

# foodism

SEPTEMBER 2020 | ISSUE 4

## HOW TO BE FIT

*without going  
to the gym*

Decoding Chef's Style  
Saransh Goila

**PCOS**

Different roads to  
**GOOD HEALTH**



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"if it's food, it's foodism"

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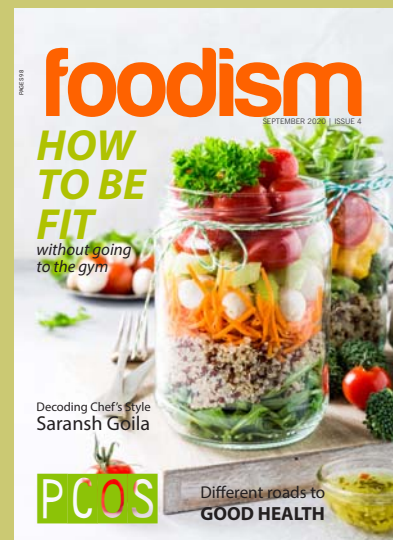


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FROM THE

# FOUNDER'S

*Desk*

Dear Readers,

We received much appreciation for our Festive Issue and for that, I only have gratitude. It fills my heart to know that Foodism has finally managed to make a place for itself in the highly competitive but very welcoming food media market. I am super pumped to take this forward now.

Foodism, while propagating the marvelousness of food is also devoted to ensuring that health, hygiene and overall wellness is also paid attention to. Food in itself isn't just one single entity – it is connected to so many things in our daily world. From economics to finances to health – food is omnipresent. To pay our tributes

to this absolute versatility and worldliness of the one thing we have dedicated our business to – our September issue is all about health and wellness. There are ways in which foods affect our body's physical, mental and emotional health and we have attempted to unravel a small portion of how they are connected.

We, at Foodism, are devoted to making quality content available to our readers. We take immense pride in the fact that our content is being well-received, it is giving us the strength we need, for our future endeavors (we're aiming very, very high – you'll soon know).

*Vyom Shah*

Vyom Shah - FOUNDER, FOODISM

# Editor's Letter

“Good food choices are good investments.”

-Betheny Frankel

Our September issue is devoted to health and its absolute interwoven relationship with the food we eat. How, when and what we choose to nourish our bodies with decides our future – quiet literally. Whether you will grow older, faster? Will your skin wrinkle earlier than that of your friends'? Will you grey prematurely? Will your fertility be affected at the age of 40? Food contributes greatly to answering these questions.

Our Cover Story features health experts from various nutritional backgrounds, who are putting forth their views and opinions on what good health is all about.

Our Cover Feature unravels the Polycystic Ovarian Syndrome (PCOS) in keeping with September being PCOS Awareness Month. It touches upon the problems many women across the globe are facing today, because they suffer from PCOS.

Check out some healthy recipes in our recipes section – we've tried to bring to you main meals that fall under 300 calories, to help you maintain a healthy and regular eating pattern.

For some fitness inspiration, we've brought to you the wisdom and keen insight of celebrity trainer, global holistic wellness guru and health expert Dr. Mickey Mehta. He will shed light on the various aspects of mental and physical well being.

This isn't it! We've also got you our regular features and a cool story on various things you can do to keep your activity levels high, if you don't like to go to the gym.

We hope this issue will inspire you to move a few inches ahead in your fitness journey.



Kalgi Desai - **Editor**



# THE HEAD TURNERS OF THE HEALTH WORLD

*They've devoted their lives to the cause of health and fitness. Today, approximately 35% Indians are obese or overweight and 10% of the population battles diabetes. Amongst diseases, poor heart health is the number one health problem that is plaguing Indians today. While most of us turn a blind eye to these, there are some who rose to the occasion to make India healthier again, in their own way. We speak to some health experts and professionals with varying beliefs and opinions.*

**H**ealth and happiness truly go hand in hand. If you're sick or unwell, no amount of success and money can bring you happiness. September is the month to acknowledge Heart Health, Alzheimer's disease, PCOS and so many more illnesses that are otherwise swept under the carpet for being too unimportant. It is time we give them their due importance and confront them, one at a time.

## Jazz Sethi, Diabesties

**F**or 13 year old Jazz, life was all about dancing and art and theater, until Type 1 Diabetes waltzed in and changed her life forever. Not one to be deterred so easily, Jazz took this in her stride and with a lot of help from friends and family started Diabesties – an organization that works towards awareness and care of Type 1 Diabetes patients. “When people think of a health-related organization they think of drab and dark stuff. But Diabesties is not that – we're cheerful, hopeful and colourful. We take it all in a positive way. Like now, we've come up with a comic book depicting Type 1 Diabetes! It is super fun – it has got all these Bollywood influences that make it extremely relatable and yet contribute to making people aware of Type 1 Diabetes.”

Diabesties is involved in a project called Type One Drive, where they collaborate with NGOs and foundations to hold diabetes health check up camps. For those who show high blood sugar levels in these random health checks, Diabesties then works towards helping them get the necessary medical attention and supplies.

**“It isn't just about helping people who are suffering from Type 1 Diabetes, it also about making people aware about what diabetes is and what the difference between Type 1 and Type 2 is. Usually, people tend to assume that if someone has been diagnosed with diabetes it is because they are eating a lot of sugar or they aren't exercising enough. But there is so much more to it than that.”**



**DIABESTIES**  
BE TYPE 1 OF A KIND

## Type 2 Diabetes

"Type 2 Diabetes is a lifestyle disease which is usually caused by an uncontrolled diet and lack of exercise. It happens in a lot of older people and can be controlled through oral medication. In Type 2 diabetes, your body produces adequate insulin but it doesn't get absorbed well."

## Type 1 Diabetes

"Type 1 Diabetes is an autoimmune disorder. Your body is attacking itself and you have no amount of control here. Your body destroys the beta cells of the pancreas. Now insulin is one of the important hormones in our bodies. It is what is responsible for breaking our food down into energy. But because the pancreas is affected, the body doesn't produce insulin anymore. So now it has to be brought in to the body externally. Insulin is only available in injection form; there is no oral medication. Or one can wear an insulin pump, like I do."

Owing to low awareness and neglect for this serious disease, Jazz decided to take things in her own hands and create awareness about it. "I have heard stories and encountered incidents where people have died of lack of adequate medical attention. Children and adults who have no access to insulin because of little or no awareness meet fatal ends. In fact even I have experienced this first hand, when I have had people come up to me and ask me

to stop my insulin and try a yoga pose instead. I've had people trying to give me various diets and exercises as an alternative to insulin. For someone who isn't aware of the consequences of the lack of insulin, if they take such advice and stop the injections, within 2-3 days they will fall into a coma and die. This is why there is a need to create awareness about Type 1 Diabetes."

Diabesties has become a community of sorts that helps children and parents understand Type 1 Diabetes better. The initiative has helped normalize the stigma surrounding diabetes, making these children believe that Type 1 Diabetes doesn't make them any different. It helps assure parents of these children understand that their kids are going to be okay. Apart from creating awareness, Diabesties also functions as an emotional support group for such cases. They organize concerts and events to keep the temp high too!

Today Diabesties has covered six cities in India, and makes it a point to have a 'Diameet' once a month. This was ofcourse, pre-covid. But they also have active Whatsapp groups that helps answer queries of people. Virtual meetings have become a norm for this group now. Diabesties also manages to garner a global audience through their weekly Youtube videos.

With a plethora of activities and initiatives, Jazz Sethi is truly changing the way the world looks at Type 1 Diabetes now.

## Aviey Verma, AR Fitness



Aviey Verma was brought up in a small town called Itarsi in Madhya Pradesh. While he had taken a keen interest in exercising and weight lifting, there weren't a lot of equipment options in his village. This is what brought him to open his own chain of gyms in Surat, Madhya Pradesh, Bhavnagar and Ahmedabad.

**"I was always fond of exercising but the town I belong to, had no basic equipment. I know how I have struggled for some very basic weightlifting and workout equipment. Which is why, when it was possible for me, I made sure that I make the best in class equipment available to others through my gym. Through AR Fitness, we are trying to reach out to the masses with scientific workout techniques and great quality fitness equipment. This was always the dream – to be able to give people a chance to prove their worth, by giving them the right amenities."**



Aviey finds incomparable solace in making people's lives easier. "We have people coming to us, complaining about their weight, health issues related to an incorrect lifestyle etc. When we reset their lifestyles through proper workout and nutrition, their lives take a 180-degree turn. And that itself is the reward, to watch them transform into the best versions of themselves. We help people attain goals, become fitter, we cure backaches and fatigue for them by altering the way they live. This is what I love the most about my job and this is what is going to keep me going till my very last breath!"

In order to keep fit and healthy, Aviey stresses on three main things – Nutrition, Exercise and Rest. "One must sleep for at least six hours a day to be able to achieve the best with their bodies. A lot of people who workout and gulp down protein shakes by the gallon often forget that rest and downtime is just as important. Working out is a great way to keep yourself physically fit and emotionally and mentally well too! It releases hormones in our body that contribute to our psychological well-being. For those who cannot go to the gym for various reasons, walking, jogging, cycling, doing push ups and squats at home is a great way to stay in shape. But we all must devote some time of our day toward exercise. As far as diets are concerned, we take into account the client's needs. We always work with the belief that nobody knows your body better than you do. You get to decide what is best for your body and the diet we create, is shaped accordingly."

Aviey is all about implementing a routine in exercise and does not believe in putting lots of hours into exercising. "Anyone who thinks that spending hours in the gym exercising will make them fitter is wrong. Your body needs to get into a routine. Find workouts that excite you. For someone it could be weight lifting, for someone else it could be running or jogging or zumba – whatever rocks your boat. You must find a routine that your body agrees with and then follow it religiously. That is the only exercise mantra I give my clients."

Fad diets are not Aviey's way at all. Neither does he propagate cutting out carbs completely, "Diet is a very misunderstood word these days. Whatever you eat and whatever fuels and energizes your body is a diet. I personally recommend a good balance of nutrients, one should keep their carbs in check and eat frequent meals every 2-3 hours. I am a big believer in giving into cravings and do not recommend isolating any nutrient from the diet. But the nutrients have to be quantified."

Signing off, Aviey mentions how he wants to expand his gyms to more cities and help more and more individuals realize the importance of healthy living. He firmly stresses on the fact that there are no shortcuts to fitness and one must incorporate a good diet with adequate exercise to be able to live a healthy life.

## Dr. Sameera Gupta, Dr. Sameera's PhysioSlim Clinic

As far as career choices were concerned, Dr. Sameera Gupta's choices were well influenced by her family that boasted of a string of doctors and medical and health professionals. She knew somewhere that she'd grow up to do something in the health sector. But when the time came to choose, she went with a slightly different choice – a paramedical field. Dr. Gupta chose to become a physiotherapist and went on to become one of the most reputed holistic wellness experts of the country.

**"I qualified as an Occupational Therapist from one of India's top medical colleges and went on to be certified in Sports Medicine as well as Health and Fitness Training from the American College of Sports Medicine. I guess it all goes back to the time when my mother was diagnosed with diabetes. She was advised to lose weight through proper diet and exercise. But as a diabetes patient, she couldn't go to the gym or workout. We didn't know of any such facility that would look after her special medical needs while she exercises. That's probably when I knew, that I had to be the change here."**





Dr. Gupta put her heart and soul into studying to be a fitness trainer. With Dr. Sameera's Physioslim clinic, she attempts to solve various health and lifestyle related issues like backaches, joint pains, thyroid, PCOD, high blood pressure and ligament and muscle issues. "Our body is our best weapon to fight against all odds and so we must keep it in ship shape. Age is just a number, just because you are certain age doesn't mean you cannot do certain exercises. Seeing my mother go through the trauma, I understand patient needs, I can relate to them. We tend to all kinds of people, our age range is nine month old babies to 90 year old men and women!"

As of now, the clinic offers its services in four different modules.

1. Online/Virtual Consultations
2. One-on-one clinic meetings
3. Home Visits
4. Occupational therapies.

"I love what I do and like to do it all the time. Which is why I believe that I work 24x7! I've received such overwhelmingly sweet feedback, sometimes I feel I should write a book!"

Today with longer seating hours at work, uncomfortable chairs and wrong postures, youngsters seem to have an added issue with their neck, shoulders, joints in general. Dr. Gupta aims to solve these issues.

"I wish to make India healthy again. My dream is to have clinics in all parts of India so that everyone can benefit from our therapies. The problems we treat are rampant amongst young and old alike today. The dream is to have clinics open pan India."

Having treated some of India's favorite Bollywood stars for their aches and pains, Dr. Gupta states, "I always tell my patients that their time is today and now. They must get up and do the right thing for their own body and mind. A strong will power can move mountains, so these roadblocks of aches and pains are nothing. We must be able to battle them and move towards a fitter life."

Dr. Gupta is associated with a number of organizations, foundations and NGOs. She has delivered powerful lectures on fitness and has also worked alongside industry stalwarts to make her point reach the masses. She has also worked with schools to conduct various seminars and workshops for fitness for children.

With her vast experience, her passion and concern for health and fitness related issues, Dr. Gupta aims to open Physioslim Clinics across the country now.

## Dr. Sukhpreet Patel, The PCOStop

The PCOStop Clinic in Mumbai works relentlessly at raising awareness about Polycystic Ovary Syndrome which affects a large part of adolescent girls across the globe. The symptoms of this disease are harmful in the long run but can be corrected through massive lifestyle changes, proper nutrition and workouts. Fertility expert and gynecologist, Dr. Sukhpreet Patel is one of the faces behind the PCOStop Clinic.

In a freewheeling chat with Dr. Patel, she clears some of our doubts and sheds light on the pressing issue that PCOS has become today.



### Super Six With Dr. Sukhpreet Patel

#### 1. Fertility is a rampant issue now, why do you think so?

One in 7 couples suffer from infertility today - The increase in numbers is due to the delay in marriage and conception and stressful lifestyles in the form of poor nutrition, lack of exercise and sleep habits.

#### 2. Can infertility be reversed through diets?

Definitely! Barring a few medical conditions, most causes of subfertility are self-induced by lifestyle today - if we don't live in sync with nature, why should we expect to conceive 'naturally'. Nutrition plays a huge role in providing nutrients while scavenging all the toxic elements (called ROS or radical oxygen species) from our bodies. Processed foods on the other hand increase the ROS levels in the body and can lead to poor quality eggs and sperms. In addition, some conditions such as PCOS (Polycystic Ovary Syndrome) often require weight loss through nutrition and exercise as a form of treatment for infertility.

#### 3. What is the connection between male fertility and their diet?

As mentioned earlier, poor nutrition leads to the formation of ROS and poor quality sperms, which can lead to infertility and even miscarriages.

thePCOStop

#### 4. What should one eat when trying to conceive? (men and women both)

If you want to conceive naturally, eat what nature has provided you with! Lots of fruits, vegetables, pulses, nuts and seeds. Make sure you incorporate green leafy vegetables on a daily basis. Foods rich in colour are also rich in antioxidants and can take care of the ROS created through poor lifestyle. For example, carotene is present in carrots and lycopene in tomatoes.

#### 5. What should one eat during pregnancy?

Pregnancy is a demanding condition as far as nutrition goes. Therefore, it is important not only to increase caloric intake after the first trimester of pregnancy, but also to ensure that nutrients such as iron, calcium, protein, etc are included in adequate amounts in order to prevent a strain on the mother's body. Most of these nutrients are available in the traditional Indian diet of daal, sabzi, roti / rice.

#### 6. What should one eat when feeding the baby? What is the science behind mother's nutrition when she is feeding?

Breast feeding, like pregnancy, is a stress on the mother's body - especially for nutrients such as calcium. This is because the extraction of calcium by the baby can be at the expense of loss of bone from the mother - something that she may not even realize while feeding and that may become evident as osteoporosis after a decade. Besides calcium, it is important for her to ensure iron intake to compensate for the blood loss during delivery and increase her caloric intake similar to while she was pregnant.

## Radha Patil, Nutritionist



**RADHA  
PATIL**

LIVE HEALTHY

For Radha Patil, diet is all about knowing your body's needs and satiating them. She is one of those amazing nutritionists who don't believe in punishing you with bland food or strict regimens.

**"It is a myth that diet foods do not taste good. By using a little creativity and investing some time and effort in playing with various textures in your food can give you scrumptious results. Take for example a bowl of porridge oats – they are bland and have a sticky texture.**

**Adding some crunch to them with dry fruit or peanuts or even a good helping of crunchy vegetables can help elevate the experience of eating them altogether."**

Ms. Patil is a big believer of eating your way healthy with an Indian diet. She says, "A traditional Indian diet can be extremely healthy and super tasty also! You can use the food grains and cereals in rotation. Swap the wheat and maida for healthier millets and opt for ragi, bajra, maize flours to add some variety to your palate."

Another point Dr. Patil stresses on is cooking techniques. She lays emphasis on the fact that the right cooking techniques can truly bring out the flavours and colours of ingredients. "Take for example stir-fried veggies. With very little oil, the right sized vegetable cuts and by not overcooking or overheating the veggies, you can achieve amazing results with a simple bowl of vegetables also. Ofcourse season them right too! Incorporating soups to your daily diet is also a great way to fill up on veggies"

Ms. Patil also insists that one should focus on gaining optimum nutrition rather than following fad diets. "They come and go. The term fad diets consists of many different diets and

the weight loss achieved through such diets is very

temporary. Quantified optimum nutrition available through a balanced diet is helpful in attaining long lasting results. Even Keto for that matter comes under fad diets – it focuses on burning fat reserves for energy and cuts out carbohydrates. While such diets show results quickly, they cannot



be followed lifelong and thus I don't recommend them."

So, how then should one choose a diet for one's body? With the number of diets available online it is getting more and more confusing to choose one diet. With people jumping course from one diet to another, is it doing more harm than good to our bodies? "Internet knowledge is not for everyone! Every body type is different. So you must first understand your body and daily your activity levels throughout the day and then decide on what foods are the best for you. If you want to go a step further, always consult a dietician or nutritionist before following just any diet."



