

PRABH SARAI FITNESS

THE LEAN PROTEIN PLATE

30 easy, high-protein, lower-calorie recipes

15 EGG-FREE VEGETARIAN | 15 NON-VEGETARIAN



WELCOME

Thirty practical recipes for busy adults who want more protein without turning dinner into a second job. The first 15 recipes are egg-free vegetarian; the next 15 use lean poultry, fish, seafood or eggs. Most are ready in 30 minutes or less and use ingredients found in Canadian supermarkets or Indian grocery stores.

START WITH THREE

Choose one breakfast, one lunch and one dinner. Repeat them until they feel automatic, then add another recipe.

PROTEIN FIRST

Use the protein number as your first filter, then choose the portion and sides that fit your day. Low calorie does not mean eating too little.

MEASURE THE EASY WINS

Measure oil with a spoon, use frozen vegetables without guilt, and keep two ready-to-eat protein options in the fridge.

FOOD THAT FITS REAL LIFE

South Asian flavours, quick Canadian grocery staples and simple substitutions are included so the plan can survive a busy week.

BEFORE YOU START

NUTRITION ESTIMATES

Calories and protein are estimates based on common Canadian products and standard portions. Your brands, substitutions, portioning and cooking oil will change the numbers. Use your package labels when precision matters.

ALLERGIES

Every recipe flags common allergens, but labels and cross-contamination vary. Check every package each time, especially protein powders, spice blends, broths, sauces, oats and plant milks.

MEDICAL BOUNDARY

This book is general education, not medical advice or a personalized diet. Speak with a physician or registered dietitian before major dietary changes if you are pregnant or postpartum, take medication, have a medical condition, or have a history of disordered eating.

FOOD SAFETY

Keep cold foods cold, refrigerate leftovers promptly and cook poultry to 74 C. Cook fish until opaque and flaky. Follow the storage and safety directions on your own ingredients.

NO DETOX CLAIMS. NO CRASH DIETS. NO GUARANTEED OUTCOMES.

RECIPE INDEX 01-15

01	Masala Tofu Bhurji	260 kcal	26 g
02	Paneer Tikka Skillet	315 kcal	20 g
03	Besan Chilla with Mint Raita	350 kcal	23 g
04	Moong Dal Chilla with Cottage Cheese Fi...	285 kcal	31 g
05	Whipped Cottage Cheese Chaat Bowl	165 kcal	19 g
06	Palak Tofu	305 kcal	31 g
07	Protein Chana Chaat	275 kcal	18 g
08	Tandoori Tofu Skewers	295 kcal	30 g
09	Soya Keema Matar	205 kcal	21 g
10	Sprouted Moong & Paneer Salad	285 kcal	19 g
11	Rajma Salad Bowl	250 kcal	18 g
12	Masoor Dal Soup with Yogurt Swirl	260 kcal	17 g
13	Vanilla Berry Overnight Protein Oats	315 kcal	34 g
14	Masala Roasted Chana with Yogurt Dip	245 kcal	15 g
15	Chocolate Protein Mousse	235 kcal	34 g

RECIPE INDEX 16-30

16	Tandoori Chicken Skillet	315 kcal	50 g
17	Chicken Tikka Salad Bowl	355 kcal	53 g
18	Lemon-Pepper Chicken & Zucchini	320 kcal	48 g
19	Chicken Shorba	220 kcal	32 g
20	Turkey Keema Matar	275 kcal	37 g
21	Turkey Lettuce Wraps	235 kcal	33 g
22	Turkey Meatballs in Tomato Masala	290 kcal	38 g
23	Baked Lemon-Garlic Salmon with Green Beans	340 kcal	28 g
24	Tandoori Fish Tikka	240 kcal	38 g
25	Masala Tuna Lettuce Cups	200 kcal	40 g
26	Garlic Shrimp & Broccoli Stir-Fry	255 kcal	39 g
27	Shrimp Tikka Skewers	220 kcal	38 g
28	Light Egg Curry	305 kcal	21 g
29	Chicken Seekh Kebab Patties	235 kcal	34 g
30	Light Fish Curry	245 kcal	36 g



EGG-FREE VEGETARIAN

Recipes 01-15 | No meat, poultry, fish, seafood or eggs

1

Masala Tofu Bhurji

Classic onion-tomato bhurji flavour with crumbled tofu for an egg-free protein breakfast.

Serves 2 | Prep 8 min | Cook 10 min

INGREDIENTS

- 400 g extra-firm tofu, drained and crumbled
- 1 tsp (5 ml) canola oil
- 1 small onion (80 g), finely chopped
- 1 medium tomato (100 g), finely chopped
- 1 green chilli, finely chopped
- 1 tsp (3 g) ginger-garlic paste
- 1/2 tsp turmeric
- 1/2 tsp red chilli powder
- 1/2 tsp garam masala
- 1/2 tsp salt
- 3 tbsp chopped coriander
- Lemon wedges, to serve

METHOD

- 1 Pat the tofu dry, then crumble it into small pieces with your hands.
- 2 Heat the oil in a non-stick pan over medium. Cook the onion and chilli for 3 minutes.
- 3 Add ginger-garlic paste, tomato, turmeric, chilli powder and salt. Cook 3 minutes until the tomato softens.
- 4 Fold in the tofu and cook 4 minutes, stirring, until hot and lightly golden.
- 5 Finish with garam masala, coriander and lemon.



260 CALORIES

26 G PROTEIN

ALLERGENS: Soy. Check garam masala for mustard, sesame and wheat.

2

Paneer Tikka Skillet

All the char and smokiness of tandoori paneer, in one pan, with a controlled portion size.

