



Diwali Recipe Collection

Airdrop copy

DANA BOSSELMANN



Diwali Recipe Collection Airdrop copy

LIFESCAPE PREMIER, LLC

Welcome to your meal plan! Here you will find the customized plan I have created for you, along with an itemized grocery list and delicious recipes.

GROCERY LIST TIPS

This plan includes a full grocery list that outlines the ingredients you will need to follow this meal plan. You can find it by clicking the “List” tab from your planner. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

SHOPPING TIPS

The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

RECIPE TIPS

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

LEFTOVERS

If meals on the plan appear to be grey or shaded out, this means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!



Masala Dosa

5 SERVINGS 30 MINUTES



INGREDIENTS

4 cups Mini Potatoes (quartered)
1 tbsp Extra Virgin Olive Oil (divided)
1 Red Bell Pepper (seeds removed, diced)
1 tbsp Ginger (peeled, grated)
1 tbsp Lemon Juice
1/4 cup Cilantro (chopped)
Sea Salt & Black Pepper (to taste)
1/2 cup Chickpea Flour
1/2 cup All Purpose Gluten-Free Flour
1/8 tsp Baking Soda
1 1/2 cups Water

NUTRITION

AMOUNT PER SERVING

Calories	216	Calcium	28mg
Fat	4g	Iron	2mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	1g	Vitamin K	9µg
Monouns...	2g	Thiamine	0.2mg
Carbs	41g	Riboflavin	0.1mg
Fiber	6g	Niacin	2mg
Sugar	3g	Vitamin B6	0.5mg
Protein	6g	Folate	70µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	48mg	Phosphoro...	105mg

DIRECTIONS

- 01 Set the potatoes in a steaming basket over boiling water and cover. Steam for about 10 minutes, or until tender. Set aside.
- 02 Heat 1/3 of the oil over medium-high heat in a pan or skillet. Cook the red bell pepper and ginger until soft, about five minutes. Add the steamed potatoes and mash with a wooden spoon. Add the lemon juice, cilantro, salt, and pepper. Remove from heat.
- 03 In a mixing bowl, whisk together the chickpea flour, all purpose flour, baking soda and water. Season with salt (optional).
- 04 To create the dosas, heat the remaining oil over medium-high heat in a skillet. Pour about 1/2 cup of batter and gently swirl to spread it into a thin layer. Cook for about one to two minutes, or until browned and cooked through. Repeat with the remaining batter, using more oil as needed.
- 05 Divide the dosa onto plates and add the potato-pepper stuffing. Fold over and enjoy!

NOTES

LEFTOVERS

This recipe is best enjoyed immediately but can be refrigerated in an airtight container for up to four days.

SERVING SIZE

One serving is approximately one 9-inch dosa with one cup of potato-pepper stuffing.

MORE FLAVOR

Add onion, red chili peppers, and/or mustard seeds before cooking the red bell peppers.

ADDITIONAL TOPPINGS

Serve with chutney.

Potassium	650mg	Magnesium	48mg
Vitamin A	806IU	Zinc	1mg
Vitamin C	55mg	Selenium	1µg

FLOURS

This recipe was developed and tested using Bob's Red Mill Garbanzo Bean (Chickpea) Flour and All Purpose Gluten-Free Flour. Results may vary if using other types/brands of flour.

Egg Bhurji

2 SERVINGS 10 MINUTES



INGREDIENTS

- 4 Egg
- 1 tbsp Ghee
- 1/2 White Onion (finely chopped)
- 1 Tomato (large, finely chopped)
- 1/2 Green Chili Pepper (roughly chopped)
- 2 Garlic (cloves, minced)
- 1/2 tsp Garam Masala
- 1/2 tsp Coriander
- 1/4 tsp Turmeric
- 1/4 tsp Sea Salt
- 1/4 cup Cilantro (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	232	Calcium	78mg
Fat	16g	Iron	3mg
Saturated	7g	Vitamin D	82IU
Trans	0g	Vitamin E	1mg
Polyunsat...	2g	Vitamin K	8µg
Monouns...	4g	Thiamine	0.1mg
Carbs	8g	Riboflavin	0.5mg
Fiber	2g	Niacin	1mg
Sugar	2g	Vitamin B6	0.3mg
Protein	14g	Folate	72µg
Cholesterol	387mg	Vitamin B12	0.9µg
Sodium	500mg	Phosphoro...	236mg

DIRECTIONS

- 01 In a small bowl, whisk the eggs and set aside.
- 02 Heat a medium-sized skillet over medium heat and melt the ghee. Once hot, add the onion and cook for about five minutes, stirring often, until just starting to brown. Add the tomato and cook for one minute.
- 03 Add the green chili pepper and garlic and cook for one minute. Then pour in the garam masala, coriander, turmeric, and salt. Stir to combine and cook for one minute. Pour in the eggs and cook until fluffy and cooked to your liking, about two minutes.
- 04 Remove from the heat and garnish with cilantro. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

DAIRY-FREE

Use coconut oil or avocado oil.

MORE FLAVOR

Add minced ginger.

SERVE WITH

Serve with toast, crackers, flatbread, or naan.

Potassium	370mg	Magnesium	26mg
Vitamin A	1639IU	Zinc	2mg
Vitamin C	40mg	Selenium	32µg



Badam Milk

1 SERVING 15 MINUTES



INGREDIENTS

2 tbsps Blanched Almonds
1 1/4 cups Cow's Milk, Reduced Fat
(divided)
1/8 tsp Saffron (ground)
1/4 tsp Cardamom (ground)
1 1/2 tsps Maple Syrup
1/16 fl oz Rose Water (optional)

NUTRITION

AMOUNT PER SERVING

Calories	288	Calcium	421mg
Fat	16g	Iron	1mg
Saturated	5g	Vitamin D	0IU
Trans	0g	Vitamin E	4mg
Polyunsat...	2g	Vitamin K	1µg
Monouns...	8g	Thiamine	0.2mg
Carbs	25g	Riboflavin	0.8mg
Fiber	2g	Niacin	1mg
Sugar	22g	Vitamin B6	0.1mg
Protein	14g	Folate	24µg
Cholesterol	24mg	Vitamin B12	1.6µg
Sodium	148mg	Phosphoro...	369mg
Potassium	575mg	Magnesium	86mg
Vitamin A	2IU	Zinc	2mg
Vitamin C	1mg	Selenium	8µg

DIRECTIONS

- 01 Using a blender, food processor, or immersion blender, blend the almonds and 1/5 of the milk into a smooth paste. Set aside.
- 02 Bring the remaining milk, saffron, and cardamom to simmer in a small saucepan. Stir in the almond paste. Turn the heat down to low and let the mixture simmer for 10 minutes. Stir often so the milk doesn't get stuck to the bottom of the pan.
- 03 Remove from the heat, and stir in the maple syrup and rosewater, if using. Enjoy!