## Radha's Max 5

Ms. Patil lists down some of her favorite super foods, grown locally, that can contribute to better health

### Grains & Cereals

High Fiber cereals like ragi, bajra etc help in improving gut health.

### Lemons

Vitamin C is rich source and has many health and skin benefits.

### Locally grown herbs

Ginger, garlic, tulsi, turmeric, etc are great antioxidants and super food

### Roots & Tubers

Onions, garlic, carrot, beetroot etc are amazing for hair, skin and body

### Nuts and Oilseeds

Locally grown nuts, sesame seeds, peanuts, cashew etc have healthy fats and some oils from these oilseeds is good for heart.

## Ruju Desai, Ruju's Fitness Studio

Ruju Desai greets you with a familiar, warm smile in her cozy studio but a couple of minutes into the conversation; you might experience a déjà vu à la the Santoor 'mummy' ad! Petite and super active, this fitness trainer is 45 years old and has a 20-year-old daughter too! She can easily pass off as a 25 year old herself, going by how active and fit she is. Her general enthusiasm radiates in her voice, "Right from when I was a child I used to be a fitness freak! I'd skate, swim, run and love the outdoors. even back then, I'd wake up to an hour of exercise but in those days the fitness industry wasn't as well-acknowledged or appreciated as it is today. You couldn't take fitness as a career option back in the day."

Ruju is a firm propagator of working out and exercising, "We live such busy lives today it is impossible to define one particular time for a workout. I have school and college going kids who come to the studio and even they have a lot going on. So I always tell everyone that anytime is good to exercise. Don't stick to wanting to work in the morning only or at a particular time only. Whenever your schedule allows, exercise!"

Ruju's emphasis on exercising isn't just to keep the body fit. She believes that exercising can have many effects on our overall life. "It keeps the mind healthy and happy. When you exercise, your body releases happy hormones that reduce stress in your life and make you mentally and physically fitter and better. It

is a great way to forget your problems. For some people exercising also acts as a vent, they feel great after a workout. I say this from personal experience. As someone over 40, I have no age-related issues. No backaches, no joint pains, not even hairfall. I can easily compete with any 20 year old in matters of fitness, without breaking into a sweat!"

Signing off, she says,

**"I have reason to believe that exercise can also keep you healthy enough to battle something like Covid. If you're fit, you'll get out of anything!"**

### Ruju Recommends

"30 minutes of cardio coupled with a 15-20 minute workout routine is adequate for an average individual to burn calories and keep fit. You don't need fancy equipments to workout – yoga, bodyweight training, pushups, squats or weight training can do the trick."

### Ruju's Personal Routine

"I wake up at 5 am and take my first batch of classes at 6 am. My day starts with a cup of hot green tea, freshly brewed with tealeaves. I exercise in my studio – we don't have any fancy machines and equipment. So the workout routine is mostly all

kinds of cardio, functional weight training, zumba, aerobics, monkey bars, rope training, stretching, yoga and many more variants of exercise."





## Shonali Sabherwal, Nutritionist

Shonali had her dream cut out for her – with double masters degree in Economics and Market Research respectively, she was well on her way to corporate success, when something changed her life. “Both my parents are great cooks and I have grown up on healthy food and a very healthy lifestyle. My parents insisted on proper nutrition and exercise and the kitchen was a fun place where fresh, nutritious food was made everyday. After I completed my master’s degree, my father was diagnosed with cancer. As a family, we have believed that food is miraculous and so I set out to find a diet that would help my father heal internally. that’s when I came across something called a Macrobiotic diet.”

Shonali was impressed with the science of how macrobiotics worked and decided to adapt to the lifestyle. She was so impressed with a book on the same subject, written by one Dr. Satillaro that she went ahead to seek work in the area of macrobiotics. She worked closely with a woman from Dehradun, Ms. Mona Schwartz who had made a full recovery owing to this miraculous diet. This changed course of life for Sabherwal, she knew which direction she was taking. “For the next 4-5 years, I moved to the USA to study Macrobiotic Nutrition. This was followed by professional courses in Nutrition, Cooking and Diet Instruction too. “I returned, enlightened by what I had learnt and started serving macrobiotic vegan meals to people. Soon enough, my clientele grew to Bollywood celebrities and some of the who’s who of the country!”

The success of her first venture was followed by an effective book launch. “I wrote books like The

Love Diet, The Beauty Diet and The Detox Diet published by Penguin Random House. Today I work with over 200 diseases, trying to fend them off through optimized diets that help a person heal. We get cases ranging from gut health to autoimmune diseases and more.”

Elaborating on macrobiotic science, she says,



**“Macro means large and Bio means Life – in simple words, a macrobiotic diet takes a larger than life approach to eating correctly and living as one with nature. The diet pushes people to eat more homegrown, localized and fresh food and cut out processed foods, dairy, sugars and chemicals from their diet. It promotes the consumption of more organic foods, thus working on a yin yang energy model”.**

Shonali stresses a lot on oil pulling

every morning also, on her social media pages. Shedding some light on the procedure she says, “Oil pulling is basically a technique used to clear the bacteria formation in the mouth every morning. It makes the bacteria flush itself out from your system. However, this technique doesn’t work without a proper diet. If you’re going to eat breads, burgers and junk anyway, oil pulling will do you no good.”

Another important point that Ms. Sabherwal insists on is good gut health, “I’ve always maintained that if your gut is happy, your body is healthy. To keep digestive distress at bay, it is important get rid of foods laden with chemicals and preservatives. Cut out carb-rich foods like white rice and maida. Swap your table salt for rock salt and incorporate more wholegrain, fruits and vegetables and lentils into your diet. Fermented foods are excellent for good digestion.”

The dynamic nutritionist also opines a cleanse twice a year for making the body function smoothly. The months of March and September radiate a lot of active energy, March being Spring and September bursting with all that autumn energy. These two months are excellent for cleanses.”

Ms. Sabherwal blames the current wave of illnesses and lifestyle related disorders in the youth to bad food. “There are no miracle foods. You must eat everything in moderation. To practice the skill of moderating certain foods is by always remembering that with it at the end of your fork will eventually determine the condition of your blood and body.” She is also a promoter of Vipasana meditation and believes that it can bring light and happiness to the person meditating.

## Upasana Parasrampuria Kagzi, Diet Tamasha

Lawyer turned nutritionist and baker, Upasana always knew that somewhere her destiny was tied to food. The day she realized her dream, she packed her bags and moved to become a Naturals Foods Chef, after studying and learning about health supportive foods in New York. She started her two pet projects, Diet Tamasha and The Pink Harvest Farms right after. "Eating healthy has been something that I have always struggled with and so I wanted to make sure that I do something that helps me and others like me. I am also a yoga addict and a travel enthusiast and am always ready to pack my bags and zoom to the next destination!"

With Diet Tamasha, Upasana took Clean Eating to a whole new level by introducing a plethora of allergy friendly and healthy desserts in Mumbai. They also create cakes, cookies, dips and sauces by using chemical-free, whole and natural organic ingredients and specialize in gluten free and vegan variants for the same.

**"I have never held myself back from indulging in sinful desserts but I have always believed that moderation is the key. We are only human after all. Try to always limit yourself and listen to your body. But I have also believed that if you, on some days, do tend to overdo it – feeling guilty is not the best way to deal with it."**

Upasana believes that what makes something healthy or unhealthy is the person eating it. "A healthy lifestyle does not look the same for two people. It is always a good idea to listen to your body and only eat what you need. A good rule of thumb when trying to eat better is to avoid refined carbs and processed foods entirely. Choose fresh ingredients for all your meals, try to see that it doesn't come from a can but from a plant. It also makes no sense to deny yourself a certain food group. Like I see a lot of people going overboard with protein consumption while cutting out carbs entirely. It won't work. Instead keep your diet balanced and focus more on the nutrients you get from what you eat."

She also insists, that when buying packaged foods, one must always focus on the ingredients. "It is always a good idea to check what all goes into the product, when you're buying ready-to-cook, ready-to-eat packaged products. Try and keep your diet seasonal. There is a



reason why certain things grow in certain seasons only!"

Upasana has also launched a bean-to-bar chocolate brand called Bean To Chocolatier, so watch out for these yummys when you want to give into your next sinful craving.

**Upasana's ready reckoner for when you have cravings or just want to reach out for that candy bar.**

1. Drink a glass of water, maybe you're just thirsty or bored.
2. A little planning goes a long way! Plan your meal. Eating regularly and in a timely manner will help keep binge cycles away and you will be less likely to experience temptations and cravings.
3. Eating foods higher in protein and complex carbs will keep you full for longer and can help keep the cravings.
4. Try to avoid junk food as much as possible. Artificial flavouring and preservatives used in the food have an addictive effect so the more junk you eat, the more you crave.
5. Avoid stress. Increased cortisol levels in the body make you reach out for junk. Stay cool and the cravings will stay away.



# PCOS

## Awareness Month

We are dedicating this month's issue to survivors and fighters of Polycystic Ovarian Syndrome, an issue that affects one in 10 women globally today. PCOS has no permanent cure but it can be managed with a nutritious diet and a healthy, regular exercise regimen. Here's shedding some light on it.





**H**ighly misunderstood and heavily misdiagnosed at times, PCOS and PCOD are problems that have been swept under the carpet for years, probably because of how very little was known about them. With rising cases and increasing awareness, this horrific disorder is slowly receiving the due importance and attention it demands. Here's busting some myths, shedding some light and holding hands with those suffering from it.



### Are PCOD and PCOS the same?

Polycystic Ovarian Disorder (PCOD) and Polycystic Ovarian Syndrome (PCOS) are used interchangeably, but they aren't the same. PCOS is more dangerous than PCOD, for starters. PCOD refers to a disease and so can be controlled with regular diets and exercise. PCOS on the other hand is a metabolic disorder that disrupts the working of the body in more ways than one. At the core, both of them are caused due to hormonal imbalances, but the symptoms of PCOD are milder than those of PCOS. Girls and women suffering from PCOS also stand at a risk of other major health issues.

The basic symptoms of both PCOD and PCOS are more or less the same but the root problem differs greatly. If you begin to show symptoms like irregular periods, bloating/weight gain etc. it is highly advisable to get the proper tests done to determine if your symptoms are of PCOD or PCOS.

### How is it diagnosed?

It starts with irregular periods that cause anovulation or lack of ovulation on females, leading to fertility issues. Women suffering from PCOS may also notice increased hair growth, obesity and mood swings etc. To confirm the presence of PCOS, doctors may suggest a sonography, which will show cysts on the ovaries, resembling a string of pearls. Following this, blood work is tested to check the ratio of the FSH and LH levels in the blood. Normally the ratio is 1:1, meaning that the quantities of both Follicle Stimulating Hormone and Luteinizing Hormone in the blood are the same. However in women suffering from PCOS, this ratio is askew and can be 3:1 or 4:1 too!

A combination of sonography reports combined with your blood work will indicate the presence of PCOS in

your body. It is always a good idea to get your thyroid and insulin levels tested to be on the safer side, once you have been diagnosed with PCOS.

### How Can We Avoid It?

We can't! Not much is known about the cause of PCOS or why it occurs in certain bodies. But it has been ascertained that PCOS could be linked to genetics and lifestyle.

### How Can We Cure It?

PCOS cannot be cured, but it can be controlled to a certain extent. Certain medications and a healthy lifestyle can help alleviate the symptoms of PCOS. Eating right will help your insulin levels stay in control and exercising will help regulate the hormones. One must first stop consuming refined and processed foods as they hamper the hormonal balance. Instant noodles, white flour (maida), sugary drinks, biscuits, cookies, cakes and breads made from refined flour are a strict no-no. Choose wholegrains and wholesome foods over processed junk – go for wholegrain breads, eat lots of vegetables, substitute sugar with natural sugars like fruits and honey, hydrate yourself with water rather than sugary beverages. PCOS is basically a lifestyle disorder. A massive shift in your lifestyle will help cure it.

### Does Weight Loss Help PCOS?

Research says that losing 5% of your total body fat will aid in controlling the symptoms of PCOS and immediately steer you towards a healthier body. It is however, imperative to know that not all PCOS patients suffer from obesity and weight gain. There are some who are underweight and have all the symptoms too! So check with your doctor before you start training for weight loss.







## What are the Symptoms of PCOS?

### The general symptoms of PCOS are

- Irregular or absent menstrual cycle
- Weight gain around the abdomen
- Acne
- Hirsutism (unwanted hair growth)
- Male pattern baldness
- Dark patches on the back of the neck
- Extreme mood swings
- Sugar cravings
- Cramps
- Infertility
- Insulin Resistance

Patients of PCOS may suffer from all or some of the above given symptoms. Many women also experience painful and excessive menstrual cycles. PCOS takes a toll on your mental health due to the symptoms it creates. Acne and hair loss can trigger a lot of trauma pertaining to appearance as well.

## What Exercises Are Apt for PCOS Patients?

Research shows that low intensity trainings are very beneficial to patients of PCOS. Slow, steady and intense workouts are better, instead of HIIT workouts and excessive cardio exercises.



Yoga, pilates and weight training are excellent forms. Taking up a form of Indian classical dancing like Bharatnatyam can also prove beneficial. Yoga is one of the best exercises, because here is an asana for every symptom of PCOS – for example, menstrual difficulties can be helped with Dhanurasana while Pranayam takes care of the endocrinal issues that come with PCOS. Invest in a good yoga program and understand how to get the asanas right!

## Ayurvedic and Naturopathic Cures For PCOS

Like all other ailments, there are a lot of tried and tested methods to control PCOS symptoms. Methi, jeera and sesame seeds are known to be a great cure for menstrual difficulties. They are known to have healing properties for absent periods as well as painful cramps and prolonged menstrual cycles. Naturopathic centers across India offer solutions by way of abdominal massages with medicinal oils, mud packs therapies for stomach and head and even hydrotherapy to stimulate the ovaries. Some of the best places to try are Jindal Nature Cure, Bangalore and Nimba Nature Cure Mehsana.



PCOS is essentially a disorder that stems from the wrong, unhealthy kind of lifestyle. While it is okay to enjoy junk food once in a while and indulge the sweet tooth once in a while, PCOS can truly be controlled with healthy food, exercise and stress relief.

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# MAPPING OUT SUCCESS WITH A ROLLING PIN!

*It was love at first bite for Arshita as she savoured her first morsel of fresh pasta at a café in Manali. That meal propelled the birth of Donna Cuccina, a small batch, fresh pasta manufacturing business that she runs.*

*Mumbai, India*

For Arshita Singhvi, it was literally this one meal in Manali that changed her life. She came back, inclined to try her hand at pasta making. After multiple failed attempts, Arshita finally managed to get it right – there it was, fresh, delicious pasta perfect to the last bite. With this Arshita began her foray into the world of food,

**“I did my research and found how different kinds of pasta vary in size, shape and tastes. I tried my hand at making these and came up with seven-eight different varieties of pasta, each with its own taste distinction. I wanted to start my own restaurant someday and began posting content online regarding pastas.”**

This move hit the right spot and soon enough Arshita was posting regular content online, talking about the health benefits of eating freshly made pastas as opposed to the store-bought ones which are fried and made using preservatives. She began taking orders from within the city and also conducted online pasta making classes on the side, because people loved her content.

The next step forward is going to be creating fresh pasta kits,



complete with sauces and instructions for the uninitiated. She also plans to roll out her own brand of freshly made pasta sauces soon. While selling her food, Arshita has also devoted her time and effort to creating awareness about fresh pastas for people. She came up with the name Donna Cuccina because Donna meant 'woman' in Italian and Cuccina translates to kitchen. The name is symbolic of her making fresh food in her kitchen.





## Donna Cuccina's Spinach Ricotta Ravioli in Sage Butter



### INGREDIENTS

#### Dough

White flour  
/All purpose flour 200g  
olive oil 1 tbsp  
water 90-100 ml

#### Filling

Ricotta Cheese 100g  
Blanched and  
chopped Spinach 100g  
Parmesan Cheese 30g  
Nutmeg ½ Tsp  
Black pepper and salt to  
taste

#### Sauce

Butter 2Tbsp  
fresh sage leaves 5

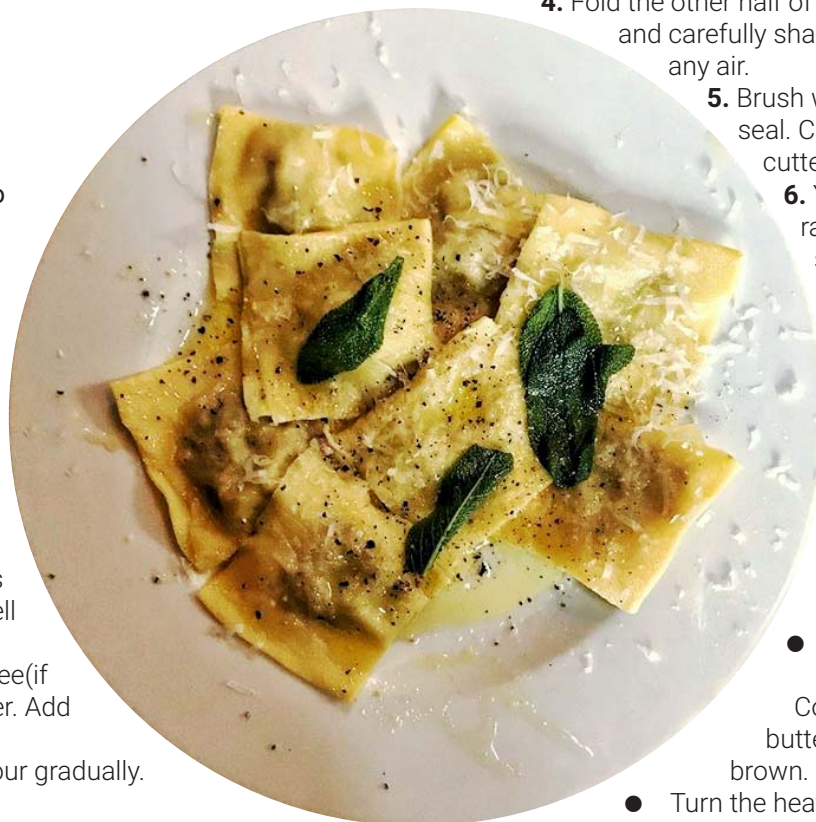
### METHOD

#### Pasta Dough

1. Mix all dry ingredients in a big bowl. Make a well in the centre.
2. Now add spinach puree(if using), olive oil and water. Add half of water at first.
3. Start incorporating flour gradually. Make it into a ball.
4. Now transfer to the platform and start kneading by the stretch, fold and rotate method. Knead until smooth, about 10 min. Cover with cling film and let it rest for atleast 30 min.
5. Dough can be kept in fridge for upto 2 days.