Serves 2 | Prep 10 min (plus 15 min marinating) | Cook 10 min

INGREDIENTS

- 160 g paneer, cut into 2 cm cubes
- 100 g (3/8 cup) 0% Greek yogurt
- 1 tsp (5 ml) canola oil
- 1 medium bell pepper (120 g), cut into chunks
- 1 small red onion (80 g), cut into petals
- 1 tsp (3 g) ginger-garlic paste
- 1 tsp (2 g) tandoori masala
- 1/2 tsp (1 g) red chilli powder
- 1/2 tsp (1 g) cumin powder
- 1/4 tsp (0.5 g) turmeric
- 1/2 tsp (3 g) salt
- 1 tbsp (15 ml) lemon juice
- 2 tbsp (7 g) coriander, chopped

METHOD

- 1 Mix the yogurt, ginger-garlic paste, tandoori masala, chilli, cumin, turmeric, salt and half the lemon juice in a bowl.
- 2 Fold in the paneer, pepper and onion. Marinate 15 minutes at room temperature.
- 3 Heat the oil in a non-stick skillet over medium-high. Add the marinated mixture in a single layer and leave it undisturbed 3 minutes to catch colour.
- 4 Turn the pieces and cook a further 5-6 minutes, stirring occasionally, until the paneer is charred at the edges and the peppers are tender-crisp.
- 5 Finish with the remaining lemon juice and coriander.



315 CALORIES

20 G PROTEIN

ALLERGENS: Milk. Check tandoori masala for mustard, sesame and wheat.

Extra-firm tofu instead of paneer brings this to roughly 250 calories and 24 g protein, and makes it dairy-free if you use a ...

3

Besan Chilla with Mint Raita

A quick Punjabi savoury pancake with a generous yogurt side for extra protein.

Serves 2 | Prep 10 min | Cook 12 min

INGREDIENTS

- 120 g (about 1 cup) besan
- 220 ml water, plus more as needed
- 1 small onion (70 g), finely chopped
- 1 small tomato (80 g), finely chopped
- 30 g baby spinach, chopped
- 1 green chilli, minced
- 1/2 tsp turmeric
- 1/2 tsp cumin powder
- 1/2 tsp salt
- 2 tsp (10 ml) canola oil
- 200 g 0% Greek yogurt
- 2 tbsp chopped mint
- 1/4 tsp roasted cumin powder

METHOD

- 1 Whisk besan and water into a smooth, pourable batter. Stir in the vegetables, chilli, turmeric, cumin and salt.
- 2 Mix the yogurt, mint and roasted cumin in a small bowl.
- 3 Heat 1/2 tsp oil in a non-stick pan over medium. Spread one quarter of the batter into a thin round.
- 4 Cook 2-3 minutes, flip, and cook 2 minutes more. Repeat to make 4 chilla.
- 5 Serve 2 chilla per person with the mint raita.



350 CALORIES

23 G PROTEIN

ALLERGENS: Milk. Besan may be processed with wheat; check the package if needed.

4

Moong Dal Chilla with Cottage Cheese Filling

A high-protein savoury crêpe with a creamy, lightly spiced filling - far more filling than it looks.

Serves 2 | Prep 10 min (plus 3 hours soaking) | Cook 12 min

INGREDIENTS

- 100 g (1/2 cup) yellow moong dal, soaked 3 hours or overnight, drained
- 120 ml (1/2 cup) water
- 1 tsp (3 g) grated ginger
- 1 green chilli
- 1/2 tsp (3 g) salt
- 1/4 tsp (0.5 g) turmeric
- 2 tsp (10 ml) canola oil
- 150 g (2/3 cup) 2% cottage cheese
- 1/4 tsp (0.5 g) chaat masala
- 2 tbsp (7 g) coriander, chopped
- 2 tbsp (15 g) red onion, finely chopped

METHOD

- 1 Blend the drained dal with the water, ginger, chilli, salt and turmeric into a smooth batter.
- 2 Mix the cottage cheese with the chaat masala, coriander and red onion. Set aside.
- 3 Heat 1/2 tsp oil in a non-stick pan over medium. Pour in a quarter of the batter and spread thin.
- 4 Cook 2-3 minutes until set and golden underneath, flip, and cook 1-2 minutes more.
- 5 Spoon a quarter of the cottage cheese mixture down the centre of each chilla and fold over. Repeat to make 4. Serve 2 per person.



285 CALORIES

31 G PROTEIN

ALLERGENS: Milk. Check chaat masala for mustard and wheat.

5

Whipped Cottage Cheese Chaat Bowl

Cold, crunchy, tangy and ready in six minutes - the fastest high-protein thing in this book.

Serves 2 | Prep 6 min | Cook 0 min

INGREDIENTS

- 300 g (11/4 cups) 2% cottage cheese
- 1 small cucumber (100 g), diced
- 1 medium tomato (100 g), deseeded and diced
- 1/4 red onion (40 g), finely diced
- 40 g (1/4 cup) pomegranate seeds
- 1 green chilli, minced
- 1/2 tsp (1 g) chaat masala
- 1/4 tsp (0.5 g) roasted cumin powder
- 1 tbsp (15 ml) lemon juice
- 3 tbsp (10 g) coriander, chopped
- Pinch of salt

METHOD

- 1 Blend or whisk the cottage cheese for 30 seconds until smooth and creamy, then divide between two bowls.
- 2 Toss the cucumber, tomato, onion, chilli, chaat masala, cumin, lemon juice and salt together.
- 3 Spoon the vegetables over the whipped cottage cheese, top with pomegranate and coriander, and eat immediately.



165 CALORIES

19 G PROTEIN

ALLERGENS: Milk. Check chaat masala for mustard and wheat.

6

Palak Tofu

Everything comforting about palak paneer, built on tofu for a lighter, higher-protein result.

Serves 2 | Prep 8 min | Cook 18 min

INGREDIENTS

- 280 g extra-firm tofu, pressed and cubed
- 300 g frozen chopped spinach, thawed and squeezed dry
- 1 tsp (5 ml) canola oil
- 1 small onion (80 g), finely chopped
- 1 medium tomato (100 g), chopped
- 1 tsp (3 g) ginger-garlic paste
- 1 green chilli, minced
- 1/2 tsp (1 g) cumin seeds
- 1/2 tsp (1 g) coriander powder
- 1/4 tsp (0.5 g) turmeric
- 1/2 tsp (1.5 g) garam masala
- 3/4 tsp (4 g) salt
- 60 g (1/4 cup) 2% Greek yogurt
- 120 ml (1/2 cup) water

METHOD

- 1 Heat the oil in a non-stick pan over medium. Add the cumin seeds, let them sizzle 20 seconds, then add the onion and cook 4 minutes.
- 2 Add the ginger-garlic paste and chilli, cook 1 minute, then the tomato, coriander powder, turmeric and salt. Cook 4 minutes until the tomato collapses.
- 3 Stir in the spinach and water. Simmer 5 minutes.
- 4 Add the tofu and fold gently. Simmer a further 4 minutes so it absorbs the masala.
- 5 Take off the heat, stir in the yogurt and garam masala, and serve. Do not boil after adding the yogurt or it will split.



