

ULTRAHUMAN FOOD STRATEGY GUIDE

Hack your metabolism by eating right
For Sindhi Non-Vegetarians



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1. How To Think About Grocery Shopping

Firstly, let's get all the junk out of your kitchen cabinets, please!
As a Cyborg, your focus should be to eat whole natural foods & not packaged instant foods.

Fresh food takes time & effort to prepare, comes from all the toil in your kitchens, speaks the language of culture & there's a sense of satisfaction in eating the meal. Nothing worth eating gets prepared in 2 mins!

Grocery List- Let's Get Shopping! (Overview)

Carbohydrates	Proteins	Fats	Other
Bread Sourdough Bread Wholegrain bread Grains Amaranth (<i>Rajgira</i>) Brown Rice Red Rice Wild/ Black Rice Jowar Bajra Banyard millet (<i>Samo/ Sanwa/ Samvat ke Chawal</i>) Finger millet (<i>Ragi/ Nachni</i>) Foxtail millet (<i>Kangni / Kakum</i>) Little millet (<i>Moraiyo/ Kutki/ Shavan/ Sama</i>) Rolled/Steel Cut Oats	Eggs Cage-Free Free Range Eggs Poultry Chicken Breast Chicken Mince Fish Any regional fresh fish Fresh Prawns Red Meat Lean Mutton/ Kheema Dals (Few Dals Are Rich in Carbs + Protein) Tur Dal Urad Dal/ Split Urad Dal	Cold-pressed/Organic Ricebran Oil Sesame Oil Mustard Oil Organic Ghee/A2 ghee Butter Nuts Almonds Walnuts Brazil Nuts Cashew Nuts Hazelnuts Pinenuts Macadamia Peanuts Pecans Pistachios	Masalas Stick to organic & freshly ground wherever possible Snacks Brown puffed rice



<p>Quinoa Broken wheat Buckwheat (<i>kuttu</i>) Sabudhana / sago</p> <p>Flours Whole Wheat Flour Khapli wheat Buckwheat flour Besan Millet Flours</p> <p>Fruits Apples, Oranges, Pears, Plums, Banana, Papaya, watermelon, Avocados, Seasonal fruits</p> <p>Vegetables Cabbage, Spinach, Broccoli, Cauliflower, Carrots, French Beans, Mushroom, Bhindi, Tomato, Onions, Brinjal, Gourds, Pumpkin, Lotus stem, Arbi, Green leafy vegetables</p> <p>Keep Starches Like Potato & Sweet Potato to a minimum.</p>	<p>Yellow Moong Dal Chana Dal Green Gram Dal</p> <p>Rajma Black-eyed beans (<i>Raanh</i>) White Channa Black Channa</p> <p>Dairy Paneer Greek Yoghurt Whey Protein Powder</p>	<p>Seeds Pumpkin Seeds Sunflower Seeds Flax seeds Chia Seeds</p>	
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<p>Fruits Apples, Oranges, Pears, Plums, Strawberries, custard Apple, Blueberries, Avocados</p> <p>Vegetables Corn, Spinach, Broccoli, Cauliflower, Carrots, Mushroom, French Beans, Mushroom, Okra, Tomato, Onions, Brinjal, Gourds, Lotus stem, Arbi, Aubergine</p> <p>Keep Starches Like Potato & Sweet Potato to a minimum.</p>			
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2. Choosing The Right Carbohydrates, Proteins & Fats

Choosing The Right Carbohydrates

As a Cyborg, you must swap simple & refined carbohydrates for more complex carbohydrates. Complex carbohydrates have more nutrients & fiber, which will provide you with more satiety, keep your moods stable & prevent blood sugar spikes.

Below is a list of carbohydrate sources you can shop for along with their Glycemic index (GI) scores. The Glycemic index score indicates how quickly the carbohydrate source increases your blood sugar over 2 hours.

Choose low-medium GI carbohydrates (scores between 55-70).

Low GI < 55	Moderate GI < 55 - 70	High GI > 70
Include on your plate		Avoid on your plate.
Grains		
	Red Rice	White Rice
	Wild/ Black Rice	
Brown Rice		
	Jowar/ Sorghum	
	Foxtail Millet	
Quinoa		
Broken Wheat		
	Rolled Oats	
Flours		
Whole Wheat Flour		Refined White Flour/ Maida
	Millet Flour	
Ragi Flour		
	Jowar Flour	



Buckwheat Flour		
Vegetables		
Corn, Spinach, Broccoli, Cauliflower, Carrots, Mushroom, French Beans, Mushroom, Okra, Tomato, Onions, Gourds, Aubergine, Arbi, Lotus stem		Potato Sweet Potato
Fruits Apples, Oranges, Pears, Plums, Banana, Papaya, watermelon, Avocados		



Where Do I Get My Proteins From?

Most vegetarians in India do not get enough protein from their diet. You must look at getting 1g of protein per kg body weight from natural food sources. If you are practicing any form of weight training/resistance training 3-4 days a week can go up to 1.5g per kg body weight.

Here are a few good sources of protein you can add to your meals-

- ✓ Whole egg (6gms/ egg)
- ✓ Chicken (30gm/ 100gm)
- ✓ Prawns (25gm/ 100gm)
- ✓ Fish (20gm/ 100gm)
- ✓ Mutton (25gm/ 100gm)
- ✓ Moongdal (22gms/100gms)
- ✓ Chickpeas (19 gm/100g)
- ✓ Besan (22g/100g)
- ✓ Yoghurt (10g/100g)
- ✓ Paneer (20 gm/100g)
- ✓ Tofu (8g/100g)
- ✓ Milk (8g/ 1 cup)
- ✓ Whey Protein Powder (20-25g/100g)

Healthy Fats To Add To Your Everyday Cooking

Sindhi cuisine typically has the presence of fat in our cooking styles in the form of oil, ghee & butter. If your diet includes home-style Sindhi dishes, you are never lacking fat in your diet.

