



50 Healthy Snack Ideas

Under 100 Calories

■■■ Indian Edition

A Complete Cookbook for Healthy Snacking & Weight Loss

Simple Recipes · Indian Ingredients · Beginner-Friendly



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Section A: Zero-Prep Snacks

1. Roasted Chana

~70 kcal

SERVING: 1 small handful (30g)

PREP TIME: 0 minutes (ready to eat)

INGREDIENTS

- 30g store-bought roasted chana (unsalted or lightly salted)
- ½ tsp chaat masala (optional)

METHOD

1. Take 30g of roasted chana in a small katori.
2. Sprinkle chaat masala on top if you like.
3. Mix gently and eat immediately.

PRO TIP

■ *Buy unsalted roasted chana for a cleaner option. Add a squeeze of lemon for extra flavour.*

WHY IT'S GOOD FOR WEIGHT LOSS

- Chana is packed with plant protein and fibre. It slows down digestion and keeps you full for hours.

STORAGE TIP

■ *Store roasted chana in an airtight container for up to 2 weeks.*

■ IMAGE GENERATION PROMPT

Top-down shot of a small steel katori filled with golden roasted chana, lightly dusted with chaat masala. Placed on a worn wooden table with a simple jute cloth. Natural morning window light. Cozy Indian kitchen feel. Minimalist, realistic food photography.

2. One Small Banana

~80 kcal

SERVING: 1 small banana (approx. 90g)

PREP TIME: 0 minutes

INGREDIENTS

- 1 small ripe banana (Elaichi or small Nendran variety preferred)

METHOD

1. Peel the banana.
2. Eat slowly — this is one snack, not a meal!

PRO TIP

■ *Choose a slightly green banana for lower sugar and higher resistant starch content.*

WHY IT'S GOOD FOR WEIGHT LOSS

- Bananas give quick natural energy and contain potassium, which helps reduce bloating.

STORAGE TIP

■ *Keep at room temperature. Do not refrigerate unpeeled bananas.*

■ IMAGE GENERATION PROMPT

45-degree angle shot of one small Elaichi banana placed on a white ceramic plate on a marble kitchen counter. Soft warm diffused light from a nearby window. Simple, clean composition with a green leaf as a prop. Indian minimalist home kitchen background.

3. Boiled Egg

~70 kcal

SERVING: 1 whole egg

PREP TIME: 10 minutes (boiling time)

INGREDIENTS

- 1 medium egg
- 1 pinch black pepper
- 1 pinch chaat masala or rock salt

METHOD

1. Place the egg in a small vessel with water.
2. Boil for 8–10 minutes on medium flame.
3. Cool in cold water for 2 minutes.
4. Peel and sprinkle black pepper and rock salt on top.
5. Eat immediately.

PRO TIP

■ *Boil a batch of 5–6 eggs on Sunday. Store in the fridge for weekday grab-and-go snacks.*

WHY IT'S GOOD FOR WEIGHT LOSS

■ Eggs are the most filling protein source available. One egg keeps hunger away for 2–3 hours.

STORAGE TIP

■ *Boiled eggs (in shell) stay good in the fridge for up to 5 days.*

■ IMAGE GENERATION PROMPT

Close-up 45-degree shot of one sliced boiled egg on a small steel plate, sprinkled with black pepper and chaat masala. Placed on a wooden chopping board in a sunlit Indian kitchen. Warm natural light, rustic feel. Clean and appetising.

4. Six Almonds

~42 kcal

SERVING: 6 whole almonds (approx. 8g)

PREP TIME: 0 minutes

INGREDIENTS

- 6 raw or dry-roasted almonds (unsalted)

METHOD

1. Count exactly 6 almonds into a small bowl.
2. Chew each almond slowly — this helps you feel fuller.

PRO TIP

■ *Soak almonds overnight for better digestion and nutrient absorption.*

WHY IT'S GOOD FOR WEIGHT LOSS

- Almonds contain healthy fats, Vitamin E, and magnesium — all essential for metabolism and weight management.

STORAGE TIP

- *Store in a cool, dry airtight jar for up to 3 months.*

■ IMAGE GENERATION PROMPT

Top-down shot of exactly 6 almonds arranged in a small white ceramic bowl on a light wooden surface. Soft, natural diffused light. Simple, clean food styling with a tiny sprig of mint for colour. Indian home setting.

5. One Medium Apple

~80 kcal

SERVING: 1 medium apple (approx. 150g)

PREP TIME: 2 minutes

INGREDIENTS

- 1 medium apple (Shimla or Fuji variety)
- ½ tsp chaat masala or chilli powder (optional)

METHOD

1. Wash the apple thoroughly under running water.
2. Slice into wedges or eat whole.
3. Sprinkle chaat masala or chilli powder if desired.

PRO TIP

- *Eat the skin! Most of the fibre in apples is in the peel.*

WHY IT'S GOOD FOR WEIGHT LOSS

- Apples are rich in pectin — a type of fibre that slows digestion and keeps you full between meals.

STORAGE TIP

- *Store apples in the fridge for up to 2 weeks.*

■ IMAGE GENERATION PROMPT

Top-down shot of a red Shimla apple sliced into neat wedges on a small wooden board. Sprinkled with a pinch of chilli powder. Warm golden morning light. Rustic Indian kitchen counter background. Simple, clean, and inviting.

6. Fresh Coconut Slices

~100 kcal

SERVING: 30g fresh coconut (approx. 5–6 thin slices)

PREP TIME: 5 minutes

INGREDIENTS

- 30g fresh coconut (cut from a whole coconut)
- 1 pinch rock salt (optional)

METHOD

1. Break open a fresh coconut or buy pre-cut coconut pieces.
2. Slice into thin strips using a knife.
3. Sprinkle rock salt and serve in a small katori.

PRO TIP

■ Fresh coconut is always better than desiccated (dried) coconut for a snack. It has more water content and fewer calories per bite.

WHY IT'S GOOD FOR WEIGHT LOSS

■ Coconut contains medium-chain triglycerides (MCTs) — a type of fat that boosts metabolism.

STORAGE TIP

■ Fresh coconut slices last 2–3 days in the fridge in an airtight box.

■ IMAGE GENERATION PROMPT

Flat-lay of fresh white coconut slices in a small steel katori, placed on a banana leaf on a wooden surface.

Soft warm sunlight from the side. A whole coconut in the background. Tropical Indian kitchen aesthetic.

Vibrant and fresh.

7. Mini Khakhra

~50 kcal

SERVING: 1 mini khakhra (approx. 12g)

PREP TIME: 0 minutes (ready to eat)

INGREDIENTS

- 1 mini wheat or multigrain khakhra (store-bought)

METHOD

1. Take 1 mini khakhra out of the packet.
2. Eat as-is for a crunchy, light snack.
3. Pair with a small cup of chaas for a complete mini-snack.

PRO TIP

■ Choose whole wheat or ragi khakhra over maida-based ones. Read the label — pick one with less than 3g of fat per piece.

WHY IT'S GOOD FOR WEIGHT LOSS

■ Khakhra is baked, not fried. It is low in calories and provides complex carbohydrates for sustained energy.

STORAGE TIP

■ Keep in original packaging or airtight container for up to 1 month.

■ IMAGE GENERATION PROMPT

45-degree angle shot of one round khakhra placed on a small steel plate with a tiny bowl of green chutney on the side. Wooden table background. Bright natural light. Simple Indian kitchen feel. Clean and appetising food photography.

8. Buttermilk / Chaas

~40 kcal

SERVING: 1 glass (200ml)

PREP TIME: 3 minutes

INGREDIENTS

- 2 tbsp low-fat curd (dahi)
- 180ml cold water
- 1 pinch roasted jeera (cumin) powder
- 1 pinch rock salt
- Few fresh coriander leaves

METHOD

1. Add dahi and water to a blender or use a hand churner.
2. Churn until smooth and frothy.
3. Add roasted jeera powder and rock salt.
4. Garnish with coriander and serve immediately.