305 CALORIES

31 G PROTEIN

ALLERGENS: Soy, milk. Check garam masala for mustard, sesame and wheat.

Nutrition is for the dish only. One roti adds roughly 110 calories and 3 g protein.

7

Protein Chana Chaat

Street-food flavour, fridge-cold, no cooking - and the yogurt does the protein work.

Serves 2 | Prep 10 min | Cook 0 min

INGREDIENTS

- 1 can (540 ml) chickpeas, drained and rinsed (250 g drained)
- 150 g (2/3 cup) 0% Greek yogurt
- 1 small cucumber (100 g), diced
- 1 medium tomato (100 g), diced
- 1/4 red onion (40 g), finely diced
- 1 green chilli, minced
- 1 tsp (2 g) chaat masala
- 1/2 tsp (1 g) roasted cumin powder
- 1/4 tsp (0.5 g) red chilli powder
- 2 tbsp (30 ml) lemon juice
- 4 tbsp (14 g) coriander, chopped
- Pinch of salt

METHOD

- 1 Tip the chickpeas into a large bowl and lightly crush about a third of them with a fork - this helps everything cling together.
- 2 Add the cucumber, tomato, onion, chilli, spices, lemon juice and salt. Toss well.
- 3 Fold through the Greek yogurt and coriander. Serve cold.



275 CALORIES

18 G PROTEIN

ALLERGENS: Milk. Check chaat masala for mustard and wheat.

8

Tandoori Tofu Skewers

High-protein, dairy-optional, and they come out of the oven with proper tandoori colour and char.

Serves 2 | Prep 12 min (plus 20 min marinating) | Cook 18 min

INGREDIENTS

- 300 g extra-firm tofu, pressed and cut into 2.5 cm cubes
- 100 g (3/8 cup) 0% Greek yogurt
- 1 bell pepper (120 g), cut into chunks
- 1 small red onion (80 g), cut into petals
- 1 tsp (5 ml) canola oil
- 1 tsp (3 g) ginger-garlic paste
- 1 1/2 tsp (3 g) tandoori masala
- 1/2 tsp (1 g) red chilli powder
- 1/2 tsp (1 g) cumin powder
- 3/4 tsp (4 g) salt
- 1 tbsp (15 ml) lemon juice

METHOD

- 1 Heat the oven to 220°C (425°F) and line a baking tray with parchment.
- 2 Whisk the yogurt, oil, ginger-garlic paste, spices, salt and lemon juice together. Fold in the tofu, pepper and onion. Marinate 20 minutes.
- 3 Thread onto skewers, alternating tofu and vegetables. (Soak wooden skewers 10 minutes first.)
- 4 Roast 12 minutes, turn, then roast a further 6 minutes until the edges are browned and blistered.



295 CALORIES

30 G PROTEIN

ALLERGENS: Soy, milk. Check tandoori masala for mustard, sesame and wheat.

Plant-based yogurt makes this fully dairy-free.

9

Soya Keema Matar

A freezer-friendly, high-protein vegetarian keema made with soya granules and peas.

Serves 4 | Prep 10 min | Cook 20 min

INGREDIENTS

- 160 g dry soya granules (TVP)
- 150 g frozen green peas
- 2 tsp (10 ml) canola oil
- 1 medium onion (120 g), finely chopped
- 2 medium tomatoes (200 g), chopped
- 1 tbsp ginger-garlic paste
- 1 green chilli, minced
- 1 tsp cumin seeds
- 1 tsp coriander powder
- 1/2 tsp turmeric
- 1 tsp garam masala
- 1 tsp salt
- 250 ml water
- 4 tbsp chopped coriander

METHOD

- 1 Cover the soya granules with boiling water for 8 minutes. Drain, rinse and squeeze out excess water.
- 2 Heat oil in a pan. Add cumin and onion; cook 5 minutes.
- 3 Add ginger-garlic paste, chilli, tomatoes, coriander powder, turmeric and salt. Cook 5 minutes.
- 4 Stir in the soya, peas and water. Simmer 8-10 minutes until thick.
- 5 Finish with garam masala and coriander.



205 CALORIES

21 G PROTEIN

ALLERGENS: Soy. Check spice blends for mustard, sesame and wheat.

Nutrition is for the keema only; count roti or rice separately.

10

Sprouted Moong & Paneer Salad

Crunchy sprouts, vegetables and paneer tossed in a bright yogurt-chaat dressing.

Serves 2 | Prep 12 min | Cook 0 min

INGREDIENTS

- 200 g sprouted moong beans
- 120 g paneer, cut into small cubes
- 1 small cucumber (100 g), diced
- 1 medium tomato (100 g), diced
- 1/4 red onion (40 g), diced
- 100 g 0% Greek yogurt
- 1 tsp (5 ml) olive oil
- 1 green chilli, minced
- 1 tsp chaat masala
- 2 tbsp lemon juice
- 3 tbsp chopped coriander
- 1/2 tsp salt

METHOD

- 1 Blanch the sprouts for 60 seconds if you prefer them softer, then drain and cool.
- 2 Whisk yogurt, olive oil, lemon juice, chaat masala, chilli and salt.
- 3 Combine sprouts, paneer, cucumber, tomato, onion and coriander.
- 4 Fold through the dressing and serve immediately.



285 CALORIES

19 G PROTEIN

ALLERGENS: Milk. Check chaat masala for mustard and wheat.