Most Sindhi cooking involves using refined oils like Sunflower & Vegetable oil due to their high smoke point & mild flavor. These oils are highly processed, stripped of all their nutrients & can turn to trans fat at high smoke points.

Research documents that regular consumption of refined oils can lead to metabolic diseases like Diabetes Mellitus, immune dysfunction, gastrointestinal issues & reproductive issues.



Here's how to swap them in your diet-

Swap	Shop	Benefits
Refined Oils	Coldpressed & Organic	
Sunflower Oil Peanut Oil Grapeseed Oil Canola Oil	Sesame Oil	Rich in antioxidants, anti-inflammatory
	Coconut Oil	Rich in antioxidants; good for immunity
	Mustard Oil	Rich in MUFA (Mono- unsaturated fatty acids), anti- inflammatory
	Groundnut Oil	Rich in Vitamin E, High smoke point
Commercial Ghee	Certified Organic Ghee A2 Ghee	Higher Omega 3 Fatty Acids are needed for high cognitive function. Higher CLA- Conjugated Linolic Acid- Higher lipid metabolism, bone mineralization & immunity enhancement.



Healthy Nuts & Seeds

Refer to the grocery list to better understand which nuts and seeds to shop for.

Fats are calorie dense at 9 kcal/gm, so overeating nuts and seeds in the name of snacking on 'health foods' will lead to weight gain. **Stick to 25-30 gms/ day** as a portion size & watch out for nuts in the form of curry pastes in your daily cooking!

Commonly eaten Nuts & Seeds & Their Benefits

Common Nuts	Rich Micronutrient Profile
Almonds	Rich in Vitamin E & Magnesium, Fibre, Mono & Polyunsaturated fats
Walnuts	Rich in Omega 3, Folic Acid, and Melatonin- great for cognitive function
Cashews	Rich in fiber, fat & protein, Copper, Magnesium, and Manganese- great for immunity, bone health, brain health & energy function
Pistachios	Rich in Potassium & Vitamin B1, Vitamin B6- great for improved gut health, eye health & blood sugar control
Common Seeds	
Pumpkin Seeds	Rich in B2, Potassium, Polyunsaturated Fats & Folate- shown to improve fertility & sleep quality
Sunflower Seeds	Rich in Vitamin E, Vitamin B3, Folate, Selenium, Copper, and Magnesium- it helps with constipation issues because of its high fiber profile.



Flaxseeds	Rich in Omega 3 fatty acids, Fiber, and Lignans- it helps improve digestive health, blood sugar, and cholesterol levels.
Chia Seeds	Rich in Omega 3 fatty acids, fiber, minerals, and antioxidants- support strong bones & help in blood sugar management

3. Maximizing Fiber Sources In Your Diet

There are primarily two types of fiber sources in your diet that you should know of-

Soluble Fibre- Soluble Fibres are slow to digest & hence it takes longer for the body to absorb the glucose from the foods you eat, which helps prevent sharp blood sugar spikes. Soluble Fibres also bind to the fatty acids in your body & help in flushing them out.

Soluble Fibres are found in foods like oats, peas, beans, apples, and citrus fruits.

Insoluble Fibre- This type of fiber helps push waste out of the body, thus preventing constipation & improving bowel movement.

Insoluble Fibres are found in foods like wheat, millets, nuts, berries, and vegetables such as cauliflower, green beans, and potatoes.



WAYS TO MEET YOUR FIBRE REQUIREMENTS THROUGH THE DAY

Women 50 years or younger should aim for 25gms per day; Men should aim for 38gms per day.

Here's a way to get 44gms of fiber from different food sources in 1 day!

Sources Of Fibre	Quantity 1 cup- 128gms	Amount Of Fibre
Grains (oats / brown rice/ red rice/ millets)	3 cups	9g
Lentils/ dal	2 cups	10 g
Dried Fruits Fig / Raisins / prunes / dates 5 g	Dates - 4-5 Prunes or figs - 2 Raisins - Handful	5 g
Vegetables (beans, broccoli, carrots, beet, spinach, green peas, turnip)	2 cups cooked+ 2 cups raw	12g
Fruit (Apples, Bananas, Raspberries, Pear, Strawberries, Oranges)	2 cups	4g
Chia seeds	1 tsp	4 g
Total		44g



4. 20 Healthy Sindhi Non-Vegetarian Meal Plan Ideas

Bringing everything we've learned together, let's understand how carbohydrates, proteins, fats & fiber can come together on your meal plate.

5 Meal Ideas For Breakfast

1. Egg Poha

Prep Time- 15 mins/ Cook Time- 15 mins/ Servings - 4

Takeaway- Egg (Protein), Brown rice poha (Carbs)



Image Courtesy- [Easy cook tips](#)

Ingredients

- 3 cups brown rice poha
- 3 eggs
- 1 cup minced chicken
- Salt to taste
- 7 tbsps Mustard oil
- 1 tbsp Green chilies, chopped
- 1 cup Onions, chopped
- 1/2 cup Red capsicum, chopped



Method:

1. Divide the chicken mince into approximately ten portions and shape it into rolls. Sprinkle salt on top and refrigerate for 10-12 minutes.
2. Heat 2 tbsps oil in a non-stick pan.
3. Whisk eggs in a bowl with salt and green chilies. Pour this into the pan and cook until eggs are scrambled.
4. Remove from heat and set aside in a bowl.
5. Heat 3 tbsps oil in the same pan, add onions, and sauté till they are lightly colored.
6. Heat the remaining oil in another non-stick pan. Add chicken rolls and cook till done.
7. Add capsicums and poha to onions. Mix well and cook for 1 minute.
8. Add salt and scrambled eggs, reserving 1 tbsp for garnishing, and mix well.
9. Place the poha mixture on a serving dish, put the reserved scrambled eggs on top and arrange cooked chicken rolls over the eggs. Serve immediately.

