

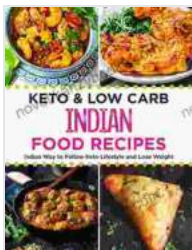
Keto Diet Plan With Various Indian Veg And Non Veg Foods

The ketogenic diet is a low-carb, high-fat diet that has become increasingly popular in recent years. It is often used to treat epilepsy, but it has also been shown to be effective for weight loss and improving blood sugar control.

The keto diet works by forcing the body to burn fat for fuel instead of carbohydrates. This can lead to a number of benefits, including:

- Weight loss
- Improved blood sugar control
- Reduced inflammation
- Increased energy levels
- Improved brain function

The keto diet is a restrictive diet, but it is possible to follow it while enjoying a variety of Indian foods. This article will provide you with a guide to the keto diet in India, including meal plans, recipes, and tips for success.



Keto and Low Carb Indian Food Recipes Indian Way To Follow Keto Lifestyle and Lose Weight: keto diet plan with various Indian veg and non veg foods by PETER STEAK

★★★★☆ 4 out of 5

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There are many different ways to follow the keto diet. Some people prefer to eat a high-fat, low-protein diet, while others prefer a more balanced approach. The following meal plans provide a starting point for following the keto diet in India:

Vegetarian Meal Plan

- **Breakfast:** Keto bulletproof coffee or green tea with ghee
- **Lunch:** Palak paneer with cauliflower rice
- **Dinner:** Paneer tikka masala with keto naan
- **Snacks:** Keto fat bombs, cheese, nuts

Non-Vegetarian Meal Plan

- **Breakfast:** Keto bulletproof coffee or green tea with ghee
- **Lunch:** Chicken tikka masala with cauliflower rice
- **Dinner:** Keto butter chicken with keto roti
- **Snacks:** Keto fat bombs, cheese, nuts

These meal plans are just a starting point. You can adjust them to fit your individual needs and preferences. Be sure to include a variety of foods from all food groups to ensure that you are getting all of the nutrients you need.

Here are a few keto-friendly Indian recipes to get you started:

Keto Palak Paneer

Ingredients:

- 1 pound spinach, washed and chopped
- 1/2 pound paneer, cubed
- 1 tablespoon ghee
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 teaspoon ginger-garlic paste
- 1 teaspoon cumin seeds
- 1 teaspoon coriander powder
- 1/2 teaspoon turmeric powder
- 1/4 teaspoon red chili powder
- 1/4 cup water
- Salt to taste

Instructions:

1. Heat the ghee in a large skillet over medium heat.
2. Add the onion and cook until softened.
3. Add the garlic and ginger-garlic paste and cook for 1 minute.

4. Add the cumin seeds, coriander powder, turmeric powder, and red chili powder and cook for 30 seconds.
5. Add the spinach and water and cook until the spinach is wilted.
6. Add the paneer and salt to taste.
7. Cook for 5 minutes, or until the paneer is heated through.
8. Serve with cauliflower rice or keto naan.

Keto Chicken Tikka Masala

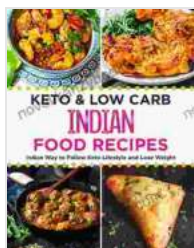
Ingredients:

- 1 pound boneless, skinless chicken breasts, cut into 1-inch pieces
- 1/2 cup plain yogurt
- 1 tablespoon ginger-garlic paste
- 1 teaspoon cumin powder
- 1 teaspoon coriander powder
- 1/2 teaspoon turmeric powder
- 1/4 teaspoon red chili powder
- 1/4 cup water
- 1 tablespoon ghee
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 (14 ounce) can crushed tomatoes

- 1/2 cup heavy cream
- Salt to taste

Instructions:

1. In a bowl, combine the chicken, yogurt, ginger-garlic paste, cumin powder, coriander powder, turmeric powder, red chili powder, and water. Mix well to coat the chicken.
2. Cover and refrigerate for at least 30 minutes, or up to overnight.
3. Preheat the oven to 400 degrees F (200 degrees C).
4. Line a baking sheet with parchment paper and spread the chicken over the sheet.
5. Bake for



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