

DIET PLAN

for HH Bhakti Asraya Vaisnava
Swami Maharaj



MORNING - 6 AM

- **¼ Cup Karela juice - ¼ Cup**

Put 1 karela and a little water in a blender, make a paste and sieve it. (please make sure no chunks come.)

- **¼ Aloe vera (optional)**

Remove the green Skin of the Aloe vera leaving only the centre of it. cut it into pieces. (it should be fresh)



BREAKFAST PRASAD - 7:15 AM

- **1 Seasonal fruit** - choose any 1

Options: Soft Pear, Cherry, Pomegranate, Guava, Custard Apple, Grapes, Orange, Jamun, Singhada.

- **Overnight Soaked Nuts** -

2 Anjeers, 8 Almonds, 2 walnuts

- **Cooked item** - choose any 1

Options:

1. Millet Dosa with Vegetable Stuffing
2. Moong Daal Dosa with Vegetable Stuffing.
3. Green/Yellow Dal Chila stuffed with vegetables.
4. Veggie millet Upma
5. Millet Pongal
6. Black Channa Salad
7. Bajra Khichuri (Winter only).
8. Vegetable Besan Chila

- **Chutney**- choose any 1 or 2

Options:

1. Green Coriander Chutney.
2. Coconut Chutney.
3. Roasted Tomato Chutney.



LUNCH PRASAD - 1:30 PM

- **Bitter Sabji** - choose any **1**

Options:

1. Shukto
2. Karela

- **Sabji** - choose any **2/3**

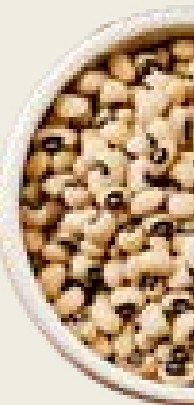
Options:

1. Dry Parmal bhaji
2. Santula (an Odia mix veg)
3. Besara
4. Dry beans bhaji
5. Kakrol Parmal
6. Sem ki fali
7. Drumsticks
8. Ashgourd
9. Torai
10. Ghiya
11. Dry Carrot and beans bhaji
12. Raw Papaya

- **Shaak** - choose any **2**

Options:

2. Lal Shaak
3. Chaulai
4. Moringa
5. Mooli ke pate
6. Bathua
7. Pumpkin leaf
8. Methi



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LUNCH PRASAD - 1:30 PM

- **Dal** - choose any 1

Options:

1. Moong Dal Dalma
2. Arhar Dal Dalma
3. Green moong dal
4. Yellow moong dal

- **Brown Rice** - Make in an open vessel and drain the excess water.

- **Millet Roti** - choose any 1

Options:

1. Jowar
2. Bajra
3. Rajgira
4. Bajra (only Winter)
5. ragi

- **Grated Haldi and Amla**

- **1 Small bowl of Salad**

Options:

1. Cucumber and Radish salad
2. Cucumber, Lettuce, Cherry tomato salad
3. Grated carrot, beetroot, chopped cucumber salad

- **Optional**

Options:

1. Roasted Baigun Bhaja
2. Roasted Moong Dal Papad
3. Vadi Chura
4. Green Chutney



DINNER PRASAD - 7:45 PM

- **Soup** - choose any 1

Options:

1. Clear vegetable basil soup
2. Tomato and drumsticks soup
3. pumpkin soup
4. Carrot Tomato, Papaya soup

- **Main item** - choose any 1

Options:

1. Millet Khichuri
2. Millet Upma
3. Dal Chila with Vegetable stuffing

- **Chutney**- choose any 1 or 2

Options:

1. Green Coriander Chutney
2. Coconut Chutney
3. Roasted Tomato Chutney

- **Roasted Makhana**



EKADASHI PRASAD

Lunch

- **Raw Papaya and Makhana sabji**
- **Pumpkin Sabji**
- **Roasted Makhana**
- **Rajgira Roti**
- **Boiled Peanut and cucumber Salad**
- **Fruits**
- **Green Coconut Malai** (Tender Coconut Pulp)



Dinner

- **Raw Papaya Soup**
- **Roasted Makhana**



Notes:

- Kindly use only clean cold pressed Peanut oil or ghee
- Use Only Ginger, Fresh Green Chilli, Black Pepper and Jeera for spices.



REGULATIONS

- **Don'ts**

1. No Potatoes
2. No Wheat
3. No White Rice
4. No Sugar (Also No jaggery)
5. No Fried items
6. No refined oil
7. No Fruit juices
8. No High sugar fruits like Mango, Banana, etc.
9. No aluminium utensils for cooking.

- **Do's**

1. Only Ghee or Cold pressed oil shall be used in minimal amounts.
2. Rice is to be prepared in an open vessel and must drain the water.