### Making Ravioli

1. Mix all the filling ingredients together and keep it in fridge until used.
2. Roll out the dough into a very thin sheet. ( You should be able to see the light pass through).
3. Place cherry size fillings on half of the pasta sheet at equal distance (two fingers apart).
4. Fold the other half of the sheet over the fillings and carefully shape the ravioli pressing out any air.
5. Brush water on the edges to seal. Cut squares with a pizza cutter. Seal edges with a fork.
6. You can freeze these ravioli if not using the same day. They freeze really well and stay fresh for up to a month.



### Final dish

Boil ravioli in Salted boiling water for 4-5 min. Make sure you take a big pot for boiling as fresh pasta expands.

- Melt butter in the pan and add sage leaves. Cook on low heat until butter starts turning light brown.
- Turn the heat high and add 2 ladles of pasta water and stir continuously to emulsify the sauce.
- Add the ravioli directly into the pan and toss.
- Serve with lots of Parmesan cheese.



**PRODUCT RANGE**

***Filled Pastas***

- Ravioli
- Tortelloni
- Cappelletti
- Agnolotti
- Fagottoni



***Non filled pastas***

- Fettuccine
- Tagliatelle
- Pappardelle
- Garganelli

***Bestseller/Speciality***

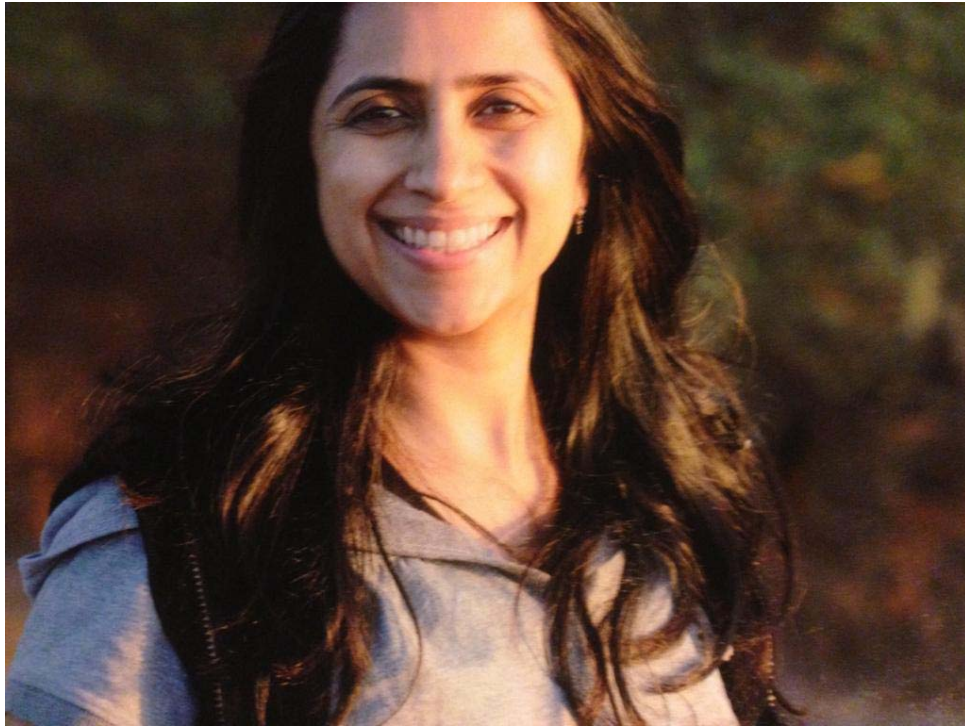
- Mushroom and caramelized onion agnolotti
- Roast and sundried tomato Tortelloni
- Three Cheese Ravioli
- Herb laminated whole wheat fettuccine
- Beetroot and spinach tagliatelle

***Coming soon***

- Pasta kits which include pasta, sauces and garnish
- Pesto alla trapanese
- Puttanesca Sauce
- Basil Pesto



# THE PATH TO SUCCESS IS FULL OF CHOCOLATES!



*With classy packaging techniques, sustainable and reusable material and beautiful props, Vaidehi Shah not only cooks up a storm, but also dresses it up to look like a million bucks!*

*Ahmedabad, India*

Saree clad and uber enthusiastic about everything under the sun, Vaidehi Shah of Urban Co. started her gifting journey 22 years ago, at a time when the gifting industry was fairly new. “We tried to introduce sustainable and reusable packaging back then, but nobody really took an interest. I guess we were ahead of our times. So my then-business partner suggested we make chocolates and sell them in these packages, because we had to sell our boxes in some way. That is how things got rolling!”

In no time, Urban Co. sold off all the environment friendly boxes they had made – only because of the chocolates! Clients loved the delicious confectionaries they tasted and Vaidehi began to

receive more orders for them. That was all it took for the Urban Co. to get the ball rolling. For the next decade or so this passionate entrepreneur enjoyed a monopoly in the market, sending out thoughtful, well crafted packages to clients.

**“Whatever I have created has happened because I have received constant feedback and ideas from my clients. My concepts revolve around their needs, their beliefs and their preferences. So whenever I come up with a new concept inspired from one of my clients, I name it after them.”**

Today, The Urban Co. uses reusable and environmentally friendly packaging material to send out a variety of delectable desserts, marzipans, chocolate varieties and a vast range of other marvelous edibles. Amongst these are a range of healthy sweets and desserts that are made with nuts, dried fruit and rich flavors. They also make a

range of gluten-free, sugar-free cakes and cookies that are not just healthful but stunningly delicious.



## The Urban Co.'s Honey Crunch Chocolate



### INGREDIENTS

Corn flakes 200 g  
 Milk Chocolate 100 g  
 Chopped Almonds 50 g  
 Chopped Dates 50 g  
 Honey 10 g  
 Dark chocolate 500 g (for coating)

### METHOD

1. Melt chocolate in the microwave for 30 seconds, bring out, stir and repeat the same till the chocolate is completely melted and smooth in texture.
2. Mix the honey with the melted chocolate.
3. Include all the dry ingredients and pour in the

melted chocolate and honey mixture.

4. Similarly melt the dark chocolate in microwave and keep aside.
5. Pour the melted dark chocolate in spherical molds and ensure all the sides are evenly coated. Leave hollow space for the mixture.
6. Fill the cavities with the prepared mixture almost to the top. Cover the filling with the remaining melted chocolate. (Ensure that the melted chocolate is not very hot or else the mixture will get soggy)
7. Let it cool for 20-30 minutes till it's hard.
8. Unmold it and wrap in colorful foil paper. Best served fresh and hey! You don't really need a reason to have them.



**PRODUCT RANGE**

- All types of chocolates.
- Almond Butter Crunch
- Truffle chocolate cups with all types of ganache with dusted coco.
- Creame Cheese chocolate cups.
- Dates & Nut Chunk (sugarless not sugar free) - most popular
- Whole Wheat Cakes
- Cookies
- Raggie and Jaggery Cakes





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**"I quit my job to start a catering business inspired and encouraged by a lot of friends who loved my cooking."**

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# SUCCESS TASTES SWEETER IF HEALTHY

*Bella Shah of Bellezoe trapezed into a successful retail business after a failed catering stint. She has been serving delectable homemade wonders to a loyal clientele for years now.*

*Ahmedabad, India*

**B**ella Shah's is a journey that started with Doordarshan and took off with Bellezoe. The catering business never quiet took off, but Bella pivoted to retailing homemade mithais and chocolates. This was the literal turning point, because slowly, word of these delectable delights spread far and wide. Bellezoe soon had a volley of loyal corporate clientele and went on to add more and more products to their kitty. In fact, it

was one of these clients only, who thought of the name Bellezoe and christianed the brand.

Today Bellezoe boasts of a large variety of food products, including dessert jars, cakes, puddings, confectionaries and more. A true blue Amdavadi, Bella was able to adapt to the city's tastebuds and soon came out with a range of healthy goodies and bakes too.

"We do a lot of wholegrain cookies and cakes made from ragi, jowar etc. We also have a sugar free range. The sweets that I make do not contain any mawa, so they have a longer shelf life. Most of these sweets are created keeping in mind an international clientele. So for people who want to carry these with them abroad, it becomes very easy."

Recently, Bella consulted with an ayurvedic specialist and came up with some unique immunity booster recipes that help battle infections and illnesses. These are made with dates, Indian herbs and medicinal spices making them healthy as well as tasty.



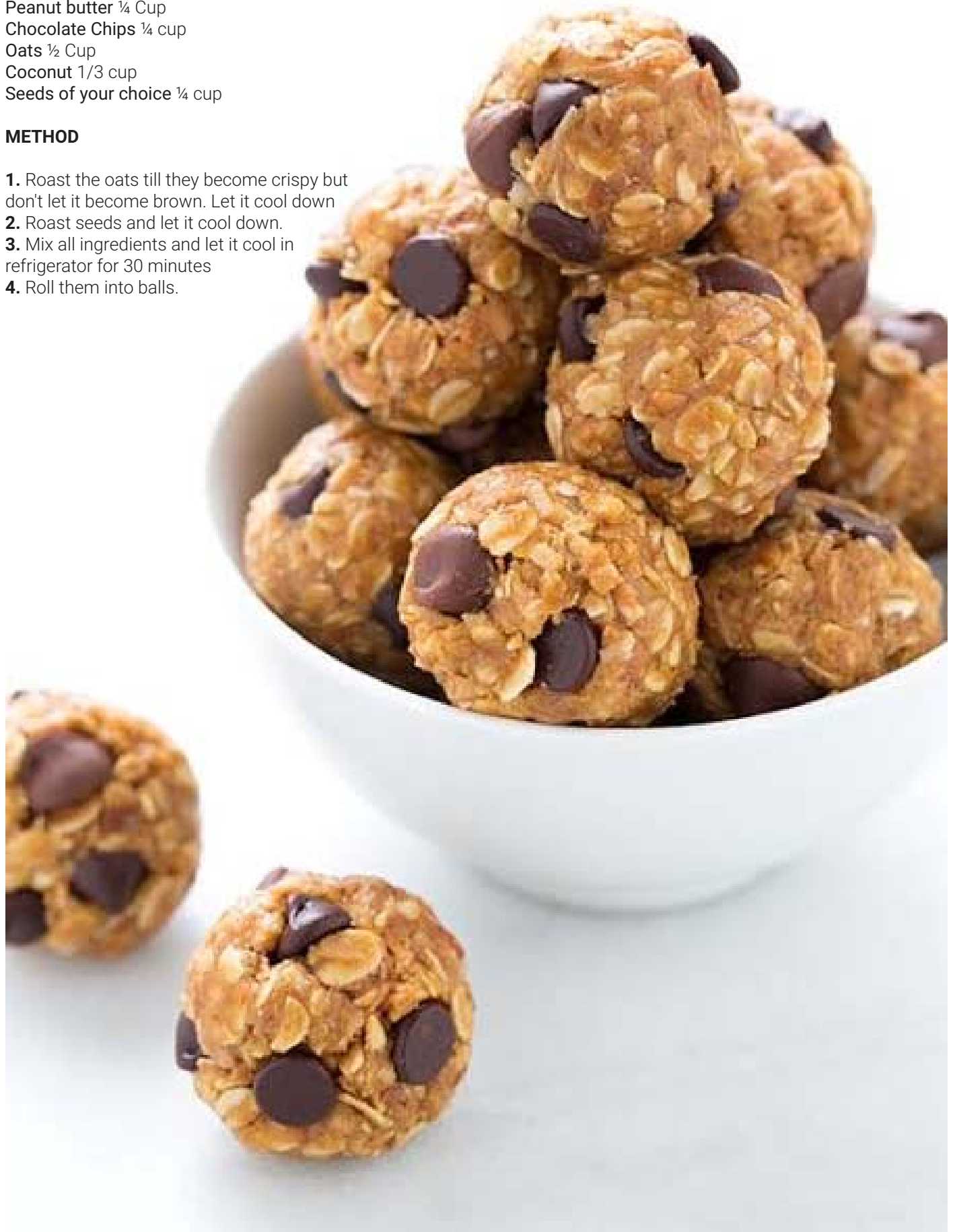
## Bellezoe's Healthy Bombs

### INGREDIENTS

Honey 3 tbsp  
Peanut butter ¼ Cup  
Chocolate Chips ¼ cup  
Oats ½ Cup  
Coconut 1/3 cup  
Seeds of your choice ¼ cup

### METHOD

1. Roast the oats till they become crispy but don't let it become brown. Let it cool down
2. Roast seeds and let it cool down.
3. Mix all ingredients and let it cool in refrigerator for 30 minutes
4. Roll them into balls.





**PRODUCT RANGE**

- Chocolates
- Granola Bars
- Gifting
- Wedding Gifting
- Festive Gifting
- Sweets
- Confectionary
- Customized
- Diwali Gifting





# HEALTHFULLY YOURS!

*A mother-daughter duo along with a health expert got together to make the world of health and fitness a sweeter place! This awesome threesome is called The Paleo Bakes and they bake goodies keeping in mind the health and nutritional factor of everything they bake.*

*Mumbai, India*

**S**imran Bapu is a trained nutritionist, who along with a friend and fellow-nutritionist Roli Jalan and her mom Tina Bapu kickstarted this fanciful venture where they dish out amazing cookies, cakes and sweet treats for people struggling with various lifestyle related problems.

The success in their business comes from the constant need to evolve and update themselves.

**"We divide our time between studying and updating ourselves on the newest health trends and nutritional information and creating recipes that are healthy and even diabetes-friendly. Customer satisfaction is our prime motive. What drives us all is the smile on our customers' faces. That's incomparable. Imagine the joy you can give to a diabetes patient who can eat a cookie or a cake!"**

**-Simran**



The trio researches new ingredients to work with. While Roli and Simran make use of their educational qualifications as nutritionists to ensure that every product in their test kitchen is safe and healthy to eat, Simran's mom Tina functions as the head baker helping them curate each recipe carefully. The name Paleo Bakes came to them on a whim and it was something they all agreed upon.



## The Paleo Bakes' Chocolate Banana Bread

### INGREDIENTS

Almond flour 1 cup  
Oats flour 1 cup  
Baking powder 1 tsp  
Baking soda 1 tsp  
Salt (optional) 1/2 tsp  
Cinnamon powder 1/4 tsp  
Very ripe medium bananas 4  
Coconut sugar 1/2 cup  
Coconut oil 1/4 cup  
Almond milk (see notes) 1/2 cup  
Vanilla extract 1 tsp  
Dark chocolate chips 1/2 cup

### METHOD

1. Grease a 500gms cake tin and preheat the oven to 175 degree C.
2. In a large mixing bowl, mash the bananas well and add in the coconut sugar and coconut oil and mix well.
3. Add in the almond milk and vanilla essence and mix until combined.
4. Fold in the almond flour and oats flour mixture until just combined, do not over-mix. Fold in the chocolate chunks. The batter will be thick but spreadable.
5. Spoon the batter into the loaf tin and smooth the top, sprinkling on more chocolate chunks if you like.
6. Bake for 50 minutes or until a toothpick inserted in the center comes out clean or with a few moist crumbs, but no wet batter. Cover the top loosely with foil in the last 10 minutes of baking if the top is browning too quickly. Allow the cake to cool before slicing and serving.





**PRODUCT RANGE**

- Brownies
- Cookies
- Cakes
- Cheesecakes
- Teatime cakes
- Tarts,
- Truffles
- Mousse jars
- Healthy breads



# FROM GRANDMA'S KITCHEN TO FRENCH DESSERTS

*For Shikha Tanna, baking was a gift inherited from her grandmother, which she eventually transformed into a gourmet skill, by studying at one of the most prestigious schools of baking and patisserie in the world.*

*Mumbai, India*



Shikha Tanna devotes her time to creating delectable desserts for the loyal and every-growing clientele of Torta Bella. But it wasn't always like this. Shikha fought all odds and procured an admission to study culinary at Le Cordon Bleu in France. Coming back, she interned and worked with a number of different bakeries and patisseries until one day she woke up and realized that she wanted to work for herself.

**"It just came to me one day that I wanted to start taking my own orders now. And so I did. It was a challenge to try and recreate the French desserts that I wanted to start making, considering the ingredients weren't easily available, but I wasn't one to give up. I persisted until I created recipes my way."**

Tanna persevered and came up with a range of treats to suit the Indian palate, making some of them eggless too!

Shikha's biggest strength in establishing her business has been her family. In fact, it was her father who coined the name 'Torta Bella' for the brand. The brand is about to complete four years of success this year and she dedicates all this to her sheer hard work and her family's unwavering belief in her. Her clients love her food because it is made from the purest, most authentic French ingredients which make her desserts taste richer and more intense. All of her food is made fresh on order, without the use of chemicals or preservatives, using only natural and wholesome ingredients. Even the fruit purees are sourced from across the globe and make use of no artificial flavors. Slowly, her collective success gave her the courage to start venturing into the savory and culinary space also. Today, Torta Bella makes a range of savory goodies and bakes on order.







