

Food Item	Protein (g)	Carbs (g)	Calories (kcal)	Carb-to-Protein Ratio	Calories per g of Protein
Sattu (Roasted Chana Flour)	22	64	410	2.9 : 1	18.6 kcal/g
Rajma (Kidney Beans)	24	60	333	2.5 : 1	13.9 kcal/g
Daal (Yellow Lentils / Toor)	22	60	343	2.7 : 1	15.6 kcal/g
Moong Sprouts	3	5.9	30	2.0 : 1	10.0 kcal/g
Green Peas (Fresh)	5.4	14.5	81	2.7 : 1	15.0 kcal/g
Rolled Oats	13.5	66	389	4.9 : 1	28.8 kcal/g

Food Item	Protein (g)	Fat (g)	Calories (kcal)	Fat-to-Protein Ratio	Calories per g of Protein
Whole Egg (Large)	12.6	9.5	143	0.75 : 1	11.3 kcal/g
Egg White	10.9	0.2	52	0.02 : 1	4.8 kcal/g
Chicken Breast (Skinless)	23	1.5	110	0.07 : 1	4.8 kcal/g
Chicken Thigh (Skinless)	20	4.5	125	0.23 : 1	6.3 kcal/g
White / Lean Fish (Rohu, Catla, Cod)	18	1.3	90	0.07 : 1	5.0 kcal/g
Fatty Fish (Salmon, Mackerel, Surmai)	20	12	195	0.60 : 1	9.8 kcal/g

Dairy Item	Protein (g)	Fat (g)	Calories (kcal)	Fat-to-Protein Ratio	Calories per g of Protein
Chaas / Buttermilk (Traditional, unsalted)	1	0.9	20	0.9 : 1	20.0 kcal/g
Doodh (Cow Milk, Whole ~3.5% fat)	3.2	3.6	62	1.1 : 1	19.4 kcal/g
Doodh (Buffalo Milk, Whole ~6.5% fat)	3.8	6.5	97	1.7 : 1	25.5 kcal/g
Dahi (Curd, Whole Milk)	3.5	4	65	1.1 : 1	18.6 kcal/g
Standard Paneer (Full-Fat Cottage Cheese)	18	21	265	1.2 : 1	14.7 kcal/g
Low-Fat Paneer (Skimmed Milk)	25	2	135	0.08 : 1	5.4 kcal/g

Low to Medium Carbohydrate Indian Lunch & Dinner Meals

Dish Name	Carbohydrate (gms)*	Protein Type	Protein (gms)*
Chicken Tandoori (very low carb)	<2g	Complete	12-14g
Mutton Seekh Kebabs with salad	<2g	Complete	12-14g
Tandoori Fish Tikka with salad	<-2g	Complete	12-14g
Anda Bhurji	3-5g	Complete	12-14g
Paneer Bhurji	4-6g	Complete	10-12g
Paneer Tikka	6-15g	Complete (Dairy)	10-12g
Fish Curry with small portion of Rice (Steamed)	18-22g	Complete	10-12g
Chicken Curry with Steamed Rice	25-30g	Complete	12-14g
Palak Paneer with Steamed Rice	25-30g	Complete (Dairy)	10-12g
Moong Dal Tadka with Steamed Rice	35-40g	Incomplete (Veg)	12-14g

* Serving sizes may vary. Tofu and Brown Rice are excluded. Chicken Tandoori and Paneer Tikka are included. Mutton Seekh Kebabs and Tandoori Fish Tikka are **served with a side salad**. Steamed **Rice** replaces Brown Rice for all rice-based meals.

Low to Medium Carbohydrate Indian Breakfasts

Dish Name	Carbohydrate (gms)*	Protein (gms)*	Protein Type
Palak Masala Omelette	<2g	12-14g	Complete
Anda Bhurji	3-5g	12-14g	Complete
Paneer Bhurji	4-6g	10-12g	Complete
Hung Curd w/ Roasted Seeds	6-8g	10-12g	Complete
Besan & Tofu Chilla	12-15g	8-10g	Incomplete
Sprouted Moong Chaat	18-22g	10-12g	Incomplete
Moong Dal Chilla	25-30g	12-14g	Incomplete

* Serving sizes may vary. Soya, Grilled Chicken, and Fish are excluded.