



# Healthy Recipes Booklet

Weight management shouldn't be about deprivation —it's about nourishment. We've thoughtfully put together our products to fuel your metabolism and keep you full longer.

## The Clean Label Promise

- 100% Natural: Only real, whole-food ingredients.
- No Preservatives: No chemicals, just pure food.
- No Additives: No artificial flavors, colours, or fillers.
- No Maida: Zero refined flour. Only fiber-rich complex carbs.

## How to Use This Guide

Every recipe uses a 30g portion for one person —the ideal base for weight management.

- The Simple Start: The quickest, purest way to eat.
- Balanced One-Pot Meals: Complete, all-in-one recipes with protein and fiber.

Health made effortless. Every bite counts.



## HORSE GRAM VERMICELLI

100% Natural | No Preservatives | No Additives



# Product Index & Recipe Philosophy

This booklet presents 60+ recipes across 10 products, each designed with a progressive complexity approach: simple classics, balanced combinations, and high-protein options. Every recipe balances complex carbohydrates, quality proteins, and essential nutrients to support sustainable weight management without compromising on taste or satisfaction.



### Breakfast Solutions

Millet Pancake Mix, Millet Muesli, Horse Gram Vermicelli, and Millet Dosa Mix—versatile morning options for sustained energy.



### Meal Replacements

Health Mix delivers nutrient-dense porridges and soups that serve as complete meals, packed with multigrain goodness and adaptable to both vegetarian and non-vegetarian preferences.



### Lunch & Dinner Staples

From Italian Millet Pasta, Barnyard Noodles, and three rice alternatives—Barnyard Millet, Red Rice, and Black Rice—enjoy guilt-free versions of your favourite comfort foods.



# Millet Dosa Mix

## Plain Crispy Millet Dosa

**Ingredients:** 30g Dosa Mix, water, pinch of salt.

**Method:** Mix with water; rest 10 minutes. Spread thinly on a hot tawa. The basic gluten-free staple.

## Veg-Loaded Millet Uttapam

**Ingredients:** 30g Dosa Mix, 1/2 cup grated carrot, capsicum, and onion.

**Method:** Pour thick batter; press veggies on top. Cover and cook. A fibre-dense one-dish meal.

## Paneer-Bhurji Dosa Roll

**Ingredients:** 30g Dosa Mix (as dosa), 60g paneer bhurji.

**Method:** Place bhurji inside the crisp dosa and roll. Balanced complex carbs and protein.

## Spinach & Moong Millet Dosa

**Ingredients:** 30g Dosa Mix, 1/4 cup spinach purée, 1 tbsp moong flour.

**Method:** Mix purée into batter. Cook as usual. Adds iron and extra plant protein.

## Egg-Masala Dosa Wrap

**Ingredients:** 30g Dosa Mix, 1 egg, pepper, coriander.

**Method:** Pour dosa; crack an egg on top whilst wet. Spread, flip, and cook. Complete protein-carb meal.

## Chicken-Keema Dosa Roll

**Ingredients:** 30g Dosa Mix, 80g cooked dry chicken keema.

**Method:** Spread keema over a cooked dosa and roll. A satisfying, high-protein dinner.



# Millet Pancake & Waffle Mix

## Classic Millet Pancake

**Ingredients:** 30g Mix, 80ml milk/water, 1 tsp ghee.

**Method:** Whisk mix with liquid. Pour onto a greased pan; cook both sides until golden. The purest way to enjoy the millet blend.

