

TOP 8

HIGH FIBER, HIGH PROTEIN

HEALTHY RECIPES



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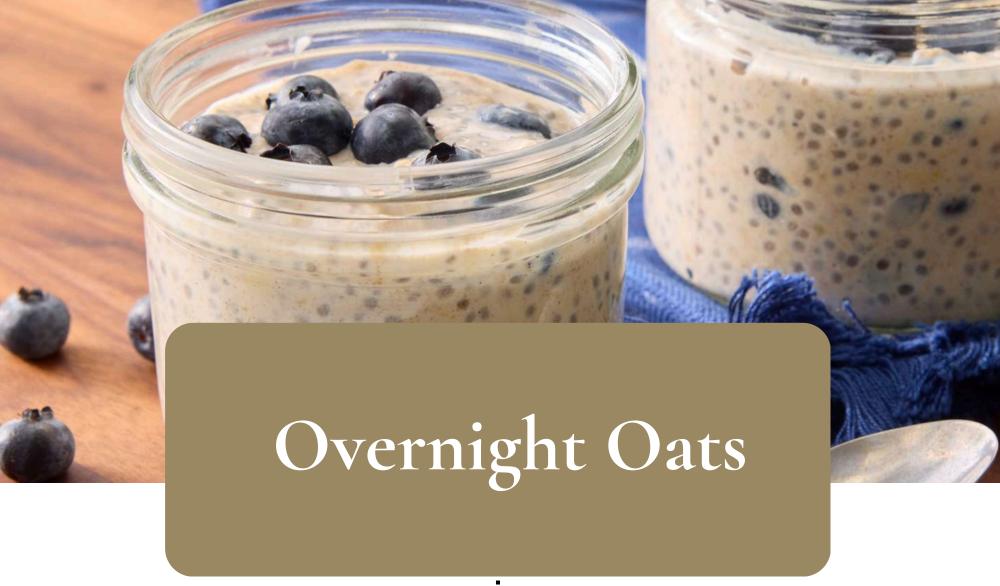


Introduction

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!

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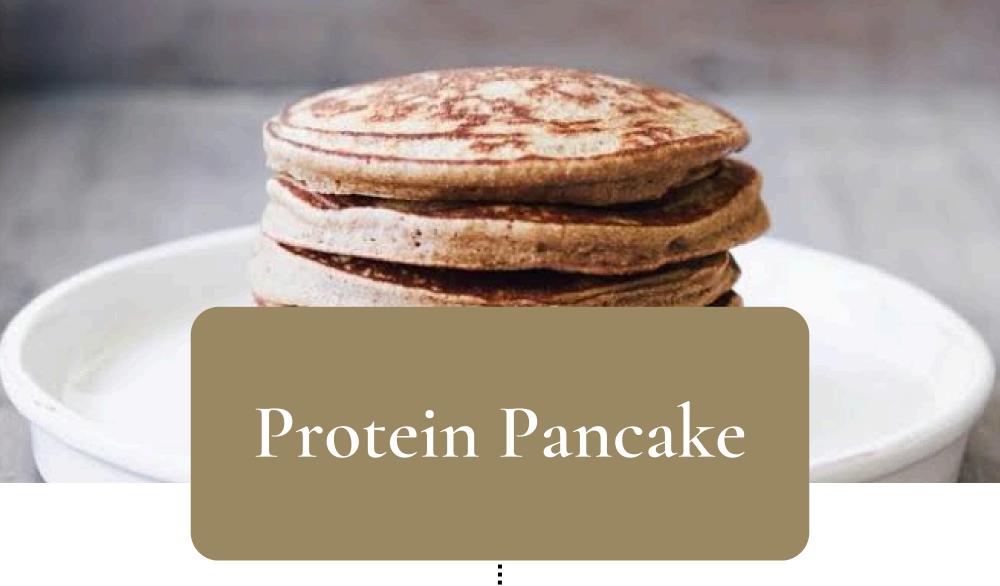
- 3-4 tbsp Rolled oats
- 3-4 Strawberries/
 blueberries (chopped or pureed)
- 4-5 raisins 1 tsp
- Soaked chia seeds
- 100 ml skimmed milk
- 1 tsp Honey

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



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

- 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!



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

- 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!



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

- 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!



- 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

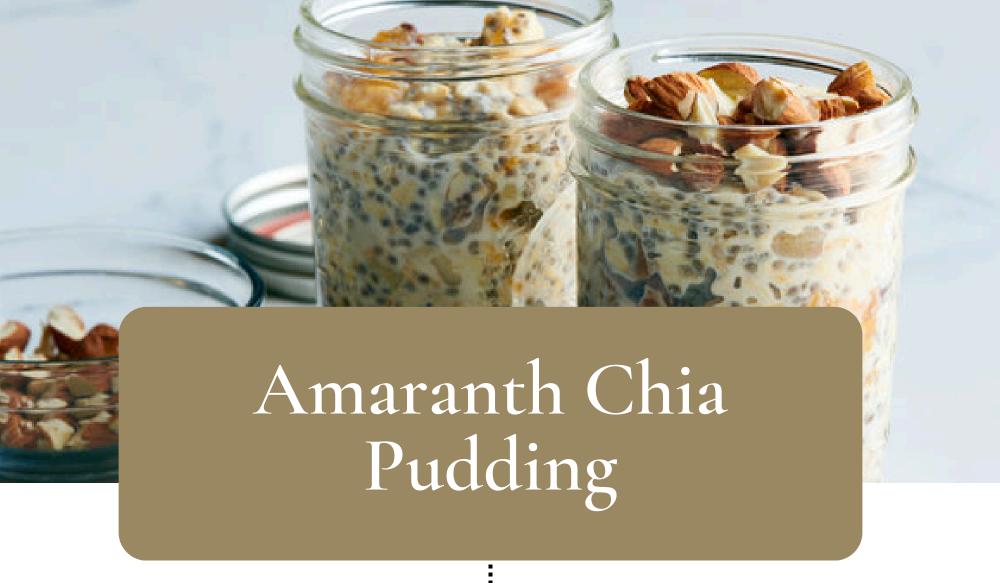
- Wash, and soak the Basmati brown rice for 15 mins.
- Cook the rice in pressure cooker on high flame for 8 mins, and let it simmer on low flame for 8 mins.
- Sauté the diced broccoli along with onion, tomatoes and spices.
- Add cooked rice and salt to taste.
- Serve hot.



- 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.



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

- 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!



- 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.