10 HIGH-PROTEIN INDIAN MEALS

Practical Indian food, exact quantities aur complete-meal calories + macros.









COACH ABHIJIT PRESENTS - 10 PRACTICAL MEALS FOR REAL INDIAN ROUTINES

5 Veg + 5 Egg/Chicken | 29-46 g Protein | 450-525 kcal

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TAP TO EXPLORE ALL 10 RECIPES

Interactive menu next page par hai

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INTERACTIVE RECIPE MENU

Choose your meal

Kisi bhi card ko tap karein - PDF seedha us recipe page par khulegi.

VEGETARIAN MEALS 01-05

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41 g protein · 460 kcal

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VEGETARIAN
Soya Keema with Roti
37 g protein · 495 kcal

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VEGETARIAN
Low-Fat Paneer Bhurji with Roti
40 g protein · 505 kcal

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30 g protein · 435 kcal

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31 g protein · 520 kcal

EGG + CHICKEN MEALS 06-10

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33 g protein · 475 kcal

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29 g protein · 450 kcal

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46 g protein · 525 kcal

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41 g protein · 500 kcal

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Chicken Keema Vegetable Pulao
41 g protein · 490 kcal



VEGETARIAN

Moong Dal Paneer Chilla

1 serving - 2 medium-large chillas

10 min prep + 3-4 hr soak | 12-15 min cook

CALORIES	PROTEIN	CARBS	FAT
460 kcal	41 g	50 g	12 g

COMPLETE-MEAL MACROS

Roti, rice, oil aur listed sides already included hain.

460 kcal | 41 g protein

INGREDIENTS

Yellow moong dal	60 g dry
Low-fat high-protein paneer	100 g
Onion	30 g
Tomato	40 g
Capsicum	30 g
Ginger	5 g
Green chilli	5 g
Fresh coriander	5 g
Cumin	1 g
Turmeric	0.5 g
Red chilli powder	0.5 g
Oil	5 g total
Salt	1-1.5 g / taste
Water	70-90 ml for batter

EASY COOKING METHOD

1. Dal ko wash karke 3-4 ghante soak karein. Paani drain karke ginger, green chilli, cumin aur thoda fresh water ke saath smooth batter banayein.
2. Paneer crumble karein. Onion, tomato, capsicum aur coriander chop karke filling banayein. Masale aur salt ko batter/filling mein divide karein.
3. Medium-hot nonstick tawa par half batter spread karein. 2.5 g oil use karke 2-3 min cook karein, phir flip karke 1-2 min pakayein.
4. Half filling add karke fold karein. Low flame par 1-2 min cover karein. Bache hue batter aur filling se second chilla banayein.

EASY SWAP

Paneer ki jagah 40 g dry soya granules boil aur squeeze karke use kar sakte hain. Macros dobara calculate honge.

COACH NOTE

41 g protein tabhi count karein jab paneer label par lagbhag 25 g protein per 100 g ho. Regular paneer se protein kam aur fat zyada ho sakta hai.



VEGETARIAN

Soya Keema with Roti

1 serving - soya keema + 2 medium rotis

10 min prep | 20-25 min cook

CALORIES	PROTEIN	CARBS	FAT
495 kcal	37 g	76 g	8 g

COMPLETE-MEAL MACROS

Roti, rice, oil aur listed sides already included hain.

495 kcal | 37 g protein

INGREDIENTS

Soya granules / chunks	50 g dry
Whole-wheat atta	60 g total
Onion	50 g
Tomato	100 g
Capsicum	50 g
Ginger	5 g
Garlic	5 g
Fresh coriander	5 g
Cumin	1 g
Turmeric	0.5 g
Red chilli powder	0.5 g
Coriander powder	2 g
Garam masala	0.5 g
Oil	5 g
Salt	1-1.5 g / taste
Water	As listed in method

EASY COOKING METHOD

1. Soya ko packet instructions ke hisaab se boil karein, normally 5-8 min. Drain, rinse aur achchhi tarah squeeze karein. Chunks hon to pulse karke keema texture banayein.
2. 60 g atta ka dough banakar cover karein. Oil mein cumin, onion, ginger aur garlic 3-4 min saute karein.
3. Tomato aur dry masale add karke 4-5 min cook karein. Capsicum, soya aur 60-100 ml water add karein.
4. Cover karke 5-7 min cook karein. Coriander finish karein. Dough se 2 rotis bina extra oil ya ghee ke banayein.