11

Rajma Salad Bowl

Rajma, out of the pressure cooker and into a bright cold bowl - same comfort, half the effort.

Serves 2 | Prep 12 min | Cook 0 min

INGREDIENTS

- 1 can (540 ml) red kidney beans, drained and rinsed (250 g drained)
- 1 bell pepper (100 g), diced
- 1 small cucumber (100 g), diced
- 1/4 red onion (40 g), finely diced
- 150 g (2/3 cup) 0% Greek yogurt
- 1 tsp (5 ml) olive oil
- 1 clove garlic, grated
- 1 tsp (2 g) roasted cumin powder
- 1/2 tsp (1 g) red chilli powder
- 1/2 tsp (1 g) chaat masala
- 2 tbsp (30 ml) lemon juice
- 4 tbsp (14 g) coriander, chopped
- 1/2 tsp (3 g) salt

METHOD

- 1 Whisk the yogurt, olive oil, garlic, cumin, chilli powder, chaat masala, lemon juice and salt into a dressing.
- 2 Combine the kidney beans, pepper, cucumber and onion in a large bowl.
- 3 Pour over the dressing, fold through the coriander, and let it sit 5 minutes before serving so the beans take on the flavour.



250 CALORIES

18 G PROTEIN

ALLERGENS: Milk. Check chaat masala for mustard and wheat.

12

Masoor Dal Soup with Yogurt Swirl

A thin, warming, everyday dal turned into a light soup - perfect for a cold Canadian evening.

Serves 3 | Prep 8 min | Cook 25 min

INGREDIENTS

- 150 g (3/4 cup) dry red lentils (masoor dal), rinsed
- 900 ml (33/4 cups) water
- 2 tsp (10 ml) canola oil
- 1 medium onion (100 g), chopped
- 1 medium tomato (100 g), chopped
- 2 cloves garlic, minced
- 1 tsp (3 g) grated ginger
- 1/2 tsp (1 g) cumin seeds
- 1/2 tsp (1 g) turmeric
- 1/2 tsp (1 g) red chilli powder
- 1/2 tsp (1.5 g) garam masala
- 1 tsp (6 g) salt
- 150 g (2/3 cup) 2% Greek yogurt
- 2 tbsp (30 ml) lemon juice
- 3 tbsp (10 g) coriander, chopped

METHOD

- 1 Heat the oil in a large pot over medium. Add the cumin seeds, then the onion, and cook 4 minutes.
- 2 Add the garlic, ginger, tomato, turmeric, chilli powder and salt. Cook 4 minutes until the tomato softens.
- 3 Add the lentils and water. Bring to a boil, reduce to a simmer, cover partially and cook 18-20 minutes until the lentils are completely soft.
- 4 Stir in the garam masala and lemon juice. Whisk briskly to loosen the texture, adding a splash of water if it's too thick.
- 5 Ladle into bowls and swirl 50 g of yogurt into each. Finish with coriander.



260 CALORIES

17 G PROTEIN

ALLERGENS: Milk. Check garam masala for mustard, sesame and wheat.

13

Vanilla Berry Overnight Protein Oats

An egg-free make-ahead breakfast that is ready when the morning gets busy.

Serves 2 | Prep 8 min | Chill overnight

INGREDIENTS

- 60 g rolled oats
- 300 g 0% Greek yogurt
- 150 ml skim or high-protein milk
- 30 g vanilla protein powder
- 100 g frozen mixed berries
- 1/2 tsp vanilla extract
- 1/2 tsp cinnamon

METHOD

- 1 Divide the oats between two jars.
- 2 Whisk yogurt, milk, protein powder, vanilla and cinnamon until smooth.
- 3 Divide the yogurt mixture and berries between the jars and stir well.
- 4 Cover and refrigerate for at least 4 hours or overnight. Stir before eating.



315 CALORIES

34 G PROTEIN

ALLERGENS: Milk. Oats and protein powder may contain wheat, soy, nuts or sesame; check labels.

14

Masala Roasted Chana with Yogurt Dip

The crunchy evening snack that replaces the chips - with a cool, high-protein dip on the side.

Serves 4 | Prep 8 min | Cook 35 min

INGREDIENTS

- 2 cans (540 ml each) chickpeas, drained, rinsed and patted very dry (500 g drained)
- 1 tbsp (15 ml) olive oil
- 1 tsp (2 g) cumin powder
- 1 tsp (2 g) coriander powder
- 1/2 tsp (1 g) red chilli powder
- 1/2 tsp (1 g) chaat masala
- 1/4 tsp (0.5 g) turmeric
- 3/4 tsp (4 g) salt
- 200 g (3/4 cup) 0% Greek yogurt
- 1 tbsp (15 ml) lemon juice
- 2 tbsp (6 g) mint, chopped
- 1/4 tsp (0.5 g) roasted cumin powder
- Pinch of salt

METHOD

- 1 Heat the oven to 200°C (400°F). Dry the chickpeas thoroughly - this is the difference between crunchy and chewy.
- 2 Toss with the oil, spices and salt. Spread in a single layer on a parchment-lined tray.
- 3 Roast 30-35 minutes, shaking the tray twice, until crisp and deeply golden.
- 4 Stir the dip ingredients together while the chana roasts.
- 5 Cool 5 minutes before serving - they crisp further as they cool.



245 CALORIES

15 G PROTEIN

ALLERGENS: Milk. Check chaat masala for mustard and wheat.

15

Chocolate Protein Mousse

A proper dessert that comes together in three minutes and won't undo your day.

Serves 2 | Prep 5 min | Cook 0 min

INGREDIENTS

- 400 g (12/3 cups) 0% Greek yogurt
- 30 g (1 scoop) chocolate whey or plant protein powder
- 1 tbsp (6 g) unsweetened cocoa powder
- 2 tsp (10 ml) maple syrup or honey
- 1/2 tsp (2.5 ml) vanilla extract
- Pinch of salt
- 10 g dark chocolate, shaved, to finish

METHOD

- 1 Whisk the yogurt, protein powder, cocoa, syrup, vanilla and salt together until completely smooth with no dry pockets.
- 2 Chill at least 20 minutes for a firmer, mousse-like texture - or eat straight away if you're impatient.
- 3 Top with the shaved dark chocolate.