## Paneer-Veggie Savoury Chilla

**Ingredients:** 30g Mix, 50g crumbled paneer, 2 tbsp onions, green chilli.

**Method:** Mix all with water. Cook like a savoury pancake. Paneer adds essential fats and protein.

## Sprouted-Moong Savoury Pancake

**Ingredients:** 30g Mix, 1/4 cup steamed moong sprouts, ginger-chilli paste.

**Method:** Fold sprouts into the batter. Cook on medium heat. Boosts fibre and plant protein.

## Nutty-Fruit Pancake Bowl

**Ingredients:** 30g Mix (made into mini pancakes), 1 tbsp walnuts, 1/2 apple, cinnamon.

**Method:** Toss mini pancakes with fruit and nuts. A balanced, sugar-free breakfast bowl.

## Egg-Whisked Savoury Pancake Wrap

**Ingredients:** 30g Mix, 1 egg, 1/2 cup chopped spinach, pepper.

**Method:** Whisk egg and spinach into the batter. Cook like a large crêpe and roll. High protein and fibre.

## Chicken-Tikka Pancake Roll

**Ingredients:** 30g Mix (thin wrap), 80g cooked chicken, onion, mint-curd.

**Method:** Prepare a thin pancake. Fill with chicken and onions; roll for a complete lunch.



# Millet Muesli

## Classic Muesli Milk Bowl

### The Simple Start

**Ingredients:** 30g Muesli, 150ml cold/warm milk.

**Method:** Pour milk over muesli; rest for 2 minutes. A quick, high-fibre, no-fuss breakfast.

## High-Protein Curd & Fruit Bowl

**Ingredients:** 30g Muesli, 1 cup thick curd, 1/2 apple, 1 tsp chia seeds.

**Method:** Mix muesli and seeds into curd. Top with fruit. Probiotic-rich and filling.

## Hot Nutty Muesli Porridge

**Ingredients:** 30g Muesli, 200ml skimmed milk, 1 tsp almond butter.

**Method:** Simmer muesli in milk for 3 minutes. Stir in almond butter for healthy fats and satiety

## Tropical Lassi Muesli Bowl

**Ingredients:** 30g Muesli, 1 cup salted lassi, chopped papaya.

**Method:** Pour lassi over muesli and fruit. A hydrating, low-calorie complete meal.

## Savoury Muesli & Sprout Chaat

**Ingredients:** 30g Muesli, 1/4 cup boiled sprouts, cucumber, tomato, lemon.

**Method:** Toss all together. Muesli provides the crunch in this high-protein savoury snack-meal.

## Egg-White Muesli Breakfast Bake

**Ingredients:** 30g Muesli, 3 egg whites, 1/2 mashed banana, cinnamon.

**Method:** Whisk egg whites with banana; fold in muesli. Cook in a pan like a thick pancake.



# Health Mix

## Classic Multigrain Porridge

**Ingredients:** 30g Health Mix, 250ml water/milk.

**Method:** Whisk mix in liquid; boil for 10 minutes until thick. The traditional nutrient-dense base.

## Veg-Lentil Health Mix Soup

**Ingredients:** 30g Health Mix, 1/4 cup boiled moong dal, 1/2 cup chopped beans.

**Method:** Whisk mix in water; add dal and veggies. Simmer until thick. A complete meal soup.

## Savoury Jeera-Pepper Kanji + Veg

**Ingredients:** 30g Health Mix, 1/2 cup steamed peas, jeera powder, buttermilk.

**Method:** Cook mix in water; cool and whisk in buttermilk and peas. Probiotic-rich meal.

## Nutty-Cardamom Porridge

**Ingredients:** 30g Health Mix, 200ml milk, 5 crushed almonds.

**Method:** Cook mix in milk; stir in nuts. No added sugar; healthy fats provide satiety.

## Egg-Drop Health Mix Soup

**Ingredients:** 30g Health Mix, 1 egg (whisked), spring onions.

**Method:** Pour whisked egg into boiling health mix soup to create ribbons. Top with onions.

## Chicken-Pepper Health Mix Soup

**Ingredients:** 30g Health Mix, 80g shredded chicken, ginger, black pepper.

**Method:** Cook mix in water; add chicken and spices. Savoury, high-protein, and very filling.



# Horse Gram Vermicelli

## Simple Semiya Upma

**Ingredients:** 30g Vermicelli, mustard, curry leaves, green chilli.

**Method:** Boil vermicelli 3 minutes; drain. Temper spices and toss in vermicelli. A light, basic tiffin.

## Curd-Veggie Semiya Bowl

**Ingredients:** 30g Vermicelli (boiled), 1/2 cup curd, grated cucumber.

**Method:** Mix cooled vermicelli with curd and raw veggies. Low-calorie and hydrating.

## Sambar-Veg Semiya Bowl

**Ingredients:** 30g Vermicelli, 1 cup thick veg sambar.

**Method:** Cook vermicelli directly in sambar. The dal in sambar provides the protein.

## Paneer & Peas Semiya

**Ingredients:** 30g Vermicelli (boiled), 60g paneer, 1/4 cup peas.

**Method:** Sauté paneer and peas; mix with vermicelli. A balanced vegetarian meal.

