

**Recipe - Beetroot Raita/  
Yogurt**

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

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**Recipe - Vegan Beetroot/ Red  
Velvet Cup cake (Eggless)**

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**Recipe - Sliced Baked Potato**

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**Recipe -  
Calzone**

**Healthy**

**Spinach**