235 CALORIES

34 G PROTEIN

ALLERGENS: Milk. Protein powders vary widely - check yours for milk, soy, wheat, tree nuts, peanuts and sesame.

A soy or pea protein powder with plant-based yogurt makes this dairy-free, though protein will drop slightly.



NON-VEGETARIAN

Recipes 16-30 | Lean poultry, fish, seafood and eggs

16

Tandoori Chicken Skillet

Restaurant flavour, home portion, one pan - the recipe I give more clients than any other.

Serves 2 | Prep 10 min (plus 20 min marinating) | Cook 14 min

INGREDIENTS

- 300 g boneless skinless chicken breast, cut into 3 cm pieces
- 100 g (3/8 cup) 0% Greek yogurt
- 1 tsp (5 ml) canola oil
- 1 small red onion (100 g), sliced
- 1 tsp (3 g) ginger-garlic paste
- 1 1/2 tsp (3 g) tandoori masala
- 1/2 tsp (1 g) red chilli powder
- 1/2 tsp (1 g) cumin powder
- 1/4 tsp (0.5 g) turmeric
- 3/4 tsp (4 g) salt
- 1 tbsp (15 ml) lemon juice
- 3 tbsp (10 g) coriander, chopped

METHOD

- 1 Combine the yogurt, ginger-garlic paste, tandoori masala, chilli, cumin, turmeric, salt and half the lemon juice. Add the chicken and marinate at least 20 minutes.
- 2 Heat the oil in a non-stick skillet over medium-high. Add the chicken in a single layer and leave it 3 minutes without moving so it browns.
- 3 Turn the pieces, add the onion, and cook a further 7-8 minutes until the chicken is cooked through (74°C internal) and the edges are charred.
- 4 Finish with the remaining lemon juice and coriander.



315 CALORIES

50 G PROTEIN

ALLERGENS: Milk. Check tandoori masala for mustard, sesame and wheat.

17

Chicken Tikka Salad Bowl

A full lunch bowl with over 50 g of protein and no heaviness - this is what meal prep should feel like.

Serves 2 | Prep 15 min (plus 20 min marinating) | Cook 14 min

INGREDIENTS

- 300 g boneless skinless chicken breast, cubed
- 200 g (3/4 cup) 0% Greek yogurt, divided
- 1 tsp (5 ml) olive oil
- 1 tsp (3 g) ginger-garlic paste
- 1 tsp (2 g) tikka or tandoori masala
- 1/2 tsp (1 g) red chilli powder
- 3/4 tsp (4 g) salt, divided
- 150 g mixed salad greens
- 1 small cucumber (120 g), sliced
- 1 cup (150 g) cherry tomatoes, halved
- 1/4 red onion (40 g), thinly sliced
- 2 tbsp (30 ml) lemon juice, divided
- 3 tbsp (9 g) mint, chopped
- 1/4 tsp (0.5 g) roasted cumin powder

METHOD

- 1 Mix 100 g of the yogurt with the ginger-garlic paste, tikka masala, chilli powder, 1/2 tsp salt and 1 tbsp lemon juice. Coat the chicken and marinate 20 minutes.
- 2 Whisk the remaining 100 g yogurt with the mint, cumin, remaining lemon juice and remaining salt to make the dressing. Refrigerate.
- 3 Heat the oil in a non-stick pan over medium-high. Cook the chicken 12-14 minutes, turning, until charred outside and cooked through (74°C).
- 4 Divide the greens, cucumber, tomatoes and onion between two bowls.
- 5 Top with the hot chicken and spoon over the mint dressing.



355 CALORIES

53 G PROTEIN

ALLERGENS: Milk. Check tikka masala for mustard, sesame and wheat.

18

Lemon-Pepper Chicken & Zucchini

Fifteen minutes, one pan, no spice blend required - for the nights when you've got nothing left.

Serves 2 | Prep 8 min | Cook 14 min

INGREDIENTS

- 300 g boneless skinless chicken breast, sliced into 1 cm strips
- 400 g zucchini (about 2 medium), sliced into half-moons
- 2 tsp (10 ml) olive oil
- 3 cloves garlic, thinly sliced
- 1 tsp (2 g) coarse black pepper
- 1/2 tsp (1 g) dried oregano
- 1/2 tsp (1 g) chilli flakes
- 3/4 tsp (4 g) salt
- Zest and juice of 1 lemon
- 2 tbsp (7 g) parsley or coriander, chopped

METHOD

- 1 Toss the chicken with the pepper, oregano, chilli flakes, half the salt and the lemon zest.
- 2 Heat 1 tsp oil in a large non-stick pan over medium-high. Cook the chicken 6-7 minutes until browned and cooked through (74°C). Remove to a plate.
- 3 Add the remaining oil and the zucchini to the same pan. Cook 4 minutes, undisturbed at first, until browned at the edges.
- 4 Add the garlic and remaining salt, cook 1 minute, then return the chicken to the pan.
- 5 Squeeze over the lemon juice, scrape up anything stuck to the pan, and finish with parsley.



320 CALORIES

48 G PROTEIN

ALLERGENS: None of the priority allergens in the recipe as written.

19

Chicken Shorba

A clear, gingery, deeply savoury soup - light enough for a starter, filling enough for a late dinner.

Serves 3 | Prep 10 min | Cook 25 min

INGREDIENTS

- 300 g boneless skinless chicken breast, cut into small cubes
- 1 tsp (5 ml) canola oil
- 1 L (4 cups) low-sodium chicken broth
- 1 medium onion (100 g), finely chopped
- 2 carrots (120 g), diced
- 1 stalk celery (80 g), diced
- 3 cloves garlic, minced
- 1 tbsp (9 g) grated ginger
- 1/2 tsp (1 g) cumin seeds
- 1/2 tsp (1 g) black pepper
- 1/2 tsp (1.5 g) garam masala
- 1 tsp (6 g) salt, or to taste
- 1 tbsp (15 ml) lemon juice
- 3 tbsp (10 g) coriander, chopped

METHOD

- 1 Heat the oil in a pot over medium. Add the cumin seeds, then the onion, carrot and celery. Cook 5 minutes.
- 2 Add the garlic and ginger, cook 1 minute, then add the chicken and cook 3 minutes until it turns opaque.
- 3 Pour in the broth, add the pepper and salt, and bring to a boil. Reduce heat and simmer 15 minutes.
- 4 Stir in the garam masala and lemon juice.
- 5 Ladle into bowls and finish generously with coriander.