PRO TIP

■ Add a pinch of hing (asafoetida) to chaas for better digestion. Great after lunch or between meals.

WHY IT'S GOOD FOR WEIGHT LOSS

■ Chaas is a probiotic drink that supports gut health, reduces bloating, and keeps you hydrated.

STORAGE TIP

■ Consume immediately. Do not store.

■ IMAGE GENERATION PROMPT

Top-down shot of a tall glass of creamy white chaas with coriander leaves floating on top. Placed on a marble counter with a steel spoon beside it. Bright, airy Indian kitchen. Droplets of condensation on the glass. Fresh and cooling mood.

9. Cucumber Slices with Chaat Masala

~20 kcal

SERVING: 1 medium cucumber (approx. 100g sliced)

PREP TIME: 3 minutes

INGREDIENTS

- 1 medium cucumber
- ½ tsp chaat masala
- ½ tsp lemon juice
- 1 pinch black salt

METHOD

1. Wash and peel cucumber.
2. Slice into thin rounds or sticks.
3. Arrange in a small plate or katori.
4. Sprinkle chaat masala, lemon juice, and black salt on top.
5. Eat immediately.

PRO TIP

■ Try adding sliced raw onion rings and tomato for a light kachumber salad version — still under 30 calories!

WHY IT'S GOOD FOR WEIGHT LOSS

■ Cucumber is 96% water. It is extremely low in calories and excellent for hydration during weight loss.

STORAGE TIP

■ Slice fresh and eat immediately. Cut cucumber should not be stored for more than 2 hours.

■ IMAGE GENERATION PROMPT

Top-down flat-lay of thin cucumber rounds arranged in a small white ceramic bowl, dusted with chaat masala. A lemon wedge on the side. Light wooden table background. Bright, clean natural light. Simple Indian kitchen vibe.

10. Papaya Bowl

~60 kcal

SERVING: 1 small katori (approx. 120g cubed papaya)

PREP TIME: 5 minutes

INGREDIENTS

- 120g ripe papaya (peeled, deseeded, cubed)
- ½ tsp lemon juice
- 1 pinch black salt

METHOD

1. Peel and deseed a ripe papaya.
2. Cut into small cubes.
3. Place in a small katori.
4. Add lemon juice and black salt on top.
5. Enjoy fresh.

PRO TIP

- *Papaya is best eaten fresh and not refrigerated overnight as it loses its digestive enzymes.*

WHY IT'S GOOD FOR WEIGHT LOSS

- Papaya contains papain, a natural enzyme that aids protein digestion and reduces bloating — perfect post-meal snack.

STORAGE TIP

- *Whole papaya stays ripe for 3–4 days at room temperature. Cut papaya — consume within 2 hours.*

■ IMAGE GENERATION PROMPT

Top-down shot of bright orange papaya cubes in a small green steel katori on a wooden table. Sprinkled with black salt. A slice of lemon beside the bowl. Warm morning light. Indian home kitchen aesthetic. Colourful, vibrant, fresh.

Section B: High-Protein Snacks

11. Sprouts Chaat

~80 kcal

SERVING: 1 small katori (approx. 60g sprouted moong)

PREP TIME: 5 minutes (+ overnight soaking for sprouts)

INGREDIENTS

- 60g sprouted moong dal
- 1 small tomato, finely chopped
- ½ small onion, finely chopped
- ½ tsp chaat masala
- ½ tsp lemon juice
- 1 pinch black salt
- Few coriander leaves

METHOD

1. Soak moong dal in water overnight.

2. Drain water and cover with a cloth. Leave for 12 hours to sprout.
3. Mix sprouts with tomato and onion in a small bowl.
4. Add chaat masala, lemon juice, and black salt.
5. Garnish with coriander and serve.

PRO TIP

- *Lightly steam the sprouts for 2 minutes if you have a sensitive stomach. This makes them easier to digest.*

WHY IT'S GOOD FOR WEIGHT LOSS

- Sprouted moong is a protein powerhouse — it also has Vitamin C, iron, and fibre. Excellent for weight loss.

STORAGE TIP

- *Sprouted moong stays fresh in the fridge for 2–3 days.*

■ IMAGE GENERATION PROMPT

45-degree angle shot of a small steel bowl filled with pale green moong sprouts chaat, garnished with red tomato, white onion, and fresh coriander. Rustic jute mat background. Warm diffused Indian kitchen light. Vibrant and healthy.

12. Greek Yogurt / Hung Curd

~90 kcal

SERVING: 100g (approx. ½ small katori)

PREP TIME: 0 minutes (or overnight draining for hung curd)

INGREDIENTS

- 100g store-bought Greek yogurt (plain, unsweetened) OR
- Homemade hung curd: Place regular dahi in a muslin cloth, hang overnight to drain whey
- 1 pinch roasted jeera powder

METHOD

1. Scoop 100g Greek yogurt or hung curd into a small bowl.
2. Sprinkle roasted jeera powder on top.
3. Eat immediately or refrigerate for up to 30 minutes before eating.

PRO TIP

- *Add a few mint leaves and a grated cucumber for a tzatziki-style Indian dip — great with cucumber sticks.*

WHY IT'S GOOD FOR WEIGHT LOSS

- Greek yogurt has 10g of protein per 100g — more than an egg! It also supports gut health through probiotics.

STORAGE TIP

- *Consume within 2 days if homemade. Store-bought — follow pack date.*

■ IMAGE GENERATION PROMPT

Close-up top-down shot of thick creamy white Greek yogurt in a small terracotta bowl, dusted with roasted cumin. Fresh mint leaf on top. Marble kitchen surface. Soft morning light from the side. Clean, minimal, Indian kitchen mood.

13. Paneer Cubes (Plain)

~80 kcal

SERVING: 30g paneer (approx. 3 medium cubes)

PREP TIME: 2 minutes

INGREDIENTS

- 30g fresh paneer (low-fat preferred)
- 1 pinch chaat masala
- 1 pinch black pepper

METHOD

1. Cut 30g paneer into 3 small cubes.
2. Sprinkle chaat masala and black pepper.
3. Eat as is — no cooking needed.

PRO TIP

■ Use low-fat paneer made from skimmed milk to reduce calories by 20%. You can also lightly grill paneer cubes on a tawa with no oil for extra flavour.

WHY IT'S GOOD FOR WEIGHT LOSS

■ Paneer is India's most accessible high-protein food. 30g contains 7g of protein — perfect to keep hunger away.

STORAGE TIP

■ Store fresh paneer in water in the fridge. Use within 2–3 days.

■ IMAGE GENERATION PROMPT

Top-down shot of 3 white paneer cubes dusted with chaat masala in a small white ceramic bowl. Tiny coriander leaf on top. Light wooden surface. Bright diffused natural light. Clean, minimal Indian kitchen aesthetic.

14. Peanut Chaat

~95 kcal

SERVING: 1 small handful (20g roasted peanuts)

PREP TIME: 3 minutes

INGREDIENTS

- 20g dry-roasted unsalted peanuts
- ½ small tomato, finely chopped
- ¼ small onion, finely chopped
- ½ tsp chaat masala
- ½ tsp lemon juice
- 1 pinch black salt

METHOD

1. Take 20g roasted peanuts in a small katori.
2. Add chopped tomato and onion.
3. Sprinkle chaat masala, lemon juice, and black salt.
4. Mix well and eat immediately.

PRO TIP

■ Do not add more than 20g peanuts. They are calorie-dense — portion control is key here.

WHY IT'S GOOD FOR WEIGHT LOSS

■ Peanuts are a budget-friendly source of protein and healthy fats — they keep you full for 2–3 hours.

STORAGE TIP

■ Raw/roasted peanuts: store in airtight container for up to 1 month.

■ IMAGE GENERATION PROMPT

45-degree angle shot of a small brass katori filled with peanut chaat — golden peanuts mixed with red tomato and white onion, sprinkled with chaat masala. Rustic wooden table. Warm Indian kitchen light. Street-food aesthetic but clean and minimal.