NOTES

LEFTOVERS

Refrigerate in a jar for up to two days. Give it a stir before serving. Warm it up or serve it chilled.

SERVING SIZE

One serving is equal to one cup.

DAIRY-FREE

Use plant-based milk instead.

Naan

4 SERVINGS 30 MINUTES



INGREDIENTS

- 1 cup All Purpose Gluten-Free Flour (plus more for dusting)
- 1 cup Plain Cow's Yogurt, Whole Milk
- 1 tsp Baking Powder
- 1/2 tsp Sea Salt
- 2 tbsps Water
- 1 tsp Extra Virgin Olive Oil

NUTRITION

AMOUNT PER SERVING

Calories	188	Calcium	142mg
Fat	3g	Iron	1mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	1µg
Monouns...	1g	Thiamine	0mg
Carbs	35g	Riboflavin	0.1mg
Fiber	6g	Niacin	0mg
Sugar	3g	Vitamin B6	0mg
Protein	4g	Folate	4µg
Cholesterol	8mg	Vitamin B12	0.2µg
Sodium	445mg	Phosphoro...	83mg
Potassium	95mg	Magnesium	8mg
Vitamin A	0IU	Zinc	0mg
Vitamin C	0mg	Selenium	1µg

DIRECTIONS

- 01 In a mixing bowl, add the flour, yogurt, baking powder, and sea salt and start mixing with a spatula. As the dough begins to form, add the water and keep mixing.
- 02 Once the dough is ready (it will be a little bit sticky but mostly smooth), lightly flour your work surface and shape the dough into a ball. Cut the dough into the according number of recipe servings.
- 03 Heat a large non-stick pan over medium heat. While it is heating, roll out each ball of dough as thin as you can, approximately 1/8-inch thickness, into an oval shape.
- 04 Place one rolled naan onto the pan and cook until you start to see air bubbles on the top and the bottom is golden, about one to two minutes. Flip over and cook for another one to two minutes or until the bottom is golden. Repeat with the other pieces of naan.
- 05 Brush the oil on each piece of naan before serving. Enjoy!

NOTES

LEFTOVERS

Refrigerate in a freezer bag for up to three days. To freeze, place parchment paper between each piece of naan and freeze for up to three months.

SERVING SIZE

One serving is equal to one piece of naan.

MORE FLAVOR

Add garlic powder to the dough.

SERVE IT WITH

Curries, stews, soups, and/or dips.

Tandoori BBQ Chicken Skewers

5 SERVINGS 1 HOUR 25 MINUTES



INGREDIENTS

1 1/2 lbs Chicken Thighs (boneless, skinless, cut into 1-inch cubes)
Sea Salt & Black Pepper (to taste)
1 tbsp Cumin
2 tsp Paprika
1 tsp Turmeric
1 tsp Coriander
1/2 tsp Cayenne Pepper
1/2 cup Plain Cow's Yogurt, Whole Milk
4 Garlic (cloves, minced)
1 1/2 tbsps Lemon Juice
5 Barbecue Skewers

NUTRITION

AMOUNT PER SERVING

Calories	195	Calcium	61mg
Fat	7g	Iron	3mg
Saturated	2g	Vitamin D	1IU
Trans	0g	Vitamin E	1mg
Polysat...	1g	Vitamin K	5µg
Monouns...	3g	Thiamine	0.1mg
Carbs	4g	Riboflavin	0.3mg
Fiber	1g	Niacin	8mg
Sugar	1g	Vitamin B6	0.7mg
Protein	28g	Folate	9µg
Cholesterol	131mg	Vitamin B12	0.9µg

DIRECTIONS

- 01 Season the chicken with salt and pepper.
- 02 In a large bowl, mix the spices with the yogurt, garlic, and lemon juice. Add the chicken and cover with plastic wrap. Place in the fridge to marinate for one hour.
- 03 Thread the chicken cubes onto the skewers. Grill over medium heat for about five to seven minutes per side, or until browned and cooked through. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is one 12-inch skewer.

BARBECUE SKEWERS

If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.

DAIRY-FREE

Use dairy-free yogurt.

ADDITIONAL TOPPINGS

Serve with fresh cilantro on top and some lemon zest.

SERVE IT WITH

Serve alongside rice, extra yogurt to dip in, and/or grilled veggies.

Sodium	144mg	Phosphoro...	292mg
Potassium	446mg	Magnesium	44mg
Vitamin A	577IU	Zinc	2mg
Vitamin C	3mg	Selenium	32µg



Carrot Halwa

6 SERVINGS 45 MINUTES



INGREDIENTS

- 1 tsp Ghee
- 3 Carrot (large, grated)
- 2 cups Unsweetened Almond Milk
- 1 1/2 tbsps Coconut Sugar (to taste)
- 1/2 tsp Cardamom (ground)
- 1/4 cup Pistachios (removed from shell, chopped)

NUTRITION

AMOUNT PER SERVING

Calories	65	Calcium	166mg
Fat	4g	Iron	0mg
Saturated	1g	Vitamin D	34IU
Trans	0g	Vitamin E	0mg
Polyunsat...	1g	Vitamin K	4µg
Monouns...	2g	Thiamine	0.1mg
Carbs	7g	Riboflavin	0.1mg
Fiber	2g	Niacin	0mg
Sugar	4g	Vitamin B6	0.1mg
Protein	2g	Folate	8µg
Cholesterol	2mg	Vitamin B12	0µg
Sodium	79mg	Phosphoro...	36mg
Potassium	164mg	Magnesium	16mg
Vitamin A	5288IU	Zinc	0mg
Vitamin C	2mg	Selenium	0µg

DIRECTIONS

- 01 Heat the ghee in a pan over medium heat. Cook the grated carrots for five minutes, stirring frequently.
- 02 Stir in the milk and bring to a simmer. Turn down the heat to medium-low and cook until the liquid is absorbed, about 35 minutes.
- 03 Stir in the coconut sugar and cardamom. Cook until dissolved, about one minute. Divide into bowls and top with pistachios. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days, or freeze if longer.

SERVING SIZE

One serving equals approximately one cup.

MORE FLAVOR

Toast the pistachios.

ADDITIONAL TOPPINGS

Top with mixed nuts or raisins.

NO ALMOND MILK

Use cow's milk or any other milk alternative.

NO COCONUT SUGAR

Use date paste, white sugar, or your sweetener of choice.