Recipe Courtesy- [Sanjeev Kapoor](#)



2. Sindhi Seyal Anda

Prep Time- 10 mins/ Cook Time- 20 mins/ Servings- 4

Takeaway- Protein-rich meal



Image Courtesy- [Maryz kitchen](#)

Ingredients:

- Egg – 5
- Oil – 2 or 3 tbsp
- Onion chopped – 2 big
- Tomato finely chopped – 2 big
- Garlic chopped – 1 tbsp
- Green chili chopped – 2
- Potato thin roundels – 1 big
- Red chili powder – 1 tsp
- Turmeric – ½ tsp
- Garam masala – ½
- Coriander powder – 2 tsp
- Kasoori Methi powder – 1 tsp
- Salt to taste



Method:

1. Heat oil in a non-stick small wide pan.
2. Add onion and stir fry till light brown.
3. Add potato and mix well.
4. Add turmeric and salt and stir fry for a minute.
5. Cover and cook on medium to low flame till the potatoes are half done. Stir in between.
6. Add tomatoes, green chili, red chili powder, coriander powder, and garlic, and mix well.
7. Stir fry for a minute.
8. Cover and cook till the tomatoes soften.
9. Open the lid, sprinkle 2 tbsp of water, and mix well.
10. Spread and level the masalas.
11. Lower the flame and place each broken egg around the edges.
12. Sprinkle red chili, salt, garam masala, and kasoori methi.
13. Cover and cook till the eggs are cooked for about 5-7 minutes.
14. Garnish with coriander leaves and serve.

Recipe Courtesy- [Maryz kitchen](#)



3. Koki (Flatbread) Served With Elaichi chicken

Prep Time- 10 mins/ Cook Time- 30 mins/ Servings- 3

Takeaway- Wheat flour (Carbs), Chicken (Protein)



Image Courtesy- [Whisk affair](#)

Ingredients:

- 2 cups Whole Wheat Flour
- 2 tbsp gram flour
- ½ cup onion, finely chopped
- 1 tsp salt
- 1 tsp coriander powder
- ¼ tsp turmeric powder
- 1 tsp red chili powder
- 1 tsp cumin seeds
- ½ tsp carom seeds
- 1 tbsp Kasuri methi
- 1 tsp green chilies, finely chopped
- 2 tbsp fresh coriander, finely chopped
- 3 tbsp mustard oil



Method:

1. Mix all the ingredients in a bowl and make a crumbly mixture. Add little water and make a tight dough.
2. Apply little oil to your palms and smear it over the dough. Dust and roll the dough.
3. Heat a Tawa and brush it with oil. Place the koki and slightly cook on both sides.
4. Remove it from the Tawa and mash it well to make a ball again.
5. Roll it again and prick the koki using a fork.
6. Transfer the koki to the skillet and cook on low, medium heat until brown spots appear on the lower side.
7. Brush little oil and cook from both sides until nice and brown.
8. Serve hot with fresh yogurt.

Recipe Courtesy- [Whisk affair](#)



Elaichi chicken

Prep Time- 10 mins/ Cook Time- 30 mins/ Servings- 4



Image Courtesy- [NDTV Food](#)

Ingredients -

- 500 gms chicken
- 1 tsp cardamom powder
- 1-inch ginger, grated
- 4 tbsp curd
- ½ tsp turmeric powder
- 1 tsp garam masala
- Salt to taste
- Black pepper to taste
- Ghee for cooking

Method:

1. Heat ghee in a pan or pressure cooker. Add elaichi powder and ginger, and sauté for a minute.
2. Add chicken pieces, salt, and haldi. Sauté the chicken for a few minutes.



3. Add curd and sauté for another minute.
4. Add water to make curry (around two glasses of water) and cook the chicken.
5. When the chicken is tender and cooked well, add black pepper powder and garam masala, and serve hot.

Recipe Courtesy- [NDTV Food](#)

4. Egg Bhurji with whole wheat pao

Prep Time- 10 mins/ Cook Time- 10 mins/ Servings- 1-2

Takeaway- Wheat Pao (Carbs), Egg bhurji (Protein + Fibre)



Image Courtesy- [NDTV Food](#)

Ingredients:

- 2 eggs
- 2 medium onions. Chopped
- 2 small tomatoes, chopped
- 2 tbsp chopped capsicum
- 1 tsp cumin seeds
- ¼ tsp turmeric powder
- 2 green chilies, chopped



- Salt to taste
- Mustard oil
- Coriander leaves, for garnish

Method:

1. Beat the eggs in a bowl.
2. In a heated pan, add oil and saute onions till golden brown.
3. Add all the masalas.
4. Add beaten eggs and tomato and stir well till it separates into small pieces.
5. Garnish with coriander and serve.

Recipe Courtesy- [Tarla dalal](#)

5. Kheema Paratha With Curd

Prep Time- 15 mins/ **Cook Time-** 40 mins/ **Servings-** 4

Takeaway- Paratha (Carbs), Kheema & Curd (Protein)



Image Courtesy- [Licious](#)

Ingredients:



- 2 cups of whole wheat flour
- ½ tsp salt
- 2 tbsp ghee

For the filling:

- 2 tbsp mustard oil
- ½ cup chopped onion
- 1 tsp ginger garlic paste
- 300g mutton mince
- 1 tsp coriander powder
- 1 tsp red chili powder
- ½ tsp turmeric powder
- ½ tsp garam masala powder
- ½ tsp cumin powder
- 1 tbsp lime juice
- Salt to taste
- 2 tbsp chopped coriander

Method:

1. Mix whole wheat flour, salt, and 2 tablespoons of oil in a large bowl. Mix the ingredients with your fingers to make a crumbly mixture.
2. Add little water and make a soft dough. Keep adding little by little and knead until the dough is soft.
3. Knead the dough for 2-3 minutes until it is soft and smooth. Cover the bowl with a kitchen towel and keep aside for 20 minutes.