15. Moong Dal Cheela (Mini)

~90 kcal

SERVING: 1 mini cheela (approx. 40g batter)

PREP TIME: 15 minutes (+ 2 hours soaking)

INGREDIENTS

- 30g yellow moong dal (soaked 2 hours)
- 1 tbsp water
- 1 pinch hing
- 1 pinch jeera
- ½ tsp ginger, grated
- Salt to taste
- ½ tsp oil (to grease pan)

METHOD

1. Drain soaked moong dal. Grind to a smooth batter with 1 tbsp water.
2. Add hing, jeera, ginger, and salt. Mix well.
3. Heat a small non-stick tawa on medium flame.
4. Grease lightly with ½ tsp oil using a paper towel.
5. Pour batter and spread thin. Cook 2 minutes per side until golden.
6. Serve immediately.

PRO TIP

- Add finely grated carrot or spinach to the batter for extra fibre and colour.

WHY IT'S GOOD FOR WEIGHT LOSS

- Moong dal is a highly digestible protein with folate and iron. This cheela keeps you full for 3 hours.

STORAGE TIP

- Best eaten fresh. Batter can be stored in the fridge for 1 day.

■ IMAGE GENERATION PROMPT

45-degree angle shot of one small round golden moong dal cheela on a steel tawa with visible light crisp edges. Small bowl of green chutney on the side. Wooden table. Warm morning kitchen light. Simple and authentic Indian home cooking feel.

16. Roasted Soy Nuts

~95 kcal

SERVING: 1 small handful (20g)

PREP TIME: 15 minutes

INGREDIENTS

- 20g raw soybean
- ½ tsp olive oil or ghee
- 1 pinch salt
- ½ tsp paprika or chilli powder

METHOD

1. Soak soybeans in water for 8 hours. Drain and pat dry.
2. Toss with oil, salt, and paprika.
3. Spread on a baking tray.
4. Bake at 180°C for 12–15 minutes until golden and crisp.
5. Cool completely before eating.

PRO TIP

■ Make a big batch and store. Roasted soy nuts are one of the best portable high-protein snacks for office or travel.

WHY IT'S GOOD FOR WEIGHT LOSS

■ Soybeans are a complete plant protein — they contain all essential amino acids. Great for vegetarians.

STORAGE TIP

■ Store in airtight container for up to 2 weeks.

■ IMAGE GENERATION PROMPT

Top-down shot of golden roasted soy nuts in a small steel bowl. Light sprinkle of red paprika visible. Placed on a dark wooden table. Moody warm side-light. Indian kitchen aesthetic. Minimalist and healthy.

17. Boiled Black Chana

~90 kcal

SERVING: 1 small katori (approx. 60g boiled)

PREP TIME: 20 minutes (+ overnight soaking)

INGREDIENTS

- 30g raw black chana (soaked overnight)
- ½ tsp lemon juice
- ½ tsp chaat masala
- 1 pinch black salt
- Few coriander leaves

METHOD

1. Soak raw black chana overnight in water.
2. Drain and pressure cook for 3 whistles with a little water and salt.
3. Drain excess water.
4. Add lemon juice, chaat masala, and black salt.
5. Garnish with coriander and serve.

PRO TIP

■ Add grated coconut and curry leaves for a South Indian sundal-style version — still under 100 calories!

WHY IT'S GOOD FOR WEIGHT LOSS

■ Black chana is high in protein, iron, and resistant starch — which feeds healthy gut bacteria.

STORAGE TIP

■ Boiled chana stays fresh in the fridge for 3–4 days. Add seasoning fresh each time.

■ IMAGE GENERATION PROMPT

Top-down shot of dark boiled black chana in a small clay katori, sprinkled with chaat masala and fresh coriander. Banana leaf underneath. Warm golden sunlight. Rustic Indian kitchen table setting. Earthy, traditional, and wholesome feel.

18. Egg Whites (Boiled)

~35 kcal

SERVING: 2 boiled egg whites

PREP TIME: 10 minutes

INGREDIENTS

- 2 whole eggs
- 1 pinch black pepper
- 1 pinch chilli flakes
- 1 pinch rock salt

METHOD

1. Boil 2 eggs in water for 10 minutes.
2. Cool in cold water. Peel.
3. Remove and discard yolks.
4. Slice whites and sprinkle pepper, chilli flakes, and rock salt.
5. Eat immediately.

PRO TIP

■ Add sliced cucumber and tomato to make a light protein plate. Still under 50 calories total.

WHY IT'S GOOD FOR WEIGHT LOSS

■ Egg whites are nearly pure protein with zero fat and minimal calories — ideal for weight loss snacking.

STORAGE TIP

■ Boiled eggs last 5 days in fridge (shell on). Separate whites fresh before eating.

■ IMAGE GENERATION PROMPT

45-degree angle shot of 2 sliced egg whites on a small white plate, dusted with black pepper and chilli flakes. Light wooden table background. Soft, clean natural light. Simple, minimal presentation. Indian home kitchen aesthetic.

19. Hung Curd Dip with Veggie Sticks

~80 kcal

SERVING: 2 tbsp hung curd dip + 5–6 veggie sticks

PREP TIME: 5 minutes (+ 4 hours for hung curd)

INGREDIENTS

- 2 tbsp hung curd (see recipe #12)
- 1 pinch roasted jeera powder
- 1 pinch black salt
- 1 small carrot, cut into sticks
- ½ cucumber, cut into sticks
- Few mint leaves, chopped

METHOD

1. Mix hung curd with jeera powder, black salt, and mint.

2. Cut carrot and cucumber into 5–6 thin sticks each.
3. Arrange veggie sticks on a small plate.
4. Place hung curd dip in a small bowl in the centre.
5. Dip and eat.

PRO TIP

- Add a tiny pinch of chilli powder to the dip for a spicy kick. You can also add grated cucumber for a tzatziki vibe.

WHY IT'S GOOD FOR WEIGHT LOSS

- This combo gives you protein from curd, fibre from vegetables, and probiotics for gut health — all in one snack.

STORAGE TIP

- Hung curd dip stays good in the fridge for 2 days. Cut veggies — consume within 4 hours.

■ IMAGE GENERATION PROMPT

Top-down flat-lay of a small terracotta bowl of white hung curd dip surrounded by colourful carrot and cucumber sticks on a wooden platter. Sprinkled with green mint. Bright, clean natural window light. Fresh, healthy, Indian kitchen aesthetics.

20. Tofu Cubes (Lightly Spiced)

~40 kcal

SERVING: 50g firm tofu

PREP TIME: 5 minutes

INGREDIENTS

- 50g firm tofu (drained and dried)
- ½ tsp chaat masala
- ½ tsp lemon juice
- 1 pinch black pepper
- 1 pinch chilli powder

METHOD

1. Press tofu between paper towels to remove excess moisture.
2. Cut into small cubes (approx. 3–4 cubes from 50g).
3. Toss with chaat masala, lemon juice, pepper, and chilli powder.
4. Serve immediately or refrigerate for 30 minutes to marinate.

PRO TIP

- Lightly grill tofu cubes on a hot tawa for 1 minute per side — this gives a delicious smoky edge.

WHY IT'S GOOD FOR WEIGHT LOSS

- Tofu is a low-calorie plant protein. 50g has 4g of protein and only 40 calories — great for vegetarians.

STORAGE TIP

- Store unused tofu in water in the fridge. Change water daily. Use within 3 days.

■ IMAGE GENERATION PROMPT

45-degree angle shot of small white tofu cubes in a tiny steel bowl, sprinkled with red chilli powder and chaat masala. A small lemon wedge on the side. Marble surface. Soft natural light. Minimal, clean food photography. Indian home feel.

Section C: Crunchy Snacks

21. Makhana (Dry Roasted Fox Nuts)

~55 kcal

SERVING: 1 cup (approx. 20g)

PREP TIME: 5 minutes

INGREDIENTS

- 20g raw makhana (fox nuts)
- ½ tsp ghee
- 1 pinch rock salt
- 1 pinch chilli powder or pepper

METHOD

1. Heat a pan on low flame.
2. Add ½ tsp ghee and makhana.
3. Roast on low heat, stirring continuously, for 4–5 minutes until crispy.
4. Sprinkle rock salt and chilli powder.
5. Cool and eat immediately or store.