Masala Lassi

1 SERVING 5 MINUTES



INGREDIENTS

2/3 cup Plain Cow's Yogurt, Whole Milk
1/4 cup Water
2 tps Cashews (plus more for garnish)
1 tsp Coconut Sugar
1/4 tsp Cardamom (ground)
1/8 tsp Nutmeg (ground)

NUTRITION

AMOUNT PER SERVING

Calories	146	Calcium	209mg
Fat	8g	Iron	1mg
Saturated	4g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	1g	Vitamin K	2µg
Monouns...	3g	Thiamine	0.1mg
Carbs	13g	Riboflavin	0.2mg
Fiber	0g	Niacin	0mg
Sugar	11g	Vitamin B6	0.1mg
Protein	7g	Folate	16µg
Cholesterol	21mg	Vitamin B12	0.6µg
Sodium	77mg	Phosphoro...	185mg
Potassium	292mg	Magnesium	37mg
Vitamin A	0IU	Zinc	1mg
Vitamin C	1mg	Selenium	4µg

DIRECTIONS

01 Combine all the ingredients in a blender and blend until smooth. Top with crushed cashews and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

MORE FLAVOR

Add saffron and black pepper. Use roasted cashews.

NO CASHEWS

Use almonds, pistachios, or a mix of nuts.

MAKE IT VEGAN

Use coconut yogurt instead of plain cow's yogurt.

Aloo Bhindi

4 SERVINGS 40 MINUTES



INGREDIENTS

- 1 tbsp Extra Virgin Olive Oil (divided)
- 3 Yellow Potato (peeled, diced)
- 1/2 tsp Sea Salt (divided)
- 2 Garlic (cloves, large, minced)
- 1 Yellow Onion (diced)
- 1 cup Okra (trimmed and chopped)
- 1 tbsp Ginger (freshly grated)
- 1 1/2 cups Diced Tomatoes (from the can, with the juices)
- 1 tbsp Garam Masala
- 2 tsps Turmeric
- 1 tbsp Parsley (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	207	Calcium	72mg
Fat	4g	Iron	4mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polysat...	0g	Vitamin K	29µg
Monouns...	2g	Thiamine	0.2mg
Carbs	39g	Riboflavin	0.1mg
Fiber	7g	Niacin	2mg
Sugar	6g	Vitamin B6	0.5mg
Protein	5g	Folate	41µg
Cholesterol	0mg	Vitamin B12	0µg

DIRECTIONS

- 01 Heat half of the oil in a large skillet. Add the potatoes and half of the salt and cook, covered over medium heat. Cook the potato until it is crispy and tender, about 10 minutes. If the potato sticks to the pan, you can add some water to loosen and steam the potato as it continues to cook. Remove the potato from the skillet and set aside.
- 02 Add the remaining oil to the same skillet. Add the garlic, onion, okra, and ginger. Cook until the okra softens, about five to seven minutes. Then, add the tomatoes to deglaze the pan, being sure to scrape up the browned bits.
- 03 Add the remaining salt and spices. Mix well. Add the potatoes back to the skillet, and stir to coat them in the tomato mixture. Garnish with parsley and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for three days.

SERVING SIZE

One serving is approximately one cup.

MORE FLAVOR

Add fenugreek leaves.

SERVE IT WITH

Yogurt, raita, rice, and/or pita.

Sodium	328mg	Phosphoro...	114mg
Potassium	843mg	Magnesium	56mg
Vitamin A	637IU	Zinc	1mg
Vitamin C	48mg	Selenium	1µg



Chicken Tikka Masala Meatballs

2 SERVINGS 30 MINUTES



INGREDIENTS

8 ozs Extra Lean Ground Chicken
1 Garlic (clove, minced)
2 tbsps Red Onion (finely diced)
2 1/2 tbsps Cilantro (chopped, plus more for garnish)
Sea Salt & Black Pepper (to taste)
1/2 tsp Extra Virgin Olive Oil
2 1/2 tbsps Tikka Masala Paste
1/3 cup Water

NUTRITION

AMOUNT PER SERVING

Calories	229	Calcium	17mg
Fat	15g	Iron	1mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	2g	Vitamin K	6µg
Monouns...	5g	Thiamine	0.1mg
Carbs	4g	Riboflavin	0.3mg
Fiber	1g	Niacin	6mg
Sugar	0g	Vitamin B6	0.6mg
Protein	20g	Folate	4µg
Cholesterol	98mg	Vitamin B12	0.6µg
Sodium	420mg	Phosphoro...	208mg
Potassium	619mg	Magnesium	26mg
Vitamin A	85IU	Zinc	2mg

DIRECTIONS

- 01 In a bowl, mix together the ground chicken, garlic, red onion, cilantro, salt and pepper.
- 02 Using slightly damp hands, form into balls approximately two inches in diameter.
- 03 Heat up the oil in a pan over medium heat. Add the meatballs and cook for two to three minutes per side or until golden brown.
- 04 Add tikka masala paste and water to the pan. Stir well and cover the pan with lid. Let simmer on low heat for 15 minutes, or until cooked through. Top with more cilantro and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately four meatballs.

SERVING OPTIONS

Enjoy as-is, with your choice of bread, or with rice.

Vitamin C 2mg Selenium 12µg



Peanut Sesame Potatoes

4 SERVINGS 25 MINUTES



INGREDIENTS

3 cups Mini Potatoes (halved)
1/3 cup Raw Peanuts (unsalted)
1 1/2 tbsps Sesame Seeds
1 tsp Turmeric
1/2 tsp Sea Salt
1 Garlic (clove)
1 tsp Ginger (peeled, roughly chopped)
1 tsp Cumin
1 1/2 tsps Extra Virgin Olive Oil
1/2 Lemon (quartered)

NUTRITION

AMOUNT PER SERVING

Calories	202	Calcium	68mg
Fat	10g	Iron	4mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	3g	Vitamin K	4µg
Monouns...	5g	Thiamine	0.2mg
Carbs	25g	Riboflavin	0.1mg
Fiber	4g	Niacin	3mg
Sugar	2g	Vitamin B6	0.4mg
Protein	6g	Folate	51µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	306mg	Phosphoro...	143mg
Potassium	651mg	Magnesium	66mg

DIRECTIONS

- 01 Boil the potatoes in water until tender, about 15 minutes. Drain and set aside.
- 02 Meanwhile, pulse the peanuts, sesame seeds, turmeric, salt, garlic, ginger, and cumin in a food processor until you get a coarse mixture.
- 03 Heat the oil in a large skillet until it shimmers. Add the peanut and sesame mixture and heat until fragrant, about two minutes. Add the potatoes to the skillet and stir to coat the potatoes well.
- 04 Divide the potatoes evenly between plates. Squeeze the lemon overtop of the potatoes and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is 3/4 cup of potatoes.

MORE FLAVOR

Add chopped cilantro, coconut sugar, and/or coriander.