EASY SWAP

Granules aur chunks ko same dry weight par swap kar sakte hain, agar packet macros similar hon.

COACH NOTE

Nutrition 50 g dry textured soya se calculate hai. Boiled weight use karke macros track na karein.



VEGETARIAN

Low-Fat Paneer Bhurji with Roti

1 serving - paneer bhurji + 2 medium rotis

10 min prep | 15-20 min cook

CALORIES	PROTEIN	CARBS	FAT
505 kcal	40 g	59 g	14 g

COMPLETE-MEAL MACROS

Roti, rice, oil aur listed sides already included hain.

505 kcal | 40 g protein

INGREDIENTS

Low-fat high-protein paneer	120 g
Whole-wheat atta	60 g total
Onion	40 g
Tomato	80 g
Capsicum	40 g
Ginger	5 g
Green chilli	3 g
Fresh coriander	5 g
Cumin	1 g
Turmeric	0.5 g
Red chilli powder	0.5 g
Oil	5 g
Salt	1-1.5 g / taste
Water	For dough; 20-30 ml if needed

EASY COOKING METHOD

1. Atta ka dough banakar cover karein. Paneer crumble karein aur vegetables finely chop karein.
2. Oil mein cumin, onion, ginger aur green chilli 3-4 min saute karein. Tomato, turmeric, chilli powder aur salt add karke soft hone dein.
3. Capsicum 2 min cook karein. Paneer add karke low flame par sirf 2-3 min heat karein. Dry lage to thoda water add karein.
4. Fresh coriander add karein. 2 rotis bina extra oil/ghee ke banakar poori bhurji ke saath serve karein.

EASY SWAP

120 g paneer ki jagah 180 g firm tofu use kar sakte hain. Tofu label se macros update karein.

COACH NOTE

Regular full-fat paneer ko low-fat paneer ke same macros par count na karein.



VEGETARIAN

Kala Chana & Hung Curd Chaat

1 serving - 1 large bowl

10 min prep + soaking/straining | 25-40 min cook

CALORIES	PROTEIN	CARBS	FAT
435 kcal	30 g	55 g	12 g

COMPLETE-MEAL MACROS

Roti, rice, oil aur listed sides already included hain.

435 kcal | 30 g protein

INGREDIENTS

Kala chana	60 g dry
Plain low-fat hung curd	200 g ready weight
Cucumber	100 g
Tomato	60 g
Onion	30 g
Lemon juice	10 g
Fresh coriander	5 g
Roasted cumin powder	1 g
Chaat masala	1 g
Red chilli powder	0.5 g
Salt	After tasting
Water	For soaking/cooking

EASY COOKING METHOD

1. Chana ko 8-12 ghante soak karein. Soaking water discard karke fresh water mein pressure cook karein. Beans bilkul soft hone chahiye.
2. Plain low-fat curd ko clean cloth mein fridge ke andar 6-8 ghante strain karein. Final ready hung curd ka 200 g weigh karein.
3. Cooked chana cool karein. Cucumber, tomato aur onion chop karein. Hung curd mein lemon aur masale mix karein.
4. Sab kuch combine karke coriander finish karein. Sev, sweet chutney ya extra oil listed macros mein included nahi hai.

EASY SWAP

200 g plain unsweetened Greek yogurt use kar sakte hain. Packet label ke hisaab se macros badlenge.