Breakfast RECIPES

Millet Dosa with Veggie Stuffing

Ingredients:

- **Batter:**

- Millet (kodo/little millet) – 1 cup
- Urad dal – ¼ cup
- Brown rice poha – 2–3 tbsp
- Methi seeds – ½ tsp
- Salt – to taste

- **For the Stuffing:**

- Finely Chopped Beans – ¼ cup
- Finely Chopped Broccoli – ¼ cup
- Finely Chopped Red Capsicum – ¼ cup
- Finely Chopped Yellow Capsicum – ¼ cup
- Finely Chopped Carrot – ¼ cup
- Salt – to taste
- chilli flakes
- Cow Ghee – 1 tsp

Preparation:

- Wash millet, urad dal, and methi seeds. Soak them together for 4–5 hours.
- Soak poha separately for 10 minutes.
- Grind all soaked ingredients into a smooth batter.
- Add salt and allow the batter to ferment for 6–8 hours.

Prepare the Stuffing:

- Heat 1 tsp cow ghee, and add chopped green chilli, beans, broccoli, red capsicum, yellow capsicum, and carrot. Sauté on medium heat for **4–5 minutes**.
- Add salt, chilli flakes and hing.

Method: Heat a tawa on medium flame and Pour a ladleful of batter and spread it thin like a dosa.

- Drizzle a **little** cow ghee around the edges.

When the dosa turns light golden, place 2–3 tablespoons of the prepared stuffing in the centre and then fold the dosa.

Breakfast RECIPES

Moong Dal Dosa with Veggie Stuffing

Ingredients:

- **Batter:**

- Yellow Moong Dal – 1 cup
- Brown Rice – 1 cup
- Green Chilli – 1
- Ginger – 1 small piece
- Salt – to tasteh
- Hing (Asafoetida) – a pinch

- **For the Stuffing:**

- Finely Chopped Beans – ¼ cup
- Finely Chopped Broccoli – ¼ cup
- Finely Chopped Red Capsicum – ¼ cup
- Finely Chopped Yellow Capsicum – ¼ cup
- Finely Chopped Carrot – ¼ cup
- Salt – to taste
- Cow Ghee – 1 tsp

Preparation: Prepare the Batter by Washing and soaking the yellow moong dal and brown rice together for **8–10 hours**.

- Drain the water and grind with green chilli and ginger into a smooth batter.
- Transfer the batter to a bowl and add salt and hing. Mix well and keep aside to ferment for 6–8 hours.

Prepare the Stuffing:

- Heat 1 tsp cow ghee, and add chopped green chilli, beans, broccoli, red capsicum, yellow capsicum, and carrot. Sauté on medium heat for **4–5 minutes**.
- Add salt and hing.

Method: Heat a tawa on medium flame and Pour a ladleful of batter and spread it thin like a dosa.

- Drizzle a **little** cow ghee around the edges.

When the dosa turns light golden, place 2–3 tablespoons of the prepared stuffing in the centre and then fold the dosa.

Breakfast RECIPES

Moong Dal Chilla with Veggie Stuffing

Ingredients:

Batter:

- Yellow or Green Moong Dal – 1 cup
- Green Chilli – 1
- Ginger – 1 small piece
- Salt – to taste
- Red Chilli Powder – ¼ teaspoon
- Dhaniya (Coriander) Powder – ½ teaspoon
- Hing (Asafoetida) – a pinch

For the Stuffing:

- Finely Chopped Beans – ¼ cup
- Finely Chopped Broccoli – ¼ cup
- Finely Chopped Red Capsicum – ¼ cup
- Finely Chopped Yellow Capsicum – ¼ cup
- Finely Chopped Carrot – ¼ cup
- Salt – to taste
- Chopped Green Chilli – 1
- Cow Ghee – 1 tsp

Preparation: Prepare the Batter by washing and soaking the moong dal for 8–10 hours.

- Drain the water and grind with green chilli and ginger into a smooth batter.
- Transfer the batter to a bowl and add salt, red chilli powder, dhaniya powder, and hing. Mix well and keep aside.

Prepare the Stuffing: Heat a little cow ghee and add chopped green chilli, beans, broccoli, red capsicum, yellow capsicum, and carrot. Sauté on medium heat for 4–5 minutes.

- Add salt and mix well.

Method: Heat a tawa on medium flame and pour a ladleful of batter, spreading it to form a chilla.

- Drizzle a **little** cow ghee around the edges.
- When the chilla turns light golden, place 2–3 tablespoons of the prepared stuffing in the centre and fold the chilla.

Breakfast RECIPES

Millet Upma

Suitable millets: Little millet, foxtail millet, barnyard millet, or kodo millet

Ingredients:

- Millet – ½ cup
- Water – 1½ cups
- Cow ghee – 1 teaspoon
- Mustard seeds – ½ teaspoon
- Cumin seeds – ½ teaspoon
- Chana dal – 1 teaspoon
- Urad dal – ½ teaspoon
- Hing – a pinch
- Curry leaves – 6–7
- Green chilli – 1–2, finely chopped
- Ginger – ½ inch, finely chopped
- Mixed vegetables – ½ cup (carrot, beans, capsicum, peas, etc.), finely chopped
- Turmeric powder – ¼ teaspoon
- Salt – to taste
- Lemon juice – 1 teaspoon (optional)
- Fresh coriander – 1 tablespoon, chopped

Method:

1. Prepare the Millet: Wash the millet thoroughly and soak for 6–8 hours. Drain and keep aside.

2. Prepare the Tempering: Heat ghee in a pan.

- Add mustard seeds and cumin seeds; let them splutter.
- Add chana dal and urad dal; sauté until light golden.
- Add hing, curry leaves, green chilli, and ginger; sauté briefly.
- Add the chopped vegetables, along with salt and turmeric.
- Cook for 2–3 minutes.