Vitamin A	10IU	Zinc	1mg
Vitamin C	25mg	Selenium	3µg



Chili & Garlic Paneer

3 SERVINGS 20 MINUTES



INGREDIENTS

- 1 tbsp Avocado Oil
- 1 Garlic (clove, large, minced)
- 1 tsp Kashmiri Chili Powder
- 12 ozs Paneer Cheese (cubed)
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Water
- 1 tsp Cilantro (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	409	Calcium	467mg
Fat	33g	Iron	0mg
Saturated	21g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	1g	Vitamin K	1µg
Monouns...	3g	Thiamine	0mg
Carbs	5g	Riboflavin	0mg
Fiber	0g	Niacin	0mg
Sugar	4g	Vitamin B6	0mg
Protein	29g	Folate	0µg
Cholesterol	101mg	Vitamin B12	0µg
Sodium	47mg	Phosphoro...	4mg
Potassium	103mg	Magnesium	2mg
Vitamin A	274IU	Zinc	0mg
Vitamin C	0mg	Selenium	0µg

DIRECTIONS

- 01 Add the oil, garlic, chilli powder, paneer, salt, and pepper to a large bowl and toss well to coat the paneer.
- 02 Heat a large pan over medium heat. Add the seasoned paneer. Cook for five to seven minutes, flipping the paneer as it cooks to brown the sides. Add the water to deglaze and release any paneer stuck to the pan.
- 03 Serve and garnish with the cilantro. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately 1/2 cup.

MORE FLAVOR

Add cumin, coriander, and/or garam masala.

ADDITIONAL TOPPINGS

Black cumin.

Garam Masala Popcorn

4 SERVINGS 15 MINUTES



INGREDIENTS

1/2 cup Popcorn Kernels
2 tbsps Coconut Oil
1/2 tsp Sea Salt
2 tbsps Garam Masala

NUTRITION

AMOUNT PER SERVING

Calories	162	Calcium	0mg
Fat	8g	Iron	1mg
Saturated	6g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	1g	Vitamin K	0µg
Monounsa...	1g	Thiamine	0mg
Carbs	20g	Riboflavin	0mg
Fiber	5g	Niacin	0mg
Sugar	0g	Vitamin B6	0mg
Protein	3g	Folate	0µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	303mg	Phosphoro...	0mg
Potassium	73mg	Magnesium	0mg
Vitamin A	0IU	Zinc	0mg
Vitamin C	0mg	Selenium	0µg

DIRECTIONS

- 01 In a large deep pot, add the popcorn kernels, coconut oil, and sea salt. Cover with a lid and turn the stove on low heat.
- 02 Let the kernels pop. Hold the lid on tightly and give the pot a little shake occasionally. Once the popping slows to one pop per every few seconds, turn off the heat.
- 03 Pour the popcorn into a bowl right away and sprinkle on the garam masala. Toss to combine. Serve and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately but can be stored in an airtight container for up to three days.

SERVING SIZE

One serving is approximately 1 1/2 cups.

NO COCONUT OIL

Use avocado oil.

ADDITIONAL TOPPINGS

Melted ghee, butter, and/or sea salt.

Golden Turmeric Latte

2 SERVINGS 10 MINUTES



INGREDIENTS

1 tbsp Ginger (grated)
1 cup Canned Coconut Milk
1 cup Water
1 tsp Turmeric (powder)
1 tbsp Raw Honey
1/2 tsp Cinnamon
1 1/2 tps Coconut Oil

NUTRITION

AMOUNT PER SERVING

Calories	281	Calcium	26mg
Fat	25g	Iron	1mg
Saturated	23g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	0µg
Monouns...	0g	Thiamine	0mg
Carbs	14g	Riboflavin	0mg
Fiber	1g	Niacin	0mg
Sugar	10g	Vitamin B6	0mg
Protein	2g	Folate	1µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	34mg	Phosphoro...	6mg
Potassium	228mg	Magnesium	7mg
Vitamin A	2IU	Zinc	0mg
Vitamin C	0mg	Selenium	0µg

DIRECTIONS

- 01 Grate the ginger then squeeze the juice out of it into a saucepan. Discard the pulp. Add the remaining ingredients to the saucepan and place over medium heat. Heat through for about 3 to 5 minutes, not letting it come to a boil. Whisk continuously.
- 02 Carefully transfer into a mason jar and seal with a lid. Shake vigorously for about 30 seconds, or until a foam starts to form. (Note: You can also use a blender for this step, but the turmeric can stain the blender cup.) Pour into glasses through a sieve and enjoy!

NOTES

USE FRESH TURMERIC ROOT

Skip the turmeric powder and use fresh turmeric root instead. Peel turmeric root and grate. Measure out about 1 tbsp grated turmeric root per serving.

AVOID A MESS

Rinse all glasses and mugs out right after use to avoid turmeric stains. Use baking soda on turmeric stains if they do happen.

ON-THE-GO

Add all ingredients except water to a mason jar. When ready to drink, just add hot water from the kettle and shake up for a warming, anti-inflammatory snack.

VEGAN

Use maple syrup to sweeten instead of honey.

Mango Lassi Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Frozen Mango
3/4 cup Unsweetened Almond Milk
1/4 cup Unsweetened Coconut Yogurt
1 tbsp Lemon Juice
1/4 tsp Cardamom
1/4 tsp Cinnamon
1/4 tsp Vanilla Extract

NUTRITION

AMOUNT PER SERVING

Calories	158	Calcium	491mg
Fat	4g	Iron	1mg
Saturated	2g	Vitamin D	76IU
Trans	0g	Vitamin E	2mg
Polyunsat...	1g	Vitamin K	7µg
Monouns...	1g	Thiamine	0.1mg
Carbs	31g	Riboflavin	0.1mg
Fiber	5g	Niacin	1mg
Sugar	23g	Vitamin B6	0.2mg
Protein	2g	Folate	74µg
Cholesterol	0mg	Vitamin B12	0.7µg
Sodium	135mg	Phosphoro...	26mg
Potassium	330mg	Magnesium	32mg
Vitamin A	2163IU	Zinc	0mg
Vitamin C	66mg	Selenium	1µg

DIRECTIONS

01 Add all the ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately.

NUT-FREE

Use coconut milk or dairy milk instead.

NO FROZEN MANGO

Use fresh mango instead.

NO COCONUT YOGURT

Use plain dairy yogurt or Greek yogurt instead.

LIKES IT SWEET

Add honey or maple syrup to taste.

Fruit Chaat

3 SERVINGS 10 MINUTES



INGREDIENTS

- 1 1/2 cups Grapes (halved)
- 2 Apple (small, chopped)
- 1 Banana (medium, sliced)
- 1/4 Lemon (juiced)
- 1/4 cup Mint Leaves (chopped)
- 1/2 tsp Chaat Masala
- 1/4 tsp Cumin (ground)
- 1/8 tsp Sea Salt

DIRECTIONS

- 01 Add all the ingredients into a large mixing bowl. Toss until well combined. Divide onto plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately 1 1/2 cups.