COACH NOTE

Homemade hung curd vary karti hai. Poore meal ka practical range roughly 410-510 kcal aur 28-36 g protein ho sakta hai.



VEGETARIAN

High-Protein Rajma Rice with Hung Curd

1 serving - rajma + rice + hung curd

10 min prep + soaking/straining | 50-75 min cook

CALORIES	PROTEIN	CARBS	FAT
520 kcal	31 g	78 g	11 g

COMPLETE-MEAL MACROS

Roti, rice, oil aur listed sides already included hain.

520 kcal | 31 g protein

INGREDIENTS

Rajma	60 g dry
Rice	30 g dry
Plain low-fat hung curd	150 g ready weight
Onion	40 g
Tomato	80 g
Ginger	5 g
Garlic	5 g
Fresh coriander	5 g
Cumin	1 g
Turmeric	0.5 g
Red chilli powder	0.5 g
Coriander powder	2 g
Garam masala	0.5 g
Oil	3 g
Salt	1-1.5 g / taste
Water	For cooking

EASY COOKING METHOD

1. Rajma ko 8-12 ghante soak karein. Water discard karein. Fresh water mein minimum 30 min rolling boil dein, phir fully soft hone tak cook karein.
2. 30 g dry rice wash karke alag cook karein. Ready hone ke baad 5 min rest dein.
3. Oil mein cumin, onion, ginger aur garlic cook karein. Tomato aur masale add karein. Cooked rajma plus thoda rajma water add karke 8-10 min simmer karein.
4. Garam masala aur coriander finish karein. Rice aur 150 g chilled hung curd ke saath serve karein.

EASY SWAP

Rajma ki jagah 60 g dry lobia use kar sakte hain. Method aur macros alag honge.

COACH NOTE

Hung curd ki wajah se actual meal roughly 495-575 kcal aur 29-35 g protein ke beech ho sakta hai.



EGG

High-Protein Masala Omelette with Roti

1 serving - 1 large omelette + 2 rotis

CALORIES	PROTEIN	CARBS	FAT
475 kcal	33 g	51 g	16 g

COMPLETE-MEAL MACROS

Roti, rice, oil aur listed sides already included hain.

475 kcal | 33 g protein

INGREDIENTS

Whole eggs	2 large / 100 g edible
Extra egg whites	100 g / approx. 3 whites
Whole-wheat atta	60 g total
Onion	30 g
Tomato	40 g
Capsicum	30 g
Green chilli	3 g
Fresh coriander	5 g
Black pepper	0.5 g
Turmeric	0.25 g
Oil	5 g
Salt	Approx. 1 g
Water	For dough

EASY COOKING METHOD

1. Atta ka dough banakar cover karein. Vegetables finely chop karein. Whole eggs aur extra whites ko salt, turmeric aur pepper ke saath whisk karein.
2. Pan mein 2 g oil use karke onion aur capsicum 2 min saute karein, phir tomato 1 min. Slightly cool karke egg mixture mein add karein.
3. Bacha 3 g oil pan par spread karein. Egg mixture low-medium flame par cover karke 3-4 min cook karein; flip karke 1-2 min aur pakayein.
4. Centre liquid nahi rehna chahiye. 2 rotis bina extra oil/ghee ke banakar full omelette ke saath serve karein.

EASY SWAP

Plain pasteurized carton egg whites hon to 100 g use kar sakte hain.

COACH NOTE

Sirf 2 whole eggs se 33 g protein nahi aayega. Extra 100 g egg whites is recipe ka essential part hai.



EGG

Egg Curry with Rice

1 serving - full egg curry + rice

10 min prep | 25-30 min cook

CALORIES	PROTEIN	CARBS	FAT
450 kcal	29 g	47 g	16 g

COMPLETE-MEAL MACROS

Roti, rice, oil aur listed sides already included hain.