3. Cook the Upma: Add the soaked millet to the pan and mix well with the vegetables and spices.

- Pour in 1½ cups water.
- Cover and cook on low flame for 10–12 minutes, or until the millet becomes soft and the water is fully absorbed.

4. Finish: Add lemon juice if using.

Breakfast RECIPES

Black Chana Salad

Ingredients:

- Boiled black chana – 1 cup
- Cucumber – 1, finely chopped
- Tomato – 1, finely chopped
- Fresh grated coconut – 2–3 tbsp
- Green chilli – 1 small, finely chopped
- Fresh coriander – 1 tbsp, finely chopped
- Pomegranate seeds – 2–3 tbsp
- Chaat masala – 1 tsp
- Black pepper – ½ tsp
- Salt – to taste
- Lemon juice – 1 tsp

Method:

1. In a mixing bowl, add the boiled black chana.
2. Add the chopped cucumber, tomato, grated coconut, green chilli, coriander, and pomegranate seeds.
3. Sprinkle chaat masala, black pepper, and salt, Squeeze fresh lemon juice over the salad.
4. Mix and serve.

Breakfast RECIPES

Bajra Khichri

Ingredients:

- Bajra (pearl millet), coarsely crushed, husk removed – 1 cup
- Green moong dal + brown rice (mixed) – 1/4 cup
- Green chilli – 1, chopped
- Ginger – 1 tsp, grated
- Cumin seeds – 1/2 tsp
- Hing – 1 pinch
- Salt – to taste
- Water – 4 cups
- Cow ghee – 1 tsp (for serving)

Preparation:

Step 1: Prepare the Bajra

Sprinkle a little water on the bajra, crush lightly, and remove the outer peel. Soak for 1–2 hours.

Step 2: Wash Dal & Rice

Rinse the moong dal and brown rice 2–3 times.

Method:

1. Heat a pressure cooker. Add cumin seeds, hing, ginger, and green chilli. Sauté for a few seconds.
2. Add the soaked bajra, moong dal, and brown rice. Mix well.
3. Add 4 cups water and salt. Pressure cook for 2–3 whistles on medium flame.
4. Open the cooker and simmer on low flame for 30 minutes, stirring occasionally.
5. Mash lightly to get a soft, khichadi consistency.

Breakfast RECIPES

Besan Chilla

Ingredients:

- Besan – 1 cup
- Tomato – 1 (chopped)
- Green chilli – 1
- Ginger – ½ tsp
- Coriander – 1 tbsp
- Haldi – a pinch
- Salt – to taste
- Cumin – ¼ tsp
- Water – as needed
- Ghee/oil – for cooking

Method:

1. Combine besan, tomato, green chilli, ginger, coriander, haldi, cumin, and salt.
2. Add water gradually and whisk into a smooth, medium-thick batter.
3. Heat a tawa and lightly grease with ghee or oil.
4. Pour a ladle of batter and spread into a chilla.
5. Cook both sides until golden and crisp.

Breakfast RECIPES

Green Chutney

Ingredients:

- 1 cup fresh coriander leaves
- A few fresh mint leaves
- 1 small piece ginger
- 1–2 green chillies
- 1–2 teaspoons lemon juice
- A pinch of hing
- Salt to taste
- A pinch of garam masala

Method:

1. Rinse the coriander and mint leaves well.
2. Add all ingredients to a blender - coriander, mint, ginger, green chilli, lemon juice, hing, salt, and garam masala.
3. Blend to a smooth paste. Add 1–2 tablespoons of water only if needed.
4. Taste and adjust salt or lemon juice.
5. Use immediately or store in the refrigerator for 1–2 days.

Breakfast RECIPES

Coconut Chutney

Ingredients:

- Fresh coconut – 1 cup (grated)
- Green chilli – 1–2
- Ginger – small piece
- Roasted chana dal – 2 tbsp
- Salt – to taste
- Water – as needed

Tempering:

- Mustard Oil – 1 tsp
- Mustard seeds – ½ tsp
- Curry leaves – few

Method:

1. Add coconut, green chilli, ginger, roasted chana dal, salt and a little water to a mixer.
2. Grind to a smooth chutney. Add more water if needed.
3. For tempering, heat oil and add mustard seeds and curry leaves.
4. Pour the tempering over the chutney.

Breakfast RECIPES

Roasted Tomato Chutney

Ingredients:

- Tomato – 2 (roasted directly on flame)
- Green chilli – 1
- Hing – a pinch
- Salt – to taste
- Coriander leaves – 1 tbsp
- Mustard oil – 1 tsp
- Dry red chillies – 1–2 (dry-roasted)

Method:

1. Roast tomatoes on direct flame until the skin is charred and the tomatoes turn soft.
2. Let them cool slightly, then peel off the burnt skin.
3. Dry-roast the red chillies separately.
4. In a mortar–pestle or mixer, add roasted tomatoes, roasted red chillies, salt, and coriander.
5. Crush/grind coarsely.