PRO TIP

- *Dry roast makhana without any fat to save another 15 calories. They are still delicious and crunchy.*

WHY IT'S GOOD FOR WEIGHT LOSS

- Makhana is low in sodium, low in fat, and has a low glycemic index. It is one of the best weight loss snacks.

STORAGE TIP

- *Roasted makhana stays crispy in an airtight jar for up to 1 week.*

■ IMAGE GENERATION PROMPT

Top-down shot of puffed white makhana in a round steel katori, sprinkled with red chilli. Placed on a jute mat on a wooden table. Soft, warm morning light from the side. Indian kitchen rustic aesthetic. Clean and wholesome.

22. Air-Popped Popcorn

~60 kcal

SERVING: 2 cups (approx. 15g popped)

PREP TIME: 5 minutes

INGREDIENTS

- 2 tbsp raw corn kernels
- 1 pinch chilli powder
- 1 pinch black salt

METHOD

1. Place corn kernels in a microwave-safe bowl with a lid (or use a heavy-bottomed pot on the stove).
2. Microwave on high for 2–3 minutes until popping slows.
3. Alternatively, cover the pot and heat on medium with no oil. Shake regularly.
4. Once popped, sprinkle chilli powder and black salt.
5. Serve in a bowl — measure 2 cups exactly.

PRO TIP

■ No oil is needed for air-popped popcorn. Adding oil doubles the calories. A sprinkle of turmeric and black salt tastes amazing.

WHY IT'S GOOD FOR WEIGHT LOSS

■ Popcorn is a whole grain with 3.5g of fibre per 2 cups. Its volume tricks your brain into feeling full.

STORAGE TIP

■ Consume immediately. Popcorn loses its crunch quickly.

■ IMAGE GENERATION PROMPT

Top-down shot of fluffy white air-popped popcorn in a large terracotta bowl. Sprinkled with red chilli and black salt. Placed on a light wooden table. Bright, clean, natural light. Fun and healthy Indian home snack aesthetic.

23. Roasted Peanuts (Small Portion)

~90 kcal

SERVING: 15g (approx. 1 small palmful)

PREP TIME: 10 minutes

INGREDIENTS

- 15g raw peanuts (in shell or shelled)
- 1 pinch rock salt
- ½ tsp chilli powder (optional)

METHOD

1. Heat a dry pan on medium flame.
2. Add raw peanuts and roast, stirring continuously, for 7–8 minutes until the skin starts to blister.
3. Transfer to a plate and cool.
4. Sprinkle rock salt and chilli powder.
5. Eat immediately or store when completely cool.

PRO TIP

■ The key is portion control. Measure exactly 15g. It is easy to overeat peanuts straight from the bag.

WHY IT'S GOOD FOR WEIGHT LOSS

■ Peanuts are rich in niacin, Vitamin E, and protein. They support heart health and keep hunger away.

STORAGE TIP

■ Store roasted peanuts in a dry airtight container for up to 1 month.

■ IMAGE GENERATION PROMPT

45-degree shot of a small heap of golden roasted peanuts in a tiny steel bowl on a dark wooden table. Red chilli powder dusting visible. Warm, moody side lighting. Rustic Indian kitchen feel. Simple and satisfying.

24. Baked Sweet Potato Slices

~80 kcal

SERVING: 1 small sweet potato (approx. 80g)

PREP TIME: 20 minutes

INGREDIENTS

- 80g sweet potato (1 small)
- ½ tsp chilli powder

- ½ tsp chaat masala
- 1 pinch salt

METHOD

1. Wash and peel sweet potato.
2. Slice into thin rounds (3–4mm thick).
3. Sprinkle chilli powder, chaat masala, and salt.
4. Place on a baking tray.
5. Bake at 200°C for 15–18 minutes until edges are crispy.
6. Cool for 2 minutes before eating.

PRO TIP

- Do not overlap the slices on the tray. Space them out for maximum crispiness.

WHY IT'S GOOD FOR WEIGHT LOSS

- Sweet potato is rich in beta-carotene and fibre. It satisfies sweet cravings naturally without sugar.

STORAGE TIP

- Best eaten fresh. Can be stored in an airtight container for 1 day and re-crisped in the oven.

■ IMAGE GENERATION PROMPT

Flat-lay of thin baked sweet potato rounds with crispy edges on parchment paper. Dusted with chilli powder. Placed on a wooden surface with a small katori of coriander chutney. Warm golden light. Indian kitchen countertop aesthetic.

25. Rice Cake with Peanut Butter

~95 kcal

SERVING: 1 plain rice cake + 1 tsp peanut butter

PREP TIME: 2 minutes

INGREDIENTS

- 1 plain rice cake (store-bought, unsalted)
- 1 tsp natural peanut butter (no added sugar)

METHOD

1. Place one rice cake on a small plate.
2. Spread exactly 1 tsp of peanut butter evenly on top.
3. Eat immediately.

PRO TIP

- Choose unsalted rice cakes with no added flavours. Natural peanut butter (ingredients: only peanuts) is best.

WHY IT'S GOOD FOR WEIGHT LOSS

- This combo delivers carbohydrates for energy plus protein and fat from peanut butter — very balanced.

STORAGE TIP

- Keep rice cakes in their packet. Natural peanut butter — refrigerate after opening. Use within 3 months.

■ IMAGE GENERATION PROMPT

45-degree close-up shot of one circular rice cake with a thin layer of peanut butter spread on top. Placed on a white ceramic plate. Bright, minimal, clean studio-style light. Simple Indian home kitchen counter background.

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26. Murmura Chivda (Homemade)

~80 kcal

SERVING: 1 small katori (approx. 20g)

PREP TIME: 10 minutes

INGREDIENTS

- 20g murmura (puffed rice)
- ½ tsp oil
- 1 pinch mustard seeds
- 5 curry leaves
- 1 pinch turmeric
- 1 pinch chilli powder
- 1 tsp roasted peanuts (5g)

METHOD

1. Heat oil in a small pan. Add mustard seeds and let them splutter.
2. Add curry leaves and murmura. Stir quickly on low heat.
3. Add turmeric and chilli powder. Toss for 2 minutes.
4. Add roasted peanuts. Mix well.
5. Cool completely before storing or serving.

PRO TIP

- *Avoid adding more oil. The flavour comes from the spices, not the fat.*

WHY IT'S GOOD FOR WEIGHT LOSS

- Murmura is very low in calories and fat. With just a tiny bit of peanuts and spices, it becomes a filling snack.

STORAGE TIP

- *Store in an airtight container for up to 5 days. Stays crispy.*

■ IMAGE GENERATION PROMPT

Top-down shot of golden murmura chivda in a small steel katori with visible curry leaves, mustard seeds, and peanuts. Placed on a yellow cotton cloth on a wooden table. Warm Indian kitchen afternoon light. Authentic and appetising.

27. Roasted Masala Corn

~90 kcal

SERVING: ½ cup roasted corn kernels (approx. 60g)

PREP TIME: 10 minutes

INGREDIENTS

- 60g fresh or frozen corn kernels
- ½ tsp butter or ghee
- ½ tsp chaat masala
- ½ tsp lemon juice
- 1 pinch chilli powder

METHOD

1. Heat a tawa or pan on medium heat.
2. Add corn kernels with no oil and roast for 5–6 minutes, stirring constantly.
3. Once slightly charred, remove from heat.
4. Add butter/ghee (very small amount), chaat masala, lemon juice, and chilli.
5. Toss and serve hot.

PRO TIP

■ Roasting dry corn without butter first gives it a beautiful char. Add butter only at the end — this maximises flavour with minimal fat.

WHY IT'S GOOD FOR WEIGHT LOSS

■ Corn is a whole grain high in lutein and fibre. It satisfies the crunch craving without deep frying.

