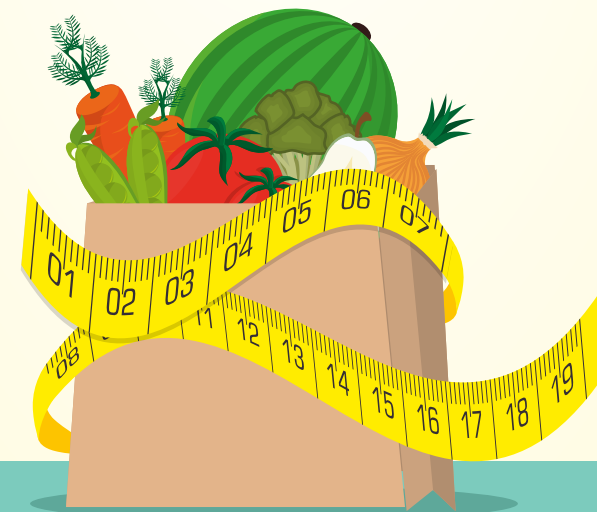




BARIATRIC RECIPE BOOKLET



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Top 5 as per Times Health Survey 2018.

INTRODUCTION

By adopting sensible eating habits and practicing portion control, you can eat nutritious food so that you take in as many calories as you need to maintain your health and well-being at your ideal weight.

Often, weight loss occurs on its own, just when you start making better food choices, such as avoiding, processed foods, sugar-laden foods, white bread and pasta (substitute whole-grain varieties instead), foods with a high percentage of calories from fat, and alcoholic drinks.

This Recipe Booklet gives you a range of very easy to prepare, exciting and nutritious healthy recipes which can be arranged in a few minutes and can substitute unhealthy binge eating. The focus has been to give recipes which are low in calories and high in protein (Less than 100-150 Kcal and 5 gms of protein per serving).

If you are tired of counting calories and dieting that do not work, then this book is for you.

Compiled and edited by:
Ritika Samaddar, RD



Special thanks to Ms. Richa Ralli, who has developed some attractive low calorie, high protein recipes.

Cucumber Juice

SERVING - 2 Glasses

Ingredients:

- One medium-size cucumber, chopped into medium cubes.
- Half small muskmelon peeled deseeded and chopped.
- Crushed ice to serve.

Method:

- Juice all ingredients
- Fill 2 glasses with the desired amount of crushed ice and pour juice over
- Serve immediately

Kanji Drink

SERVING - 2 Glasses

Ingredients:

- 1 tablespoon brown mustard seeds crushed
- 4-5 large carrots, peeled
- 1 large beet, peeled
- 6-7 cups filtered water (or enough to cover the vegetables)
- 1 tablespoon salt

Method:

- Crush the mustard seeds in a mortar pestle or a coffee grinder (it's okay if they're coarsely grounded)
- Chop the carrots and beet into long pieces
- Combine all the ingredients in a glass jar (I use a half-gallon mason jar) and cover with a lid or cheesecloth
- Let the pot sit in a sunny spot for at least one week – stirring with a wooden spoon daily
- Once the kanji develops a tangy flavor that means the drink is fermented
- Strain the drink, save the pickles to enjoy later
- Put the drink in the refrigerator to chill

Tomato Juice

SERVING - 1 Glass

Ingredients:

- 2 tomatoes
- Salt, pepper to taste
- Lemon juice

Method:

- Wash, blanch, peel and chop the tomatoes
- Run through a juicer
- Do not strain the juice, to retain the fibre content
- Pour juice into a glass. Add chilled water/ ice cubes and season with lemon juice, salt, and pepper (you can also add a pinch of fresh or dried herbs such as mint, basil, oregano for flavor)
- Serve chilled.

Strawberry Smoothie

SERVING - 1 Glass

Ingredients:

- Strawberries chopped 100g
- Chia seeds 1 tablespoon
- Honey 1 teaspoon
- Fresh yogurt or greek yogurt 1cup

Method:

- In a mixer put the chopped strawberries, honey and yogurt
- Grind it to make a tasty smoothie
- Pour in a glass and chia seeds.