Lunch RECIPES

Shukto

Ingredients

Chaunk:

- Panch phoron – 1 teaspoon
- Mustard oil – 1 tablespoon
- Diced ginger – 1 teaspoon
- Turmeric powder – ½ teaspoon
- Salt – to taste

Poshto Paste:

- Poppy seeds – 1 tablespoon
- Mustard seeds – 2 tablespoon
- Ginger – small piece
- Green chilli – 1
- Water – as needed for grinding

- Green Papaya – peeled, cut into medium sticks
- Karela (Bitter Gourd) – cut into thin sticks
- Milk – ⅛ cup
- Roasted dal vadi – 4/5 small pieces

Soak mustard seeds and khaskhas for 2–3 hours for a smooth paste. Grind into a thick paste with ginger and green chilli.

Method:

1. Prepare the Chaunk – Heat mustard oil in a pan. Add panch phoron and let it crackle. Add diced ginger and sauté briefly.

2. Cook the Vegetables – Add karela, salt, and turmeric. Sauté for 2 minutes. Add 1 cup water and the raw papaya. Simmer until both karela and papaya break easily when pressed.

3. Add Poshto Paste – Mix in the prepared poshto paste and let it simmer gently so the flavours blend.

4. Finish – Add milk and the roasted dal vadi. Give a light stir and switch off the flame.

Notes:

* Shukto is meant to be a slightly liquid dish.

* There should be more karela and just a little papaya for proper balance.

Lunch RECIPES

Dry Karela Sabzi

Ingredients

- Karela – 6–7 (thin round slices)
- Mustard oil – 1 tsp
- Hing – a pinch
- Jeera – ¼ tsp
- Salt – to taste
- Turmeric – ¼ tsp
- Red chilli powder – optional

Method:

1. Heat 1 tbsp mustard oil in an iron kadai, add hing and jeera.
2. Add the sliced karela and salt, turmeric, and red chilli powder (if using).
3. Cook on low flame, stirring occasionally.
4. Let the karela turn crispy, dry, and lightly browned.

Lunch RECIPES

Dry Parmal Sabji

Ingredients

- Parmal – 200 g (cut into long pieces)
- Grated coconut – 1/8 cup
- Grated ginger – 1 tsp
- Green chilli – 2 (slit)
- Hing – a pinch
- Haldi – a pinch
- Salt – to taste
- Khuskhus paste – 1 tsp (plain)
- Mustard oil – as needed
- Panchaphoron – 1 tsp

Method:

1. Heat mustard oil in a pan. Add panchaphoron and hing.
2. Add grated ginger and slit green chillies. Sauté for a few seconds.
3. Add parmali along with salt and haldi. Sauté for 5 minutes.
4. Add a splash of water, cover, and cook until the parmali breaks easily when pressed.
5. Add 1 tsp khuskhus paste and grated coconut. Switch off the flame.
6. Keep covered for 5 minutes before serving.

Lunch RECIPES

Santula (odia mix Veg)

Ingredients

- Lauki – 50 g
- Tori – 2 pieces
- Pumpkin – 100 g
- Raw papita – 100 g
- Gajar – 1
- Red & yellow capsicum – ¼ each
- Tomato – 2
- Curry leaves – 6–8
- Green chilli – 1 (chopped)
- Ginger – small pieces (chopped)
- Salt – to taste
- Cow ghee – 1 tsp

Chaunk:

- Saunf – ½ tsp
- Sarson – ½ tsp
- Methi dana – ⅛ tsp
- Hing – a pinch

Poshto Paste:

- Sarson – 1 tsp
- Khaskhas – 1 tsp
- Green chilli – 1
- Ginger – 1 small piece

Soak sarson and khaskhas for 3–4 hours. Add green chilli and ginger, grind into a smooth paste.

Method:

- 1. Pressure Cook the Vegetables** - Cut all vegetables into medium-sized pieces. Add a little salt and pressure cook for 1 whistle only. Do not overcook.
- 2. Prepare the Chaunk** - Heat cow ghee in a pan. Add sarson, saunf, methi dana, curry leaves, hing, chopped ginger, and chopped green chilli. Let everything splutter and release aroma.
- 3. Combine** - Add this chaunk to the pressure-cooked vegetables. Mix gently. Transfer everything to an open pan and cook on medium flame for 5–6 minutes to bring all flavours together.
- 4.** Add 1–2 tsp of the prepared poshto paste for a richer, creamier taste. Mix lightly and cook for 1–2 minutes.

Lunch RECIPES

Besara

Ingredients

- Pumpkin – 100 g
- Parmal – 100 g
- Kakrol – 100 g
- Raw papaya – 100 g
- Brinjal – 1 (optional)
- Tomato – 1
- Green chilli – 1–2
- Turmeric – ½ tsp
- Salt – to taste

Posto (Besara) Paste:

- Mustard seeds – 2 tsp
- Khaskhas – 1 tsp
- Cumin seeds – ½ tsp
- Green chilli – 1
- Dry red chilli – 1
- Ginger – small piece

Chaunk:

- Panch phoron – ½ tsp
- Dry red chilli – 1
- Hing – a pinch
- Mustard oil or cow ghee – 1 tsp

Soak mustard seeds and khaskhas for 2–3 hours for a smooth paste. Grind with cumin seeds, ginger, green chilli, and dry red chilli into a thick paste.