STORAGE TIP

■ Best eaten fresh and hot. Not suitable for storage.

■ IMAGE GENERATION PROMPT

Close-up 45-degree shot of charred golden corn kernels in a small clay bowl with lemon wedge and chilli on the side. Placed on a wooden table. Moody warm light. Indian street-food aesthetic made clean and healthy.

28. Baked Kale Chips (Indian Style)

~50 kcal

SERVING: 1 cup baked chips (approx. 25g raw kale)

PREP TIME: 15 minutes

INGREDIENTS

- 25g fresh kale leaves (stems removed)
- ½ tsp olive oil
- 1 pinch chaat masala
- 1 pinch chilli powder
- 1 pinch salt

METHOD

1. Preheat oven to 180°C.
2. Wash kale and dry thoroughly with a cloth.
3. Tear into bite-sized pieces.
4. Toss with oil, chaat masala, chilli, and salt.
5. Spread on a baking tray in a single layer.
6. Bake for 10–12 minutes until crispy but not burnt.

PRO TIP

■ Kale must be completely dry before baking. Even one drop of water makes them soft instead of crispy.

WHY IT'S GOOD FOR WEIGHT LOSS

■ Kale is loaded with Vitamin K, C, and calcium. Baking (not frying) makes it a zero-guilt crunchy snack.

STORAGE TIP

■ Store in an airtight container for 1–2 days. Re-crisp in oven for 2 minutes if needed.

■ IMAGE GENERATION PROMPT

Top-down flat-lay of dark green crispy baked kale chips on a parchment paper lined baking tray. Sprinkled with chaat masala. Placed on a white marble surface with a small bowl of lemon. Bright, clean natural light. Minimal and modern Indian kitchen.

29. Multigrain Khakhra

~70 kcal

SERVING: 1 standard multigrain khakhra (approx. 17g)

PREP TIME: 0 minutes

INGREDIENTS

- 1 multigrain or ragi khakhra (store-bought)

METHOD

1. Take 1 khakhra from the packet.
2. Serve with a small cup of green chutney or plain.

PRO TIP

- *Look for khakhra with whole grain as the first ingredient on the label. Less than 3g fat per piece is ideal.*

WHY IT'S GOOD FOR WEIGHT LOSS

- Multigrain khakhra provides complex carbohydrates, fibre, and a satisfying crunch without any frying.

STORAGE TIP

- *Keep in original airtight pack for up to 1 month.*

■ IMAGE GENERATION PROMPT

45-degree angle shot of one round golden multigrain khakhra on a small steel plate. Small bowl of green chutney on the side. Light linen cloth underneath. Bright window light. Simple, clean Indian snack aesthetic.

30. Baked Beetroot Chips

~60 kcal

SERVING: Approx. 15 thin chips (from 1 small beetroot)

PREP TIME: 20 minutes

INGREDIENTS

- 1 small beetroot (approx. 100g raw)
- ½ tsp olive oil
- 1 pinch salt
- 1 pinch cumin powder

METHOD

1. Preheat oven to 180°C.
2. Peel beetroot and slice paper-thin using a mandoline or sharp knife.
3. Pat slices dry with a paper towel.
4. Toss with oil, salt, and cumin.
5. Spread in a single layer on a baking tray.
6. Bake for 18–20 minutes until crispy.

PRO TIP

- *Slice as thin as possible — thicker slices turn chewy, not crispy. A mandoline slicer is ideal.*

WHY IT'S GOOD FOR WEIGHT LOSS

- Beetroot is rich in nitrates which improve blood flow and endurance. Great pre-workout snack too.

STORAGE TIP

- *Store in airtight jar for 2–3 days. May lose crispiness over time.*

■ IMAGE GENERATION PROMPT

Top-down shot of thin, deep-red baked beetroot chips on parchment paper. Placed on a white marble surface with a small lemon wedge. Minimal, clean food photography. Bright natural light. Modern Indian health kitchen aesthetic.

Section D: Sweet Snacks (No Refined Sugar)

31. Dark Chocolate (2 Squares)

~80 kcal

SERVING: 2 small squares (approx. 12g, 70%+ cocoa)

PREP TIME: 0 minutes

INGREDIENTS

- 2 squares of 70%+ dark chocolate bar

METHOD

1. Break exactly 2 squares from a dark chocolate bar.
2. Let it melt slowly on your tongue — do not bite immediately.
3. This slow eating process helps satisfy the craving with less quantity.

PRO TIP

- Go for at least 70% cocoa content. The higher the cocoa, the lower the sugar and the more satisfying per square.

WHY IT'S GOOD FOR WEIGHT LOSS

- Dark chocolate is rich in antioxidants (flavonoids) and magnesium. It reduces cortisol — the stress hormone that causes weight gain.

STORAGE TIP

- Keep chocolate in a cool, dry place. Wrap unused portion well. Lasts months.

■ IMAGE GENERATION PROMPT

Close-up top-down shot of 2 dark chocolate squares on a small white ceramic plate. Slight sheen on the chocolate surface. Clean marble background. Soft, warm side lighting. Minimal, elegant, Indian home dining aesthetic.

32. Dates (1–2 Small)

~60 kcal

SERVING: 2 small Medjool or Deglet Noor dates

PREP TIME: 0 minutes

INGREDIENTS

- 2 small dates (pitted)

METHOD

1. Remove seeds from dates if not already pitted.
2. Eat slowly — they are naturally very sweet.

PRO TIP

- Pair 1 date with 2 almonds for a sweet + protein combo. Very satisfying and still under 100 calories.

WHY IT'S GOOD FOR WEIGHT LOSS

- Dates provide instant natural sugar for energy, along with iron and potassium. A small portion goes a long way.

STORAGE TIP

■ Store dates in an airtight container at room temperature for up to 2 weeks, or refrigerate for 3 months.

■ IMAGE GENERATION PROMPT

Top-down shot of 2 glossy brown dates in a tiny white ceramic bowl on a light wooden surface. One date halved to show the inside. Soft warm golden afternoon light. Clean, minimal Indian kitchen aesthetic.

33. Banana Slices with Cinnamon

~90 kcal

SERVING: 1 small banana, sliced

PREP TIME: 2 minutes

INGREDIENTS

- 1 small ripe banana
- $\frac{1}{4}$ tsp cinnamon powder

METHOD

1. Peel and slice banana into rounds.
2. Arrange in a small bowl.
3. Sprinkle cinnamon evenly over slices.
4. Eat immediately.

PRO TIP

■ Try freezing the slices for 2 hours first. Frozen banana with cinnamon tastes surprisingly like ice cream.

WHY IT'S GOOD FOR WEIGHT LOSS

■ Cinnamon helps regulate blood sugar. Together with banana's natural sweetness, this is the perfect sweet craving fix.

STORAGE TIP

■ Eat immediately. Sliced banana turns brown quickly.

■ IMAGE GENERATION PROMPT

45-degree angle shot of sliced banana rounds in a small terracotta bowl dusted with cinnamon powder. Placed on a light wooden table. Warm, golden morning light. Simple Indian home aesthetic. Cozy and inviting.

34. Apple with Peanut Butter (1 tsp)

~95 kcal

SERVING: $\frac{1}{2}$ medium apple + 1 tsp peanut butter

PREP TIME: 3 minutes

INGREDIENTS

- $\frac{1}{2}$ medium apple (Shimla or Fuji)
- 1 tsp natural peanut butter (no added sugar)

METHOD

1. Wash and core the apple.
2. Slice into wedges.
3. Spread a tiny amount of peanut butter on each slice.
4. Eat immediately.

PRO TIP

■ This is one of the most satisfying snacks on this list. The sweet-salty-crunchy combination is very hard to resist.

WHY IT'S GOOD FOR WEIGHT LOSS

- Apple provides fibre and natural sugar. Peanut butter adds protein and healthy fat — a perfectly balanced snack.