## Torta Bella's No-Bake Cheesecake for the Oreo cookie crust

### INGREDIENTS

Oreo cookies with filling,  
-crushed to crumbs 36  
unsweetened cocoa powder 1 tbsp  
butter, melted 8 tbsp

For the chocolate cheesecake filling  
cream cheese 3 cups  
granulated white sugar 1+1/2 cups  
Unsweetened cocoa powder 2 tbsp  
Vanilla extract 2 tsp  
Semi-sweet chocolate, melted and cooled 2 cups  
Heavy whipping cream 1 cup





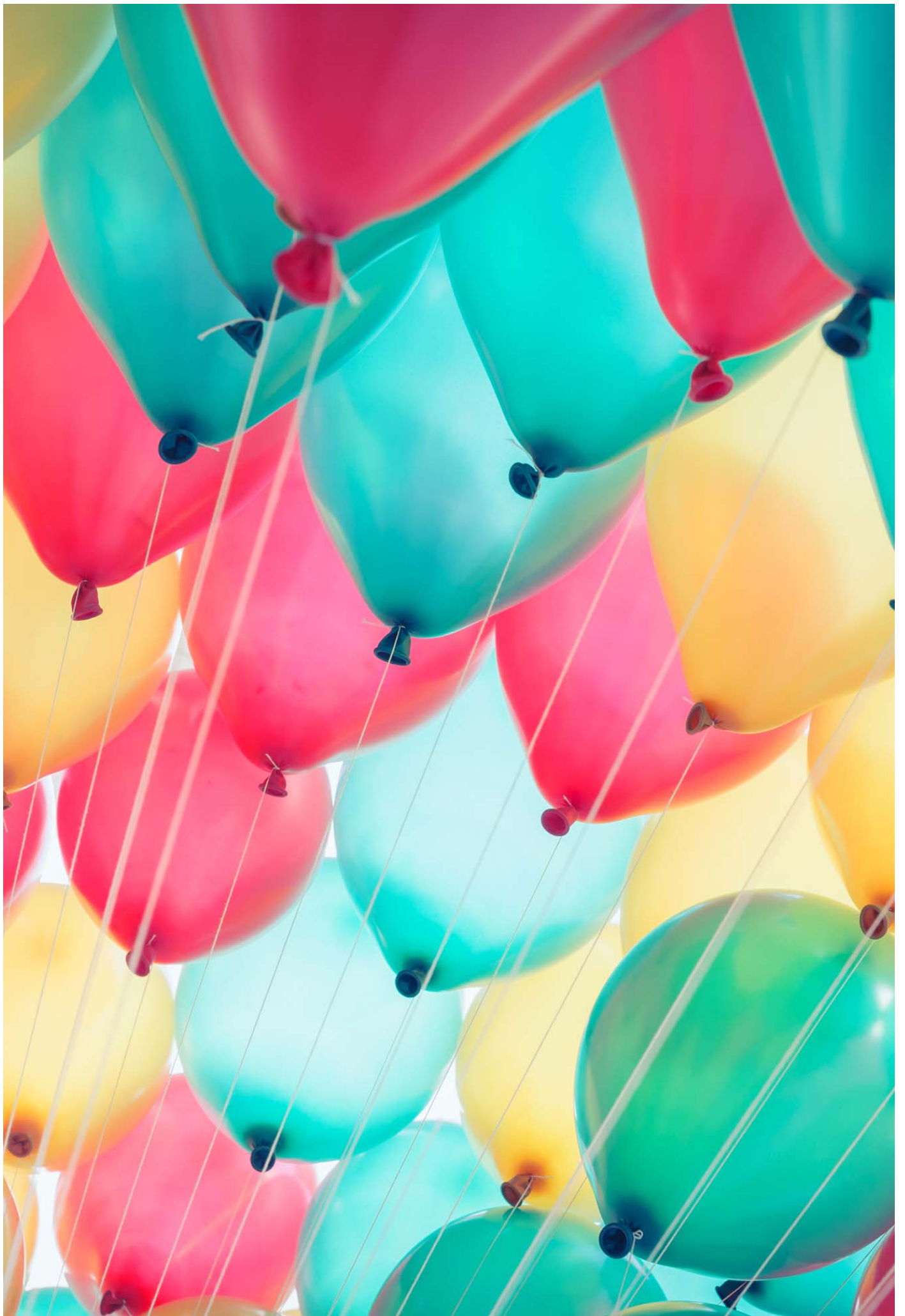
**METHOD**

1. Line a 9.5 inches springform pan with parchment paper. Set aside.
2. Make the crust in a large bowl, by stirring together Oreo crumbs, melted butter, and cocoa until combined and evenly moist. Transfer to the prepared pan and press the crumbs into the bottom and halfway up the sides with the back of a measuring cup. Freeze until filling is done.
3. Filling: In a large mixing bowl beat with a handheld

or stand mixer fitted with a whisk attachment cream cheese on medium speed until creamy for about 1 minute. Add sugar and cocoa and mix until smooth. Stir in vanilla and melted chocolate. Add heavy whipping cream and mix until soft peaks form about 1-2 minutes.

4. Fill filling into crust and spread evenly. Chill in the fridge for 4 hours or until firm. Store leftovers in an airtight container in the fridge up to 2 days.







Foodism Celebrates Its First

# Birthday!

We at Foodism are happy, proud, and grateful for all the love and support we have garnered over the past year! From zero, we are a continuously growing family of over 25k followers on Instagram. Today, the platform has thousands of home chefs, cooking enthusiasts, culinary aspirants and many more, as a part of the Foodism family.

We weren't always Foodism - we were earlier called Home Chefs\_India! And we catered to the needs and fancies of home chefs, encouraging them to become bigger, better, and more accessible. From there, we journeyed to being the most preferred platform for food enthusiasts to come together and share their joy of cooking and eating! We're so enthused to also share with you some very new and exciting developments! Foodism is soon going to have an interactive app that will enable you to upload recipes, videos, share opinions and reviews and do a lot of other things! We're also getting a brand new avatar for our website! Foodism is evolving and changing and we'd love for you to embark on this sky-high journey with us!

*Thank you for all  
the love and encouragement!*



"If it's food, it's Foodism"

# EAST FIVE WITH Dr. Aditi Govitrikar

*This pretty damsel is best remembered for having featured in a 90's music video with Adnan Sami. She has a degree in medicine and even won the Mrs. World title after which went on to do a couple of movies. We speak to Dr. Aditi Govitrikar and find out what the secrets to her youthful skin are.*

## 1. How do you glow every single minute?

As far as glowing skin is concerned, what you eat and how you feel is what shines outside. Our thoughts have a major impact on our skin. Like when you are stressed it shows on your face. Smiling in a difficult situation and being positive can make your problems go away – it can bring a solution!



Everyday  
compliment to one  
person be it anyone.  
Be kind to people  
who are around you.

## 2. How was your journey from being a psychologist to an actor?

I always wanted to become a doctor, acting and modeling weren't even on the cards. But I am glad I participated in the Gladrags Super Model Contest, not only was it super fun it also made me the first person ever from my family to enter into the entertainment industry. At first it was a few assignments, which came with a lot of travelling, and I loved it. None of this was planned. But I loved my life, I loved being in front of the camera. Eventually, acting took a backseat and I

realized I had to go back to academics because my brain is very precious to me. I chose psychology to be able to understand the human body and mind better and delved head first into studying and reinventing myself. I had come to realize that mental health and the stigma associated with it, made it a very neglected field of study. There are so many problems that need our attention. This is where I came up with the 21 day transformation program – a holistic treatment program which includes physical workouts, emotional and mental well being and a nutrition plan, skin routine and sleep schedule all woven into it.

## 3. When you got back to your studying did you miss the

## glamorous life of Bollywood?

I enjoy the best of both worlds. I have no regrets. I enjoy acting because it gives me a different kind of thrill and satisfaction. But learning and studying revs me up too! I am currently doing my second masters from Harvard University. I believe learning is a constant process and till the time I am capable of learning, I will do so. My acting career doesn't have to take a backseat for that either. I believe we can all, regardless of where we come from, make a difference. It is important to use and maximize your potential till you can.

## 4. What is wellness according to you?

When you open your eyes each morning, how do you feel? Does it bore you or does it excite you? If you do not wake up energetically, ready to look forward and embrace the day, then you need to rethink your lifestyle. According to me wellness is wholesome. Check your sleeping pattern, your diet, balance your carbs and stay away from fad diets. You cannot run away from stress in the world we live in today, but you need to accept what you cannot change. Eat well, greens, homemade foods, fruits and lentils are your best friends.

## 5. How do you manage to be a mother, model, doctor and actress?

Taking responsibility for your actions is the best possible way. Multitasking can be stressful so I believe in doing one thing at a time. There are no shortcuts to hard work in life. But with a properly planned routine, I work stress-free and manage to pay attention to multiple things. I've learned from Steve Jobs to not waste my time on unnecessary things and save my energy for the important things in life.







## RITE BITE

### PACK IN A PROTEIN-LICIOUS PUNCH!

*Quick, storable and delicious – there's a lot to like about RiteBite's Max Protein Bars. Simply rip and devour, either pre workout, to get your daily dose of energy or post workout as a recovery snack.*

**W**e're moving towards a healthier world, ditching the junk for more nutritious foods and filling up snack times and meal times with carefully calculated meals that boast of high protein content and adequate nutrition.

At a time like this, RiteBite made a star entry into the world of fitness foods, dishing out delicious, convenient, storable and healthy protein bars. A carefully curated recipe that calls for a mélange of protein sources, RiteBite won tastebuds with Max Protein Bars. Crunchy brown rice crisps enrobed in guiltless dark chocolate and scattered with chunks of roasted almonds, berries etc. made for a treat for those looking to get fitter.

#### The Story

According to an interview, the CEO of Nutrell Food (the company that owns RiteBite) Mr. Vijay Uttarwar, mentioned how he started his career with farming, all the way back in 1984 and slowly moved into software. He stayed in the USA relishing the wonders of the Silicon valley, until fate brought him back to India and he realized he wanted to go back to the fields. It was then that he chanced about stevia, a naturally occurring plant based sweetener that was healthier than sugar. Delving deeper, Mr. Uttarwar found that there was potential in selling

stevia in an organized manner. Thus, Nutrell was launched and stevia gave way to protein bars, which were picking up insanely in the USA back then. The company now sells protein bars in multiple flavors, along with herby flavored green teas and protein chips made from lentil flours, that promise lower fat content and higher protein content apart from its signature lip-smacking taste!

#### Our Verdict

These bars are super-filling and fun to eat! They make excellent substitutes for candy bars or for when you are in the mood for some sweet indulgence, minus the guilt. Our personal favorites are the Choco Almond Bar and the Choco Classic Bar. For INR 65.00 a bar, this isn't a bad bet, considering it replaces a snack and pushes you towards healthy eating habits.

The downside of these bars is that if not eaten in moderate quantities, these could lead to weight gain, as they are quite calorie dense. They don't quite fill you up unless you train your stomach to believe so. These cannot be consumed everyday, unless you workout. They are good options for those looking to gain weight in a healthy manner, because they pack in lots of nutrition and calories without the feeling of fullness.





# Eat Right!

*Healthy food doesn't always have to be tasteless and bland. You could eat yummy, delicious dishes if you just cook them right and use wholesome ingredients. We bring you some not-so-indulgent recipes that you could try at home to achieve that perfect balance between health and taste!*





## BAKED CRISP OKRA

Okra or bhindi is an excellent source of fiber and vitamins; it boosts digestion and is very low on the glycemic index. Here's a better way to eat bhindi and incorporate it into your snack routine too, with little-to-no effort.



**Prep Time** 30 minutes  
**Cooking Time** 20-25 minutes  
**Serves** 2-3

### INGREDIENTS

**Okra or Bhindi** 500g  
**Oil** 2 tbsp  
**Fennel seed powder** 1 tbsp  
**Cumin powder** 1 tbsp  
**Rock Salt** 1 tsp  
**Red Chilli Powder** 1 tbsp  
**Coriander Powder** 1 tbsp  
**Turmeric powder** 1 tsp (optional)

### METHOD

- 1.** Thoroughly wash the okra into length-wise slivers.
- 2.** Preheat your oven to 200C for 10 minutes.
- 3.** Add a tbsp. of oil to the okra and gently mix it by hand to coat all the slivers evenly.
- 4.** Spread the okra onto a baking tray and make sure they are all in a single layer. Place it into the preheated oven. Check after 10-12 minutes and toss it over to cook evenly on all sides.
- 5.** Once done, they will look dark green. Take the tray out and leave it for 5-6 minutes to crisp up.
- 6.** Add another tbsp. of oil to coat it evenly and season with all the spices. Mix gently to coat with the spice mix. Add the turmeric only if you enjoy the taste of it, otherwise avoid it.
- 7.** Serve hot or cooled, add a squeeze of lime if you wish to!



## CRANBERRY GRANOLA BAR

These bars are super easy to make and require very little cooking. They're made of oats so they pack in a good amount of fiber too!

**Prep Time** 10 minutes

**Cooking Time** 10 minutes

**Serves** Makes 4-5 bars

### INGREDIENTS

**Regular oats** 1 cup

**Cranberries** ½ cup

**Almond Slivers** 1/2 cup

**Honey** ½ cup

**Oil (coconut, sunflower or olive)** ½ cup

**A pinch of salt**

### METHOD

1. Dry roast the oats and almonds in a pan until fragrant. Oats burn easily so be careful and keep stirring.
2. In another pan, heat the oil till just warm. Add the honey and continue stirring on very low heat for 2-3 minutes.
3. Mix the oats and almonds with the honey + oil mixture. Add a pinch of salt and the cranberries and stir well.
4. With the help of a pair of spatulas, press the hot mixture into a baking dish. If doing this by hand, wear gloves to avoid scalding.
5. The mixture cools and hardens very fast, so let the mix set in your dish for 15-20 minutes. Cut into bars or squares and wrap individually in cling foil to have a ready-to-eat snack any time of the day.









**Prep Time** 10 minutes  
**Cooking Time** 10 minutes  
**Serves** 2-4





## NO BAKE NUT BROWNIE

If you constantly crave for some sweet, chocolaty indulgence, this no-bake brownie is your go-to, guilt free recipe! Consider this, your new best friend! With the goodness of nuts and dates, this one's literally takes the cake.

### INGREDIENTS

**Walnuts** 1 cup  
**Soft Pitted Dates** 1 cup  
**Cocoa Powder** 6 tbsp  
**Chopped Almonds** 3 tbsp  
**A pinch of salt**

### METHOD

1. Use a high quality food processor or blender to crush the dates. Use 2 tbsp of hot water if the dates turn out to be too fibrous. Tip this mixture into a bowl.
2. Now add the walnuts and cocoa powder to the blender and pulse until the mixture is homogenous, almost sand-like.
3. Mix the nut mixture with the date pulp and add a pinch of salt. Bring it all together like dough.
4. At this point, add more crushed walnuts if the mixture is too sticky. If it is too dry, pulse 2-3 dates and add them in until you achieve the right consistency of dough like mixture. Incorporate the chopped nuts into this and mix.
5. Press the prepared mix into a greased square shaped cake tin and allow to cool and set for 5-6 hours in the fridge.
6. Cut into squares and serve.



## VEGETABLE NOODLE SOUP

This hearty dish is a one-pot, one-bowl meal that not only satiates your hunger but also satisfies your tastebuds. Enriched with the power of vegetables and a generous helping of noodles, this truly becomes a quick, memorable dinner!

### INGREDIENTS

**Chopped carrots** 1/2 cup  
**Chopped cabbage** 1/2 cup  
**Corn kernels** 1/2 cup  
**French Beans** 1/2 cup  
**Potato** 1 nos  
**Cinnamon stick** 1  
**Bay Leaves** 3  
**Pepper** 1 tbsp  
**Salt** 1 tbsp  
**Lemon juice** 1 tsp  
**Sugar** a pinch  
**Rice Noodles** 50g  
**Spring Onions** 4 tbsp  
**Sesame Seeds** 1 tbsp  
**Garlic** 1 tbsp  
**Lemongrass Stalk** 3-5  
**Ginger** 1 piece  
**Ghee/Oil** 1 tbsp

### METHOD

- 1.** In a large pressure cooker, put the cinnamon, bay leaf, all vegetables and 5-6 cups of water. Add chopped ginger and lemongrass as well. Pressure cook for 7-8 whistles.
- 2.** Open the cooker after it depressurizes and carefully remove the ginger, lemongrass, bay leaves and cinnamon.
- 3.** Blitz the boiled veggies with the prepared stock water until it forms a homogenous mixture.
- 4.** Season this soup with salt, pepper and lemon juice. Add a pinch of sugar to balance the taste.
- 5.** Heat this mixture till it reaches a rolling boil and add the rice noodles. Switch off flame and cover till the rice noodles are cooked.
- 6.** Sauté the garlic and sesame seeds in ghee and add it to the soup for a dash of flavour. Serve hot, garnished with spring onions.



**Prep Time** 30 minutes  
**Cooking Time** 20 minutes  
**Serves** 2





## FAADA TABOULEH

This fusion recipe makes use of Indian faada or broken wheat to recreate this flavorful, Middle Eastern salad that takes you by delight, at the very first bite! The spinach, wholewheat and cheese make this dish a perfect combination of carbs, protein and fiber!

### METHOD

1. Cook the broken wheat in a cooker with a little salt, for 3 whistles.
2. Once the cooker depressurizes, fluff the faada up with a fork.
3. In a separate bowl, add chopped tomatoes, onions and cucumber. Add some salt and leave it aside for the water to drain from the

vegetables.

4. In a small bowl, whisk oil, lime juice, salt, pepper and crushed garlic to prepare the dressing. Keep aside for later use.

5. Mix the drained tomato, onions and cucumber with the cooled faada. Top it with the prepared dressing and finely chopped mint leaves. Mix well and serve.

### INGREDIENTS

**Faada or broken wheat** 1.5 cups  
**Tomatoes** 1 cup  
**Cucumber** 1 cup

**Onions** 1 cup  
**Salt** to taste  
**Pepper** to taste  
**Oil** 4 tbsp (coconut or olive preferable)  
**Lime juice** 2 tbsp  
**Garlic cloves** 4  
**Mint leaves** 1 cup



**Prep Time** 30 minutes  
**Cooking Time** 10 minutes  
**Serves** 2





## SPINACH CORN WRAP

Finding it hard to get your little one (and other family members) to eat spinach? This super easy, super tasty recipe will ensure they gobble up spinach and even ask for more!