Method:

- 1. Cook the Vegetables** – Cut all vegetables into medium-sized pieces. Add salt, turmeric, and a little water. Cook until the vegetables are about 80% done.
- 2. Add the Besara Paste** – Add the ground posto–mustard paste to the cooked vegetables. Add ½–1 cup water depending on the desired consistency. Cook on low flame for 5–7 minutes so the mustard flavour blends well.
- 3. Prepare the Chaunk** – Heat mustard oil or ghee. Add panch phoron, dry red chilli, split green chilli (optional), and hing. Let everything splutter and release aroma.
- 4. Combine** – Pour this chaunk over the besara sabzi. Mix gently and cook for 2 more minutes. Switch off the flame.

Lunch RECIPES

Dry beans bhaji

Ingredients

- Green beans – chopped into long pieces
- 1 tsp diced ginger
- 1 slit green chilli
- 1/8 cup shredded coconut
- 1 tsp sarso (mustard) seeds
- 1 dried red chilli
- A pinch of hing
- Salt to taste
- 1 tbsp sarso oil

Method:

1. Heat sarso oil in an iron kadhai, Add mustard seeds and the dried red chilli; let them crackle.
2. Add the slit green chilli, diced ginger, and hing, Sauté for a few seconds.
3. Add the chopped beans, shredded coconut, and salt. Sauté for 2 minutes.
4. Add a small splash of water, cover, and cook on low flame for 5–7 minutes.
5. Cook until the beans break easily when pressed but remain vibrant green, dry, and not mushy.

Lunch RECIPES

Kakrol–Parmal Sabzi

Ingredients

- Kakrol – 200 g
- Parmal – 200 g
- Chopped ginger – 1 tsp
- Chopped green chillies – 1–2
- Mustard oil – 1 tsp
- Cumin seeds – $\frac{1}{4}$ tsp
- Mustard seeds – $\frac{1}{4}$ tsp
- Hing – a pinch
- Salt – to taste

Poshto Paste (Optional):

- Sarson – 1 tsp
- Khaskhas – 1 tsp
- Green chilli – 1
- Ginger – 1 small piece

Soak sarson and khaskhas for 3–4 hours. Add green chilli and ginger, grind into a smooth paste.

Method:

1. Prepare the Vegetables – Wash kakrol and parmali well. Cut both into thin, long pieces.

2. Tempering – Heat mustard oil in a kadhai. Add mustard seeds, cumin seeds, and a pinch of hing. Once they splutter, add chopped ginger and green chillies. Sauté for 1 minute.

3. Cooking the Vegetables – Add sliced parmali and kakrol. Add salt to taste. Mix well, cover, and cook on medium flame for about 10 minutes, stirring in between.

4. Add the Posto Paste – When the sabzi is cooked add the posto paste. Mix gently so it coats the vegetables evenly then Cook again for 2–3 minutes on low flame. Switch off the heat.

Lunch RECIPES

Sem ki Fali ki Sabzi

Ingredients

- Sem ki fali – 250 g
- Chopped ginger – 1 tsp
- Chopped green chillies – 1–2
- Mustard oil – 1 tsp
- Cumin seeds – ¼ tsp
- Mustard seeds – ¼ tsp
- Hing – a pinch
- Haldi – ¼ tsp
- Salt – to taste

Method:

1. Wash the sem ki fali thoroughly and cut them into medium-sized pieces.
2. Heat mustard oil in a kadhai. Add mustard seeds, cumin seeds, and hing.
3. Once they splutter, add the chopped ginger and green chillies.
4. Add the sem ki fali, salt, haldi, and a little water. Mix well.
5. Cover and cook on low flame for 5–6 minutes, or until the beans turn soft.

Lunch RECIPES

Drumsticks Sabzi

Ingredients

- Drumsticks – 3–4 (cut into 2-inch pieces)
- Turmeric – ¼ tsp
- Salt – to taste
- Green chilli – 1–2 (slit)
- Water – 1 cup
- For Tempering
- Mustard oil – 1 tsp
- Panch phoran – ¼ tsp (or only mustard + cumin)
- Hing – a pinch

Method:

1. Add drumsticks, turmeric, salt, and water to a pan.
2. Cover and cook until drumsticks turn soft and strain them.
3. Heat mustard oil in a pan.
4. Add panch phoran and hing, green chilli, then add the boiled drumsticks.
5. Mix gently and cook for 5 minutes on low flame.

Lunch RECIPES

Ashgourd Sabzi

Ingredients

- Ashgourd – 250 g
- Chopped ginger – 1 tsp
- Chopped green chillies – 1–2
- Mustard oil – 1 tsp
- Cumin seeds – ¼ tsp
- Mustard seeds – ¼ tsp
- Hing – a pinch
- Haldi – ¼ tsp
- Salt – to taste

Posto Paste (1–2 tsp):

- Khaskhas – 2 tsp
- Green chilli – 1
- Ginger – 1 small piece

Preparation:

Soak khaskhas for 2 hours. Add green chilli and ginger, then grind to a smooth paste.