## Egg-Bhurji Semiya

**Ingredients:** 30g Vermicelli (boiled), 2 eggs, onions, tomatoes.

**Method:** Make egg bhurji; toss in boiled vermicelli. A quick, high-protein one-pot meal.

## Pepper Prawn/Fish Semiya

**Ingredients:** 30g Vermicelli (boiled), 80g prawns/fish, garlic, pepper.

**Method:** Sauté seafood with garlic; toss in vermicelli. Lean protein for weight management.



# Italian (Foxtail) Millet Pasta

## Basic Masala Pasta

**Ingredients:** 30g Pasta, water, provided masala sachet.

**Method:** Boil pasta 7 minutes; drain. Toss with masala and a splash of water. Simple and tasty.

## Paneer-Veggie Pasta

**Ingredients:** 30g Pasta (boiled), 60g paneer, 1/2 cup capsicum.

**Method:** Sauté paneer and veggies; toss in pasta. Adds protein and fibre.

## Soya-Veggie Pasta

**Ingredients:** 30g Pasta (boiled), 1/4 cup soya granules, bell peppers.

**Method:** Sauté soya and peppers; mix with pasta. High plant protein and fibre.

## Dal-Pasta Stew

**Ingredients:** 30g Pasta, 1/2 cup cooked moong dal, spinach.

**Method:** Simmer pasta in dal and spinach until cooked. A comforting complete-protein meal.

## Egg-Bhurji Pasta

**Ingredients:** 30g Pasta (boiled), 2 eggs, tomatoes, onions.

**Method:** Prepare egg bhurji and mix with boiled pasta. Quick and balanced.

## Chicken-Keema Pasta

**Ingredients:** 30g Pasta (boiled), 80g chicken keema, garlic.

**Method:** Cook keema with garlic; toss in pasta. A dense, protein-packed lunch.



# Barnyard Millet Noodles

## Simple Masala Noodles

**Ingredients:** 30g Noodles, water, provided masala sachet.

**Method:** Boil noodles 8 minutes; drain. Toss with masala. A guilt-free alternative to maida noodles.

## High-Veggie Masala Noodles

**Ingredients:** 30g Noodles, 1 cup shredded cabbage and carrots.

**Method:** Sauté a large volume of veggies; toss with noodles. Veggie volume ensures fullness.

## Tofu-Veggie Noodle Soup

**Ingredients:** 30g Noodles, 60g tofu, veg broth, spinach.

**Method:** Simmer all in broth. Tofu provides lean protein; broth adds volume.

## Egg-Veggie Noodles

**Ingredients:** 30g Noodles, 1 egg, 1/2 cup stir-fried veggies.

**Method:** Scramble egg with veggies; toss in noodles. A balanced, quick lunch.

## Chicken-Chilli Noodles

**Ingredients:** 30g Noodles (boiled), 80g chicken strips, capsicum.

**Method:** Stir-fry chicken and capsicum; toss with noodles. High protein.

## Fish-Pepper Noodles

**Ingredients:** 30g Noodles, 80g white fish, garlic, black pepper.

**Method:** Pan-sear fish with garlic; toss with noodles. Excellent for lean muscle.



# Red Rice



## Basic Steamed Red Rice

**Ingredients:** 30g Red Rice (raw), 1.5 cups water.

**Method:** Soak 8 hours. Pressure cook 20 minutes. High-fibre, low-GI base.



## Red Rice-Veggie Khichdi

**Ingredients:** 30g Red Rice (soaked), 2 tbsp toor dal, 1/2 cup carrots.

**Method:** Pressure cook all together. Fibre + protein = complete weight-loss meal.



## Tomato-Veggie Red Rice

**Ingredients:** 30g Red Rice (cooked), 1/2 cup tomato-pea masala.

**Method:** Toss cooked rice with masala. Peas provide the protein boost.



## Red Rice-Curd Bowl

**Ingredients:** 30g Red Rice (cooked), 1/2 cup curd, grated cucumber.

**Method:** Mix rice with curd and veggies. A filling, high-fibre cooling meal.



## Egg-Fried Red Rice

**Ingredients:** 30g Red Rice (cooked), 2 eggs, 1/2 cup beans, pepper.

**Method:** Stir-fry eggs and veggies; toss in red rice. Prevents energy crashes.



## Chicken-Red Rice Pulao

**Ingredients:** 30g Red Rice (raw), 80g chicken, whole spices.

**Method:** Sauté chicken and spices; add soaked rice and water. Cook until done.



# Black Rice

## Basic Steamed Black Rice

**Ingredients:** 30g Black Rice (raw), 1.5 cups water.

**Method:** Soak 8 hours. Pressure cook 30 minutes. High in antioxidants and nutty flavour.

## Black Rice-Veggie Bowl

**Ingredients:** 30g Black Rice (cooked), 1/2 cup broccoli, 1 tbsp pumpkin seeds.

**Method:** Toss rice with veggies and seeds. High in healthy fats and minerals.

## Black Rice-Dal Khichdi

**Ingredients:** 30g Black Rice (soaked), 2 tbsp moong dal, garlic.

**Method:** Cook rice and dal together until soft. Low-GI rice keeps you full longer.