For the filling

1. Heat oil in a heavy bottom pan.
2. Add chopped onion and fry till translucent.



3. Add ginger and garlic paste and fry for another minute. Add the mutton mince and fry on high heat for 3-4 minutes. Keep stirring frequently.
4. Add coriander powder, red chili powder, turmeric powder, garam masala powder, salt, and roasted cumin powder, and mix everything well.
5. Add 1 cup of water and cover the pan.
6. Cook on low heat for 40-45 minutes. Remove the lid. Cook the mutton on high heat till it is completely dry. Keep stirring continuously.
7. Add lime juice and fresh coriander and mix well. Remove the pan from heat and cool the filling completely.

For assembly

1. Dust the balls with dry flour and roll to make a 4-inch circle.
2. Keep 2 tablespoons of mutton filling in the center and bring the ends together.
3. Dust with dry flour and roll the balls with light hands to make a 5–6-inch circle.
4. Heat a skillet. Put the paratha on the hot griddle. Flip the paratha once light brown spots appear on the bottom surface.
5. Apply ghee on both sides. Fry from both sides till brown spots appear. Keep pressing using a flat spoon while frying. Serve hot with raita.

Recipe Courtesy- [Whisk affair](#)



5 Meal Ideas For Lunch Or Dinner

1. Yellow Garlic Rice Served With Seyal Teewan

Prep Time- 30 mins/ Cook Time- 30 mins/ Servings – 3

Takeaway- Rice (Carbs), Seyal Teewan (Protein)



Image Courtesy- [Cookerru](#)

Ingredients:

- 1 cup rice (choose red or black for added fiber)
- 3-4 cloves of garlic, minced
- ½ tsp turmeric powder
- ¼ tsp salt
- 1 tbsp ghee

Method:

1. Rinse and soak the rice for about 10-30 minutes.
2. Heat oil in a pan and add minced garlic and turmeric powder.



3. Add rice and salt and mix well until rice is coated well with the mixture.
4. Add 1 ¼ cup of water and bring to a boil and cover with a lid.
5. Simmer for 7 minutes and turn off the heat. Let it be covered for another 10 minutes.
6. Fluff with a fork and serve.

Recipe Courtesy- [The odd pantry](#)

Seyal Teewan (Prepare once a week, since it's red meat/ consume in moderation & ensure that the meat is fresh)

Prep Time- 1 hour/ Cook Time- 40 mins/ Servings – 3



Image Courtesy- [Times food](#)

Ingredients:

- 500g Mutton, cut into small pieces
- 1 tsp Lemon Juice



- 2 tsp Roasted Cumin Powder
- 1 tsp Garam Masala
- 1 tbsp Fresh ginger garlic paste
- 3 Crushed green chilies
- 1 tsp turmeric powder
- ¼ cup fresh Coriander Leaves
- 2 Bay leaves
- 2 black cardamon
- 1 Cinnamon stick
- 3-4 Cloves
- 2-3 Green cardamon
- 2 tsp Coriander Powder
- 1 tsp Red Chilli Powder
- 3 Finely Chopped Onion
- 5 Finely Chopped Tomatoes
- 2-3 tbsp Curd
- 2 tbsp ghee
- 1 tbsp mustard oil
- Salt to taste

Method:

1. Wash mutton pieces thoroughly and place them in a bowl.
2. Add lemon juice, turmeric powder, garam masala, curd, ginger garlic paste, and a little salt and mix well.
3. Cover the bowl and let it marinate for 1 hour.
4. After 1 hour, in a pan, heat 1 tbsp oil and add all the whole spices, and roast till aromatic.
5. Add marinated mutton pieces and cook on low flame for 10-15 minutes.
6. Now, in a pressure cooker, heat ghee.



7. Add chopped onion and chilies. Cook for 3-4 minutes.
8. Add 1 tsp Ginger garlic paste, chopped tomatoes, and all dry spices.
9. Cook until oil separates. Add cooked mutton pieces and mix well.
10. Add water as required.
11. Close the lid and cook on low flame for 20-25 minutes.
12. Once cooked, garnish with fresh coriander leaves.

Recipe Courtesy- [Recipe book](#)

2. Sindhi Dry Masala Fish With Phulka

Prep Time- 30 mins/ Cook Time- 30 mins/ Servings – 4

Takeaway- Phulka (Carbs), Fish (Protein)



Image Courtesy- [Bawarchi](#)

Ingredients:

- 500g mackerel
- 2 large onion



- 1.5 tbsp chili powder
- 1.5 tbsp garlic paste
- 1 tbsp ginger paste
- ½ tsp turmeric powder
- 1 tbsp cumin powder
- 1 tsp ajwain powder
- ½ tsp garam masala
- Juice of ½ lime
- 2 tbsp tamarind pulp
- Salt to taste
- 8 tbsp oil

Method:

1. Cut and wash the fish thoroughly.
2. Add chili powder, turmeric powder, ginger, garlic paste, cumin powder, and salt to a bowl.
3. Divide the paste into two halves. Take one portion and marinate the fish for 15 minutes with lemon juice and ajwain powder.
4. Heat oil in a pan and shallow fry the fish until golden brown.
5. Add more oil and chopped onions in the same pan and cook until translucent.
6. Add the rest of the masala paste, fish, garam masala, and salt, and cook for another 4 minutes.
7. Add tamarind pulp and mix well.
8. Let it cook covered for 5 minutes on medium heat.
9. Temper with curry leaves.