STORAGE TIP

- *Eat immediately. Sliced apple oxidises quickly.*

■ IMAGE GENERATION PROMPT

Flat-lay of green apple slices fanned out on a white plate with a tiny dollop of peanut butter in the centre.

Small lemon in the corner. Marble surface. Bright, clean natural light. Elegant minimal food photography.

35. Mini Chia Pudding

~80 kcal

SERVING: 1 small glass / 100ml portion

PREP TIME: 5 minutes (+ 4 hours setting time)

INGREDIENTS

- 1 tbsp chia seeds (12g)
- 80ml low-fat milk or unsweetened almond milk
- ½ tsp honey (optional — adds ~10 cal)
- 2–3 small mango cubes or berries on top

METHOD

1. Mix chia seeds and milk in a small glass.
2. Stir well. Let sit for 5 minutes. Stir again to prevent clumping.
3. Cover and refrigerate for at least 4 hours (overnight is best).
4. Remove from fridge. Top with mango cubes or berries.
5. Eat chilled.

PRO TIP

- *Make 5 portions on Sunday night for a week of ready-to-go snacks. Keep plain, add toppings fresh daily.*

WHY IT'S GOOD FOR WEIGHT LOSS

- Chia seeds are rich in omega-3 fats, fibre, and protein. They expand in your stomach, keeping you very full.

STORAGE TIP

- *Plain chia pudding keeps in the fridge for 4–5 days.*

■ IMAGE GENERATION PROMPT

45-degree shot of a small glass of white chia pudding topped with tiny mango cubes. Placed on a marble

coaster. Soft, diffused natural light. Clean and fresh Indian home kitchen counter. Elegant and healthy.

36. Frozen Grapes

~60 kcal

SERVING: 1 small bunch (approx. 90g, 15–17 grapes)

PREP TIME: 2 minutes (+ 2 hours freezing)

INGREDIENTS

- 90g seedless grapes (green or black)

METHOD

1. Wash grapes and remove from stem.
2. Pat dry with a paper towel.

3. Spread on a plate in a single layer.
4. Freeze for at least 2 hours.
5. Eat directly from the freezer.

PRO TIP

■ Frozen grapes taste like tiny sorbets. Eat them slowly — they are extremely satisfying for a sweet craving.

WHY IT'S GOOD FOR WEIGHT LOSS

- Freezing grapes slows your eating speed naturally. You get sweetness, antioxidants, and hydration in one snack.

STORAGE TIP

- Keep in a zip-lock bag or airtight box in the freezer for up to 2 months.

■ IMAGE GENERATION PROMPT

Top-down shot of frozen purple grapes glistening with frost in a small white bowl. A few grapes scattered beside. Placed on a grey stone surface. Cool, clean, minimal styling. Bright overhead light. Modern Indian health kitchen vibe.

37. Mango Cubes (Controlled Portion)

~50 kcal

SERVING: ½ cup mango cubes (approx. 80g)

PREP TIME: 3 minutes

INGREDIENTS

- 80g ripe mango (Alphonso or Kesar)
- 1 pinch chilli powder (optional)

METHOD

1. Peel and cut ripe mango into small cubes.
2. Measure exactly ½ cup (80g).
3. Sprinkle chilli powder if desired.
4. Serve in a small katori.

PRO TIP

■ Mango is seasonal and calorie-dense. Stick to the 80g portion strictly. Chilli powder on mango is a classic Indian flavour combo.

WHY IT'S GOOD FOR WEIGHT LOSS

- Mangoes are rich in Vitamin C, A, and folate. A small controlled portion satisfies sweet cravings in a very healthy way.

STORAGE TIP

- Cut mango should be consumed within 2–3 hours. Store in fridge in a closed box.

■ IMAGE GENERATION PROMPT

Top-down shot of bright yellow mango cubes in a small steel katori. Sprinkled with red chilli powder. Placed on a green banana leaf on a wooden surface. Warm vibrant natural light. Tropical Indian summer kitchen feel.

38. Jaggery & Roasted Peanuts

~90 kcal

SERVING: 5g jaggery + 10g peanuts

PREP TIME: 0 minutes

INGREDIENTS

- 5g jaggery (approx. 1 small cube)
- 10g roasted peanuts (small handful)

METHOD

1. Place the small jaggery cube on a plate.
2. Pair with 10g roasted peanuts.
3. Eat together — the combination is naturally delicious.

PRO TIP

■ *This is a traditional Indian snack eaten after meals in many homes. It provides iron from jaggery and protein from peanuts.*

WHY IT'S GOOD FOR WEIGHT LOSS

- Jaggery is a natural sweetener with iron and minerals — far better than refined sugar. Peanuts balance it with protein.

STORAGE TIP

- *Keep jaggery in a cool, dry place. Store peanuts in airtight jar.*

■ IMAGE GENERATION PROMPT

Top-down shot of a small dark jaggery cube and a tiny pile of golden peanuts side by side on a small brass plate. Placed on a rustic wooden table. Warm, moody evening light. Traditional Indian kitchen feel. Wholesome and earthy.

39. Homemade Energy Bite (Mini)

~80 kcal

SERVING: 1 mini energy ball (approx. 20g)

PREP TIME: 15 minutes

INGREDIENTS

- 1 Medjool date (pitted)
- 1 tbsp rolled oats
- 1 tsp natural peanut butter
- ½ tsp sesame seeds
- Pinch of cardamom powder

METHOD

1. Process date in a blender to a smooth paste.
2. Mix in oats, peanut butter, sesame seeds, and cardamom.
3. Divide mixture into 3–4 small portions.
4. Roll each portion into a tight ball.
5. Refrigerate for 30 minutes before eating. Take only 1 ball as a snack.

PRO TIP

■ *Make 10 balls at once. Store in fridge. One ball per day as an evening snack is perfect.*

WHY IT'S GOOD FOR WEIGHT LOSS

- This energy bite is sweet, satisfying, and nutrient-dense — with fibre from oats, natural sugar from dates, and protein from peanut butter.

STORAGE TIP

- *Store in an airtight container in the fridge for up to 1 week.*

■ IMAGE GENERATION PROMPT

45-degree angle shot of one small round energy ball on a white marble surface. Visible sesame seeds on the surface. A few dates and oats scattered nearby as props. Soft warm natural light. Clean, minimal, healthy food photography.

40. Strawberry Bowl

~50 kcal

SERVING: 1 cup fresh strawberries (approx. 150g)

PREP TIME: 3 minutes

INGREDIENTS

- 150g fresh strawberries
- 1 pinch black pepper (optional)
- 1 tsp honey (optional — adds ~20 cal, skip for weight loss)

METHOD

1. Wash strawberries under cold running water.
2. Remove stems and slice in half.
3. Place in a small bowl.
4. Add black pepper if using.
5. Eat fresh.

PRO TIP

■ *Black pepper on strawberries sounds strange but tastes incredible. Try it once — it enhances the sweetness.*

WHY IT'S GOOD FOR WEIGHT LOSS

■ Strawberries are only 33 calories per 100g and are packed with Vitamin C, antioxidants, and folate — perfect for weight loss.

STORAGE TIP

■ *Unwashed strawberries in the fridge for 3–5 days. Wash only before eating.*

■ IMAGE GENERATION PROMPT

Top-down flat-lay of halved fresh red strawberries in a small white ceramic bowl on a white marble surface. One strawberry with visible seeds. Bright, clean overhead studio light. Modern healthy Indian kitchen vibe.

Section E: Traditional Indian Snacks (Healthy Version)

41. Idli (1 Small, Steamed)

~40 kcal

SERVING: 1 small idli (approx. 50g)

PREP TIME: 15 minutes (using ready batter)

INGREDIENTS

- 50g fermented idli batter (store-bought or homemade)
- Salt to taste
- Small bowl of sambar or chutney on the side (optional, adds calories)

METHOD

1. Grease idli mould lightly with a drop of oil.

2. Pour batter into 1 mould.
3. Steam in a pressure cooker or idli maker for 10–12 minutes.
4. Let cool for 2 minutes before removing.
5. Eat plain or with a tiny bit of coconut chutney.