NUTRITION

AMOUNT PER SERVING

Calories	135	Calcium	23mg
Fat	1g	Iron	1mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	10µg
Monouns...	0g	Thiamine	0.1mg
Carbs	35g	Riboflavin	0.1mg
Fiber	5g	Niacin	1mg
Sugar	25g	Vitamin B6	0.2mg
Protein	1g	Folate	17µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	169mg	Phosphoro...	29mg
Potassium	378mg	Magnesium	22mg
Vitamin A	230IU	Zinc	0mg
Vitamin C	13mg	Selenium	0µg

Cardamom & Lime Rice Pudding

4 SERVINGS 25 MINUTES



INGREDIENTS

2 cups Canned Coconut Milk
1/2 cup Water
1/2 cup Basmati Rice
1/2 Lime (juiced and zested)
3/4 tsp Cardamom
1/4 tsp Cinnamon
1/2 tsp Vanilla Extract
2 tbsps Coconut Sugar
2 tbsps Pistachios (shelled, chopped)

NUTRITION

AMOUNT PER SERVING

Calories	343	Calcium	16mg
Fat	23g	Iron	0mg
Saturated	20g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	1g	Vitamin K	0µg
Monouns...	1g	Thiamine	0mg
Carbs	29g	Riboflavin	0mg
Fiber	1g	Niacin	0mg
Sugar	6g	Vitamin B6	0.1mg
Protein	4g	Folate	3µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	31mg	Phosphoro...	20mg
Potassium	233mg	Magnesium	7mg
Vitamin A	23IU	Zinc	0mg

DIRECTIONS

- 01 In a medium pot, add the coconut milk, water, rice, lime juice, lime zest, cardamom, cinnamon, and vanilla extract.
- 02 Bring to a boil, stirring frequently. Simmer on low heat, stirring occasionally, for twenty minutes, or until the liquid is absorbed and the rice is cooked through.
- 03 Add the coconut sugar, stir to combine, and remove from heat. Allow it to sit for five minutes. Divide evenly between bowls, top with chopped pistachios and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Reheat with additional coconut milk.

SERVING SIZE

One serving is equal to approximately 1/2 cup.

NUT-FREE

Use fresh fruit or raisins instead of pistachios.

MORE FLAVOR

Omit the water and use milk instead for an extra creamy pudding.

Vitamin C 2mg Selenium 0µg



Masala Chai Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

- 1 1/4 cups Plain Coconut Milk (unsweetened from the carton)
- 1 Banana (frozen)
- 1/4 cup Unsweetened Coconut Yogurt
- 2 tbsps Cashew Butter
- 2/3 oz Collagen Powder
- 1/2 tsp Masala Chai Spice

NUTRITION

AMOUNT PER SERVING

Calories	485	Calcium	725mg
Fat	24g	Iron	3mg
Saturated	10g	Vitamin D	126IU
Trans	0g	Vitamin E	0mg
Polyunsat...	3g	Vitamin K	1µg
Monouns...	9g	Thiamine	0.1mg
Carbs	48g	Riboflavin	0.2mg
Fiber	5g	Niacin	1mg
Sugar	23g	Vitamin B6	0.5mg
Protein	23g	Folate	51µg
Cholesterol	0mg	Vitamin B12	4.4µg
Sodium	101mg	Phosphoro...	181mg
Potassium	661mg	Magnesium	120mg
Vitamin A	705IU	Zinc	2mg
Vitamin C	11mg	Selenium	12µg

DIRECTIONS

- 01 Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately.

MAKE IT VEGAN

Omit collagen powder. Use plant-based protein powder.

ADDITIONAL TOPPINGS

Top with chia seeds or hemp seeds, or add before blending.

NO COCONUT MILK

Use cow's milk or any other milk alternative.

NO CASHEW BUTTER

Use any other nut or seed butter.

Mango Slices with Cumin

2 SERVINGS 5 MINUTES



INGREDIENTS

1/4 tsp Cumin (ground)
1/16 tsp Sea Salt (to taste)
1 Mango (peeled, sliced)

NUTRITION

AMOUNT PER SERVING

Calories	102	Calcium	21mg
Fat	1g	Iron	0mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsat...	0g	Vitamin K	7µg
Monouns...	0g	Thiamine	0mg
Carbs	25g	Riboflavin	0.1mg
Fiber	3g	Niacin	1mg
Sugar	23g	Vitamin B6	0.2mg
Protein	1g	Folate	72µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	76mg	Phosphoro...	25mg
Potassium	287mg	Magnesium	18mg
Vitamin A	1821IU	Zinc	0mg
Vitamin C	61mg	Selenium	1µg

DIRECTIONS

01 Sprinkle cumin and salt over the mango slices. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

Sweet & Crunchy Chickpeas

4 SERVINGS 1 HOUR



INGREDIENTS

2 cups Chickpeas (cooked, drained and rinsed)
1 tbsp Extra Virgin Olive Oil
1 1/2 tbsps Maple Syrup
1 tsp Nutmeg
1 tsp Cinnamon

NUTRITION

AMOUNT PER SERVING

Calories	188	Calcium	55mg
Fat	6g	Iron	2mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	1g	Vitamin K	6µg
Monouns...	3g	Thiamine	0.1mg
Carbs	28g	Riboflavin	0.1mg
Fiber	7g	Niacin	0mg
Sugar	9g	Vitamin B6	0.1mg
Protein	7g	Folate	141µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	7mg	Phosphoro...	139mg
Potassium	259mg	Magnesium	42mg
Vitamin A	25IU	Zinc	1mg
Vitamin C	1mg	Selenium	3µg

DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Ensure chickpeas are dry. Place chickpeas in a mixing bowl and add olive oil. Mix until chickpeas are evenly coated.
- 02 Line a cooking sheet with parchment paper. Spread the chickpeas over the sheet and bake for 50 minutes. At the halfway point (the 25 minute mark), remove the sheet and give it a shake to rotate the chickpeas.
- 03 Remove from oven and place roasted chickpeas in a mixing bowl. Add maple syrup, cinnamon and nutmeg. Toss again until evenly coated.
- 04 Transfer chickpeas back onto baking sheet and bake for another 10 to 15 minutes.
- 05 Remove from oven. Enjoy hot or cold!

NOTES

SERVING SIZE

One serving is equal to about 1/2 cup of roasted chickpeas.