450 kcal | 29 g protein

INGREDIENTS

Whole eggs	2 large / 100 g edible
Extra cooked egg whites	100 g
Rice	40 g dry
Onion	50 g
Tomato	100 g
Ginger	5 g
Garlic	5 g
Fresh coriander	5 g
Cumin	1 g
Turmeric	0.5 g
Red chilli powder	0.5 g
Coriander powder	2 g
Garam masala	0.5 g
Oil	5 g
Salt	1-1.5 g / taste
Water	For rice and gravy

EASY COOKING METHOD

1. 2 whole eggs hard-boil karein. Extra eggs boil karke whites alag lein, ya plain egg whites ko fully cook karke 100 g weigh karein.
2. Rice wash karke cook karein. Oil mein cumin aur onion 3-4 min cook karke ginger-garlic add karein.
3. Tomato aur dry masale add karein. Soft hone par 100-150 ml water add karke 5-7 min simmer karein.
4. Whole eggs ko half karein aur extra whites ko pieces mein add karein. 2-3 min heat karke coriander finish karein; rice ke saath serve karein.

EASY SWAP

40 g dry rice ki jagah 45 g atta ki 1 large ya 2 small rotis le sakte hain. Macros update honge.

COACH NOTE

Extra 100 g egg whites ke bina yeh high-protein version nahi rahega.



CHICKEN

Chicken Tikka Roti Wrap

1 serving - 2 medium wraps

15 min prep + 20-30 min marination | 18-22 min cook

CALORIES	PROTEIN	CARBS	FAT
525 kcal	46 g	59 g	13 g

COMPLETE-MEAL MACROS

Roti, rice, oil aur listed sides already included hain.

525 kcal | 46 g protein

INGREDIENTS

Chicken breast	150 g raw
Whole-wheat atta	60 g total
Plain dahi	60 g total
Onion	30 g
Capsicum	50 g
Cucumber	50 g
Tomato	40 g
Ginger	5 g
Garlic	5 g
Lemon juice	10 g
Fresh coriander	5 g
Cumin powder	1 g
Red chilli powder	0.5 g
Turmeric	0.5 g
Garam masala	0.5 g
Oil	5 g
Salt	1-1.5 g / taste

EASY COOKING METHOD

1. Chicken ko equal small pieces mein cut karein. 40 g dahi, ginger, garlic, half lemon, masale aur salt se coat karke fridge mein 20-30 min marinate karein.
2. Atta ka dough banakar 2 rotis bina extra oil/ghee ke cook karein. Bache 20 g fresh dahi mein lemon aur coriander mila kar sauce banayein.
3. Pan mein 5 g oil use karke chicken, onion aur capsicum 8-12 min cook karein. Thickest chicken piece 74 C tak pahunchna chahiye.
4. Har roti mein half chicken mixture, cucumber, tomato aur fresh dahi sauce add karke tight wrap banayein.

EASY SWAP

Chicken breast ki jagah same 150 g boneless skinless thigh use kar sakte hain, lekin fat aur calories update karein.

COACH NOTE

Raw chicken wali leftover marinade ko fresh sauce mein mix na karein.



CHICKEN

Homestyle Chicken Curry with Rice

1 serving - full curry + rice

10 min prep | 25-30 min cook

CALORIES	PROTEIN	CARBS	FAT
500 kcal	41 g	56 g	12 g

COMPLETE-MEAL MACROS

Roti, rice, oil aur listed sides already included hain.

