

**Recipe- Whole Wheat Steamed  
Vegetable Momos Dim sum  
Wonton Dumplings**

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**Recipe- Weight Loss Salad for  
Dinner**

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**Recipe- Red Sauce Pasta Salad**

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**Recipe- Baked Kala Chana/  
Black Chickpea Kabab (No  
Onion No Garlic)**

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# **Recipe- Vegetable Daliya (Namkeen/ Upma/ Khichdi)**