### INGREDIENTS

**Wholewheat flour** 2 cups  
**Spinach puree** ½ cup  
**Salt** to taste  
**Coarsely ground cumin** 1 tsp  
**Oats Flour** 2 tbsp  
**Butter** 2 tbsp  
**Milk** 1 cup  
**Cheese** ½ cup  
**Spinach** 3 cups  
**Corn** 1 cup  
**Salt** to taste  
**Pepper** to taste  
**Ghee** 2 tbsp

### METHOD

1. In a big bowl, add the whole-wheat flour with salt, crushed cumin and some ghee and mix until the flour holds together when pressed.
2. Add the spinach puree and mix well until it comes together to form a dough. If it gets very sticky, add some flour to it. If it is dry, add a few tablespoons of hot water to bind it all together.
3. Leave the prepared dough aside for 20 minutes and get working on the stuffing. Make sure your spinach is thoroughly washed.
4. In a pan, heat the butter and add

the oats flour. Stir until it cooks and gives a nutty aroma. Add the milk and stir vigorously to combine. Ensure that there are no lumps.

5. Add the cheese, salt and pepper and let it thicken to a spreading consistency. Take off the flame and quickly add the chopped spinach. Close the lid to allow the spinach to cook in the residual steam. Give it a quick mix and set aside uncovered.
6. Take the dough and roll out thin rotis. Cook them on a griddle with a little ghee and stuff them with your corn and spinach mixture. Roll and serve hot with a little ketchup or chutney.





**Prep Time** 30 minutes  
**Cooking Time** 20 minutes  
**Serves** 2-3





## RATATOUILLE

Here's an excellent way to eat your veggies and give your tastebuds a hearty tour through France! This healthy, herby delight is a visual treat as well as a culinary one! Get your friends and family involved in the chopping process to make it all the more fun.

**Prep Time** 60 minutes  
**Cooking Time** 30 minutes  
**Serves** 3-4





**INGREDIENTS**

**Eggplants** 2 nos  
**Tomatoes** 2 nos  
**Zucchini** 2 nos  
**Olive oil** 2 tbsp  
**Garlic** 6-8 cloves  
**Onions** 2 nos  
**Tomato Puree** 1 cup  
**Basil** 1 bunch  
**Salt** to taste  
**Pepper** to taste  
**Olive oil** 2 tbsp  
**Mixed herbs** 2 tsp

**METHOD**

1. Slice all the vegetables except the onions, into thick roundels. Make them about 1 inch thick and set them aside.
2. Preheat the oven to 200C. In a pan heat some olive oil in a pan and add the crushed garlic pods. Sauté till brown. Add chopped onions and fry for 5-7 minutes until the onions start to sweat.
3. Add the tomato puree, salt and pepper and let the sauce cook for 10 minutes. Take off the flame and add the chopped basil to it.
4. Arrange the sliced vegetables neatly in a circular row.
5. In a small bowl, take some oil, salt and mixed herbs and mix well. Drizzle this over the prepped veggies and sauce.
6. Bake in the oven for 20 minutes until the veggies are done.
7. You can serve hot with a generous helping of Parmesan cheese and a side of crusty hot bread.



## BANANA PEANUT BUTTER 'NICE'CREAM

Love icecream? Then this will be your saviour from all those times you gave in to the guilt and indulged in a large, creamy bowl of cool icecream. This recipe calls for just 3 ingredients and it is way healthier than regular icecream.

**Prep Time** 5 minutes

**Cooking Time** 10 minutes + 6 hours in the freezer

**Serves** 2

### INGREDIENTS

**Bananas** 5 nos

**Peanut butter** 2 tbsp

**Chocolate chips** 2 tbsp

### METHOD

1. Cut the bananas into smaller pieces and freeze them for 3-4 hours.
2. Blend the frozen bananas with the peanut butter until churned well.
3. Pour it into a tin and add the chocolate chips. Freeze for 1-2 hours.
4. Take it out of the freezer and dig in!







# MEET THE WINNERS THEIR WINNING TIRANGA CONTEST RECIPES!





## TRICOLORED MOMO

### INGREDIENTS

Maida or Refined Flour (3 Cups)  
 Salt (As per taste)  
 Oil (5 Tsp)  
 Edible Color (Orange and Green)  
 (1 Tsp each)  
 Soya Chunks (2 Cups)  
 Ginger (1/2 Tsp coarsely ground)  
 Garlic (1/2 Tsp coarsely ground)  
 Green Chilli (1/2 Tsp coarsely ground)  
 Capsicum (1 thinly chopped)  
 Carrot (1/2 Small thinly chopped)  
 Turmeric (1/4 Tsp)  
 Mayonnaise (5 Tsp)  
 Scheszwan Sauce (2 Tsp)  
 Tomato Ketchup (2 Tsp)  
 Coriander Leaves (1 Cup)  
 Garlic cloves (3 to 4)  
 Cumin Seeds or Jeera (1/2 Tsp)  
 Green Chilli (3 to 4), Curd (2 Tsp)

### FOR STUFFING

- Take a sauce pan , Add 2 glass of water & boil it
- After the water is boiled, switch off the burner & add 2 cups soya chunks
- Soak soya chunks for 10 mins
- After 10 mins, Soya chunks will get soften
- Drain the excess water & also squeeze water from chunks
- Coarsely grind the soya chunks and get it ready
- Now take a kadai or sauce pan , Add oil 2 Tsp & saute grinded soya chunks
- Make sure to stir it continuously Otherwise it will burn OR saute it on low flame
- After you get light golden color ,Remove it on a plate
- Now in the same pan 3 tsp of Oil , Add green chilli, ginger and garlic coarsely ground (1/2 tsp each)
- Cook it for 2 mins
- Add capsicum and carrot to it, Cook it for 4 mins
- Add sautéed soya chunks and mix it
- Add turmeric (1/4 Tsp) & salt (As per taste). Cook for 2 mins
- Turn off the burner and keep aside

JAYA SINGH



### FOR DOUGH

Take 3 cups of maida and divide it in 3 parts  
 Now you need to knead the dough thrice for 3 colors Knead the dough for White color  
 Take 1 cup of maida or refined flour in a plate  
 Add pinch of salt and knead the dough with water  
 Knead the dough for Orange color  
 Take 1 cup of maida or refined flour in a plate  
 Add pinch of salt and knead the dough with water  
 Knead the dough for green color  
 Take 1 cup of maida or refined flour in a plate  
 Add pinch of salt and knead the dough with water  
 Keep the dough aside  
 Now take small balls of all the 3 dough (orange, white and green)  
 Combine all the 3 small dough balls  
 Roll it in small disk size  
 · Now take the dough on your palm and add the soya mixture on it, Gently make petals of the edges and bring it together  
 After it comes together, pinch it on top and keep aside, Steam it for 10 – 12 mins  
 You can also steam it in Idli Maker

### Momo is not complete without Dip:-

So as the theme is tricolor, so I have tricolor or 3 varieties of dip for you

- 1) Orange Dip:** It is the mixture of Mayonnaise , Schwezan Sauce and Tomato ketchup (2 Tsp each) Mix all the 3 ingredients together
- 2) White Dip:** It is simple mixture of Mayonnaise (3 Tsp) and Chilli Flakes (1/4 Tsp)
- 3) Green Dip:** In a grinder, Add Coriander leaves (1 cup) , Jeera or Cumin Seeds (1/2 Tsp) , Salt (As per taste) , Green Chilli (3 to 4) , Curd (2 Tsp), Garlic Cloves (3 to 4)  
 Grind it till you get a thick paste ENJOY !!



## KANAVLA MILLE FEUILLE

### AADISHREE CHURY

#### INGREDIENTS

Kanavla Pastry  
 Refined flour- 1cup  
 Semolina- 1 cup  
 Milk- 1 cup  
 Ghee- 2tbsp  
 Corn flour-1.5tsp  
 Salt- 1.5 tsp  
 Orange food colour -1 tbsp  
 Green food colour- 1tbsp  
 Oil- 400ml(for frying)  
 Water-1/4cup  
 White Chocolate-1/2 cup  
 White Chocolate Coconut Mousse  
 Whipped cream-2cups  
 Desiccated Coconut-½ cup  
 Powdered Sugar-1/4cup  
 Coconut cream-1.5cups  
 Gelatin-2.5tsp  
 Cardamom powder- 1tsp  
 Nutmeg powder-1/4tsp

An ode to my AAJI through food. As I flip through the pages of my grandmom's CKP recipes in her book CKP KHASIYAT, I was inspired by my favorite Kanavla recipe and decided to put my own spin on it. The same flaky puff pastry parcels with sweet coconutty goodness but with a little twist.

#### METHOD

Heat 1 tbsp of ghee.

In a mixing bowl, combine flour, semolina, salt, and hot ghee.

Divide it into two parts, one part remains white. Further, divide the other part into two halves and add green and orange colour to each respectively.

Make a dough using warm milk and knead well until a soft dough is formed. You should have three distinct dough balls.

Cover with a damp muslin cloth and allow it to rest for 1 hour.

Cream the remaining ghee and cornflour until it is light and fluffy.

Knock back the dough and knead again to form a smooth dough.

Divide the dough and roll them into equal-sized balls. Using some refined flour for dusting, roll the dough out into 0.5cm thick sheets.

Place the White sheet, apply a layer of the cornflour mixture, place the orange sheet, and repeat the process by alternating the sheets with the cornflour mixture to form the tricolor.

Roll it tightly like a Swiss Roll, cover with damp muslin and rest it in the refrigerator for 1 hour.

Cut the roll into 0.5 inch thick pieces and flatten them out into thin sheets using a rolling pin. Cut them into circles or any other shape, as you desire using a cutter.

Heat some oil in a heavy bottom vessel and deep fry them on a medium flame, ensuring the colours do not burn.

To make the mousse, combine the gelatin and water and set it aside for 10 minutes.

Toast the desiccated coconut on a low flame until golden brown.

In a saucepan gently heat the coconut cream, sugar, nutmeg, and cardamom powder. Add the gelatin and strain it through a fine-mesh sieve. Allow it to cool.

Whip the heavy cream/ whipping cream to form stiff peaks. Fold it gently into the coconut mixture.

Add the toasted coconut and white chocolate to the mousse. Fill it in a piping bag and allow it to rest in the refrigerator.

To assemble, place the fried pastry on a plate. Pipe the mousse and place the next layer of pastry and repeat the process. Serve.



## TRICOLOR COCONUT BARFI

### INGREDIENTS

Freshly grated coconut  
(or, dessicated coconut)  
3-4 tbsp of ghee  
1 cup of milk  
2 tbsp of milk powder  
1 tspn of cardamom powder  
150-200 gm Condensed milk

PREETI SUMAN

### METHOD

1. Take a nonstick pan and put 3 tbsp of ghee.
2. If you are taking freshly grated coconut then process it in mixer into small pieces. Then add the coconut into the pan and roast for 5-10 mins.
3. Add milk, milk powder and keep stirring continuously.
4. When the milk is thickened & the coconut mixture seems sticky & well cooked then add the condensed milk.
5. When the condensed milk gets thick add cardamom powder and 1 tbsp of ghee at this stage and keep stirring until there is no moisture left. Then switch off the gas.
6. Now divide the mixture into 3 equal parts.
7. Add orange food color into one and green color into another bowl. Mix them well so that the color is uniform althroughout.
8. Now tranfer the green mixture first to a greased pan and press down with a spatula.
9. Then add the white layer followed by orange layer and tap it so that there is no gap left inbetween.
10. Garnish with your preferred dry fruits and allow it to set in refrigerator for 3-4 hours. Cut them into square pieces and barfi is ready.



## TIRANGA MODAK

### INGREDIENTS

Rice flour 1 cup  
Water 1cup, Salt a pinch  
Edible colour orange 1tsp  
Edible colour green 1tsp  
Green cardamom powder 1tsp  
Nutmeg powder 1tsp  
Jaggery 1/2cup, Ghee 1tbsp  
Fresh scraped coconut 2cup  
Poppy seed 1 tsp

SUDHANSHU JOSHI

### METHOD

In non-stick pan add water add ghee, and salt. Let it boil. Once it boiled add rice flour stir well. Make sure there are no lumps. After mixing well, cover and keep for 10 min.on low flame.  
After 10 min. turn off flame. Keep for covered for 5 min. more. Now take plate keep cooked rice dough and knead it for 15 min. It's called Ukad.  
In other pan add ghee, fresh scraped coconut and jaggery and cook on low flame, mix well for few min. Add cardamom powder, nutmeg powder, roasted poppy seed, mix well till mixture gets dry. Cool it.  
Now take kneaded dough make 3 parts, in one add orange colour and in other add green colour, mix it  
Take three small ball of dough orange white green and roll it in small disk size together.  
Now add coconut mixture and make petals on modak with help of fingers.  
Hold and close the upper side of modak, gently press on top. Now steam the modak in steamer for 10 min.  
Once it's done serve hot with ghee.



## MOHAN PARAG

MAMATA SATPATI

### INGREDIENTS

Milk - 1.5 liters  
 Lemon juice - 2 medium sized/  
 4 tbsp (as much required)  
 Sugar - 200g, Water - 1/2 glass  
 Kewra water - 1/2 tsp  
 Almonds - 4, Suji - 1 tbsp, Maida - 1 tbsp  
 Orange and Green food colour - a pinch (optional)

### METHOD

Heat 1L of milk in a pan. Lower the flame the when it comes to a boil.  
 Add 4 tbsp of water with 4tbsp of lemon juice. Then pour it along the side of the pan. The milk will curdle and you will be able to see the green water then switch of the flame. Drain the curdled milk in a muslin cloth.

Wash the chena with water to remove the traces of lemon juice.

Hang the muslin cloth for around 1/2 hour to drain all the water from Chena.

Mean while, heat the remaining 1/2 L milk in a heavy bottom pan/kadhai.

Now let it cook on low /medium flame, till it is reduced to half.

Add 2 tbsp of sugar in the reduced milk. Stir it again for 5 mins.

Now let the rabri cool down in room temperature, then add Kewra water, chopped almonds and Orange food colour. RABRI is ready.

Remove the chena from the muslin cloth and transfer in a big plate.

Gently mash the chena with your palms till it get smooth and light for 7-8 mins. Then add suji and maida and again mash for a minute.

Now transfer the chena into a kadhai, add sugar and mix it properly.

Then switch on the gas on medium low flame and stir it continuously until it becomes thick for minutes.

After that let the mixture cool down for sometime (don't let the mixture get harden unless it will be difficult to make bowl/katori shape).

Now pinch out a small ball out of the dough. Spread it using your fingers into a bowl shape. Then fill 1/2 tbsp rabri into it and bring the sides together to close the bowl. Prepare the rest of them.



## SOULFUL SALAD

KAMALAVARSHINI PRABAKAR

### INGREDIENTS

Carrot - 2 & Tulsi - 15 leaves  
 Mexican Mint - 5 big leaves  
 Mint - 10 leaves  
 Fresh grated coconut - 100 grams  
 Capsicum - 1  
 Radish - 1  
 Lemon - 1  
 Pepper - 2 spoons  
 Almonds - 8  
 Roasted Peanuts - 3 spoons



### METHOD

1. Chop the carrot, Mexican mint, mint and tulsi finely.
2. Then mix them altogether, add pepper and few drops of lemon to the mixture.
3. Take almonds and roasted peanuts, coarsely powder them in a mixer.
4. Now add the coarsely powdered almonds and peanuts as toppings over the salad prepared.
5. Take a capsicum, chop the head part of it and fill the salad in the body part of it. The head part can be used as snowman's cap.
6. Now coming to the snowman, get a radish, cut it into pieces which would form a structure of a stickfigure.
7. Take a carrot and make it as a carrying rope and connect it to the cart [capsicum].
8. Lastly add wheels to the cart using radish and carrot, then attach it to the capsicum. It's ready to serve now.



## TRICOLOUR IDLI

NAMRATA MUKKA

### IDLI BATTER

#### INGREDIENTS

Raw Rice: 2 cups  
 Urad Dal: ½ cup  
 Sago (Sabudana): ¼ cup  
 Fenugreek Seeds (Methi): ½ tsp  
 Carrot: 1 medium sized  
 Spinach: 1 cup  
 Salt: 1 tsp

#### METHOD

1. Soak the raw rice, urad dal, sago and fenugreek seeds in water in separate bowls for atleast 5-6 hours.
2. Once soaked, drain out all the water.
3. Next, blend the urad dal and fenugreek seeds together along with some water to form a thick paste.
4. Similarly, blend the raw rice and sago together along with some water to form a thick paste.
5. Once done, mix both the paste together along with some salt followed which cover the batter and let it ferment in a warm place for atleast 7-8 hours or overnight.
6. After the fermentation, give it a quick mix and the batter is ready to be used.
7. To add the colours, all you need to do is blanch the carrots and spinach separately, blend them to a fine paste individually, divide the batter in three equal portions, add the carrot paste in one portion for the saffron colour, keep a portion as it is for the white colour and finally add the spinach paste in the third portion for the green colour.
8. To make the idlis, pour this batter evenly on greased idli plates, steam it for around 15 minutes and serve it with the coconut, coriander chutney and sambhar.



### COCONUT CHUTNEY

#### INGREDIENTS

Chana Dal: 2 tbsp  
 Grated Coconut: 1 cup  
 Grated Ginger: 1 tsp  
 Green Chilly: 1 piece  
 Curd: 3 tbsp  
 Curry Leaves : 10-15 leaves  
 Salt: As required

#### METHOD

1. Dry roast the chana dal on low flame for a few minutes and soak the roasted chana dal in water for half an hour.
2. Next, grind all the above-mentioned ingredients along with the soaked chana dal and little water and keep it aside.