220 CALORIES

32 G PROTEIN

ALLERGENS: Check broth and garam masala for wheat, soy, milk, mustard, sesame and sulphites.

20

Turkey Keema Matar

Classic keema, made with extra-lean ground turkey so the flavour stays and the calories don't.

Serves 3 | Prep 10 min | Cook 22 min

INGREDIENTS

- 450 g extra-lean ground turkey
- 150 g (1 cup) frozen green peas
- 2 tsp (10 ml) canola oil
- 1 medium onion (120 g), finely chopped
- 2 medium tomatoes (200 g), finely chopped
- 1 tbsp (9 g) ginger-garlic paste
- 1 green chilli, minced
- 1 tsp (2 g) cumin seeds
- 1 tsp (2 g) coriander powder
- 1/2 tsp (1 g) turmeric
- 1 tsp (2 g) red chilli powder
- 1 tsp (3 g) garam masala
- 1 tsp (6 g) salt
- 50 g (3 tbsp) 2% Greek yogurt
- 120 ml (1/2 cup) water
- 4 tbsp (14 g) coriander, chopped

METHOD

- 1 Heat the oil in a wide pan over medium. Add the cumin seeds, then the onion, and cook 5 minutes until golden at the edges.
- 2 Add the ginger-garlic paste and green chilli. Cook 1 minute.
- 3 Add the tomatoes, turmeric, coriander powder, chilli powder and salt. Cook 5 minutes until the masala thickens and darkens.
- 4 Add the turkey, breaking it up with a spoon. Cook 6-7 minutes until no pink remains and the liquid has evaporated.
- 5 Add the peas, yogurt and water. Simmer 4 minutes, then stir in the garam masala and fresh coriander.



275 CALORIES

37 G PROTEIN

ALLERGENS: Milk. Check garam masala for mustard, sesame and wheat.

Nutrition is for the keema only. One roti adds roughly 110 calories and 3 g protein.

21

Turkey Lettuce Wraps

Crunchy, savoury and light - the meal that feels like a snack and eats like a dinner.

Serves 2 | Prep 12 min | Cook 12 min

INGREDIENTS

- 300 g extra-lean ground turkey
- 1 tsp (5 ml) sesame oil
- 1 bell pepper (100 g), finely diced
- 1 carrot (60 g), finely diced
- 3 spring onions (45 g), sliced
- 3 cloves garlic, minced
- 1 tbsp (9 g) grated ginger
- 2 tbsp (30 ml) low-sodium soy sauce
- 1 tsp (5 ml) rice vinegar
- 1/2 tsp (1 g) chilli flakes
- 8 large butter or romaine lettuce leaves
- 2 tbsp (7 g) coriander, chopped
- Lime wedges, to serve

METHOD

- 1 Heat the sesame oil in a large non-stick pan over medium-high. Add the turkey and cook 6 minutes, breaking it up, until browned and cooked through (74°C).
- 2 Add the garlic, ginger, pepper and carrot. Cook 4 minutes until the vegetables soften slightly but keep some bite.
- 3 Stir in the soy sauce, rice vinegar and chilli flakes. Cook 1 minute more.
- 4 Fold through the spring onions and coriander.
- 5 Spoon into the lettuce leaves and serve with lime.



235 CALORIES

33 G PROTEIN

ALLERGENS: Soy, sesame, wheat (most soy sauce contains wheat - use tamari for a gluten-free version).

22

Turkey Meatballs in Tomato Masala

Meatballs with an Indian tomato base - a genuine crowd-pleaser that reheats brilliantly.

Serves 3 | Prep 15 min | Cook 25 min

INGREDIENTS

- 450 g extra-lean ground turkey
- 1 large egg
- 20 g (3 tbsp) plain breadcrumbs
- 1/4 onion (40 g), grated
- 2 cloves garlic, minced
- 1 tsp (3 g) grated ginger
- 1/2 tsp (1.5 g) garam masala
- 1/2 tsp (3 g) salt
- 3 tbsp (10 g) coriander, chopped
- 500 ml (2 cups) passata or crushed tomatoes
- 1 tsp (5 ml) canola oil
- 1 tsp (3 g) ginger-garlic paste
- 1 tsp (2 g) cumin powder
- 1 tsp (2 g) coriander powder
- 1/2 tsp (1 g) red chilli powder
- 1/2 tsp (3 g) salt
- 120 ml (1/2 cup) water

METHOD

- 1 Heat the oven to 200°C (400°F). Mix all the meatball ingredients and roll into 15 balls. Place on a parchment-lined tray.
- 2 Bake 15 minutes while you make the sauce.
- 3 Heat the oil in a wide pan over medium. Add the ginger-garlic paste, cook 30 seconds, then the cumin, coriander powder, chilli powder and salt. Cook 20 seconds.
- 4 Add the passata and water. Simmer 8 minutes until slightly thickened.
- 5 Add the baked meatballs to the sauce and simmer a further 5 minutes, spooning sauce over them, until cooked through (74°C).



290 CALORIES

38 G PROTEIN

ALLERGENS: Eggs, wheat (breadcrumbs). Check garam masala for mustard and sesame. Use gluten-free breadcrumbs or ground oats to

23

Baked Lemon-Garlic Salmon with Green Beans

One tray, twenty minutes, and the kind of dinner that feels like more effort than it was.