Method:

1. Wash and peel the ashgourd. Cut into medium-sized cubes.
2. Heat mustard oil in a kadhai, add mustard seeds, cumin seeds, and hing. Allow them to splutter.
3. Add chopped ginger and green chillies; sauté briefly.
4. Add the ashgourd, salt, haldi, and a little water. Mix well.
5. Cover and cook on low flame for 5–6 minutes, until the ashgourd softens.
6. Add the posto paste, mix, and cook for another 2 minutes on low flame.

Lunch RECIPES

Torai Sabzi

Ingredients

- Tori – 250 g
- Chopped ginger – 1 tsp
- Chopped green chillies – 1–2
- Mustard oil – 1 tsp
- Cumin seeds – ¼ tsp
- Mustard seeds – ¼ tsp
- Hing – a pinch
- Haldi – ¼ tsp
- Salt – to taste

Posto Paste (1–2 tsp):

- Khaskhas – 2 tsp
- Green chilli – 1
- Ginger – 1 small piece

Preparation:

Soak khaskhas for 2 hours. Add green chilli and ginger, then grind to a smooth paste.

Method:

1. Wash and peel the tori. Cut into medium-sized cubes.
2. Heat mustard oil in a kadhai, add mustard seeds, cumin seeds, and hing. Let them splutter.
3. Add chopped ginger and green chillies; sauté briefly.
4. Add the tori pieces, salt, haldi, and a little water. Mix well.
5. Cover and cook on low flame for 5–6 minutes until soft.
6. Add the posto paste, mix gently, and cook for 2 more minutes on low flame.

Lunch RECIPES

Ghiya Sabzi

Ingredients

- Ghia – 250 g
- Chopped ginger – 1 tsp
- Chopped green chillies – 1–2
- Chopped green coriander – as needed
- Mustard oil – 1 tsp
- Cumin seeds – ¼ tsp
- Mustard seeds – ¼ tsp
- Hing – a pinch
- Haldi – ¼ tsp
- Salt – to taste

Method:

1. Wash and peel the ghia. Cut it into medium-sized cubes.
2. Heat mustard oil in a kadhai, add mustard seeds, cumin seeds, and hing. Let them splutter.
3. Add chopped ginger and green chillies; sauté for a few seconds.
4. Add the ghia pieces, salt, haldi, and a little water. Mix well.
5. Cover and cook on low flame for 5–10 minutes until the ghia becomes soft.
6. Add chopped coriander, mix gently, and switch off the flame.

Lunch RECIPES

Carrot and beans Sabzi

Ingredients

- Carrot – 200 g
- Beans – 200 g
- Chopped ginger – 1 tsp
- Chopped green chillies – 1–2
- Chopped green coriander – 1–2 tbsp
- Mustard oil – 1 tsp
- Cumin seeds – $\frac{1}{4}$ tsp
- Mustard seeds – $\frac{1}{4}$ tsp
- Hing – a pinch
- Haldi – $\frac{1}{4}$ tsp
- Salt – to taste
- Garam masala – 1 pinch (optional)

Method:

1. Prepare vegetables: Wash carrots and beans well. Peel the carrots and cut both vegetables into medium-sized pieces.
2. Heat mustard oil in a kadhai and add mustard seeds, cumin seeds, and a pinch of hing. Let them crackle.
3. Add chopped ginger and green chillies. Sauté for a few seconds.
4. Add carrot and beans. Add salt, haldi, and 2–3 tbsp water. Mix well.
5. Cover and cook on low flame for 5–10 minutes until the vegetables become soft.
6. Finish: Add chopped coriander and a small pinch of garam masala. Mix well and switch off the flame.

Lunch RECIPES

Raw Papaya Sabzi

Ingredients

- Raw papaya – 250 gm
- Chopped ginger – 1 tsp
- Chopped green chillies – 1–2
- Mustard oil – 1 tsp
- Cumin seeds – ¼ tsp
- Mustard seeds – ¼ tsp
- Hing – a pinch
- Haldi – ¼ tsp
- Salt – to taste
- Posto Paste (1–2 tsp)
- Sarson – 1 tsp
- Khaskhas – 1 tsp
- Green chilli – 1
- Ginger – 1 small piece

Soak sarson and khaskhas for 3–4 hours. Add green chilli and ginger, then grind to a smooth paste.

Method:

1. Prepare papaya: Wash and peel the raw papaya. Cut it into medium-sized cubes.
 2. Heat mustard oil in a cooker, add mustard seeds, cumin seeds, and a pinch of hing. Let them splutter.
 3. Add chopped ginger and green chillies. Sauté for a few seconds.
- Cook papaya:
4. Add raw papaya pieces, salt, haldi, and a little water. Mix well.
 5. Pressure cook: Give 1 whistle, then cook on low flame for 5–6 minutes until the papaya becomes soft.
 6. Add the prepared posto paste, mix gently, and cook for 2 more minutes on low flame.

