

TOP 8

HIGH FIBER, HIGH PROTEIN

HEALTHY RECIPES



By Harpreet Pasricha



Introduction

Welcome to your go-to guide for delicious high-protein, high-fiber recipes! Discover a variety of dishes designed to fuel your body and support your health goals. From satisfying mains to wholesome snacks and indulgent treats, there's something for everyone. Let's dive in and elevate your meals with flavor and nutrition!

Table of **CONTENTS**

- 01 OVERNIGHT OATS**
- 02 SPINACH & MUSHROOM
EGG MUFFINS**
- 03 PROTEIN PANCAKES**
- 04 AVOCADO & EGG TOAST**
- 05 BROCCOLI STIR FRY RICE**
- 06 OATS FLOUR VEG
KATHI ROLL**
- 07 AMARANTH CHIA PUDDING**
- 08 PROTEIN POWER SALAD**



Overnight Oats

Ingredients

- 3-4 tbsp Rolled oats
- 3-4 Strawberries/
blueberries (chopped
or pureed)
- 4-5 raisins 1 tsp
- Soaked chia seeds
- 100 ml skimmed milk
- 1 tsp Honey

Method

- In a jar add all the ingredients and mix well.
- Refrigerate it overnight and enjoy chill.



Spinach & Mushroom Egg Muffins

Ingredients

- Cooking spray
- 1/2 cup mushrooms, chopped
- 1/2 cup spinach, chopped
- 4 organic eggs (2 per serving)

Method

- Preheat oven to 350°F (175°C) and grease muffin tins.
- Sauté mushrooms and spinach until cooked.
- Divide cooked veggies in muffin tins.
- Whisk eggs and pour over vegetables.
- Bake for 20-25 minutes until set.
- Let cool for 5 minutes before serving. Enjoy!



Protein Pancake

Ingredients

- 1/2 cup oat flour
- 1 tbsp sattu powder
- 1 organic egg
- 1/4 cup non-dairy milk
- 1/2 banana or strawberries, sliced

Method

- Mix 1/2 cup oat flour, sattu powder, 1 egg, and 1/4 cup non-dairy milk until batter forms.
- Heat a non-stick pan and pour batter to make pancakes.
- Cook until bubbles form, then flip and cook the other side.
- Serve with sliced strawberries or banana.
Enjoy!



Avocado & Egg Toast

Ingredients

- 1 slice whole grain bread
- 1/4 avocado, sliced or mashed
- 1 egg, cooked
- Salt, to taste
- Optional: Pepper, to taste

Method

- Toast the whole grain bread.
- Spread mashed or sliced avocado on top.
- Cook the egg to your preference (poached, sunny side up, or scrambled) and place it on the avocado toast.
- Season with salt and pepper, if desired. Enjoy!



Broccoli Stir Fry Rice

Ingredients

- 40 gms Basmati Brown rice[raw]
- 1 cup broccoli
- 1 tsp oil
- 1 sliced onion
- 1 sliced tomato
- ½ tsp Oregano and paprika powder
- 2 pods crushed garlic
- Salt to taste

Method

- Wash, and soak the Basmati brown rice for 15 mins.
- Cook the rice in pressure cooker on high flame for 8 mins, and let it simmer on low flame for 8 mins.
- Sauté the diced broccoli along with onion, tomatoes and spices.
- Add cooked rice and salt to taste.
- Serve hot.



Oats Flour Veg Kathi Roll

Ingredients

- 1 Oats flour roti
- Protein - 2 eggs/
chicken / paneer /
tofu etc
- 2 tbsp Coriander
chopped
- Oregano/ salt /
pepper –to taste
- 1 tsp cooking Oil

Method

- Prepare stuffing. Sauté oil, add onion .Add the chopped veggies and salt. Squeeze lime juice at the end. Fill flour roti with the mixture of Stuffing. Roll in butter paper and serve.



Amaranth Chia Pudding

Ingredients

- Almonds peeled 10-15 nos.
- Popped amaranth 2 tbsp.
- Chia seeds 1 tbsp.
- Strawberries (chopped) 3-4 nos.

Method

- Soak almonds overnight, peel, and blend with water to make almond milk.
- Soak amaranth seeds overnight.
- Mix almond milk with soaked amaranth and soaked chia seeds.
- Add chopped strawberries and refrigerate for 6-8 hours.
- Serve hot or chilled. Enjoy!



Protein Power Salad

Ingredients

- ½ bowl chickpeas
- 2 tbsp quinoa
- 1 tbsp chopped walnuts
- ½ cup romain lettuce leaves
- Salt as per taste
- Chaat masala
- Red chilli flakes
- Lime juice .

Method

- In a bowl, add boiled chickpeas and quinoa. Add finely chopped walnuts and lettuce leaves. Add the seasonings- salt, chaat masala, red chilli flakes and lime juice. Toss all the ingredients and serve.