### CORIANDER CHUTNEY

#### INGREDIENTS

Grated Coconut: ½ cup  
 Coriander Leaves : 1 cup  
 Roasted Peanuts: 2 tbsp  
 Grated Ginger: 1 tsp  
 Green Chilly: 1 piece  
 Curd: 4 tbsp  
 Salt: As required

#### METHOD

1. Grind all the above-mentioned ingredients and keep aside.

### CHUTNEY TEMPERING

#### INGREDIENTS

Oil: 2 tbsp  
 Black Mustard Seeds: 2 tsp  
 Dry Red Chillies : 3 pieces  
 Urad Dal: 2 tsp  
 Curry Leaves : 10-15 leaves

#### METHOD

1. In a pan, heat some oil and add the black mustard seeds, dry red chillies, urad dal, curry leaves and sauté it for a few seconds.
2. Once it starts to splutter, spread it evenly on both the chutneys prepared earlier.



## TRI COLOUR SAUCE SPAGHETTI PASTA COCKTAIL

DEVIKA PANWALA

### INGREDIENTS

#### Saffron colour sauce :

- 3 carrots diced
- 1 big onion chopped
- 4 cloves of garlic
- 1 tbsp butter
- 1 tsp oregano
- 1 tbsp chilly flakes
- salt to taste

#### White sauce :

- 2 tbsp butter
- 2 tbsp Maida
- 2 cups of milk
- ½ tsp white pepper powder
- 2 tbsp grated processed cheese
- Salt to taste

#### Green sauce :

- 1 big green capsicum diced
- 3 cloves of garlic
- 4 green chillies cut in big pieces
- 5 basil leaves
- 8 piece of walnut
- 1/2 tsp black pepper powder
- Salt to taste
- Spaghetti pasta half packet

### METHOD

#### Saffron sauce

Take pan, add butter and heat it then add chopped onions and garlic and sauté for 1 min

Add carrots and cook for 1 min on high flame, just roast it

Add salt , oregano, chilli flakes and mix it well

Cool down it completely then churn it in mixture jar & make purée of it

#### White sauce

Take pan, add butter and heat it then add maida & cook it for 1 min

Add milk and stir constantly, make sure no lumps in it

Add salt & white pepper powder, bring one boil in it

#### Green sauce

Take pan, add butter and heat it then add capsicum and grill it Add walnut green chillies and basil leaves and mix it well

Add salt , black pepper powder and cool this mixture completely, then make smooth purée of it

#### Spaghetti pasta

Boil the spaghetti pasta in big pan with boiling water and add salt and oil, Strain the pasta and keep it aside

Make 3 equal parts of spaghetti and one by one pour sauce in it and mix it well

One by one toss it in pan and sift one by one in wine glass

In bottom put green sauce pasta , between white layered pasta and upper saffron colour pasta

Garnish it with black olive and serve it

Enjoy it



# Healthy is Happy!

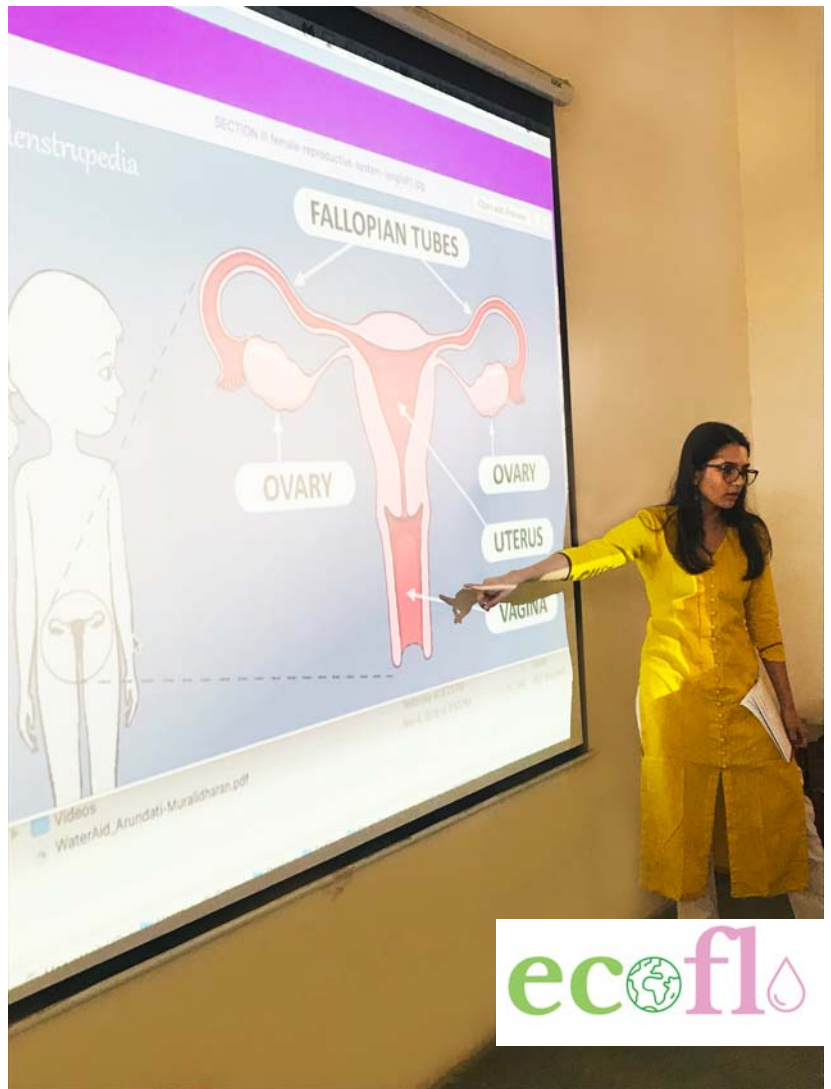
*Ecoflo India is an initiative by Vruti Patel, a lawyer turned social entrepreneur. This organization works at providing quality, useful information pertaining to menstruation, in rural areas and areas where menstrual hygiene is still a taboo.*



In India, the knowledge about menstrual science and hygiene is still half-baked. Not many schools and organizations prefer to talk about it, let alone address deeper issues about menstruation. There are parts of India, where women still have no access to proper sanitary pads and make use of ashes, rags and such. Vruti, a lawyer who was practicing in Mumbai, decided it as time to step forward and contribute. She was tired of working under someone and was looking to start her own venture. Her ideologies were clear: she wanted to work for herself instead of working for others and she wanted to make an impact in the society. With not a lot of capital to start with, Vruti came to the idea of Ecoflo.

Today, Ecoflo has collaborated with sanitary napkin suppliers and has distributed pads during Covid to a lot of areas in Ahmedabad. Not only that, Ecoflo has introduced a lot of content material in Hindi, English and Gujarati, pertaining to menstruation, to make their point clear and accessible to those who do not understand English. In a lot of schools, teachers tend to skip the chapters surrounding this topic which is why the need to create awareness around this arises even more.

Ecoflo is open to executing new ideas and setting new goals. If you have an idea or want to contribute to the initiatives of Ecoflo, please drop an email to Vruti Patel on [ecoflo1234@gmail.com](mailto:ecoflo1234@gmail.com)



alltime

time to  
mix it up

Mixing Bowls  
with Lid  
5 piece set

Sizes in ml

800

1300

2300

3200

4700



100% Food Grade



BPA Free



Microwave Safe  
(Without Lid)



Freezer Safe



Nesting

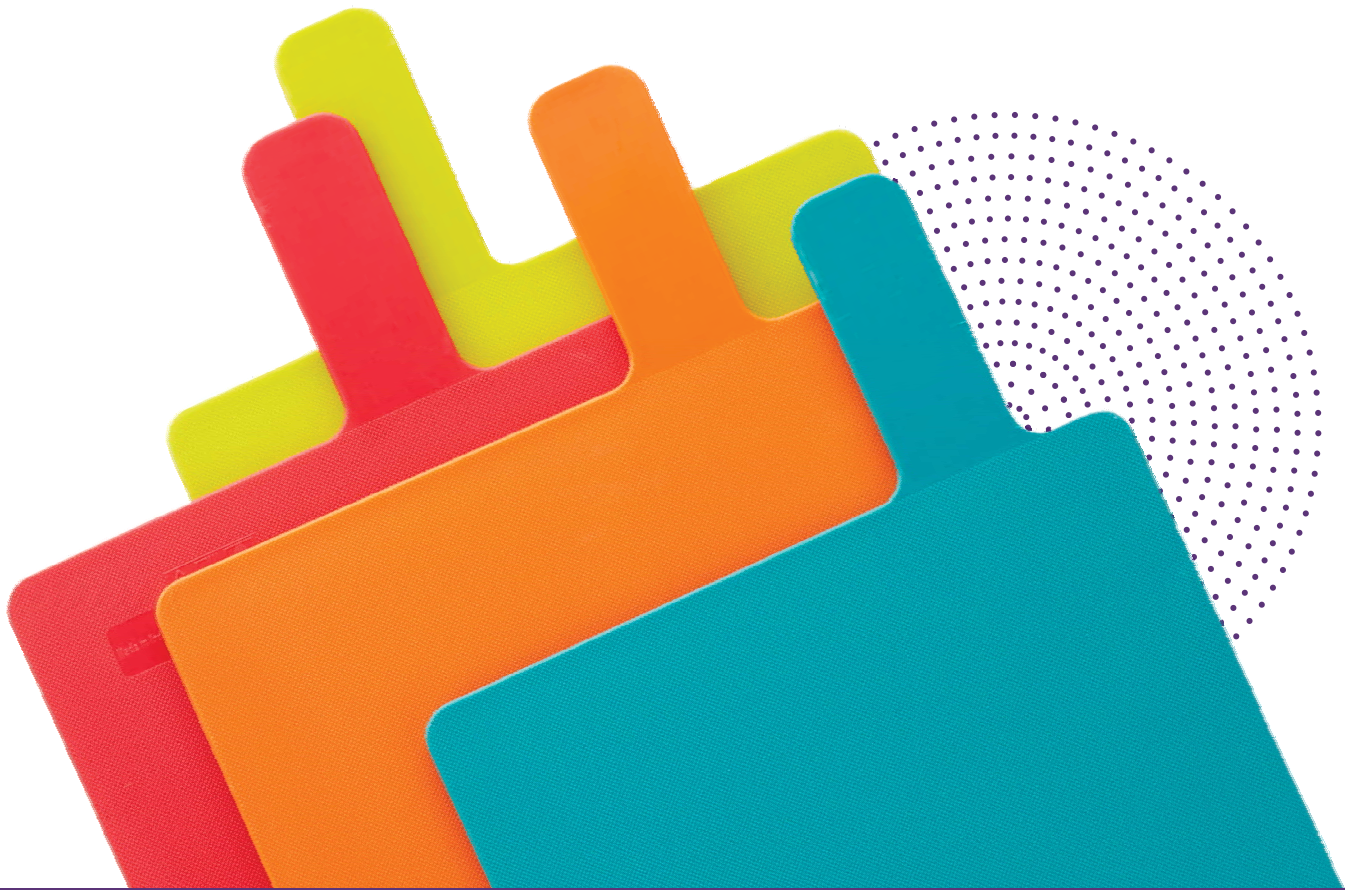


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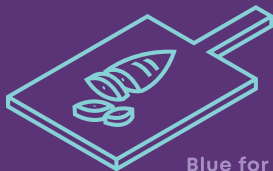




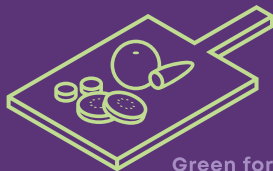


# alltime

Smart chopping boards that  
**prevent cross-contamination**  
across different types of food



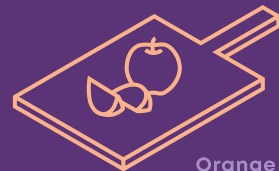
Blue for  
Sea Food



Green for  
Vegetables



Red for  
Meats



Orange for  
Fruits

Chopping Boards (Set of 4 with Stand)



100% Food  
Grade



BPA Free



Crack & Chip  
Resistant



Warp  
Resistant



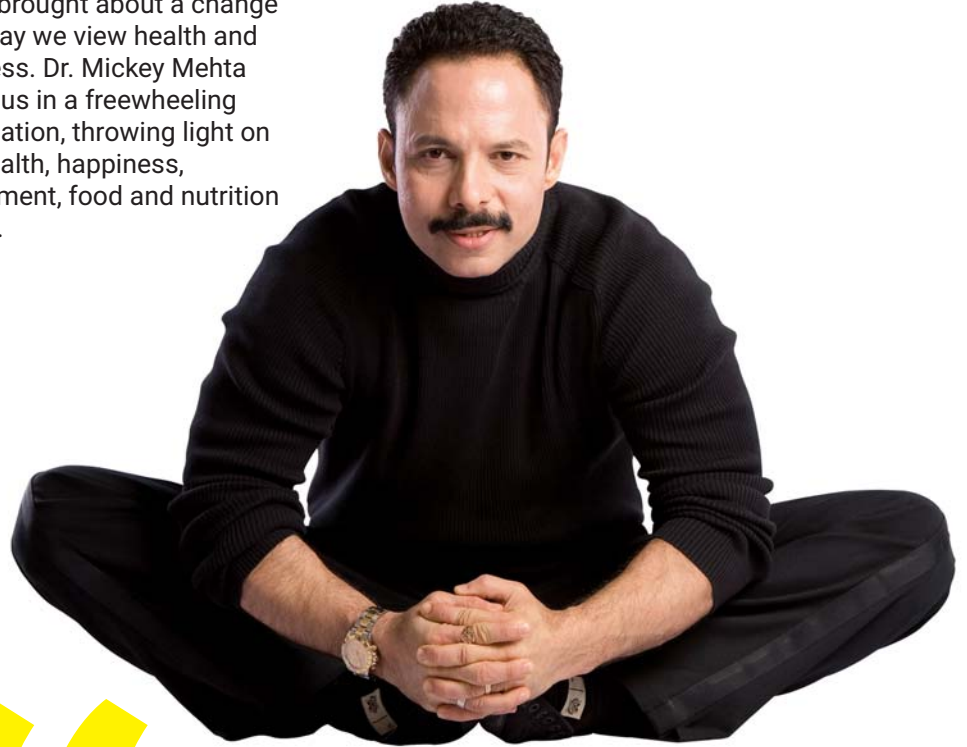
Dishwasher  
Safe



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# DR. MICKEY

**H**e revolutionized the world of fitness and brought about a change in the way we view health and happiness. Dr. Mickey Mehta talks to us in a freewheeling conversation, throwing light on what health, happiness, nourishment, food and nutrition really is.



**I nourish myself with creative thoughts.”**

Dr. Mickey Mehta

**D**r. Mickey Mehta is one of the most reputed global leading health guru and corporate wellness coach. Talking to him, we could make out that he was truly calmness personified. Even on the other end of a telephone line, Dr. Mehta's composed creativity fused with the mellifluous chirping of birds, quietly reached us. "I wake up to the sunshine, the body gets nourished with sunshine, the fragrance and wonderment of nature is what fuels us all. When people ask me for diets, I tell them I eat breath for breakfast. I go outside and breathe in pure air. I nourish myself with creative thoughts and self care. The simple act of putting oil in my hair, acupressure and massages and a good night's sleep – these are the true marks of self care." Dr. Mehta has been an avid follower of the concept that our bodies are like temples and he furthers this belief with years of experience, "Our bodies should be worshipped, regulated, cleaned and fortified. Just like how people go to temples to have wishes

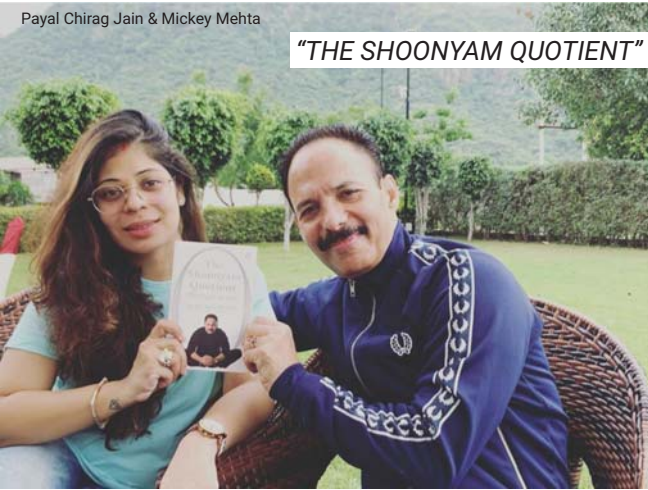
fulfilled, our bodies serve our purposes. When we start treating our bodies like temples, our minds also become benevolent. Just like a temple is a symbol of purity, holiness and cleanliness, we must strive to make our bodies just like that. Purity is the beginning of everything else, it allows our bodies to become radiant, to grow and to elevate. This enables us to evolve."

Not only is Dr. Mehta a fitness guru, he is also a promoter of holistic wellness, which he believes begins by trying to heal the world. "Each human being is capable of healing the world around him/herself. Each night, if we sleep with the thought that we want to heal the world to the best of our abilities, that is what good health is. It is not very difficult to spread joy and heal people, sometimes a warm hug, holding hands, lending a ear – all counts as healing. Even flowers have healing abilities – just by merely existing! You are human beings and you are capable of much more!"



Payal Chirag Jain & Mickey Mehta

**"THE SHOONYAM QUOTIENT"**



nature and its offerings. "Pomegranates, dates, walnuts, sesame and other seeds, beets, nuts and seasonal fruits are all foods of God. What you eat must be grown in abundance and should have soaked sunshine. The food you eat should have been grown over a period of time, it should have witnessed the planetary movements. This is where nourishment is given. As far as tastes go, taste is

Shedding some light on the path our world is heading towards, with fitness enthusiasts lining up for their share of extreme diets and workouts. "Trainers today have become accountants, they calculate your food. Pasta will not heal you, despite its calorie count. Wholesome, ethical, regional seasonal food will heal you. Focus on fruits, vegetables, sprouts – focus on the fortification of your body. Foods that fuel your bodies and give it vitality, those will heal you. Nutritionists today have gotten so lost in this matrix; they don't show pay attention to real foods. When you choose a trainer for yourself, invest in someone who is a 'master'- someone who will replace fear with faith and help you perceive the truth. Someone who knows how to convince you do get out of your comfort zone. Pick someone who you know will lift you as a human being, help you map your meditation, someone who will help you nourish, flourish and cherish in the wonderment and epistemology of the universe. Choose someone who will incline you towards the right path and awaken you."

perception. What you grow up eating, what you have known since birth – that is your taste. If you feed a baby mud everyday, that child will grow up to think that mud is tasty. Tastes can be programmed. Take, for example, a child who has grown up smelling a gutter. If this is done everyday, the child will grow up to like that smell, his/her nostrils will grow accustomed to the smell and it won't be unpleasant then. So program and train your body into liking the good stuff. Acquire the taste of foods that draw you, foods that you gravitate towards. Lychees, mangoes – there are no matches for these foods."

