

AAMIR INDOREWALA



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YOUR FITNESS FOUNDATION

RECIPE BOOK





INTRODUCTION

Eating while maintaining a **healthy diet** can be challenging. However, with the right choices, you can enjoy your meal while keeping your nutrition on track. This guide provides **Recipes** for veg & non-veg options.

VEG OPTIONS

Sr.No	Recipes Name	Link
1	Quinoa & Chickpea Power Bowl	https://www.youtube.com/shorts/Cby6l41Rdbl
2	Paneer & Mixed Vegetable Stir-Fry	https://www.youtube.com/watch?v=gBlBuj_rBuw
3	Lentil & Spinach Soup	https://www.youtube.com/watch?v=8Dg_Qym2AOw
4	Tofu & Broccoli Stir-Fry	https://www.youtube.com/shorts/Bnw1QM0aS04
5	Sprouted Moong Dal Salad	https://www.youtube.com/watch?v=bJzW9Azyj3s
6	Black Bean & Corn Tacos	https://www.youtube.com/watch?v=dQkbL2sV-co
7	Spicy Chickpea Stew	https://www.youtube.com/watch?v=e1HjQFG4IIU
8	Cauliflower Rice Stir-Fry	https://www.youtube.com/watch?v=Osb1MpN5y-4
9	Avocado & Spinach Smoothie	https://www.youtube.com/watch?v=ggl13fvBfj0
10	Grilled Eggplant with Tahini Sauce	https://www.youtube.com/watch?v=4_vGhHLg1-Y

VEG OPTIONS

Sr.No	Recipes Name	Link
11	Spiced Lentil & Tomato Soup	https://www.youtube.com/watch?v=2fR3nO-RTas
12	Vegetable Sauté with Olive Oil	https://www.youtube.com/shorts/n28P_hlbLtw
13	Mushroom & Spinach Omelet	https://www.youtube.com/watch?v=E6Ypxac3aNw
14	Green Salad with Almond Dressing	https://www.youtube.com/watch?v=r8IFKZ8piVQ
15	Quinoa & Black Bean Salad	https://www.youtube.com/watch?v=ZJXSgR77l7M
16	Spinach & Feta Stuffed Mushrooms	https://www.youtube.com/watch?v=8UqXexUQbEs
17	Broccoli & Cheddar Soup	https://www.youtube.com/watch?v=IS1vqnLHLco
18	Carrot & Ginger Soup	https://www.youtube.com/watch?v=TzVARlFQB64
19	Mediterranean Chickpea Salad	https://www.youtube.com/shorts/cwc4z4ggdrA
20	Mushroom Fried Rice	https://www.youtube.com/watch?v=2XRY18oNKTI

VEG OPTIONS

Sr. No	Recipes Name	Link
21	Lentil Pasta	https://www.youtube.com/watch?v=UDaF3bMNvB0
22	Chickpea & Sweet Potato Grain Bowl	https://www.youtube.com/watch?v=agMMtecXnb8
23	Spinach & Scrambled Egg Bowl	https://www.youtube.com/watch?v=A1p22zIzUqE
24	Vegan Superfood Grain Bowl	https://www.youtube.com/shorts/A9Int3ZTJ8Q
25	Chipotle-Lime Cauliflower Taco Bowl	https://www.youtube.com/watch?v=3SIk_uJU1OE
26	Kale & Chickpea Grain Bowl	https://www.youtube.com/shorts/3cqahj1V5mg
27	Roasted Cauliflower Salad with Almonds	https://www.youtube.com/watch?v=mHIpyubn630
28	Crispy Curried Cauliflower Bites	https://www.youtube.com/shorts/D0f0a_l98oQ
29	Khichdi	https://www.youtube.com/shorts/QvyFsojiNE0
30	Egyptian Lentil Soup	https://www.youtube.com/shorts/bP5O0F_63PI

NON-VEG OPTIONS

Sr. No	Recipes Name	Link
1	Grilled Salmon with Quinoa & Avocado Salad	https://www.youtube.com/watch?v=iOJZDpviL1M
2	Chicken & Vegetable Stir-Fry	https://www.youtube.com/watch?v=BQa1wMo2_-8
3	Egg & Avocado Breakfast Wrap	https://www.youtube.com/watch?v=3Fc03tDF5PU
4	Baked Lemon Garlic Chicken	http://youtube.com/watch?v=7qz8rjGNeF8
5	Grilled Tuna with Roasted Vegetables	https://www.youtube.com/watch?v=i3ODK_3joBg
6	Beef & Quinoa Stir-Fry	https://www.youtube.com/watch?v=BNUt2cT6UhY
7	Shrimp & Asparagus Stir-Fry	https://www.youtube.com/watch?v=aavTZB4d_bc
8	Spicy Fish Tacos	https://www.youtube.com/watch?v=CPFxcByLeYE
9	Chicken Caesar Salad	https://www.youtube.com/watch?v=3cKK5-5yoN0
10	Garlic Butter Shrimp	https://www.youtube.com/watch?v=JS12i22tk7A

NON-VEG OPTIONS

Sr. No	Recipes Name	Link
11	Teriyaki Chicken	https://www.youtube.com/watch?v=jbRr01FqINo
12	Fish Curry	https://www.youtube.com/watch?v=8oo_oUDdiMY
13	Chicken Alfredo	https://www.youtube.com/watch?v=F7CU0qBdj04
14	Beef Tacos	https://www.youtube.com/watch?v=mUlipJl5iOQ
15	Chicken Parmesan	https://www.youtube.com/watch?v=gwSOWAe_IVY
16	Fish & Chips	https://www.youtube.com/watch?v=auLBC82e3Sw
17	Chicken Tikka Masala	https://www.youtube.com/watch?v=c2MGcq_m6r4
18	Instant Chicken Karahi	https://www.youtube.com/watch?v=XDYNofJ1zl8
19	Spinach & Fried Egg Grain Bowl	https://www.youtube.com/watch?v=AwzKpQKua3A
20	Beef Stroganoff	https://www.youtube.com/watch?v=7r3dlmYUf4s

NON-VEG OPTIONS

Sr. No	Recipes Name	Link
21	Shrimp Scampi	https://www.youtube.com/watch?v=7QjKE4eMVbo
22	Beef Chili	https://www.youtube.com/watch?v=-hju_hgB-VE
23	Chicken Pulao with Sauce	https://www.youtube.com/watch?v=HN-68RgGLEM&t=1s
24	Mutton/Lamb Pulao	https://www.youtube.com/watch?v=41rsnRFRDEg
25	Chicken Jalfrezi	https://www.youtube.com/watch?v=d14A_LFMNB0
26	Chicken Biryani	https://www.youtube.com/watch?v=95BCU1n268w
27	Egg Tikka Masala	https://www.youtube.com/watch?v=pxAIG7BHHxs
28	BUTTER GARLIC EGG	https://www.youtube.com/watch?v=sVWSa558KGE
29	Egg Shakshuka	https://www.youtube.com/watch?v=wqIF8POiDdQ
30	Egg Currey	https://www.youtube.com/watch?v=pqGMxHIfcXg

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