Serves 2 | Prep 8 min | Cook 16 min

INGREDIENTS

- 2 salmon fillets (125 g each, 250 g total), skin on or off
- 300 g green beans, trimmed
- 2 tsp (10 ml) olive oil
- 4 cloves garlic, thinly sliced
- Zest and juice of 1 lemon
- 1/2 tsp (1 g) black pepper
- 3/4 tsp (4 g) salt
- 1/2 tsp (1 g) chilli flakes
- 2 tbsp (6 g) fresh dill or parsley, chopped

METHOD

- 1 Heat the oven to 220°C (425°F) and line a baking tray.
- 2 Toss the green beans with 1 tsp oil, the garlic, half the salt and the chilli flakes. Spread to one side of the tray and roast 6 minutes.
- 3 Meanwhile, rub the salmon with the remaining oil, lemon zest, pepper and remaining salt.
- 4 Add the salmon to the tray and roast a further 10 minutes, until the fish flakes easily and reaches 70°C.
- 5 Squeeze the lemon juice over everything and scatter with dill.



340 CALORIES

28 G PROTEIN

ALLERGENS: Fish.

24

Tandoori Fish Tikka

Basa or tilapia takes tandoori spice beautifully, cooks in ten minutes, and stays remarkably light.

Serves 2 | Prep 10 min (plus 20 min marinating) | Cook 12 min

INGREDIENTS

- 350 g basa or tilapia fillets, cut into large chunks
- 100 g (3/8 cup) 0% Greek yogurt
- 1 tsp (5 ml) canola oil
- 1 bell pepper (100 g), cut into chunks
- 1/2 red onion (60 g), cut into petals
- 1 tsp (3 g) ginger-garlic paste
- 1 1/2 tsp (3 g) tandoori masala
- 1/2 tsp (1 g) red chilli powder
- 1/2 tsp (1 g) ajwain (carom seeds), optional but traditional
- 3/4 tsp (4 g) salt
- 1 tbsp (15 ml) lemon juice
- 2 tbsp (7 g) coriander, chopped

METHOD

- 1 Heat the oven to 230°C (450°F) and line a tray.
- 2 Whisk the yogurt, ginger-garlic paste, tandoori masala, chilli powder, ajwain, salt and lemon juice together. Gently coat the fish, pepper and onion. Marinate 20 minutes in the fridge.
- 3 Arrange in a single layer on the tray and brush lightly with the oil.
- 4 Roast 10-12 minutes until the edges char and the fish flakes easily (70°C internal).
- 5 Finish with coriander and extra lemon.



240 CALORIES

38 G PROTEIN

ALLERGENS: Fish, milk. Check tandoori masala for mustard, sesame and wheat.

25

Masala Tuna Lettuce Cups

Canned tuna, upgraded - no mayo, no cooking, and 40 g of protein for 200 calories.

Serves 2 | Prep 10 min | Cook 0 min

INGREDIENTS

- 2 cans (170 g each) light tuna in water, well drained (240 g drained)
- 100 g (3/8 cup) 2% Greek yogurt
- 1/4 red onion (40 g), finely diced
- 1 small cucumber (60 g), finely diced
- 1 small tomato (60 g), deseeded and diced
- 1 green chilli, minced
- 1 tsp (2 g) chaat masala
- 1/4 tsp (0.5 g) black pepper
- 2 tbsp (30 ml) lemon juice
- 3 tbsp (10 g) coriander, chopped
- 8 large romaine or butter lettuce leaves
- Pinch of salt

METHOD

- 1 Flake the drained tuna into a bowl with a fork.
- 2 Add the yogurt, onion, cucumber, tomato, chilli, chaat masala, pepper, lemon juice, coriander and salt. Mix well.
- 3 Spoon into the lettuce leaves and serve cold.



200 CALORIES

40 G PROTEIN

ALLERGENS: Fish, milk. Check chaat masala for mustard and wheat.

26

Garlic Shrimp & Broccoli Stir-Fry

Twelve minutes from frozen shrimp to dinner - the fastest real meal in this book.

Serves 2 | Prep 8 min | Cook 12 min

INGREDIENTS

- 350 g raw shrimp, peeled and deveined (thawed if frozen)
- 300 g broccoli florets
- 2 tsp (10 ml) canola oil
- 5 cloves garlic, thinly sliced
- 1 tbsp (9 g) grated ginger
- 2 tbsp (30 ml) low-sodium soy sauce
- 1 tsp (3 g) cornstarch
- 60 ml (1/4 cup) water
- 1/2 tsp (1 g) chilli flakes
- 1/2 tsp (1 g) black pepper
- 1 tbsp (15 ml) lemon juice
- 2 spring onions (30 g), sliced

METHOD

- 1 Whisk the soy sauce, cornstarch and water together and set aside.
- 2 Heat 1 tsp oil in a large non-stick pan or wok over high. Add the broccoli and a splash of water, cover, and steam-fry 4 minutes until bright green and tender-crisp. Tip onto a plate.
- 3 Add the remaining oil, then the shrimp in a single layer. Cook 90 seconds per side until pink and opaque.
- 4 Add the garlic, ginger, chilli flakes and pepper. Cook 45 seconds.
- 5 Return the broccoli, pour in the sauce, and toss 1 minute until it thickens and coats everything. Finish with lemon juice and spring onions.



255 CALORIES

39 G PROTEIN

ALLERGENS: Crustaceans (shrimp), soy, wheat (most soy sauce). Use tamari for gluten-free.

27

Shrimp Tikka Skewers

Smoky, charred, ready in twenty minutes total - and one of the leanest high-protein meals you can make.

Serves 2 | Prep 10 min (plus 15 min marinating) | Cook 10 min

INGREDIENTS

- 350 g raw large shrimp, peeled and deveined
- 100 g (3/8 cup) 0% Greek yogurt
- 1 tsp (5 ml) canola oil
- 1 bell pepper (150 g), cut into chunks
- 1 tsp (3 g) ginger-garlic paste
- 1 tsp (2 g) tandoori masala
- 1/2 tsp (1 g) red chilli powder
- 1/2 tsp (1 g) cumin powder
- 3/4 tsp (4 g) salt
- 1 tbsp (15 ml) lemon juice
- 2 tbsp (7 g) coriander, chopped

METHOD

- 1 Heat the oven to 240°C (465°F), or heat a grill pan over high.
- 2 Whisk the yogurt, ginger-garlic paste, tandoori masala, chilli powder, cumin, salt and lemon juice. Fold in the shrimp and pepper. Marinate 15 minutes - no longer, or the acid will start to toughen the shrimp.
- 3 Thread onto skewers, alternating shrimp and pepper.
- 4 Roast or grill 4-5 minutes per side until the shrimp are pink, opaque and lightly charred.
- 5 Finish with coriander and a squeeze of lemon.