Recipe Courtesy- [Bawarchi](#)



3. Sindhi Chicken Curry Served With Rice

Prep Time- 10 mins/ Cook Time- 60 mins/ Servings – 4

Takeaway- Rice (Carbs), Chicken (Protein)



Image Courtesy- [Archana's kitchen](#)

Ingredients:

- 500 grams of Chicken, cleaned and washed
- 1 Black cardamom
- 1 Bay leaf
- 1-inch Cinnamon Stick
- 3 Cardamom
- 2 Cloves
- 2 Onions, finely chopped
- 3 Green Chillies, finely chopped
- 1 inch Ginger, finely chopped
- 6 cloves Garlic, finely chopped
- 2 Tomatoes, finely chopped
- 1/2 cup curd
- 1/2 teaspoon Turmeric powder
- 1 teaspoon Red Chilli powder



- 2 teaspoons Coriander (Dhania) Powder
- 1 teaspoon garam masala
- 1 tablespoon Coriander Powder (Dhania)
- Salt, as required
- Coriander leaves
- 2 tablespoons of Oil

Method:

1. In a heated pan, add oil and add the whole spices like the black cardamom, green cardamom, cloves, and bay leaf and sauté till the aromas are released.
2. Add the chopped onions, ginger, garlic, and green chilies. Saute till the onions soften and turn golden brown.
3. Once the onions have become golden brown add, tomatoes, turmeric powder, chili powder, coriander powder and,garam masala powder. Mix well to combine and cook till tomatoes soften.
4. Once the tomatoes have become soft and mushy, add the chicken and saute for about 5 minutes. After 5 minutes,s add curd, salt to taste, and about 1/2 cup of water. Stir well to combine. Cook for 15 minutes and adjust salt if required.
5. Once cooked, stir in some chopped coriander leaves and serve

Recipe Courtesy- [Archana's kitchen](#)



4. Keeme Ja Bhalla with Whole Wheat Phulka

Prep Time- 10 mins/ Cook Time- 10 mins/ Servings – 3

Takeaway- Phulka (Carbs), Keema (Protein)

Keeme ja Bhalla

Prep Time- 15 mins/ Cook Time- 40 mins/ Servings – 6



Image Courtesy- [Archana's kitchen](#)

Ingredients:

- 300 grams of Chicken Kheema
- 1 tablespoon Garlic, finely chopped
- 1 tablespoon Ginger, finely chopped
- 2 Green Chillies
- Salt
- 2 Sprigs of Mint Leaves (Pudina), finely chopped
- 1 Whole Egg
- 2 sprigs of Coriander (Dhania) Leaves, finely chopped
- 1/4 cup Gram flour (besan)



For Gravy

- 2 tablespoons of Oil
- 1 tablespoon Garlic, finely chopped
- 1 tablespoon Ginger, finely chopped
- 2 Onions, finely chopped
- 1 cup tomato puree
- 1 teaspoon Red Chilli powder
- Salt to taste
- 1 teaspoon Cumin powder (Jeera)
- 1 teaspoon garam masala
- 1 teaspoon Coriander Powder (Dhania)

Method:

1. In a mixer jar, combine the ginger, garlic, green chilies, and salt and grind to a fine paste. Transfer to a large mixing bowl.
2. Into the mixing bowl with the freshly ground masala, add chopped coriander, mint leaves, and the egg. Combine well, add the chicken keema, and mix until well combined.
3. At this stage, you will see the chicken keema mixture is way too moist. To bind the mixture well, now add the besan and mix well.
4. Grease a steel plate with oil. Grease your hands with oil, make lemon-sized balls, place them on the greased dish, and set them aside.
5. In a Kadai, heat oil on medium flame, Once hot, add the chopped garlic and ginger, and sauté for about 30 seconds.



6. Next, add onions and fry until it turns a deep brown color.
7. Add all the dry spice powders - red chili powder, coriander powder, cumin powder, garam masala powder, and salt. Mix well.
8. Gradually mix in the tomato puree and allow it to simmer for 5 minutes by placing the plate with the keema balls on it. Now cover these keema balls with a lid, allowing the keema balls to cook in the steam.
9. After 5 minutes, once the oil has come to the surface, remove the keema balls plate and its lid to check.
10. To the gravy, add 3/4 cup of water and bring it to a brisk boil.
11. Mix well and add the par-cooked keema bhallas—cover and cook with the lid on until the keema balls are thoroughly cooked. Check the salt and adjust according to taste.

Recipe Courtesy- [Archana's kitchen](#)



5. Sindhi Chicken Pulao With Raitha

Prep Time- 10 mins/ Cook Time- 60 mins/ Servings – 4

Takeaway- Rice (Carbs), Chicken (Protein)



Image Courtesy- [Food fusion](#)

Ingredients:

- 4 onions
- Chicken- 500 grams
- Ground coriander- 1tbsp
- Pepper corns- 1tbsp
- Black cardamoms- (whole) 2
- Red chili powder- 1tbsp
- Bay leaves- 3
- Cardamoms 8
- Cumin seeds- 1tsp
- Almonds- 10
- Curd- 1 cup
- Ghee- 2tbsp
- Oil- 2tbsp
- Banyard millet - 2 cups (soaked)
- Salt- to taste



Method:

1. Heat oil in a pan and add bay leaf and onion. Saute for 7 minutes on low flame.
2. Make a paste of pepper and coriander seeds separately.
3. Add the chicken and cook for 15 mins on medium flame.
4. Add red chili powder and coriander paste.
5. Add curd and cook for another 5 minutes.
6. Add soaked millets along with some ghee, salt, and water and cook for 30 minutes or until millets are cooked.
7. Serve with raitha.

Recipe Courtesy- [Hyatt](#)



5. 5 Meal Ideas To Manage Your Mid-Day Snack Cravings

Have you been skipping meals? Your afternoon hunger pangs would be uncontrollable! The first step to managing your afternoon hunger is to ensure you've had a good breakfast & a nutritious lunch.

Still, we all need a little something in the afternoon as a filler until we have dinner & wind up for the day.

