butter)

Health-boosting tip
Chicken is a lean source of protein, helping to build and repair tissues.

Vegetable Pulao with Raita

Key Ingredients
Basmati rice
Mixed vegetables (carrots, peas, beans, cauliflower)
Onions
Garlic
Ginger
Spices (cumin, coriander, turmeric, garam masala)
Ghee
Salt
Yogurt
Cucumber
Mint leaves

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
Dairy (yogurt, ghee)

Health-boosting tip
Mixed vegetables provide a variety of vitamins, minerals, and antioxidants, supporting overall health.

Paneer Tikka with Mint Chutney

Key Ingredients
Paneer (Indian cheese)
Yogurt
Spices (garam masala, turmeric, cumin, coriander)
Onions
Bell peppers
Garlic
Ginger
Lemon juice
Mint leaves
Coriander leaves
Salt

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
Dairy (paneer, yogurt)

Health-boosting tip
Paneer is a good source of protein and calcium, supporting bone health.

Chicken Curry with Rice

Key Ingredients
Chicken
Onions
Tomatoes
Garlic
Ginger
Spices (curry powder, turmeric, cumin, coriander)
Coconut milk
Coriander leaves
Oil
Rice
Salt

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
None

Health-boosting tip
Chicken is a lean source of protein, helping to build and repair tissues.

Vegetable Biryani with Raita

Key Ingredients
Basmati rice
Mixed vegetables (carrots, peas, beans, cauliflower)
Onions
Garlic
Ginger
Spices (biryani masala, turmeric, cumin, coriander)
Ghee
Salt
Yogurt
Cucumber
Mint leaves

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
Dairy (yogurt, ghee)

Health-boosting tip
Mixed vegetables provide a variety of vitamins, minerals, and antioxidants, supporting overall health.

Fish Curry with Rice

Key Ingredients
Fish fillets (e.g., tilapia, cod)
Onions
Tomatoes
Garlic
Ginger
Spices (curry powder, turmeric, cumin, coriander)
Coconut milk
Coriander leaves
Oil
Rice
Salt

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
Fish

Health-boosting tip
Fish is rich in omega-3 fatty acids, which are beneficial for heart health and brain function.

Chicken Tikka with Mint Chutney

Key Ingredients
Chicken breast
Yogurt
Spices (garam masala, turmeric, cumin, coriander)
Onions
Bell peppers
Garlic
Ginger
Lemon juice
Mint leaves
Coriander leaves
Salt

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
Dairy (yogurt)

Health-boosting tip
Chicken is a lean source of protein, helping to build and repair tissues.

Vegetable Pulao with Raita

Key Ingredients
Basmati rice
Mixed vegetables (carrots, peas, beans, cauliflower)
Onions
Garlic
Ginger
Spices (cumin, coriander, turmeric, garam masala)
Ghee
Salt
Yogurt
Cucumber
Mint leaves

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
Dairy (yogurt, ghee)

Health-boosting tip
Mixed vegetables provide a variety of vitamins, minerals, and antioxidants, supporting overall health.

Paneer Tikka with Mint Chutney

Key Ingredients
Paneer (Indian cheese)
Yogurt
Spices (garam masala, turmeric, cumin, coriander)
Onions
Bell peppers
Garlic
Ginger
Lemon juice
Mint leaves
Coriander leaves
Salt

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
Dairy (paneer, yogurt)

Health-boosting tip
Paneer is a good source of protein and calcium, supporting bone health.

Chicken Curry with Rice

Key Ingredients
Chicken
Onions
Tomatoes
Garlic
Ginger
Spices (curry powder, turmeric, cumin, coriander)
Coconut milk
Coriander leaves
Oil
Rice
Salt

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
None

Health-boosting tip
Chicken is a lean source of protein, helping to build and repair tissues.

Vegetable Biryani with Raita

Key Ingredients
Basmati rice
Mixed vegetables (carrots, peas, beans, cauliflower)
Onions
Garlic
Ginger
Spices (biryani masala, turmeric, cumin, coriander)
Ghee
Salt
Yogurt
Cucumber
Mint leaves

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
Dairy (yogurt, ghee)

Health-boosting tip
Mixed vegetables provide a variety of vitamins, minerals, and antioxidants, supporting overall health.

Fish Curry with Rice

Key Ingredients
Fish fillets (e.g., tilapia, cod)
Onions
Tomatoes
Garlic
Ginger
Spices (curry powder, turmeric, cumin, coriander)
Coconut milk
Coriander leaves
Oil
Rice
Salt

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
Fish

Health-boosting tip
Fish is rich in omega-3 fatty acids, which are beneficial for heart health and brain function.

MATCHAY

Matchay Tea

Key Ingredients
Matcha powder
Water
Blueberry
Raspberry
Mint leaves
Lemon juice
Honey
Ice cubes

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
None

Health-boosting tip
Matcha is rich in antioxidants, which help protect cells from damage and support overall health.

MOSEY'S

Chocolate Milkshake

Key Ingredients
Milk
Ice cream
Chocolate syrup
Whipped cream
Cocoa powder

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
Dairy (milk, ice cream, whipped cream)

Health-boosting tip
Drinking chocolate in moderation can be part of a balanced diet, but it's high in sugar and calories.

Fresh Fruit Salad

Key Ingredients
Seasonal fruits (e.g., watermelon, pineapple, grapes, berries)
Mint leaves
Lemon juice
Honey

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
None

Health-boosting tip
Fresh fruits are packed with vitamins and antioxidants, helping to boost immunity and support overall health.