220 CALORIES

38 G PROTEIN

ALLERGENS: Crustaceans (shrimp), milk. Check tandoori masala for mustard, sesame and wheat.

28

Light Egg Curry

Sunday egg curry without the heavy tadka - same masala depth, much less oil.

Serves 2 | Prep 8 min | Cook 22 min

INGREDIENTS

- 6 large eggs
- 2 tsp (10 ml) canola oil
- 1 medium onion (120 g), finely chopped
- 2 medium tomatoes (200 g), puréed
- 1 tbsp (9 g) ginger-garlic paste
- 1 green chilli, slit
- 1/2 tsp (1 g) cumin seeds
- 1 tsp (2 g) coriander powder
- 1/2 tsp (1 g) turmeric
- 1 tsp (2 g) red chilli powder
- 1/2 tsp (1.5 g) garam masala
- 3/4 tsp (4 g) salt
- 50 g (3 tbsp) 2% Greek yogurt
- 150 ml (2/3 cup) water
- 3 tbsp (10 g) coriander, chopped

METHOD

- 1 Place the eggs in a saucepan, cover with cold water, bring to a boil, and cook 9 minutes. Cool under cold water, peel and halve.
- 2 Heat the oil in a pan over medium. Add the cumin seeds, then the onion, and cook 6 minutes until golden.
- 3 Add the ginger-garlic paste and green chilli. Cook 1 minute, then add the tomato purée, turmeric, coriander powder, chilli powder and salt. Cook 6-7 minutes until the masala thickens and the oil separates at the edges.
- 4 Add the water and simmer 3 minutes. Take off the heat, stir in the yogurt and garam masala, then return to low heat for 1 minute without boiling.
- 5 Slide the eggs in cut-side up, spoon sauce over them, and finish with coriander.



305 CALORIES

21 G PROTEIN

ALLERGENS: Eggs, milk. Check garam masala for mustard, sesame and wheat.

Nutrition is for the curry only. Serve with roti or rice, counted separately.

29

Chicken Seekh Kebab Patties

All the flavour of seekh kebab, shaped into patties so you can cook them in a pan on a weeknight.

Serves 3 | Prep 15 min | Cook 14 min

INGREDIENTS

- 450 g extra-lean ground chicken
- 1 egg white
- 1/2 onion (80 g), very finely chopped and squeezed dry
- 1 tbsp (9 g) ginger-garlic paste
- 1 green chilli, minced
- 1 tsp (2 g) coriander powder
- 1 tsp (2 g) cumin powder
- 1 tsp (3 g) garam masala
- 1/2 tsp (1 g) red chilli powder
- 1 tsp (6 g) salt
- 4 tbsp (14 g) coriander, finely chopped
- 2 tbsp (6 g) mint, finely chopped
- 2 tsp (10 ml) canola oil
- Lemon wedges and sliced onion, to serve

METHOD

- 1 Combine everything except the oil and garnishes in a large bowl. Mix thoroughly for a full minute - this binds the mixture so the patties hold together.
- 2 Wet your hands and shape into 9 flat oval patties, about 1.5 cm thick.
- 3 Heat 1 tsp oil in a large non-stick pan over medium. Cook the patties in two batches, 3-4 minutes per side, until deeply browned and cooked through (74°C).
- 4 Rest 2 minutes, then serve 3 per person with lemon and raw onion.



235 CALORIES

34 G PROTEIN

ALLERGENS: Eggs. Check garam masala for mustard, sesame and wheat.

30

Light Fish Curry

A tomato-based fish curry with no cream and no coconut - thin, sharp, and full of masala.

Serves 3 | Prep 10 min | Cook 22 min

INGREDIENTS

- 500 g basa, tilapia or cod fillets, cut into large chunks
- 2 tsp (10 ml) canola oil
- 1 medium onion (150 g), finely chopped
- 2 medium tomatoes (200 g), puréed
- 1 tbsp (9 g) ginger-garlic paste
- 1 green chilli, slit
- 1/2 tsp (1 g) mustard seeds
- 1/2 tsp (1 g) cumin seeds
- 1 tsp (2 g) coriander powder
- 1/2 tsp (1 g) turmeric
- 1 tsp (2 g) red chilli powder
- 1/2 tsp (1.5 g) garam masala
- 1 tsp (6 g) salt
- 100 g (3/8 cup) 2% Greek yogurt
- 200 ml (3/4 cup) water
- 2 tbsp (30 ml) lemon juice
- 4 tbsp (14 g) coriander, chopped

METHOD

- 1 Rub the fish with 1/4 tsp of the salt, 1/4 tsp turmeric and 1 tbsp of the lemon juice. Set aside.
- 2 Heat the oil in a wide pan over medium. Add the mustard and cumin seeds. When they pop, add the onion and cook 6 minutes until golden.
- 3 Add the ginger-garlic paste and chilli, cook 1 minute, then the tomato purée, remaining turmeric, coriander powder, chilli powder and remaining salt. Cook 6 minutes until thickened.
- 4 Add the water and bring to a gentle simmer. Slide in the fish in a single layer, cover, and cook 6-7 minutes without stirring - shake the pan instead so the pieces don't break.
- 5 Take off the heat. Stir in the yogurt, garam masala and remaining lemon juice, and finish with coriander.



245 CALORIES

36 G PROTEIN

ALLERGENS: Fish, milk, mustard. Check garam masala for sesame and wheat.

Nutrition is for the curry only. Serve with rice or roti, counted separately.

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