500 kcal | 41 g protein

INGREDIENTS

Chicken breast	150 g raw
Rice	50 g dry
Plain dahi	40 g
Onion	50 g
Tomato	100 g
Ginger	5 g
Garlic	5 g
Fresh coriander	5 g
Cumin	1 g
Turmeric	0.5 g
Red chilli powder	0.5 g
Coriander powder	2 g
Garam masala	0.5 g
Kasuri methi	0.5 g
Oil	5 g
Salt	1-1.5 g / taste
Water	As needed

EASY COOKING METHOD

1. Rice wash karke alag cook karein. Chicken ko equal medium pieces mein cut karein. Dahi ko smooth whisk karein.
2. Oil mein cumin aur onion 3-4 min cook karein. Ginger, garlic, tomato aur dry masale add karke tomato soft hone dein.
3. Chicken add karke 3-4 min saute karein. Flame low karke dahi gradually mix karein. 120-180 ml water add karke 10-15 min covered cook karein.
4. Thickest chicken piece 74 C tak pahunchna chahiye. Garam masala, kasuri methi aur coriander finish karke rice ke saath serve karein.

EASY SWAP

Same weight boneless skinless chicken thigh use kar sakte hain; calories aur fat dobara calculate karein.

COACH NOTE

150 g bone-in chicken, 150 g edible chicken breast ke equal nahi hota.



CHICKEN

Chicken Keema Vegetable Pulao

1 serving - 1 large bowl

10 min prep + 15 min rice soak | 20-25 min cook

CALORIES	PROTEIN	CARBS	FAT
490 kcal	41 g	58 g	10 g

COMPLETE-MEAL MACROS

Roti, rice, oil aur listed sides already included hain.

490 kcal | 41 g protein

INGREDIENTS

Chicken breast mince	150 g raw
Rice	50 g dry
Onion	40 g
Carrot	40 g
French beans	40 g
Capsicum	40 g
Tomato	50 g
Ginger	5 g
Garlic	5 g
Fresh coriander	5 g
Cumin	1 g
Turmeric	0.5 g
Red chilli powder	0.5 g
Garam masala	1 g
Oil	5 g
Salt	1-1.5 g / taste
Water	100-120 ml to start

EASY COOKING METHOD

1. Rice wash karke 15 min soak karein, phir achchhi tarah drain karein. Vegetables small pieces mein chop karein.
2. Heavy-bottom pan mein oil aur cumin heat karein. Onion, ginger aur garlic cook karke chicken mince add karein. Lumps break karte hue 4-5 min cook karein.
3. Tomato, vegetables, masale aur salt add karein. 2-3 min ke baad drained rice aur water add karke gentle boil laayen.
4. Lowest flame par 12-15 min covered cook karein. Rice tender aur mince 74 C hona chahiye. 5 min rest karke coriander add karein.

EASY SWAP

Chicken breast mince ki jagah 50 g dry soya granules use karke vegetarian version bana sakte hain. Macros alag honge.

COACH NOTE

Generic market chicken keema thigh ya skin wala ho sakta hai. Listed macros lean breast mince ke liye hain.

Before you start cooking

In six points ko follow karoge to macros aur food safety dono zyada reliable rahenge.

01 DRY WEIGHT FIRST

Dal, chana, rajma, soya, rice aur atta ko dry weight par measure karein. Chicken raw edible weight hai.

02 OIL KO COUNT KAREIN

5 g oil roughly 1 teaspoon hai. Extra ghee, butter, mayo, sev ya chutney calories badha dete hain.

03 LABEL CHECK KAREIN

Paneer, curd aur packaged foods ke macros brand ke hisaab se change hote hain. Packet label ko priority dein.

04 HUNG CURD VARIES

Homemade hung curd ki yield aur protein fixed nahi hoti. Recipe page par diya range practical estimate hai.

05 CHICKEN & EGG SAFETY

Egg dishes ko 71 C aur chicken/chicken mince ko centre mein 74 C tak cook karein.

06 RAJMA FULLY COOK KAREIN

Rajma soak water discard karein, fresh water mein minimum 30 min rolling boil dein aur bilkul soft cook karein.

IMPORTANT

Fat loss poore din aur week ke calorie deficit par depend karta hai. Yeh educational guide hai; medical condition, allergy ya prescribed diet ho to doctor ya registered dietitian se individual advice lein.