Lunch RECIPES

Chulai shaak / Lal Shaak

Ingredients

- Chulai (Or Lal Shaak) Leaves – about 225 g (after cleaning)
- Mustard Oil – 1 tablespoon
- Dal Vadi – 5-7 pieces
- Dried Red Chilli – 1 piece
- Jeera (Cumin Seeds) – ¼ teaspoon
- Sarso (Mustard Seeds) – ¼ teaspoon
- Green Chilli – 1
- Salt – approx. 6 g (adjust to taste)
- Turmeric – 1 pinch

Preparation: Clean the Shaak

- Separate the leaves from the stems.
- Rinse thoroughly several times to remove soil, allow leaves to float to the top and pour off the water, leaving any sand at the bottom.
- Chop the cleaned leaves into **5 cm wide** sections.

Method:

1. Heat mustard oil in a kadai and Add the dal vadi and roast on medium heat until golden and fragrant. Remove and set aside.
2. In the same oil, add the dried red chilli, jeera, and sarso. When they begin to crackle, add the slit green chilli.
3. Add the chopped chulai leaves and Sprinkle salt and turmeric, cover, and cook for 5 minutes.
4. Remove the lid and continue cooking uncovered, Stir occasionally until the shaak reduces in volume.

This will take about 10-15 minutes.

5. Add the roasted dal vadi back into the pan and mix.

Lunch RECIPES

Moringa shaak

Ingredients:

- Mustard Oil – 1 tablespoon only
- Sarso (Mustard) Seeds – 1 teaspoon
- Dry Red Chilli – 1
- Yellow Moong Dal – 2 tablespoons, soaked for 1 hour
- Half Tomato – ½, diced into small cubes
- Bottle Gourd (Ghiya/Lauki) – 3–4 inches piece, diced into small cubes
- Fresh Grated Coconut – ⅛ cup
- Tender Moringa Leaves – approx. 250 grams, plucked individually (no stems)
- Hing – a pinch
- Salt – to taste

Preparation: Soak the moong dal for 1 hour before cooking.

Method:

1. **Tempering:** Heat mustard oil in a pressure cooker and Add mustard seeds and dry red chilli.
2. **Add:** diced tomato, bottle gourd, a pinch of hing, soaked moong dal, ½ cup boiling water and salt.
3. Close the lid and cook for **1 whistle only**.
4. **Open the cooker** and add the moringa leaves and grated coconut.
5. **Cook on medium flame** until the shaak is ready, the shaak should be soft but not watery.

Notes:

- Moringa leaves must be plucked, not chopped; discard stems.
- The moong dal should be easily pressed but not mushy.
- Make sure to wash the shaak properly at least 3 times.

Lunch RECIPES

Mooli ke Patte ka Shaak

Ingredients

Spices:

- Mustard oil or cow ghee – 1 tsp
 - Cumin seeds – ¼ tsp
 - Mustard seeds – ¼ tsp
 - Hing – a pinch
 - Haldi – ¼ tsp
 - Salt – to taste
-
- Mooli ke patte – 250 gm
 - Mooli – ½ (cut into small-medium pieces)
 - Chopped ginger – 1 tsp
 - slit green chillies – 1-2

Method:

1. **Wash** mooli leaves and mooli thoroughly. Cut both into medium-sized pieces.
2. **Heat the oil:** Heat 1 tsp mustard oil or ghee in a kadhai. Add mustard seeds, cumin seeds, and a pinch of hing. Let them splutter.
3. **Add aromatics:** Add chopped ginger and green chillies. Sauté for a few seconds.
4. **Cook the mooli:** Add chopped mooli and cook for 2-3 minutes.
5. Then add the mooli ke patte.
6. **Add spices:** Add salt, haldi, and 2-3 tbsp water. Mix everything well.
7. **Cover and cook:** Cover the kadhai and cook on low flame for 5-6 minutes until everything becomes soft and well cooked.
8. **Finish:** Add a small pinch of garam masala, mix well, and turn off the flame.

Lunch RECIPES

Bathua / Pumpkin Shaak

Ingredients:

- Pumpkin leaves or Bathua Leaves – about 225 g (after cleaning)
- Mustard Oil – 1 tablespoon
- Dried Red Chilli – 1 piece
- Jeera (Cumin Seeds) – ¼ teaspoon
- Sarso (Mustard Seeds) – ¼ teaspoon
- Green Chilli – 1
- Salt – approx. 6 g (adjust to taste)
- Turmeric – 1 pinch

Preparation: Clean the Shaak

- Separate the leaves from the stems.
- Rinse thoroughly several times to remove soil, allow leaves to float to the top and pour off the water, leaving any sand at the bottom.
- Chop the cleaned leaves into 5 cm wide sections.

Method:

1. In a hot pan put oil, add the dried red chilli, jeera, and sarso. When they begin to crackle, add the slit green chilli.
2. Add the chopped shaak leaves and Sprinkle salt and turmeric, cover, and cook for 5 minutes.
3. Remove the lid and continue cooking uncovered, Stir occasionally until the shaak reduces in volume.
4. This will take about 10-15 minutes.

Notes:

- The moong dal should be easily pressed but not mushy.
- Make sure to wash the shaak properly at least 3 times.