Dr. Mehta sheds more light on the topic of food and the science of eating, "Indian food science tells us to incorporate the following tastes in our diet – sweet, sour, salty, spicy, astringent and bitter. This forms our nourishment spectrum. Eat according to your body's vatta and pita levels to fulfill your body's nourishment needs. Always remember, food should be made not cooked."

As far as foods and diets are concerned, Dr. Mehta truly trusts in

# MEHTA



Dr. Mehta has also turned towards writing books, spreading his knowledge, wisdom and beliefs to a larger audience, through quality literature. One of his more recent offerings is "The Shoonyam Quotient", wherein Dr. Mehta talks about the power of zero. "Zero means empty, but empty also means endless potential. In Sanskrit, Shoonyam means that which gives rise to many universes. But not just in India, the power of zero, of emptiness has been harboured by a lot of cultures. Take for example Feng Shui, which considers the bamboo plant as auspicious. Bamboos are hollow from within – hollowness is full of creative potential, it is where the confluence of polarities meet and the mind gives rise to matter. "The Shoonyam Quotient" gives rise to evolution. When you are always centered, you can be in a meditative state of mind. I have written this book because I believe that "The Shoonyam" Quotient is healing and transforming and it can free you from your problems." While "The Shoonyam Quotient" talks greatly of the spiritual self and aides a person into reveling and revealing in his/her higher identity, Dr. Mehta's latest work of literature is for the masses. "I wrote 'Lose Weight Gain Shape' to list out a healthy, step-by-step process which enables you to lose 6-8 kilos within a month. It talks about a mindful eating experience supported by healing mantras and positive outlook."

Dr. Mickey Mehta is an author, a poet, a philosopher he is a brand and an institution himself and he is here to get us Energized, Naturalized, Optimized, Maximized, Wellness Revolutionized and get us MICKEYMIZED!!! with his brilliant Philosophies!

### Dr. Mickey Mehta's 10 commandments

1. Breathe in Creativity
2. Stretch Beyond The Sky
3. Walk Towards Progress
4. Move In Awareness
5. Reach Out To All
6. Grip Life – Be In Charge
7. Stabilize – Be Balanced
8. Strengthen Your Core & Confidence
9. Be Calm & Synchronized
10. Meditate With The Universe



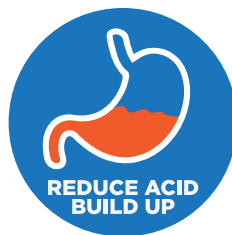
go green  
Mickey  
Mehta





# WATER IS GOOD **ALKALINE** IS BETTER

## BENEFITS



\*This product is not intended to diagnose, treat, cure or prevent disease. The above information is for reference purpose only.

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FEEL THE  
**Outdoors**



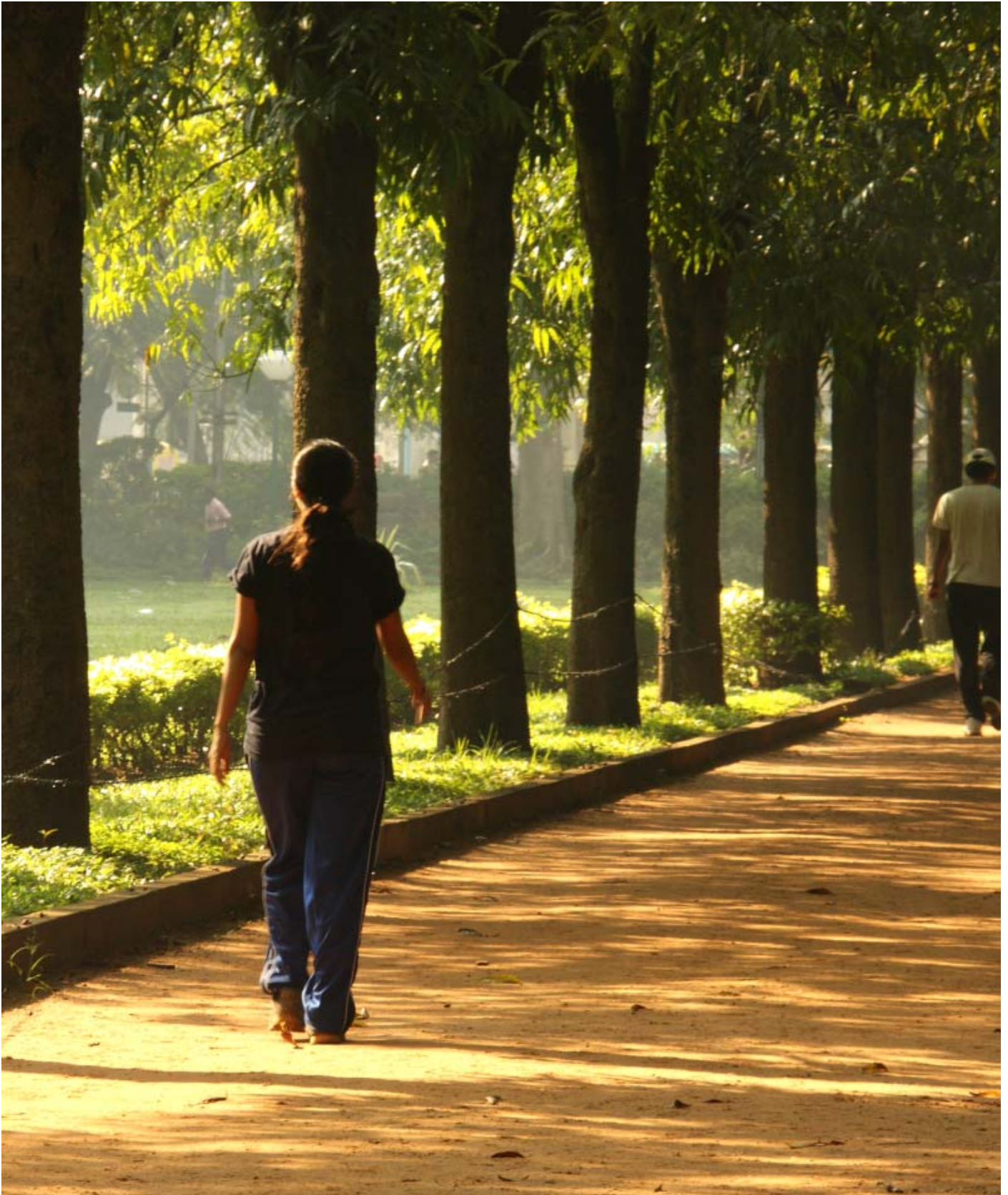


**U**nlock 3.0 rang in opening of gyms but still a large number of fitness enthusiasts will be a tad hesitant to re-join them - as the risk of virus exposure is upped with sharing of equipment and lockers; and social distancing curtailed by less space. Chill! Foodism brings some alternate exercise options ranging from – fun activities to outdoor activities to mundane household chores!

**I**n order to be able to truly enjoy your food you need to indulge in moderate-intense activities for minimum 150 minutes in a week to enable you to stay fit and healthy. One option is joining a gym but in case this is not your cup of tea then there's a plethora of physical activities which can not only be fun but needn't cost you a bomb too!

Here's sharing a few options to get you back in shape -

By Huta Raval



## Walking, Jogging and Running

These are the best forms of exercise because they are cheap and accessible to most people plus they provide you with the benefit of making it a social affair by doing it with a friend (maintaining social distancing norms) and allow you to breathe in the beauty of nature





## Cycling

A perfect aerobic outdoor exercise which can be transformed into a picnic or a nature exploration trip with your buddies





## Zumba

For dance enthusiasts this Latin-inspired, high-energy and popular dance workout entails grooving to the beats of salsa, flamenco, and merengue music. Touted to burn more calories than cardio kickboxing or step aerobics, Zumba improves flexibility, strengthens your core and melts fat





## Pilates

These are a series of simple, precise and controlled movements like – The 100, Criss-Cross, Elephant, Swan et al - that stabilize and strengthen your core. Pilates can be done anywhere – with an exercise mat and a DVD.

Benefits include – sculpted and sturdier muscles, better posture and enhanced sense of well-being



## Household Chores

Domestic tasks involve a lot of physical labour and have a double benefit of not only keeping you but also your house in impeccable shape. Let's take a quick look at major calorie burners –

Mopping and sweeping the floor	<b>156 Calories / Hour</b>
Cleaning the bathroom	<b>360 Calories / Hour</b>
Vacuuming	<b>170 Calories / Hour</b>
Scrubbing the windows	<b>140-300 Calories / Hour</b>
Cleaning the wardrobe or the kitchen cupboard	<b>85 Calories / Hour</b>
Mowing the lawn	<b>325 Calories / Hour</b>
Cooking dinner	<b>150 Calories / Hour</b>

Approx. Value\*





Other exercising options to try out include – swimming; playing badminton; roller skating; yoga; walking your dog; taking the stairs; gardening; grocery shopping; opting for a standing desk...the list is endless!



# GRAPERLY

## FIT *is the new hit*

**Creating a difference is a difficult task but ever wondered why a grape can do it with such ease? The new mantra this health month is - A grape a day helps detox you a long way !!!**

Grapes – round and small and grouped in clusters – all they do is cleanse, purify and relax. One of those fruits which are filled with every vitamin or mineral to stay fit. They are not only rich in vitamin A and B1 but also contain a lot of mineral salts including potassium and iron to name a few. The list never ends and it is this never ending list which in turn stimulates the liver function of detoxifying and demineralising our body.

Wondering what if you ate one of its seeds by mistake? Their beneficial properties are even more if you eat the whole grape - seeds included because these contain the grapeseed oil, which is a natural remedy for high cholesterol levels.

A study by the University of Michigan Cardiovascular Centre shows that grapes may be even more helpful in the prevention of heart disease than other fruits and vegetables that are known to lower blood pressure.

A legacy which was started by Romans and Greeks – grapes have a long tradition of being used as a tonic and detox treatment. Green or purple, with glossy tones will either transform into wine or a dessert you like. Take a moment to cherish the little things with grapes this season and be grateful.







## THE GRAPE CURVE

The grape cure consisted of consuming nothing but grapes for two or three days in order to purify the liver and skin and detoxify the body and tone it. The idea was to lose weight, but all-grape repasts were also said to boost health and improve the complexion; women swore by the antiaging benefits of a few months of eating only grapes.

By Khushi Kothari

The Unsung Superhero

# YOGURT

**W**e take this humble probiotic concoction for granted but it is actually a super healthy protein source for vegetarians and has a lot of other health benefits also. Its role as an immunity booster too is pivotal. Foodism shares with you the multiple benefits of yogurt along with a couple of lip-smacking recipes.





Yogurt, a popular dairy product prepared by bacterial fermentation of milk, is extremely popular in India and is considered to be a favourite of Lord Krishna's too.

## Benefits of Yogurt

### Good for bones

Daily consumption of yogurt contributes to the body's calcium intake. This helps in preventing illnesses like osteoporosis, especially in the elderly. 100 grams of homemade yogurt contains 110mg of calcium. This covers 10% of the daily requirement of an average adult.

### Minimizes allergy symptoms

Yogurt contains probiotics that help in strengthening gut immunity. This means that you fall sick less often because the good bacteria in the yogurt makes your gut stronger and better.

### Serves as the perfect pre or post workout snack

Yogurt makes for an amazing pre-workout snack and helps with the body's protein intake. A cup of yogurt (100g) contains about 10g of protein, making it one of the best vegetarian sources of protein there are.

### Prevents yeast infections

Yogurt contains a pool of good bacteria that helps fight yeast infections by restoring a healthy yeast content in the vagina. This is great news for women as infections like Candida can be very uncomfortable!

### Mitigates the risk of high blood pressure

A mere two servings a week of fresh yogurt in your daily food consumption can not only lower the risk of heart disease, but can also help regulate fluctuating blood pressure problems. Yogurt has cooling qualities that help, both men and women, stay away from heart diseases.

### Boosts energy levels

Yogurt contains lactose and glucose, which are simple sugars. These go in the blood and begin to fuel our bodies with ready-to-use energy. Yogurt makes for a great snack to have on-the-go!

By Huta Raval



## Preparations from Yogurt

Some yogurt-based delicious preparations besides a plethora of Dips, Kebabs, Salads and Raitas include – Lassi (sweet or salty); Buttermilk; Tadka Dahi; Curry; Dahiwada; Veggies like Dahiwala Karela, Dum Aloo et al

Here's sharing the recipe of two popular yogurt dishes:

### SHRIKHAND

#### INGREDIENTS

**Curd** 1 1/2 Cup  
**Sugar (Powdered)** 1/4 Cup  
**Cardamom Powder** 1/2 Teaspoon

#### METHOD

- Keep the curd in a strainer lined with a thin cloth, and leave it for about an hour to let the extra water drain off
- Transfer the strained curd into a mixing bowl and add the sugar and half of the cardamom powder; mix well, till smooth
- Transfer to a serving bowl and garnish with the rest of the cardamom powder
- Place it in the refrigerator for at least two hours and then serve



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## THE INDIAN RAITA

### INGREDIENTS

Cucumber (shredded) 1  
Salt 1 Teaspoon  
Yogurt 2 Cups  
Red Onion (chopped) 1/2  
Cup  
Cilantro (chopped) 1/4  
Lemon Juice 1/4 Teaspoon  
Cumin (grounded) 1/4  
Teaspoon  
Black Pepper (grounded) 1/8  
Teaspoon  
Nutmeg, Cinnamon and  
Cardamom (grounded)

### METHOD

- Keep the cucumber in a strainer and sprinkle salt; then toss it well and let it drain for 30 minutes
- Rinse the cucumber with cold water, drain it and then place it on and cover it with a paper towel
- Let this stand for five minutes while continuing to pressing it down
- Mix this cucumber with the yogurt and the remaining ingredients
- Your Raita is ready to be served













# FOOD - two sides of a coin

Food can be poison and it can be medicine depending on how you consume it. **Dr. Shanaya Patel**, a National Post-Doctoral Researcher, sheds some light on how food can be the biggest boon of your life or your worst enemy and how we, as Indians, have stopped giving enough importance to local foods and herbs.



There is no one set definition of what food is considered 'good'. There is good food for every mood, illness and problem. While some prefer to keep fit with a balanced Indian diet, some others trust in the science of counting macros and consuming more protein and some others give up foods like wheat or refined sugar to stay fit. So, when it comes to food – one size truly does not fit all!

While food has many facets, it is also safe to say that it is a boon and a bane both. Eating way too much junk food, consuming a large amount of refined flours and fried snacks may feel good and be comforting, but they do more damage to your body than you can imagine. At the same time, women suffering from PMS find solace in foods like dark chocolates that keep the hormones happy – it is actually recommended because it helps!

For centuries, food has been our

medicine in India. Ayurveda uses various ingredients, most of which are available in our kitchen, to cure small and big illnesses. Ginger for bloating, cumin or okra for constipation, curd-rice for an upset stomach, turmeric and ginger water for a cold and sore throat – we've all been privy to these homegrown methods. Sadly though, despite India being such a rich treasure chest of natural remedies and healthy foods, we ape the West. Our ancestors have been using turmeric to ward off multiple ailments – from bruises to sore throat and much more, but it was only when some scientist in the USA confirmed that the curcumin found in turmeric root is beneficial to us. What we witnessed next was sadder – golden lattes and 'turmeric infused bliss balls' flooded Indian markets. The same can be said for Brahmi – a herb that has been clinically proven to make huge contributions in the treatment of neuro-endocrine tumors or Milk Thistle Seeds for that matter, which

have been proven to show increasing improvement in the treatment of many cancers. This teaches us how it is time we take pride in our own food heritage and accept India for the land of miraculous herbs and concoctions it is.


Speaking of food as medicine, foods also have a placebo effect sometimes. Feeling better by eating chocolates during PMS is great example of how foods sometimes work as a placebo medicine. The chocolate, in a way, does nothing much for that

pain. But it makes you feel good and that acts as a placebo. This is also why someone, who suffers from clinical depression, may eat more than usual. Food becomes their placebo and makes them feel better.

Another great thing about food is that it also works as a motivator, as an incentive. I have devoted my life to researching cancer and I have seen patients work harder to get better, just so they can eat their favorite foods. They breeze through the tough parts of the treatment because in their head, when this is all over, they will finally get to eat what they like. Food is one of the things they look forward to, when things get better.

This, in no way, means that we should only eat healthy or we should only eat what comforts us. It helps to be more balance when consuming foods, whether healthy or junk.





# SpiceQure

Health in a teaspoon

## Kadha

(immunity booster)



**A traditional miracle** which has been conceptualised to suit the taste buds of every age group.



**Coming from a traditional Indian family, the solution for every ailment is to have 'Kadha' (immunity booster) instead of medicines.** So during the lockdown, we were asked to have a 'Kadha' everyday, hence they asked ourselves "why can't we make our own version of the same that tastes better and also helps build immunity?". After much research on this SpiceQure was born.