Here's a list of a few great snacking options-

1. Chicken Kheema Tikki

Prep Time- 10 mins/ Cook Time- 60 mins/ Servings – 4



Image Courtesy- [Asaan recipes](#)

Ingredients:

- 1 cup keema, cooked
- 2 potatoes
- 1 tsp coriander powder
- Chopped green chilies
- Chopped ginger



- 1 cup of water
- ¼ tsp garam masala
- ½ tsp cumin powder
- ¼ tsp pepper
- Salt
- ¼ cup rolled oats
- Oil

Method:

1. In a bowl, add mashed potatoes and keema, and mix.
2. Add all the spices and salt and mix well.
3. Add powdered rolled oats to the keema mixture and prepare tikkis.
4. Heat oil in a pan, add oil, and shallow fry the tikkis.
5. Serve hot

Recipe Courtesy- [Archana's kitchen](#)

2. Matar chaat

Soak time – 8 hours/ Prep Time- 5 mins/ Cook Time- 20 mins/ Servings- 4

Takeaway- Balanced snack with carbs, fiber, and protein





Image Courtesy- [Dassana's Veg recipe](#)

Ingredients:

- 1 cup black chickpeas
- 1/3 cup chopped tomato
- 1-2 green chilies, chopped
- 1-2 tbsp chopped coriander
- 1-2 tbsp chopped mint
- ¼ tsp black salt
- ¼ tsp cumin powder
- ¼ tsp red chili powder
- Salt to taste
- Juice of 1 small lemon

Method:

1. Soak the Kala chana overnight or for a minimum of 4 hours in 3 cups of water. Drain the water, rinse the chickpeas and boil them until done.
2. Cook for 7-8 whistles in a pressure cooker on high heat. Let the pressure release naturally.



3. Once the Kala chana is boiled, drain the water and place them in a large bowl.
4. Add chopped tomato, onion, cilantro, and mint to the bowl.
5. Add the spices, toss everything together, and squeeze in fresh lemon or lime juice.

Recipe Courtesy- [Cook with manali](#)

3. Lotus Stem Chaat

Prep Time- 5 mins/ Cook Time- 40 mins/ Servings- 2



Image Courtesy- [Archana's kitchen](#)

Ingredients:

- 250g lotus stem
- Salt
- Black pepper powder
- Red chili powder
- Chopped coriander and onions
- Mint coriander chutney



Method:

1. Clean lotus stem and cut into long pieces, and pressure cook for 40 minutes.
2. Add some salt and spices and toss it well.
3. Place the lotus stem in a heated pan and saute for 5 mins
4. Serve hot with chopped coriander and onions along with chutney

Recipe Courtesy- [Archana's kitchen](#)

4. Sai Bhaji Tikki

Prep Time- 5 mins/ Cook Time- 25 mins/ Servings- 6



Image Courtesy- [Ribbons to pastas](#)

Ingredients:

- 2 cups ready Sai Bhaji
- 1 onion finely chopped



- 2-3 green chilly finely chopped
- 1 tsp dry pomegranate seeds
- 1/2 cup chickpea flour
- coriander leaves
- 1 tsp ghee

Method:

1. Add the Sai Bhaji to a non-stick pan.
2. Cook often, stirring till it is completely dry. Let cool.
3. Add all ingredients and mix well.
4. Depending on the size, you want to make pinch-out balls and form tikkis.
5. Roast them on a non-stick pan with 1 tsp ghee till crisp.

Recipe Courtesy- [Ribbons to pastas](#)

5. Arbi tuk

Prep Time- 10 mins/ Cook Time- 20 mins/ Servings- 4



Image Courtesy- [Archana's kitchen](#)



Ingredients:

- 250 gms Arbi
- ¼ cup rolled oats
- 1/2 teaspoon Oil
- 1/2 teaspoon Jeera
- 1/4 teaspoon Haldi
- 1/2 teaspoon Lal Mirch powder
- 1/4 teaspoon garam masala
- 1/2 teaspoon Coriander powder
- Salt to taste
- Coriander leaves to garnish

Method:

1. In a pressure cooker, take the whole Arbi. Add some water and pressure cook it for 2 whistles on a high flame. Do not overcook it.
2. Once done, let it cool down. Peel the outer skin of Arbi.
3. Mash the arbi and add the rest of the ingredients.
4. Mix well and shape into patties.
5. Add some oil to a heated Tawa and place the patties. Allow it to cook for a few minutes until golden brown on both sides.
6. Garnish with chopped coriander and serve hot.

Image Courtesy- [Archana's kitchen](#)



6. 5 Meal Ideas To Manage Your Sweet Cravings

If you've read the guide up till here, you must understand that eating a balanced meal- with all three macronutrients- carbohydrates, proteins & fats & adequate micronutrients- vitamins & minerals will reduce your sweet cravings to a minimum.

Typically intense sweet cravings arise from lifestyle disturbances- poor nutrition, high-stress levels, hormonal disturbances, and lack of good quality sleep.

Sugar in the form of chocolates or mithai releases feel-good hormones called 'endorphins,' which calm us & give us a natural high. The feel-good hormone 'serotonin' is also released, making us want more of that particular sugary food.

Here are 4 simple hacks that you can implement as a Cyborg to reduce your sweet cravings-

1. Break Up Your Favorite Chocolate Bar Into Mini Pieces-

Yes..you heard that right. No need to give up on your favorite sweets, break them up! Have one piece after every main meal- lunch & dinner. Remember, no cheating! Portion control is vital.

2. Grab Some Gum/Sugar-Free Mints-

Research has proven that chewing gum can reduce food cravings. Too much chewing? Try sucking on a piece of sugar-free mint. It's a cheat signal to your brain that you're having something sweet.

3. Break That Habit! Distract Yourself-

If you have built a habit around eating a sweet treat after lunch or dinner, change up! Go for a walk. Listen to your favorite podcast. Chat up with a friend.