Dates & Pistachio Oats Kheer

1 SERVING 10 MINUTES



INGREDIENTS

1 tsp Ghee
1/4 cup Quick Oats
1 cup Oat Milk (plain, unsweetened)
1/2 tsp Coconut Sugar (optional)
1/8 tsp Cardamom (ground)
1 tbsp Pitted Dates (chopped)
1 tbsp Pistachios (removed from shell, chopped)

NUTRITION

AMOUNT PER SERVING

Calories	308	Calcium	374mg
Fat	14g	Iron	2mg
Saturated	4g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	2g	Vitamin K	1µg
Monouns...	2g	Thiamine	0.2mg
Carbs	40g	Riboflavin	0.7mg
Fiber	6g	Niacin	0mg
Sugar	15g	Vitamin B6	0.2mg
Protein	7g	Folate	12µg
Cholesterol	10mg	Vitamin B12	1.2µg
Sodium	126mg	Phosphoro...	396mg
Potassium	604mg	Magnesium	42mg
Vitamin A	41IU	Zinc	1mg
Vitamin C	1mg	Selenium	7µg

DIRECTIONS

- 01 Heat the ghee in a small pot over low-medium heat. Add the oats and sauté for two minutes.
- 02 Add the milk, coconut sugar (optional), cardamom, and dates. Bring to a simmer and cook for three to four minutes, stirring occasionally, or until your desired thickness is reached.
- 03 Serve warm or chilled. Top with pistachios and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Toast the pistachios and raisins in ghee.

ADDITIONAL TOPPINGS

Top with a pinch of saffron, chopped almonds, or cashews.

NO GHEE

Use butter or coconut oil instead.

NO COCONUT SUGAR

Use honey, maple syrup, or your sweetener of choice.

Apple & Cashew Oats Kheer

1 SERVING 10 MINUTES



INGREDIENTS

- 1 tsp Ghee
- 1/4 cup Quick Oats
- 1 1/4 cups Oat Milk (plain, unsweetened)
- 1/2 tsp Coconut Sugar (optional)
- 1/8 tsp Cardamom (ground)
- 1/2 Apple (small, grated)
- 1 tbsp Cashews (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	366	Calcium	459mg
Fat	16g	Iron	2mg
Saturated	4g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	1g	Vitamin K	5µg
Monouns...	3g	Thiamine	0.1mg
Carbs	51g	Riboflavin	0.8mg
Fiber	7g	Niacin	0mg
Sugar	20g	Vitamin B6	0.1mg
Protein	8g	Folate	15µg
Cholesterol	10mg	Vitamin B12	1.5µg
Sodium	153mg	Phosphoro...	472mg
Potassium	708mg	Magnesium	55mg
Vitamin A	49IU	Zinc	1mg
Vitamin C	4mg	Selenium	7µg

DIRECTIONS

- 01 Heat the ghee in a small pot over low-medium heat. Add the oats and sauté for two minutes.
- 02 Add the milk, coconut sugar (optional), cardamom, and grated apple. Bring to a simmer and cook for three to four minutes, stirring occasionally, or until your desired thickness is reached.
- 03 Serve warm or chilled. Top with cashews and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Toast the cashews in ghee.

ADDITIONAL TOPPING

Top with a pinch of saffron, chopped almonds, raisins, or pistachios.

NO GHEE

Use butter or coconut oil instead.

NO COCONUT SUGAR

Use honey, maple syrup, or your sweetener of choice.

Raisin Oats Kheer

1 SERVING 10 MINUTES



INGREDIENTS

- 1 tsp Ghee
- 1/4 cup Quick Oats
- 1 cup Oat Milk (plain, unsweetened)
- 1/2 tsp Coconut Sugar (optional)
- 1/8 tsp Cardamom (ground)
- 1 tbsp Raisins (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	270	Calcium	368mg
Fat	10g	Iron	1mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	1µg
Monouns...	0g	Thiamine	0.1mg
Carbs	40g	Riboflavin	0.6mg
Fiber	4g	Niacin	0mg
Sugar	15g	Vitamin B6	0mg
Protein	6g	Folate	7µg
Cholesterol	10mg	Vitamin B12	1.2µg
Sodium	128mg	Phosphoro...	362mg
Potassium	542mg	Magnesium	32mg
Vitamin A	0IU	Zinc	1mg
Vitamin C	0mg	Selenium	6µg

DIRECTIONS

- 01 Heat the ghee in a small pot over low-medium heat. Add the oats and sauté for two minutes.
- 02 Add the milk, coconut sugar (optional), cardamom, and raisins. Bring to a simmer and cook for three to four minutes, stirring occasionally, or until your desired thickness is reached.
- 03 Serve warm or chilled. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

ADDITIONAL TOPPINGS

Top with a pinch of saffron, chopped almonds, pistachios, or cashews.

NO GHEE

Use butter or coconut oil instead.

NO COCONUT SUGAR

Use honey, maple syrup, or your sweetener of choice.

SERVING SIZE

One serving is approximately 1 1/2 cups.

Baingan Bharta

4 SERVINGS 30 MINUTES



INGREDIENTS

2 **tbps** Extra Virgin Olive Oil (divided)
3 Eggplant (medium, halved lengthwise)
2 **tbps** Lime Juice
1 Yellow Onion (chopped)
3 Garlic (cloves, minced)
1 Jalapeno Pepper (small, seeds removed and finely chopped)
3 Tomato (medium, chopped)
2 **tsps** Garam Masala
1/2 **tsp** Sea Salt
1/2 **cup** Cilantro (chopped, plus more for garnish)

NUTRITION

AMOUNT PER SERVING

Calories	199	Calcium	58mg
Fat	8g	Iron	2mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsat...	1g	Vitamin K	25µg
Monouns...	5g	Thiamine	0.2mg
Carbs	32g	Riboflavin	0.2mg
Fiber	15g	Niacin	3mg
Sugar	17g	Vitamin B6	0.5mg
Protein	6g	Folate	118µg
Cholesterol	0mg	Vitamin B12	0µg

DIRECTIONS

- 01 Use a bit of the oil to lightly grease a baking sheet. Place the eggplant halves flesh down on the sheet and broil for 10 to 12 minutes, or until charred and the flesh is soft.
- 02 When cool enough to handle, scoop out the eggplant flesh. Mash the eggplant into a puree with the lime juice and set aside.
- 03 Heat the remaining oil in a pan over medium-high heat. Cook the onions for about 10 minutes, stirring frequently. Add the garlic, jalapeno, tomato, garam masala, and salt. Cook for another five minutes.
- 04 Add the eggplant and cook for another five minutes. Stir in the cilantro and remove from heat. Divide into bowls, garnish with more cilantro (optional) and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving equals approximately 1 1/2 cups.

MORE FLAVOR

Add turmeric. Fire roast the eggplants instead of broiling.

ADDITIONAL TOPPINGS

Serve with roti, rice, or pita.

NO JALAPENO PEPPER

Use green chili, Serrano chili, or red pepper flakes instead.