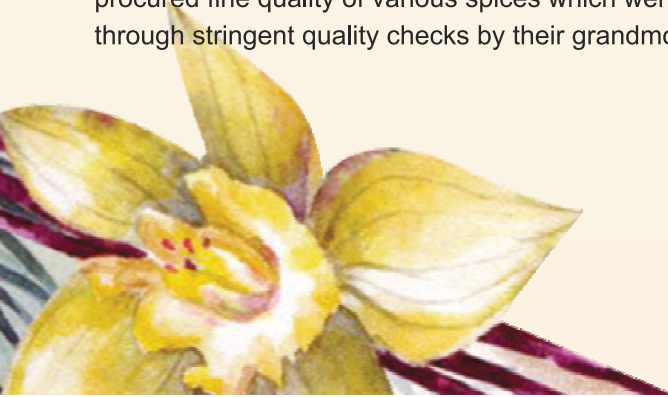
Under the guidance of their great grandmother and grandmother, they were able to finalize the recipe and procured fine quality of various spices which went through stringent quality checks by their grandmother. Under the guidance of their great grandmother and grandmother, they were able to finalize the recipe and procured fine quality of various spices which went through stringent quality checks by their grandmother.

The immunity booster works like a supplement to detox and provide essential herbs and spices in tasteful way. It's a happy powder that can be added to water, milk, had with honey or just sprinkled on anything savoury we eat. The aim is to provide a mild powder that's not bitter, and enjoyed just like a good cup of tea or coffee.

SpiceQure, an immunity boosting powder created amidst a pandemic is a philanthropic. venture of Jena (11) and Viha (13). The thought behind this absolutely healthy & pure product is to spread wellness derived from our culture and tradition, and yet make it.

### Ingredients :

1. Cumin
2. Coriander
3. Ceylon Cinnamon
4. Ginger
5. Drumstick
6. Cardamom
7. Saffron
8. Turmeric
9. Fennel Seeds
10. Carom
11. Tulsi



# “ I want to cook for the Prime Minister some day ”

Medical aspirant turned fulltime chef – this is **Prateek Tripathi's** story. The passionate cook that he was, he auditioned for Master Chef India while he was preparing for his MBBS entrance after school. A tryst with his dream job made him realize that this is what he wanted to do for the rest of his life. Today, Tripathi is a food content curator and also develops recipes for brands.



The joy of cooking reflects in his food, as this young, dynamic and passionate chef makes his way through creating delicious, appetizing content on Instagram. Best known for his stint on Masterchef India, he has gone on to developing recipes and dishes for various brands and has been busy creating recipe videos on his social media platforms.

“I came up with the name My Kitchen Fables for my Instagram handle because every recipe I post is either an old family recipe that has been passed down to me or is a recollection of one of my culinary sojourns from when I have travelled. These are literally stories, transformed into recipes and presented to my audience.” Always inclined towards the arts, Prateek loved doing things with his hands. Which is why, around 2018, he decided to get serious about posting content. “I joined Instagram in 2018 but it wasn't until 2019 that I became very cautious and serious about what I posted on my page. I decided it was time to pull up my socks and post high quality, authentic, original content on my page. The idea was always there, but the motivation that eluded me earlier was here now and I became unstoppable. Getting the first 1000 followers was a task. There was hundreds of pages posting really good content about food and I had to stand out and shine through them all. After



much research and thought, I finally came to the conclusion that there weren't quiet a lot of pages that posted Indian recipes and Indian food. I had found my niche and began posting about humble, comforting Indian food from the kitchens of our homes. These were simple, everyday recipes made the traditional way."

Soon enough, not only had Tripathi gained his first 1000 followers, he had also managed to leave his mark on food content enthusiasts. His audience came from a variety of backgrounds – just like he had hoped for! "I went on creating awesome content. I made sure that I stuck to one niche and continued posting in that area only, instead of trying to grab everything. I worked on my images and carefully selected those that pleased the eyes. I was clear about ethics and credits – if I make something that is inspired by someone else's dish I tag that person. I aim for quality and not quantity so a lot of research goes into what I post. I never give out misleading information or unverified matter."

Prateek also develops recipes for brands and it is just as glam as it gets. "I plan the recipe and make a rough sketch of what goes in and how it will look like. After thorough planning, the trials start. This is where all the permutations happen and I play around with the quantities of the ingredients that go into the food. This aspect is very crucial to a recipe because this is how the costing will be determined. I try and use as many organic and natural ingredients as possible. The idea, when developing a recipe, is to make the client's product shine!

Going forward, Prateek has many plans he wishes to execute. "I want to try my hand at learning different cuisines. I also want to teach cooking through workshops and webinars and some day, I want to host my very own travel show. All these apart, my biggest dream is to someday cook for the Prime Minister of India and also create my very own chef's tasting menu at Gagan Anand's restaurant."

**Prateek has just one advice for aspiring food bloggers and creators,  
"Just stay true to your niche and your audience. Always keep trying to evolve  
and learn new things to share with your audience."**



Prateek's Favorite Recipe to Cook

## CARROT KHEER

### INGREDIENTS

**Ghee**, 2.5 tbsp  
**Carrot**, grated, 3/4th cup  
**Full fat milk**, 3 cups  
**Condensed milk**, 1/4th cup  
**Cashew paste**, 1/8th cup  
**Sugar**, 2 tbsp  
**Cardamom powder**, 1/4th tsp  
 For topping or garnishing  
 Pistachio and almond slivers

### INSTRUCTIONS

1. In a heavy bottom pan, heat ghee.
2. Now add the grated carrots and cook for 15 minutes on a medium flame stirring in between constantly.
3. Once done, add cashew paste, milk and condensed milk and cook till the mixture reduces to 3/4<sup>th</sup> its original quantity.
4. Add cardamom powder and garnish with nuts



# CHEF

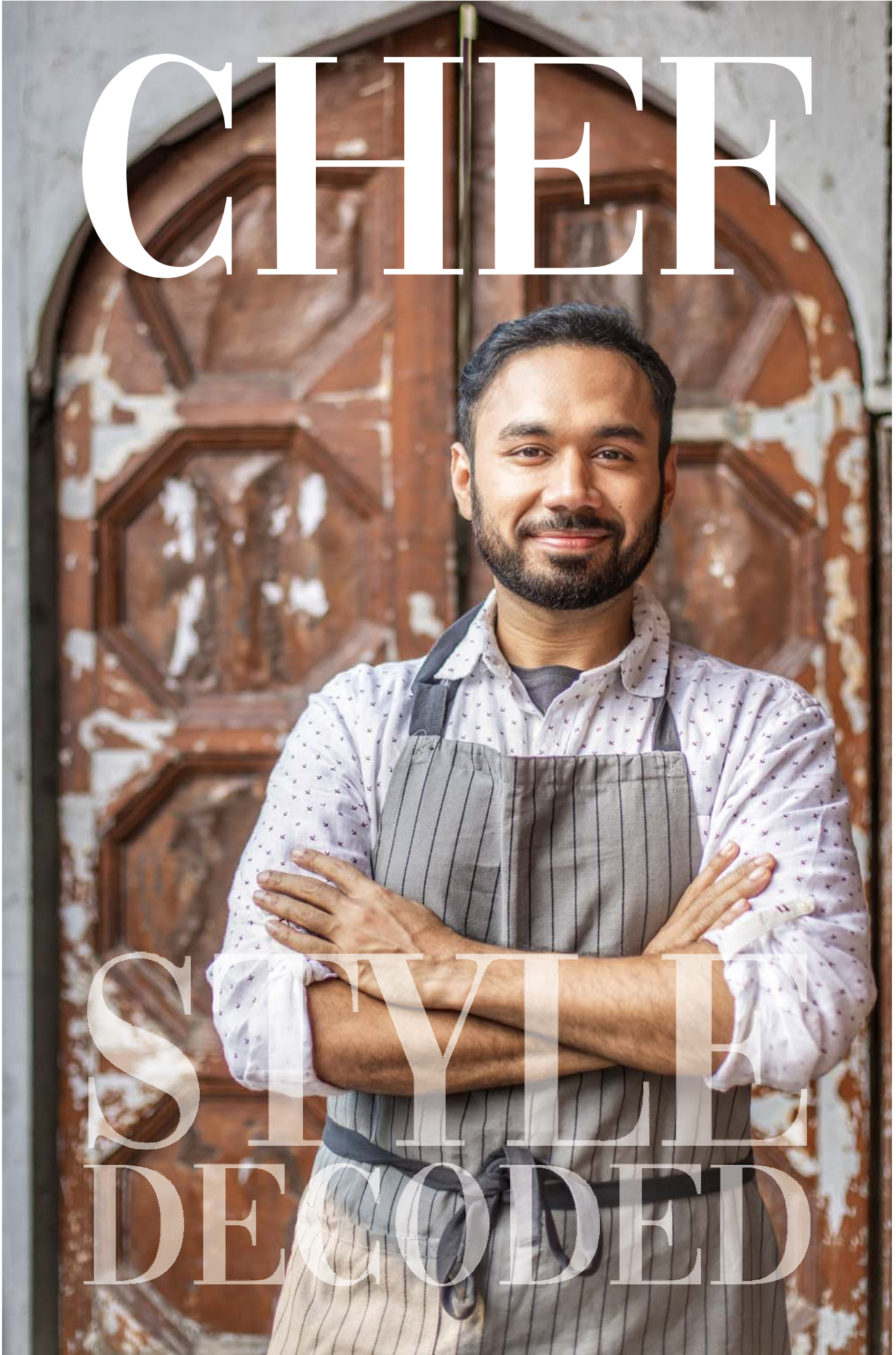


Image Source: Google



## SARANSH GOILA

BREEZY,  
FLORAL  
PRINTED  
SHIRTS THAT  
GO PERFECTLY  
WELL WITH  
THAT 1000  
WATT SMILE



Image Source: Google

*Acting is my first love, but I am happily married to food"*

**C**hef Saransh Goila better known by his food venture Goila's Butter Chicken has an easy-going, quirky sense of style. We decode his laidback breezy shirts and boyish charm.

**S**aransh is a self-confessed acting freak and has stated in many interviews that he actually wanted to be on camera. "Acting is my first love, but I am happily married to food" is what he had stated in one of the interviews. Over a period of time, this young and dynamic chef has not only garnered a lot of female fan following for his boyish charms, he has also managed to establish himself as a celebrated cook for his amazing skills. He has recently taken to Instagram too to post awesome content about his lockdown routines.

His boy next-door looks and a charming smile may have landed him the travel shows and

cooking shows he always wanted to do. But what we love is his quirky, easy going sense of style that allows much free movement for him to cook and at the same time lends him a certain impish appeal. The floral shirts, khakhi shorts, tees with a shirt casually thrown over are all proof of how amazingly laidback he is. Saransh was also one of the judges for Master Chef Australia and chose to don a proper chef's uniform for it. While for his random Insta updates he makes appearances in the most common clothes we've seen on a celebrity.

That's probably what makes him so relatable, what do you think?

By Khushi Kothari

*Will this month be sweet, savory or sour – let's find out!*

# ZODIAC FUN FOOD FORECAST

## ARIES



The fieriness of Aries reflects in the food and translates into super spicy, dripping hot dishes! While these spicy foods go in sync with your sun-sign, they must be washed down with cooling foods. In life too, try and follow every bitter/unpleasant thing with something soothing to achieve the right balance.

## GEMINI



You need to start colouring your palate more. While most of us find comfort in the familiarity of things, it is important to explore and diversify ourselves. No matter how much you love potatoes – you cannot have them for every meal. Step out and open your minds to everything life has to offer you.

## LEO



Increase your nutrient intake because we see it is going down. Your need for luxurious foods is getting in the way of you leading a happy, healthy life with lots of nutrition and nourishment. While we love the occasional gold plated icecreams and truffle mushroom pizzas too – those cannot be your only meal of the day! Focus on what's important.

## TAURUS



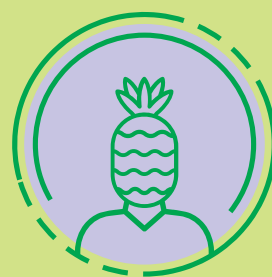
Quality speaks more to you, than quantity does. You have been following this mantra in your life as well as your palate. You will not settle for thick wads of boiled maida being passed off as momos and instead save your appetite and wallets for translucent, flavorful dimsums. Continue following this – even if it gets tough to do so!

## CANCER



We're going to openly call out this habit of emotional eating that you have fallen into. Consider this an intervention and start controlling your emotions to the best of your abilities. Drink copious amounts of water every time you feel like eating without being hungry.

## VIRGO

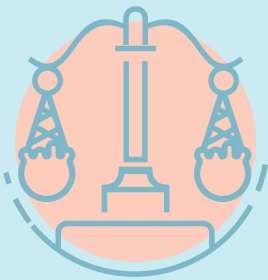


The last month's festivities have taken a toll on your sensitive stomach. It is time to eat healthy this month – eat smaller, lighter, frequent meals in a day and steer clear of acidic, spicy foods. Give up alcohol for some time and stay away from foods like excessive garlic and chillies.



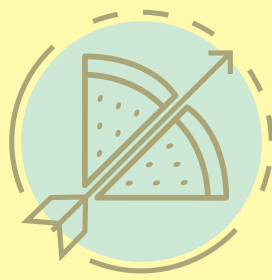
Will this month be sweet, savory or sour – let's find out!

## LIBRA



You need to go back to the basics and understand the funda that weight loss and staying fit is nothing but mathematics, you must calculate how much your body needs and consume as much. You also have to burn off the extra calories. Follow this to the T and watch the magic happen. Also, ditch the yo-yo diets!

## SAGITTARIUS



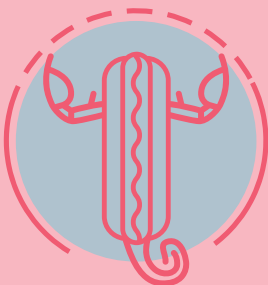
Extreme diets are off the charts – it is time for balanced, nutritious foods. The people who fall under this sign tend to be extremists, they can get so hungry they'll eat more food than they can handle at times. And at others, they will starve to the extent of falling sick! It is time to recheck these mood swings and finally take your health in your hands.

## AQUARIUS



Skipping breakfast will get you nowhere. It is time to put your fitness goals in the fifth gear and start practicing early dinners and light meals. Your digestive system needs a respite from all the yo-yo-ing you are putting it through. Get your schedule in order soon!

## SCORPIO



It is time to bid goodbye to one of these two things: all the junk you are eating or your good health. With the amount of junk food you have started to consume, you are sooner or later bound to lose your health. Strive to create a balance and stick to a sustainable diet. Stay away from carbs for a bit.

## CAPRICORN



We're not allowed to have favorites but we'll go out on a limb and say we love you guys – the hard working Capricorn leaves no stone unturned and works tirelessly towards achieving his/her goals. The only time they truly take a break is to eat food. Capricorns love their meals and believe in savoring it to the fullest.

## PISCES



We sense a lot of toxicity in you. Get that system cleansed completely. You have been feeling pessimistic and it is time to wash all that negativity and let the light enter. Hydrate with lots of fluids and fibrous foods.

*\*This is a fun writeup that our edit team has put together and must not be considered as authentic forecast. The content of this article is not targeted towards any profession or individual and is meant to be taken with a humorous pinch of salt.*

# health

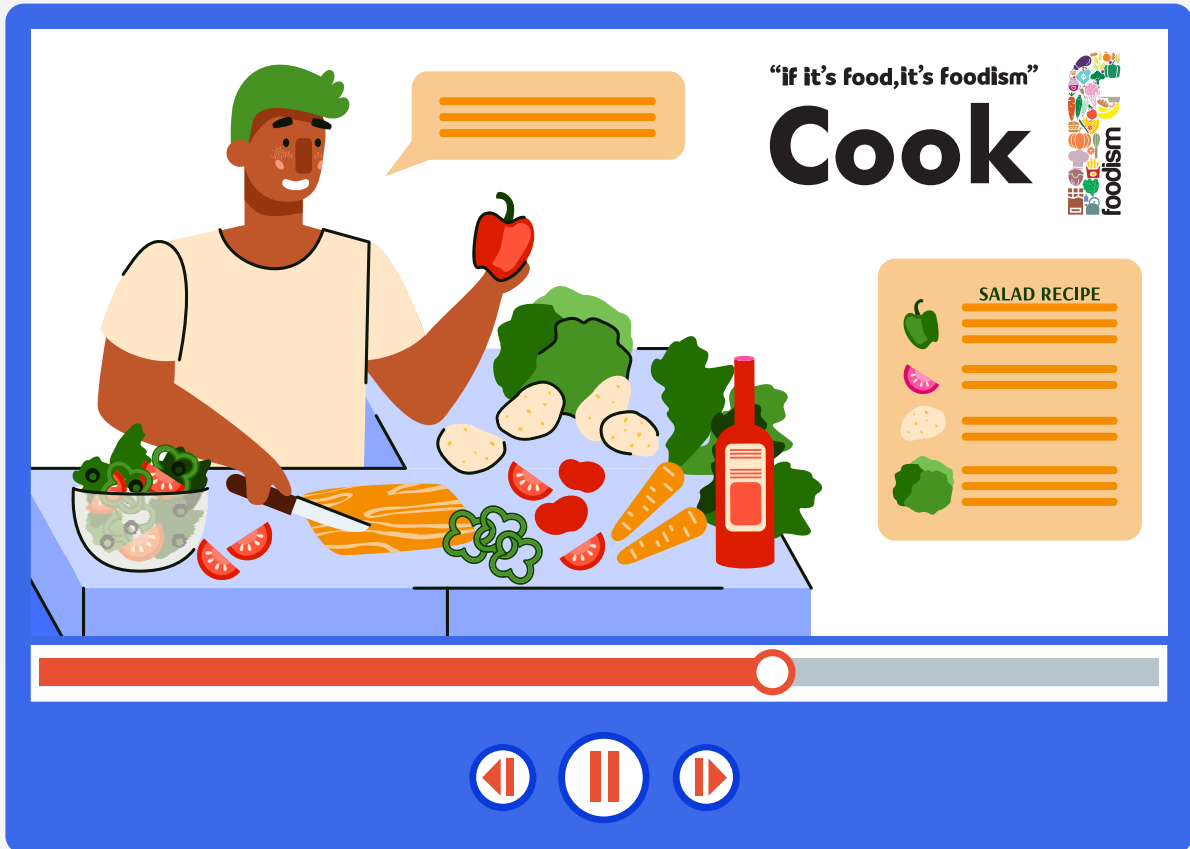






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