4. Make Your Own Healthy Dessert

Here are a few ideas to experiment with-



1. Healthy Kesar Elaichi Shrikhand

Prep Time- 5 minutes / Serves 1

Portion Control- 1 small bowl/ 100-120 gms per serve



Image Courtesy- [Healthy veg recipes](#)

Ingredients

- 3/4 cup fresh hung low-fat curds (chakka dahi)
- 1/4 tsp saffron (Kesar) strands
- 1/4 tsp cardamom (elaichi) powder
- 1 tbsp warm low-fat milk
- 1 tsp sugar substitute (you can use monk fruit/ stevia/ jaggery)

Method

1. Combine the milk and saffron in a small bowl, mix well and keep aside for 10 minutes.



2. Combine all the remaining ingredients, along with the milk-saffron mixture, in a deep bowl and mix well using a whisk.
3. Refrigerate for at least 2 hours.
4. Serve chilled.

Image Courtesy- [Healthy veg recipes](#)

2. Keto Coconut Barfi

Portion Control- 1-2 Barfis Per Serve



Image Courtesy- [Healthy veg recipes](#)

Ingredients

- 100g of shredded unsweetened coconut
- 320 ml of unsweetened coconut milk
- 100g of ghee
- 4 tbsp of Erythritol
- 1 tsp of cardamom powder/ elaichi powder
- 10-20 saffron threads
- Optional: top with chopped almonds



Method

1. Grab a bowl and mix the shredded coconut with 300 ml (1 1/4 cup/ 10.1 fl oz) of coconut milk. Put this mixture aside for 30 minutes.
2. Append the remaining 20 ml (0.7 fl oz) coconut milk; add the saffron threads and the erythritol. Blend it correctly for the sugar to dissolve.
3. After 30 minutes, heat a wok and melt the ghee. Now add the coconut mixture, and keep mixing, ensuring the flame is low, and the mixture does not stick to the surface. Abide mixing for 5-7 minutes.
4. Affix the Elaichi / cardamom powder and cook the mixture for another 5 minutes.
5. Get a baking tray/ barfi tray (I used a 16 cm/6.3-inch square baking tray), butter it, and spread the mixture evenly, up to 1 cm thick. You can also top with chopped almonds and gently press them in. Freeze it for 2 to 2 1/2 hours.
6. Dice small squares according to your liking, and the barfi is ready. Chill for up to 5 days or freeze for up to 3 months if too soft.

Recipe Courtesy- [Keto India](#)



3. Thadal

Prep Time- 5 mins/ Cook Time- 20 mins/ Serving – 8 glasses



Image Courtesy- [Sindhi rasoi](#)

Ingredients:

- 12 almonds
- 6-7 Green cardamoms
- 1 tbsp muskmelon seeds
- 1 tbsp Poppy seeds
- 1 tsp Cumin seeds
- 1 tsp Fennel seeds
- A few strands of Saffron
- A handful of Rose petals
- ¼ cup jaggery
- 1 cup of Milk
- Water

Method:

1. Soak all the dry ingredients together in a bowl (except milk and jaggery) with enough water to cover them.



2. Grind them in a mixer adding water. Strain in a jar using a muslin cloth or a strainer.
3. After straining, you may grind the residue again, adding more water to extract everything properly.
4. Now add the jaggery and the required quantity of milk (and water if needed) and mix well with a spoon.
5. Refrigerate and serve it chilled, or add some ice cubes.

Recipe Courtesy- [Shoba's food mazaa](#)

4. Chocolate Protein Pudding

Prep Time- 5 minutes / Serves 1

Portion Control- 1 Small Bowl Per Serve



Image Courtesy- [Healthy recipes blogs](#)



Ingredients

- 1 serving of vegan chocolate protein powder - vegan
- 2 tbs. cacao powder - or cocoa powder
- 3/4-1 cup milk of choice - cold
- 1 tbs. almond butter or coconut butter

Method

1. Combine the protein powder, cacao powder, and milk in a bowl. Stir well until most of the lumps are entirely removed. Start with 3/4 cup of dairy-free milk and add a little at a time, so it doesn't get too runny.
2. Once the lumps are gone, add the creamy almond butter or melted coconut butter and stir well until you have a pudding consistency.
3. Refrigerate for up to 8 hours or serve immediately.

Recipe Courtesy- [All recipes](#)

5. Varo

Prep Time- 5 mins/ Cook Time- 10 mins/ Serving - 4



Image Courtesy- [Second recipe](#)



Ingredients:

- ¾ cup mixed nuts almonds, pista, walnuts
- ¼ cup jaggery
- 1 teaspoon ghee
- 2-3 cardamoms powdered
- 1 tbsp poppy seeds

Method:

1. Dry roast the nuts in a heavy bottom pan for 2 minutes. Keep it aside.
2. In the heavy bottom pan, add ghee with poppy seeds and let it cook.
3. Add jaggery to the mix and let it cook on a low flame.
4. Add cardamom powder to it along with nuts and turn off the heat.
5. Pour the mixture on a greased plate/baking sheet and roll with a rolling pin to even it.
6. While it is still warm, cut into desired-sized incisions and let it cool.
7. Break into pieces once it cools off.
8. Store brittle in a tight container.

Recipe Courtesy- [Second recipe](#)



7. 3 Actionable Tips To Break Your Fast

Whether you're following a religious fast or a time-restricted eating pattern, returning to your regular way of eating immediately after fasting may lead to severe digestive issues like bloating, unwanted nausea & in extreme cases, diarrhea.

1. Start The Day With Apple Cider Vinegar & Warm Water

1tbsp of apple cider vinegar with a glass of warm water will stimulate the digestive enzymes dormant during fasting. This will make it easier for you to digest your meals.

2. Eat Light Meals

Here's a snapshot of how your meals should look on Day 1 of breaking the fast-

Early Morning	1 tbsp of ACV + 1 glass of warm water
Breakfast	Seyalanda
Lunch	1 cup Yellow garlic rice served with ½ cup of Seyalteewan
Snacks	Handful of nuts
Dinner	2 Jowar roti + elaichi chicken

3. Steer Clear Of These Foods-

Avoid consuming caffeinated beverages, alcohol, raw cruciferous vegetables, or ultra-processed foods.



8. Your Restaurant Cheat Sheet

Love exploring different cuisines at restaurants? But feeling guilty about bingeing on the wrong foods?