## Black Rice-Curd Veggie Bowl

**Ingredients:** 30g Black Rice (cooked), 1/2 cup curd, grated carrot.

**Method:** Mix rice with curd and carrots. A nutrient-dense, complete meal.

## Fish-Black Rice Bowl

**Ingredients:** 30g Black Rice (cooked), 80g grilled fish, lemon, pepper.

**Method:** Serve rice with fish. High in Omega-3s and anthocyanins.

## Chicken-Pepper Black Rice

**Ingredients:** 30g Black Rice (cooked), 80g pepper chicken, onions.

**Method:** Toss rice with spicy chicken. A powerful, high-protein weight-management dinner.



# Barnyard Millet Grain

## Steamed Barnyard Millet

**Ingredients:** 30g Millet (raw), 1 cup water.

**Method:** Soak 1 hour. Cook until fluffy. A direct 1:1 replacement for white rice.

## Barnyard Millet-Veg Pulao

**Ingredients:** 30g Millet (raw), 1/2 cup mixed veggies, 1 tbsp paneer.

**Method:** Cook all together in a pressure cooker. Paneer and veggies make it complete.

## Millet-Dal Khichdi

**Ingredients:** 30g Millet, 2 tbsp moong dal, turmeric, spinach.

**Method:** Cook until soft. Provides a complete amino acid profile in one bowl.

## Curd-Millet & Pomegranate Bowl

**Ingredients:** 30g Millet (cooked), 1/2 cup curd, 2 tbsp pomegranate.

**Method:** Mix and temper with mustard. A cooling, balanced, probiotic meal.

## Egg-Pepper Millet Bowl

**Ingredients:** 30g Millet (cooked), 2 boiled eggs, onions, pepper.

**Method:** Toss cooked millet with onions and eggs. High protein and satisfying.

## Chicken-Millet Biryani Bowl

**Ingredients:** 30g Millet (raw), 80g chicken, biryani spices.

**Method:** Cook chicken with spices; add millet and water. A low-GI, high-protein biryani.

# Your Weight Management Journey

Success in weight management comes from sustainable habits, not temporary restrictions. This recipe collection empowers you to enjoy diverse, flavourful meals whilst making consistent progress towards your health goals. Each recipe balances nutrition science with culinary pleasure—because the best diet is one you can maintain for life.



## Stock Your Pantry

Begin by acquiring your chosen products. Store in airtight containers. Keep complementary ingredients—eggs, vegetables, lean proteins, spices—readily available for quick meal preparation.



## Plan Your Week

Select 7-10 recipes spanning breakfast, lunch, and dinner. Create a simple meal plan accounting for variety across vegetarian and non-vegetarian options. Preparation becomes effortless with structure.



## Track & Adapt

Monitor how recipes affect your energy, satiety, and progress. Adjust portions and combinations based on your response. Sustainable weight management requires personalisation and patience.

## Cook & Enjoy

Follow recipes precisely at first, then adapt to your preferences. Batch-cook grains and proteins when possible. Meal prep supports consistency—the true key to weight management success.



**Remember:** Weight management is a marathon, not a sprint. These recipes provide the nutritional foundation, but success also requires adequate sleep, stress management, regular physical activity, and self-compassion. Focus on progress, not perfection. Each healthy meal is a victory worth celebrating.

# Your Journey Doesn't End Here

While our products provide the perfect nutritional foundation, we know that every body is unique. If you are looking for a personalized weight loss solution tailored specifically to your metabolism, lifestyle, and goals, we are here to guide you.

Combine the power of The Good Weight products with a custom-made plan designed by our expert nutritionists to accelerate your results and sustain them for life.

## Our Services

- Personalized Diet based Weight Loss
- PCOS Weight Loss
- Post-partum Weight Loss
- Diabetes Remission
- Medical Weight Loss
- Endoscopic Weight Loss Procedures
- Bariatric Surgery

## Buy Online or Book Online Consultation

Ready to take the next step toward your "Good Weight"? Reach out to us for consultations, product inquiries, or personalized diet support.

- Call/WhatsApp: [\*\*+91-93-6301-6300\*\*](tel:+919363016300)
- Email: [\*\*support@thegoodweight.com\*\*](mailto:support@thegoodweight.com)
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