

**Recipe- Soya Pulav/ Soyabean  
Rice**

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**Recipe- Chickpea Cutlet**

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**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 - Creamy Vegetable  
Quiche (Whole Wheat Tart  
Recipe)**