Here's a cuisine-wise guide on how to pick the suitable meals at restaurants-

South Indian Restaurants

Start your meals with a cup of any hot vegetable broth.

For the main dish, opt for a millet roti or steamed rice (red rice or brown rice preferred) along with egg curry or soybean curry.

North Indian Restaurants

Start your meals with a clear vegetable soup or dal shorba

You can choose 6-7 pieces of grilled tikka as an appetizer.

For the main dish, opt for a whole wheat roti & pair that with a keema gravy or chicken curry.

Chinese Restaurants

Start your meal with a clear dim sum soup or a mixed vegetable soup. You can relish your favorite dim sum up to 6 pieces. Choose mixed vegetables, spinach, and water chestnut as fillings. Avoid cream cheese: mayonnaise and ultra-processed ingredients.

You can end the meal with a stir fry dish that includes sautéed vegetables & tofu/ paneer/soya/seitan.



European/ Café Style Restaurants

You can start with a Greek salad or a mixed vegetable salad.

For the main dish, you can order a protein steak in the form of tofu/ paneer/ soya cutlet/ seitan/ tempeh. Always ask for a side of sautéed vegetables instead of mashed potatoes.

Dessert Options At Restaurants

Here are a few standard options you can pick to satiate your sweet cravings-

- ✓ Dates (1-2)
- ✓ Sugar-Free Mints (1-2)
- ✓ Fennel Seeds (1 tsp)
- ✓ Dark Chocolate pieces (1-2 pieces)

It's the same principle we used for planning meals- complex carbohydrates paired with healthy proteins & fats. Now when you visit your favorite restaurants, you know what to pick!

9. 6 Hacks That Help Stabilize Glucose Spikes

We are all hunting for hacks that help stabilize our blood glucose levels and help maximize our metabolic health.

Below are a couple of listed hacks that have been tried and tested by Cyborgs to stabilize their glucose curves-

1. Focus on Fibre, Lean Protein & Complex Carbohydrates In That Order-
We hope you have learned to balance your plate with this guide.

Vani Murthy, a self-taught urban farmer & homemaker, learned to focus more on palyas and koshimbirs in the form of fiber as she could see from her data that rice & roti caused instant spikes in her glucose levels.



She brought more volume into her meals in the form of raw salads and sauteed veggies and opted for red rice & unpolished rice instead of white rice.

[Read Eco-Warrior Vani Murthy's story of how balanced meals helped her increase her energy levels& stabilize her glucose levels.](#)

2. Apple Cider Vinegar Helps Flatten Your Glucose Spikes-

The acetic acid in vinegar slows down the breakdown of starches which leads to slower glucose release in the blood.

Here are different ways you can use ACV in your meals-

-Make homemade salad dressings with ACV

-Add 20ml ACV to 40ml warm water before every main meal (lunch & dinner).

Read More About The Benefits Of ACV: [Does Apple Cider Vinegar Live Up To The Hype?](#)

3. Post Meal Walks Help Stabilize Sharp Glucose Spikes-

Post-meal walks help in the following way-

a) Blood sugar regulation- Since walking is an aerobic activity, your muscles use up the glucose in the presence of oxygen& no excess glucose is produced, thus stabilizing your blood sugar.

b) Stress- In several research studies walking has shown to reduce cortisol levels and release endorphins- mood enhancers that promote relaxation.

c) Weight-loss- Walking boosts metabolism, helps in burning calories &coupled with an effective calorie deficit meal plan, can help lose weight.

Read- [Why Post-Meal Walks are Beneficial for Metabolic Health](#)

Read- [Blood Sugar Hacks From Joel Pintos CGM Playbook](#)



4. Include Some Form Of Resistance Training/ Strength Training in Your Routine

A recent study suggests that strength training is beneficial in managing and preventing chronic metabolic diseases such as Type 2 Diabetes.

When you use larger muscles during strength-training exercises, you're enabling glucose (the sugar in your bloodstream) to enter your muscle cells to be used for fuel without additional insulin.

Strength training can be performed by lifting weights in a gym, or it can be as simple as performing body-weight exercises at home. If you're a beginner, start with a certified exercise trainer & once you are comfortable with the movements, you can practice these on your own.

5. Optimize Your Meal Timings-

Planning your meals, eating at regular intervals & keeping consistent meal timings has the following advantages-

- a) Reduced intake of ultra-processed food
- b) Keeping your daily calorie intake within a 12-hour eating window earlier in the day will prevent weight gain as the body loses its ability to digest sugars late at night.
- c) Research indicates that erratic eating schedules lead to lifestyle disturbances & increase your likelihood of developing conditions for chronic metabolic diseases like diabetes, hypertension & obesity.

Watch- [Kshitij Rihal Speak On How A Timely Meal Intake & Sleep Schedule Helped Him Stabilize His Blood Glucose Values](#)



6. Get Experimental & Curious About Your Data-

Understanding what works for your body & what doesn't will make you get closer to your health and fitness objectives. If your goal is to lose fat, build muscle mass, and stabilize your sugar, all these changes will occur once you log enough food in the Ultrahuman app, understand the responses & then take corrective feedback from your health professional.

Watch- [How Awareness About His Food Habits Led Sanket Shah To Drop 4Kgs Over 4 Months.](#)

Watch- [How The Ultrahuman M1 Made Sandeep Mall Lose Weight & Feel 15 Years Younger](#)

Kindly Note- Glucose responses to different foods will vary depending on the individual. Hence people should test the foods themselves and not treat the ideas here as written in stone.

>>>>>>

You've reached the end of your guide.

We hope that you have a basic understanding of how to optimize your glucose levels & improve your lifestyle.

We encourage you to follow this strategy guide & share your findings with us on our different social media platforms-

Cyborg Army On Slack; Twitter & Instagram- @ultrahumanhq; LinkedIn page- ultrahuman

Regards,
Team Ultrahuman.