Lunch RECIPES

Methi shaak

Ingredients:

- Mustard Oil – 1 tablespoon only
- Sarso (Mustard) Seeds – 1 teaspoon
- Dry Red Chilli – 2
- Yellow Moong Dal – 2 tablespoons, soaked for 1 hour
- Bottle Gourd (Ghiya/Lauki) – 3–4 inches piece, diced into small cubes
- Methi Leaves – approx. 300 grams, roughly chopped
- Hing – a pinch
- Salt – to taste

Preparation: Soak the moong dal for 1 hour before cooking.

Method:

1. **Tempering:** Heat mustard oil in a pressure cooker and Add mustard seeds and dry red chilli.
2. **Add:** bottle gourd, a pinch of hing, soaked moong dal, ½ cup boiling water and salt.
3. Close the lid and cook for **1 whistle only**.
4. Open the cooker and add the methi leaves.
5. Cook on medium flame until the shaak is ready, the shaak should not be watery.

Notes:

- Moringa leaves must be plucked, not chopped; discard stems.
- The moong dal should be easily pressed but not mushy.
- Make sure to wash the shaak properly at least 3 times.

Dinner RECIPES

Clear Vegetable Basil Soup

Ingredients:

- Carrot – 1 small, thinly sliced
- Zucchini – ½, diced
- Broccoli – 1 tbsp, diced
- Celery – 1 stalk, chopped
- Green beans – 5–6, chopped
- Vegetable broth – 2 cups
- Fresh basil leaves – 6–8
- Olive oil – 1 tsp
- Salt – to taste
- Black pepper – a pinch
- Lemon juice – optional

Vegetable Broth:

- Carrot – 2, chopped
- Celery – 2 stalks, chopped
- Green beans – 5–6
- Bay leaf – 1
- Peppercorns – 5–6
- Water – 4 cups
- Salt – to taste

Method:

1. Add all broth ingredients to a pressure cooker.
 2. Pressure cook for 10 minutes, Strain and keep the broth ready.
 3. Soup Method: Heat olive oil in a pan and add all chopped vegetables and sauté lightly for 1 minute.
 4. Add vegetable broth, salt, and pepper. Bring to a boil, Simmer for 5 minutes.
 5. Turn off heat, add basil leaves and let them steep for 2–3 minutes.
- Add lemon juice if you like. Serve hot.

Dinner RECIPES

Tomato & Drumsticks Soup

Ingredients:

- Drumsticks – 2, cut into 2-inch pieces
- Tomatoes – 3–4 medium, chopped
- Carrot – 1 small, chopped
- Water – 2 cups
- Salt – to taste
- Black pepper – ¼ tsp
- Mixed chopped vegetables – 1 tbsp each (carrot, beans, zucchini, broccoli)
- Fresh coriander – for garnish
- Fresh basil – a few leaves (optional)

Method:

1. Pressure cook tomatoes, carrot, and drumsticks with salt and water until soft.
2. Blend the mixture with a hand mixer and strain to make a smooth soup.
3. In a pan, sauté the mixed chopped vegetables for 1–2 minutes.
4. Add the strained soup to the vegetables and cook for 2–3 minutes.
5. Add basil, coriander, and black pepper. Mix well and serve hot.

Dinner RECIPES

Carrot, Tomato & Papaya Soup

Ingredients:

- Carrot – 1 medium, chopped
- Tomato – 2 medium, chopped
- Raw papaya – 100 gm, peeled & chopped
- Celery – 1 stalk, chopped
- Fresh basil leaves – 6–8
- Water – 2 cups (or vegetable broth)
- Sesame oil – 1 tsp
- Salt – to taste
- Black pepper – ¼ tsp

Method:

1. Wash, peel, and chop the carrot, papaya, and tomatoes.
2. Add all the vegetables to a pressure cooker with salt and 2 cups of water. Cook for 2–3 whistles.
3. Cool the mixture, blend it smoothly, and strain the soup.
4. Heat sesame oil in a kadai and sauté chopped celery for 30 seconds.
5. Pour in the strained soup and simmer for 2–3 minutes.
6. Add fresh basil leaves and black pepper.

Dinner RECIPES

Millet Khichdi

Ingredients:

- Little millet / Kodo millet / Barnyard millet – ½ cup
- Moong chhilka dal – ¼ cup
- Ghee – 1 tsp
- Jeera – ½ tsp
- Mustard seeds – ½ tsp
- Hing – a pinch
- Haldi – ¼ tsp
- Chopped ginger + green chilli – 1 tsp
- Salt – to taste
- Vegetables (carrot, beans, raw papaya, petha, parmal, kakrol) – 1 cup, chopped
- Water – 3 cups

Method:

1. Wash and soak the millet for 8 hours. Add moong dal to the soaked millet and wash again.
2. Add the dal-millet mixture to a pressure cooker with 3 cups of water.
3. Sauté for 1 minute and pressure cook for 2–3 whistles.
4. Heat ghee in a kadai. Add jeera, mustard seeds, ginger-green chilli, and hing.
5. Add chopped vegetables, haldi, and salt. Stir fry for 1–2 minutes, then add 2.5–3 cups water and cook till the vegetables turn soft.
6. Add the cooked millet-dal mixture to the kadai. Mix well and cook for 5 minutes.
7. Garnish with coriander and a little ghee.