PRO TIP

■ Steam the idli — never fry it. Even with a full bowl of sambar, one idli + sambar combo stays under 80 calories.

WHY IT'S GOOD FOR WEIGHT LOSS

■ Idli is fermented — which means it has probiotics for gut health. It is easy to digest and low in fat.

STORAGE TIP

■ Batter lasts 3–4 days in the fridge. Cooked idlis last 1–2 days.

■ IMAGE GENERATION PROMPT

45-degree shot of 1 fluffy white steamed idli on a small round steel plate. Tiny bowl of green chutney on the side. Placed on a banana leaf on a wooden surface. Warm South Indian kitchen ambience. Authentic and comforting.

42. Dhokla (1 Piece)

~50 kcal

SERVING: 1 medium piece (approx. 50g)

PREP TIME: 20 minutes

INGREDIENTS

- 50g besan (gram flour)
- 1 tsp lemon juice
- ½ tsp Eno / baking soda
- Salt to taste
- ½ tsp oil (for tadka)
- 5–6 curry leaves
- 1 pinch mustard seeds
- 1 green chilli, slit

METHOD

1. Mix besan, lemon juice, salt, and water into a smooth batter.
2. Add Eno and mix quickly. Pour into a greased steel plate.
3. Steam for 12–15 minutes. Insert a toothpick — it should come out clean.
4. For tadka: heat oil, add mustard, curry leaves, and green chilli.
5. Pour hot tadka over dhokla. Cut into 1 piece portion.

PRO TIP

■ Use minimal oil in the tadka. Dhokla gets most of its flavour from the lemon and spices.

WHY IT'S GOOD FOR WEIGHT LOSS

■ Dhokla is fermented and steamed — low fat, high protein (from besan), and easy on digestion.

STORAGE TIP

■ Store in the fridge for 2 days. Steam to reheat — do not microwave as it dries out.

■ IMAGE GENERATION PROMPT

Top-down shot of 1 square spongy yellow dhokla piece in a small steel plate. Visible mustard seeds and curry leaves on top. Green coriander garnish. Placed on a jute mat. Bright Gujarat-style Indian kitchen aesthetic. Warm and appetising.

43. Upma (Small Katori)

~100 kcal

SERVING: 1 small katori (approx. 80g cooked)

PREP TIME: 15 minutes

INGREDIENTS

- 30g semolina / sooji (dry roasted)
- ½ tsp oil
- 1 pinch mustard seeds
- 5 curry leaves
- ¼ onion, chopped
- 1 small green chilli, slit
- Salt to taste
- 90ml hot water

METHOD

1. Dry roast sooji in a pan until slightly golden. Set aside.
2. Heat oil. Add mustard seeds, curry leaves, onion, and chilli.
3. Sauté onion for 2 minutes until translucent.
4. Add hot water and salt. Bring to a boil.
5. Slowly add roasted sooji, stirring continuously.
6. Cook on low flame for 3–4 minutes until thick. Serve hot.

PRO TIP

- Use only ½ tsp oil and keep the upma loose (not thick). Add grated carrot for extra fibre.

WHY IT'S GOOD FOR WEIGHT LOSS

- Upma made with sooji gives slow-release energy. It keeps you satisfied for 2–3 hours without heaviness.

STORAGE TIP

- Best eaten fresh. Leftovers can be stored in the fridge for 1 day and reheated with a splash of water.

■ IMAGE GENERATION PROMPT

45-degree angle shot of fluffy upma in a small steel katori. Garnished with fresh coriander and a curry leaf. Placed on a wooden table in a South Indian kitchen. Warm morning light. Authentic, homely, and comforting.

44. Poha (Small Portion)

~100 kcal

SERVING: 1 small katori (approx. 80g cooked)

PREP TIME: 10 minutes

INGREDIENTS

- 30g thin poha (flattened rice)
- ½ tsp oil
- 1 pinch mustard seeds
- 5 curry leaves
- 1 pinch turmeric

- 1/4 small onion, chopped
- 1 tsp lemon juice
- Salt to taste

METHOD

1. Rinse poha in water for 30 seconds. Drain. It should be soft but not mushy.
2. Heat oil in a pan. Add mustard seeds and curry leaves.
3. Add onion and sauté for 2 minutes.
4. Add turmeric and poha. Mix gently.
5. Cook for 2 minutes. Add lemon juice and salt.
6. Serve hot garnished with coriander.

PRO TIP

- Use *thin poha* — it absorbs less water and turns out lighter. Avoid *thick poha* for this recipe.

WHY IT'S GOOD FOR WEIGHT LOSS

- Poha is made from flattened rice — it is easy to digest, low in fat, and a great source of iron when made with a little lemon.

STORAGE TIP

- Best eaten fresh. Leftovers can be refrigerated for 1 day.

■ IMAGE GENERATION PROMPT

45-degree close-up of a small katori of golden poha garnished with green coriander, fresh lemon wedge, and sev (tiny bit). Placed on a traditional Indian cotton tablecloth. Warm kitchen morning light. Authentic and homely.

45. Sundal

~90 kcal

SERVING: 1 small katori (approx. 70g cooked)

PREP TIME: 15 minutes (+ overnight soaking)

INGREDIENTS

- 30g white chickpeas / kabuli chana (soaked overnight)
- 1/2 tsp oil
- 1 pinch mustard seeds
- 8–10 curry leaves
- 1 dry red chilli
- 2 tbsp grated fresh coconut
- Salt to taste

METHOD

1. Boil soaked chickpeas until cooked but firm. Drain.
2. Heat oil in a pan. Add mustard seeds, curry leaves, and red chilli.
3. Add cooked chickpeas and salt. Stir for 2 minutes.
4. Remove from heat. Add grated coconut and mix gently.
5. Serve warm.

PRO TIP

- *Sundal* is traditionally a South Indian festival snack. It is naturally vegan, high in protein, and requires no baking or frying.

WHY IT'S GOOD FOR WEIGHT LOSS

- Chickpeas (chana) are a top protein source with fibre. Coconut adds healthy fats. This snack keeps hunger away for hours.

STORAGE TIP

- Store in fridge for 1–2 days. Reheat with a sprinkle of water.

■ IMAGE GENERATION PROMPT

Top-down shot of white sundal (chickpeas) with grated coconut and curry leaves in a small clay katori. Placed on a banana leaf on a wooden table. Warm South Indian kitchen lighting. Traditional, wholesome, and comforting.

46. Besan Chilla (Mini)

~80 kcal

SERVING: 1 mini chilla (approx. 35g)

PREP TIME: 10 minutes

INGREDIENTS

- 30g besan (gram flour)
- 40ml water
- 1 pinch turmeric
- 1 pinch chilli powder
- 1 pinch ajwain (carom seeds)
- Salt to taste
- ½ tsp oil (to grease tawa)

METHOD

1. Mix besan with water to form a smooth, thin batter.
2. Add turmeric, chilli, ajwain, and salt.
3. Heat a non-stick tawa. Grease with ½ tsp oil using a paper towel.
4. Pour batter and spread into a small thin circle.
5. Cook 2 minutes on medium until edges lift. Flip and cook 1 more minute.
6. Serve immediately.

PRO TIP

- Add finely grated bottle gourd (lauki) or spinach to the batter for hidden vegetables. Still under 90 calories!

WHY IT'S GOOD FOR WEIGHT LOSS

- Besan is high in protein and fibre. This chilla is quick to make and keeps you full for 2–3 hours.

STORAGE TIP

- Batter can be stored in fridge for 24 hours. Cooked chilla — consume immediately.

■ IMAGE GENERATION PROMPT

45-degree shot of one round golden besan chilla on a small steel tawa. Served on a white plate. Tiny bowl of green chutney on the side. Bright Indian kitchen morning light. Rustic and authentic.