Vegetable Spring Rolls

Key Ingredients
Spring roll wrappers
Mixed vegetables (cabbage, carrots, bell peppers, onions)
Garlic
Ginger
Soy sauce
Sesame oil

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
Gluten (wheat)
Soy

Health-boosting tip
Mixed vegetables provide a variety of vitamins, minerals, and antioxidants, supporting overall health.

Hummus with Pita Bread

Key Ingredients
Chickpeas
Tahini
Lemon juice
Garlic
Olive oil
Salt
Pita bread

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
Sesame (tahini)
Gluten (pita bread)

Health-boosting tip
Chickpeas are a good source of protein and fibre, helping to keep you full and satisfied.

Trail Mix

Key Ingredients
Nuts (almonds, walnuts, cashews)
Seeds (pumpkin, sunflower)
Dried fruits (raisins, cranberries)
Dark chocolate chips

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
Tree nuts
Dairy (dark chocolate chips)

Health-boosting tip
Nuts are a good source of healthy fats, protein, and fibre, helping to keep you full and satisfied.

Fruit Yogurt Parfait

Key Ingredients
Yogurt
Granola
Mixed fruits
Honey

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
Dairy (yogurt)
Gluten (granola)

Health-boosting tip
Yogurt is a probiotic that aids digestion and boosts immunity.

Vegetable Spring Rolls with Sweet Chilli Sauce

Key Ingredients
Spring roll wrappers
Mixed vegetables (cabbage, carrots, bell peppers, onions)
Garlic
Ginger
Soy sauce
Sesame oil
Sweet chilli sauce

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
Gluten (wheat)
Soy

Health-boosting tip
Mixed vegetables provide a variety of vitamins, minerals, and antioxidants, supporting overall health.

Hummus with Pita Bread

Key Ingredients
Chickpeas
Tahini
Lemon juice
Garlic
Olive oil
Salt
Pita bread

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
Sesame (tahini)
Gluten (pita bread)

Health-boosting tip
Chickpeas are a good source of protein and fibre, helping to keep you full and satisfied.

Trail Mix

Key Ingredients
Nuts (almonds, walnuts, cashews)
Seeds (pumpkin, sunflower)
Dried fruits (raisins, cranberries)
Dark chocolate chips

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
Tree nuts
Dairy (dark chocolate chips)

Health-boosting tip
Nuts are a good source of healthy fats, protein, and fibre, helping to keep you full and satisfied.

THE HOTEL & SPORTS

Chicken Tikka Masala

Key Ingredients
Chicken breast
Yogurt
Spices (garam masala, turmeric, cumin, coriander)
Onions
Tomatoes
Garlic
Ginger
Cream
Butter
Basmati rice
Salt

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
Dairy (yogurt, cream, butter)

Health-boosting tip
Chicken is a lean source of protein, helping to build and repair tissues.

Vegetable Pulao with Raita

Key Ingredients
Basmati rice
Mixed vegetables (carrots, peas, beans, cauliflower)
Onions
Garlic
Ginger
Spices (cumin, coriander, turmeric, garam masala)
Ghee
Salt
Yogurt
Cucumber
Mint leaves

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
Dairy (yogurt, ghee)

Health-boosting tip
Mixed vegetables provide a variety of vitamins, minerals, and antioxidants, supporting overall health.

Paneer Tikka with Mint Chutney

Key Ingredients
Paneer (Indian cheese)
Yogurt
Spices (garam masala, turmeric, cumin, coriander)
Onions
Bell peppers
Garlic
Ginger
Lemon juice
Mint leaves
Coriander leaves
Salt

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
Dairy (paneer, yogurt)

Health-boosting tip
Paneer is a good source of protein and calcium, supporting bone health.

Chicken Curry with Rice

Key Ingredients
Chicken
Onions
Tomatoes
Garlic
Ginger
Spices (curry powder, turmeric, cumin, coriander)
Coconut milk
Coriander leaves
Oil
Rice
Salt

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
None

Health-boosting tip
Chicken is a lean source of protein, helping to build and repair tissues.

Vegetable Biryani with Raita

Key Ingredients
Basmati rice
Mixed vegetables (carrots, peas, beans, cauliflower)
Onions
Garlic
Ginger
Spices (biryani masala, turmeric, cumin, coriander)
Ghee
Salt
Yogurt
Cucumber
Mint leaves

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
Dairy (yogurt, ghee)

Health-boosting tip
Mixed vegetables provide a variety of vitamins, minerals, and antioxidants, supporting overall health.

Fish Curry with Rice

Key Ingredients
Fish fillets (e.g., tilapia, cod)
Onions
Tomatoes
Garlic
Ginger
Spices (curry powder, turmeric, cumin, coriander)
Coconut milk
Coriander leaves
Oil
Rice
Salt

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Saturated Fats
Sugars

Allergens
Fish

Health-boosting tip
Fish is rich in omega-3 fatty acids, which are beneficial for heart health and brain function.

Chicken Tikka with Mint Chutney

Key Ingredients
Chicken breast
Yogurt
Spices (garam masala, turmeric, cumin, coriander)
Onions
Bell peppers
Garlic
Ginger
Lemon juice
Mint leaves
Coriander leaves
Salt

Nutritional Values (per serving)
Calories (energy)
Protein
Carbohydrates
Fibre
Total Fats
Satur