Sodium	344mg	Phosphoro...	129mg
Potassium	1195mg	Magnesium	66mg
Vitamin A	1517IU	Zinc	1mg
Vitamin C	30mg	Selenium	2µg



Curried Cabbage & Sweet Potato Fritters

2 SERVINGS 30 MINUTES



INGREDIENTS

- 1 Sweet Potato (medium, shredded)
- 3 cups Napa Cabbage (thinly sliced)
- 2/3 cup Chickpea Flour
- 1 tbsp Madras Curry Powder
- Sea Salt & Black Pepper (to taste)
- 2 Egg (whisked)
- 1 tbsp Extra Virgin Olive Oil

NUTRITION

AMOUNT PER SERVING

Calories	339	Calcium	115mg
Fat	14g	Iron	3mg
Saturated	3g	Vitamin D	41IU
Trans	0g	Vitamin E	2mg
Polyunsat...	3g	Vitamin K	110µg
Monouns...	7g	Thiamine	0.3mg
Carbs	39g	Riboflavin	0.4mg
Fiber	9g	Niacin	1mg
Sugar	11g	Vitamin B6	0.5mg
Protein	16g	Folate	222µg
Cholesterol	186mg	Vitamin B12	0.5µg
Sodium	271mg	Phosphoro...	262mg
Potassium	775mg	Magnesium	89mg
Vitamin A	9635IU	Zinc	2mg
Vitamin C	50mg	Selenium	19µg

DIRECTIONS

- 01 In a large bowl, combine the shredded sweet potato, cabbage, chickpea flour, curry powder, salt, and black pepper. Mix well with your hands to combine. Add the whisked eggs and continue to mix until incorporated.
- 02 Warm the oil in a large pan over medium heat.
- 03 Form the mixture into three-inch diameter patties. Add the patties to the pan, cover with a lid and cook for seven to 10 minutes on each side, flipping a couple of times to prevent from burning.
- 04 Serve, and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to two fritters.

ADDITIONAL TOPPING

Sour cream or greek yogurt, fresh cilantro, fried eggs.

Baked Veggie Pakoras

4 SERVINGS 40 MINUTES



INGREDIENTS

1/2 cup Red Onion (thinly sliced)
1 Yellow Potato (medium, peeled and grated)
1 Carrot (medium, peeled and grated)
1/2 tsp Sea Salt
1/4 cup Cilantro (roughly chopped)
1 Garlic (clove, minced)
1 tsp Ginger (fresh, minced or grated)
1 tsp Curry Powder
1/4 tsp Baking Powder
1/2 cup All Purpose Gluten-Free Flour
1 tsp Coconut Oil (melted)

NUTRITION

AMOUNT PER SERVING

Calories	139	Calcium	38mg
Fat	1g	Iron	1mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polysat...	0g	Vitamin K	7µg
Monouns...	0g	Thiamine	0.1mg
Carbs	29g	Riboflavin	0mg
Fiber	5g	Niacin	1mg
Sugar	2g	Vitamin B6	0.2mg
Protein	3g	Folate	16µg
Cholesterol	0mg	Vitamin B12	0µg

DIRECTIONS

- 01 Preheat the oven to 450°F (230°C) and line a baking sheet with parchment paper.
- 02 Add the onion, potato, and carrots to a mixing bowl and season with the salt. Mix to combine. Set the mixture aside for 10 minutes to rest.
- 03 To the same bowl, add the cilantro, garlic, ginger, curry powder, and baking powder and mix to combine. Add the gluten-free flour and stir until a loose dough forms.
- 04 Form the mixture into equal-sized balls, one to two inches in diameter. Place them onto the baking sheet and gently flatten.
- 05 Bake for 11 to 13 minutes or until browned on the bottom. Remove from the oven and lightly brush the top side with some of the coconut oil before flipping over and lightly brushing the second side with the remaining coconut oil. Return to the oven and continue baking for six to eight minutes or until browned and crispy.
- 06 Allow the pakoras to rest on the baking sheet for five minutes then divide between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is equal to three pakoras.

MORE FLAVOR

Add other dried herbs and spices to taste.

NO GLUTEN-FREE ALL-PURPOSE FLOUR

Use a combination of chickpea and brown rice flour or wheat flour instead.

Sodium	341mg	Phosphoro...	52mg
Potassium	321mg	Magnesium	18mg
Vitamin A	2617IU	Zinc	0mg
Vitamin C	13mg	Selenium	1µg

NO CURRY POWDER

Use a combination of turmeric, cumin, chili powder, and black pepper instead.

SERVE IT WITH

Spicy cilantro chutney, tamarind chutney, or a yogurt-based sauce for dipping.

Tandoori Paneer Skewers

4 SERVINGS 20 MINUTES



INGREDIENTS

1/4 cup Plain Greek Yogurt
2 tbsps Tandoori Masala
1 tbsp Extra Virgin Olive Oil
1/2 tsp Sea Salt (to taste)
12 ozs Paneer Cheese (cubed)
1 Orange Bell Pepper (medium, chopped)
4 Barbecue Skewers

NUTRITION

AMOUNT PER SERVING

Calories	366	Calcium	383mg
Fat	27g	Iron	0mg
Saturated	16g	Vitamin D	6IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	2µg
Monouns...	2g	Thiamine	0mg
Carbs	11g	Riboflavin	0mg
Fiber	2g	Niacin	0mg
Sugar	3g	Vitamin B6	0.1mg
Protein	24g	Folate	12µg
Cholesterol	78mg	Vitamin B12	0µg
Sodium	1279mg	Phosphoro...	11mg
Potassium	159mg	Magnesium	6mg
Vitamin A	171IU	Zinc	0mg
Vitamin C	86mg	Selenium	0µg

DIRECTIONS

- 01 Preheat the grill to medium-low heat.
- 02 In a large bowl, whisk together the yogurt, tandoori masala, oil, and salt. Add the paneer and toss until well coated.
- 03 Thread the paneer and bell peppers evenly onto the skewers.
- 04 Cook the skewers for four to five minutes per side, until browned. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately one 12-inch skewer.

MORE FLAVOR

Let the paneer marinate in the yogurt sauce for two hours before grilling.

ADDITIONAL TOPPINGS

Top with lemon juice and chaat masala.

SERVE IT WITH

Serve over rice, with naan, grilled veggies, and/or a side salad.