47. Ragi Dosa (Mini, No Oil)

~90 kcal

SERVING: 1 small mini ragi dosa

PREP TIME: 15 minutes (using ready batter)

INGREDIENTS

- 2 tbsp ragi (finger millet) flour
- 1 tbsp rice flour
- 40ml water

- 1 pinch salt
- $\frac{1}{4}$ tsp ginger, grated
- 1 pinch chilli powder

METHOD

1. Mix ragi flour, rice flour, salt, ginger, and chilli with water.
2. Make a thin, pourable batter. Let it rest for 5 minutes.
3. Heat a non-stick tawa until very hot. No oil needed.
4. Pour batter and spread thin immediately.
5. Cook for 2 minutes until crispy and edges lift. Serve immediately.

PRO TIP

- *Ragi dosa is best served immediately — it becomes soft and loses its crispiness within minutes.*

WHY IT'S GOOD FOR WEIGHT LOSS

- Ragi is the richest plant source of calcium and is high in fibre. It keeps blood sugar stable for longer periods.

STORAGE TIP

- *Batter can be stored in the fridge for 2 days. Cook fresh each time.*

■ IMAGE GENERATION PROMPT

Close-up 45-degree shot of a thin, dark ragi dosa folded on a round steel plate. Placed on a wooden surface with a tiny bowl of coconut chutney. Warm South Indian kitchen light. Crispy, rustic, and traditional.

48. Boiled Corn with Lemon

~90 kcal

SERVING: $\frac{1}{2}$ medium corn cob or $\frac{1}{2}$ cup kernels

PREP TIME: 15 minutes

INGREDIENTS

- $\frac{1}{2}$ medium corn cob (or 60g frozen corn)
- $\frac{1}{2}$ tsp lemon juice
- $\frac{1}{2}$ tsp chaat masala
- 1 pinch black salt
- 1 tsp fresh butter (optional — adds 35 cal, skip for weight loss)

METHOD

1. Boil corn in water for 10–12 minutes until cooked.
2. Drain and cool slightly.
3. Squeeze lemon juice on top.
4. Sprinkle chaat masala and black salt.
5. Eat hot.

PRO TIP

- *This is the classic Indian roadside bhutta — made clean! Skip the butter for a truly sub-90-calorie snack.*

WHY IT'S GOOD FOR WEIGHT LOSS

- Corn is a whole grain high in B vitamins and fibre. It satisfies hunger and cravings for something salty and warm.

STORAGE TIP

- *Boiled corn — consume within 2 hours. Do not store cooked corn for long periods.*

■ IMAGE GENERATION PROMPT

45-degree angle shot of half a yellow corn cob on a small steel plate. Lemon wedge and chaat masala sprinkle visible. Placed on a rustic wooden table. Warm street-food style Indian aesthetic. Golden and appetising.

49. Sattu Drink (Unsweetened)

~75 kcal

SERVING: 1 glass (200ml)

PREP TIME: 3 minutes

INGREDIENTS

- 2 tbsp sattu flour (roasted chana dal flour)
- 200ml cold water
- 1 pinch rock salt
- ½ tsp lemon juice
- ½ tsp roasted jeera powder
- Few mint leaves (optional)

METHOD

1. Add sattu flour to a glass.
2. Add a little water first and mix to a smooth paste (no lumps).
3. Add remaining water and stir well.
4. Add rock salt, lemon juice, and jeera powder.
5. Stir and serve with a few mint leaves.

PRO TIP

■ *This is Bihar and Jharkhand's original protein shake — and it costs almost nothing. Available in all kirana stores across India.*

WHY IT'S GOOD FOR WEIGHT LOSS

■ Sattu is roasted chana flour — packed with protein, fibre, and iron. One glass keeps you full for 2 hours.

STORAGE TIP

■ *Consume immediately. Do not store prepared sattu drink.*

■ IMAGE GENERATION PROMPT

Top-down shot of a tall glass of beige sattu drink with mint leaves floating on top. Placed on a clay plate. Placed on a wooden table. Rustic Indian aesthetic. Warm late afternoon light. Traditional and wholesome.

50. Vegetable Clear Soup

~50 kcal

SERVING: 1 small cup (approx. 200ml)

PREP TIME: 15 minutes

INGREDIENTS

- 1 small carrot, chopped
- 5 French beans, chopped
- ¼ cup cabbage, shredded
- 2 cups water
- 1 tsp ginger-garlic paste
- 1 pinch pepper
- Salt to taste
- 1 tsp soy sauce (low sodium, optional)

METHOD

1. Boil water in a small pot.
2. Add all vegetables and ginger-garlic paste.
3. Simmer for 10 minutes on medium flame.
4. Add pepper, salt, and soy sauce.
5. Strain vegetables (or keep them in for extra fibre).
6. Serve hot.

PRO TIP

■ *Drinking a small cup of clear soup before dinner reduces overall meal intake by 20%. This is one of the most powerful weight loss habits.*

WHY IT'S GOOD FOR WEIGHT LOSS

- Clear soup is warm, hydrating, and low in calories. It fills your stomach, reduces appetite, and provides vitamins from vegetables.

STORAGE TIP

- *Store in fridge for 2 days. Reheat on stove — do not boil again.*

■ IMAGE GENERATION PROMPT

45-degree angle shot of a small ceramic bowl of golden clear vegetable soup with thin carrot and cabbage pieces visible. Steam rising. Placed on a wooden mat. Cozy warm Indian kitchen evening light. Comforting and healthy.

■ Printable Snack Checklist

Print this page. Stick it on your fridge. Tick off snacks as you try them!

■ Section A: Zero-Prep Snacks

- Roasted Chana (~70 cal)
- Small Banana (~80 cal)
- Boiled Egg (~70 cal)
- Six Almonds (~42 cal)
- Apple (~80 cal)
- Coconut Slices (~100 cal)
- Mini Khakhra (~50 cal)
- Buttermilk / Chaas (~40 cal)
- Cucumber with Chaat Masala (~20 cal)
- Papaya Bowl (~60 cal)

■ Section B: High-Protein Snacks

- Sprouts Chaat (~80 cal)
- Greek Yogurt / Hung Curd (~90 cal)
- Paneer Cubes (~80 cal)
- Peanut Chaat (~95 cal)
- Moong Dal Cheela (~90 cal)
- Roasted Soy Nuts (~95 cal)
- Boiled Black Chana (~90 cal)
- Egg Whites (~35 cal)
- Hung Curd Dip + Veggie Sticks (~80 cal)
- Tofu Cubes (~40 cal)

■ Section C: Crunchy Snacks

- Makhana (~55 cal)
- Air-Popped Popcorn (~60 cal)
- Roasted Peanuts (~90 cal)
- Baked Sweet Potato (~80 cal)
- Rice Cake + Peanut Butter (~95 cal)
- Murmura Chivda (~80 cal)
- Roasted Masala Corn (~90 cal)
- Baked Kale Chips (~50 cal)
- Multigrain Khakhra (~70 cal)
- Baked Beetroot Chips (~60 cal)

■ Section D: Sweet Snacks (No Refined Sugar)

- Dark Chocolate 2 Squares (~80 cal)
- Dates 1-2 pieces (~60 cal)
- Banana + Cinnamon (~90 cal)
- Apple + Peanut Butter (~95 cal)
- Mini Chia Pudding (~80 cal)
- Frozen Grapes (~60 cal)
- Mango Cubes (~50 cal)
- Jaggery + Peanuts (~90 cal)
- Homemade Energy Bite (~80 cal)
- Strawberry Bowl (~50 cal)

■■ Section E: Traditional Indian Snacks (Healthy Version)

- Steamed Idli (~40 cal)
- Dhokla 1 piece (~50 cal)
- Upma Small Katori (~100 cal)
- Poha Small Portion (~100 cal)
- Besan Chilla Mini (~80 cal)
- Ragi Dosa Mini (~90 cal)
- Boiled Corn + Lemon (~90 cal)
- Sattu Drink (~75 cal)

■ Sundal (~90 cal)

■ Vegetable Clear Soup (~50 cal)

■ Track all these snacks instantly with **Calorie Tracker Buddy App** • Free Download • iOS & Android