Tofu Tikka Masala

4 SERVINGS 15 MINUTES



INGREDIENTS

1 cup Jasmine Rice (dry)
1/3 cup Tikka Masala Paste
12 1/3 ozs Tofu (extra firm, cut into 1-inch cubes)
1 cup Tomato Purée
1/2 cup Unsweetened Coconut Yogurt
3/4 cup Canned Coconut Milk
1 tsp Sea Salt (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	403	Calcium	322mg
Fat	18g	Iron	3mg
Saturated	9g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	2g	Vitamin K	5µg
Monouns...	1g	Thiamine	0.1mg
Carbs	50g	Riboflavin	0.1mg
Fiber	5g	Niacin	1mg
Sugar	4g	Vitamin B6	0.2mg
Protein	13g	Folate	15µg
Cholester...	0mg	Vitamin B12	0.3µg
Sodium	1002mg	Phosphoro...	122mg
Potassium	456mg	Magnesium	45mg
Vitamin A	319IU	Zinc	1mg
Vitamin C	7mg	Selenium	12µg

DIRECTIONS

- 01 Cook the rice according to package instructions and set aside.
- 02 In a large dutch oven or pot over medium heat, add the tikka masala paste and cook, stirring often for two minutes. Add the tofu, tomato purée, coconut yogurt, coconut milk, and salt. Cover and reduce the heat to a simmer. Cook for 15 minutes.
- 03 Divide the rice and tofu evenly between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving equals approximately 1/2 cup of rice with one cup of curry.

MORE FLAVOR

Add onions and garlic.

ADDITIONAL TOPPINGS

Top with fresh cilantro.

Aloo Palak

4 SERVINGS 20 MINUTES



INGREDIENTS

- 2 Yellow Potato (large, peeled, cut into small cubes)
- 2 tbsps Coconut Oil
- 1 Yellow Onion (medium, chopped)
- 3 Garlic (clove, minced)
- 1 tsp Cumin
- 1 tsp Garam Masala
- 1/2 tsp Turmeric
- 1/4 tsp Sea Salt
- 6 cups Baby Spinach
- 1/2 cup Canned Coconut Milk
- 1 1/2 tsps Lime Juice

NUTRITION

AMOUNT PER SERVING

Calories	227	Calcium	79mg
Fat	13g	Iron	4mg
Saturated	11g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	0g	Vitamin K	220µg
Monouns...	1g	Thiamine	0.1mg
Carbs	26g	Riboflavin	0.1mg
Fiber	5g	Niacin	2mg
Sugar	4g	Vitamin B6	0.4mg
Protein	4g	Folate	104µg
Cholesterol	0mg	Vitamin B12	0µg

DIRECTIONS

- 01 Boil the potatoes in salted water for five to seven minutes or until tender. Drain and set aside.
- 02 Heat the oil in a large pan. Add the onion and cook for about five minutes until the onions have softened. Add the garlic, cumin, garam masala, turmeric, and salt and cook for another minute until very fragrant.
- 03 Add the spinach and stir until wilted then add the coconut milk. Allow the coconut milk to come to a simmer then add the potatoes and stir to combine with the spinach. Add the lime juice.
- 04 Season with additional salt if needed. Divide evenly between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

MORE FLAVOR

Add fresh ginger, red pepper flakes, chopped jalapeno, or serrano pepper.

NO LIME JUICE

Use lemon juice instead.

Sodium	201mg	Phosphoro...	90mg
Potassium	818mg	Magnesium	63mg
Vitamin A	4230IU	Zinc	1mg
Vitamin C	35mg	Selenium	1µg



Aloo Gobi

4 SERVINGS 45 MINUTES



INGREDIENTS

1/3 cup Ghee
1 tbsp Cumin
1/2 tsp Garam Masala
1 tsp Cinnamon
2 tsps Turmeric
1 Garlic (clove, minced)
1 tbsp Ginger (minced)
1 Yellow Onion (chopped)
3 Russet Potato (peeled, cut into 1-inch pieces)
1 head Cauliflower (chopped into florets)
1/2 cup Water
2 tbsps Cilantro (chopped)
Sea Salt & Black Pepper

NUTRITION

AMOUNT PER SERVING

Calories	334	Calcium	94mg
Fat	17g	Iron	5mg
Saturated	11g	Vitamin D	0IU
Trans	1g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	27µg
Monouns...	0g	Thiamine	0.2mg
Carbs	41g	Riboflavin	0.2mg
Fiber	8g	Niacin	3mg
Sugar	7g	Vitamin B6	0.7mg

DIRECTIONS

- 01 Add the ghee to a medium-sized pan over low heat. Once melted, add the cumin, garam masala, cinnamon and turmeric. Stir until fragrant.
- 02 Once mixed together, add the garlic and ginger. Cook for 3 minutes on low.
- 03 Turn the heat to medium and add the onions. Cook for another 5 minutes or until soft. Then add the potatoes, cauliflower and water. Cook covered for 20-25 minutes, or until the potatoes are tender.
- 04 Divide evenly between bowls. Top with cilantro, salt and pepper. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately 1 1/2 cups.

NO RUSSET POTATOES

Use yellow or sweet potatoes instead.

Protein	7g	Folate	119µg
Cholesterol	40mg	Vitamin B12	0µg
Sodium	162mg	Phosphoro...	171mg
Potassium	1267mg	Magnesium	72mg
Vitamin A	69IU	Zinc	1mg
Vitamin C	82mg	Selenium	2µg



Samosa-Style Baked Potatoes

2 SERVINGS 1 HOUR 40 MINUTES



INGREDIENTS

2 Russet Potato (medium)
1/2 cup Frozen Peas (thawed)
1 tbsp Coconut Oil (melted)
1 1/2 tsps Cumin Seed
2 tsps Curry Powder
1 tsp Smoked Paprika
Sea Salt & Black Pepper (to taste)
1/2 Lime (juiced)
1 tbsp Cilantro (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	275	Calcium	71mg
Fat	8g	Iron	4mg
Saturated	6g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	0g	Vitamin K	18µg
Monouns...	1g	Thiamine	0.3mg
Carbs	46g	Riboflavin	0.1mg
Fiber	8g	Niacin	3mg
Sugar	4g	Vitamin B6	0.7mg
Protein	7g	Folate	72µg
Cholester...	0mg	Vitamin B12	0µg
Sodium	58mg	Phosphoro...	175mg
Potassium	1090mg	Magnesium	75mg
Vitamin A	1483IU	Zinc	1mg

DIRECTIONS

- 01 Preheat your oven to 400°F (205°C). Pierce the potatoes all over with a fork. Place on a pan and bake for 45 to 50 minutes, or until cooked through.
- 02 Remove the potatoes from the oven. Once cool enough to handle, cut them down the middle and spoon out inside of the potatoes into a medium bowl.
- 03 Add the peas, coconut oil, cumin, curry powder, and smoked paprika to the bowl. Mix everything together and season with salt and pepper.
- 04 Add the mixture back to the hollowed-out potatoes. Place back into the oven and cook for another 10 minutes. Top with lime juice and cilantro. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is one stuffed potato.

MORE FLAVOR

Serve with cilantro chutney. Use butter or ghee instead of coconut oil.

Vitamin C 22mg Selenium 2µg