Serve chilled

Oat Moong Dal Tikki

SERVING - 1

Ingredients:

- Moong dal (dhuli): 20gms
- Cooked oats: 10gms
- Grated onions: ½ tbbbsp
- Curd 2 Tbsp
- Garam masala ¼ tbsp
- Turmeric powder ¼ tbsp
- Ginger garlic paste 1/ tbsp
- Chopped green chillies: ½ tbsp
- Chopped coriander: 2tbsp
- Olive oil: ½ tbsp
- Salt to taste

Method:

- Clean, wash and boil the moong dal in one cup of water till the dal is soft and cooked and all the water has evaporated
- Blend all the dal and oats to a coarse paste
- Transfer it to a bowl and add all the remaining ingredients and mix well
- Divide the mixture into equal portions and shape into round flat tikki
- Cook each tikki on a non-stick tawa using ½ tbsp oil
- Serve with green chutney

Clear Chicken Soup with Broccoli

SERVING SIZE - 2 bowl

Ingredients:

- 150 gms chicken
- One floret of broccoli
- Two tsp of olive oil
- 1 small stick of cinnamon, two whole black cardamom
- ¾ cloves
- ¾ entire black pepper
- Salt



- 1tsp ginger paste
- 1tsp garlic paste
- Half chopped onion
- Two small florets of cauliflower and broccoli, half cup chopped cabbage

Method:

- Add olive oil in a pressure cooker, then all whole masala, now add chopped onion and saute little, add chicken saute till it softens, add ginger garlic paste and vegetables, add a glass of water and give three whistles
- Sieve the broth, separate chicken pieces, make thin slices of chicken and add in clear soup
- Cut broccoli in small florets, keep in microwave pot, and 3-4 tbsp water, cover with lid and steam in the micro for three minutes, add these in chicken soup
- While serving add lemon juice
- And garnish with fresh onion rings

Ragi Vegetable Idli

SERVING - 1 bowl

Ingredients:

- Ragi atta one cup
- ½ cup curd
- 2-3 tsp semolina
- Salt to taste
- 1 tsp ENO
- Sauté vegetables
- Three sliced onions
- One sliced capsicum
- Two carrots grated
- One cup shredded cabbage
- Chopped coriander leaves
- ½ cup boiled peas



Method:

- In a pan mix ragi atta with curd and add semolina and keep it aside for 10 minutes
- Add little water to make a batter, add salt according to taste and mix ENO.
- Take microwave proof idli maker to apply little oil in mold and pour batter and Microwave for 6 to 7 minutes
- Demould idlis after five minutes
- Now in a pan add olive oil and all chopped vegetables and saute it, add chat masala and red chili powder according to taste
- Garnish with chopped green coriander leaves and serve hot

Haryaali Dhokla

SERVING - 10-15 medium size

Ingredients:

- Bathua 1 medium-size bunch
- Sooji 2 Katori
- Curd 1 Katori
- Salt to taste
- Eno 1 Sachet
- Rai, Sesame seeds, oil, dry red chillies & red chilly powder (for garnishing)



Method:

- Clean and wash the Bathua thoroughly. Boil it in minimal water and puree it when cooldown (prepare this in advance)
- In a mixing bowl, add Sooji, Bathua puree, curd, and salt. Mix everything and keep it aside for an hour
- Now add Eno and spread the batter in a greased plate and steam it in Cooker for 20-25 minutes
- Once done, let it cool down
- To prepare the tempering heat oil in a pan, add rai, sesame seeds, dry red, and red chili powder, once it starts spluttering turn off the gas
- Pour it on the prepared Dhokla
- Slice it and serve it with chutney

Quinoa Moong Dal Dhokla

SERVING - 10-15 medium size

Ingredients:

- White quinoa: 3/4 cup
- Moong dal: 1/2 cup
- Ginger paste: 1/2 tbsp
- Chilli paste: 1/2 tbsp
- Lemon juice: 1 tbsp
- Salt: 1 tsp (as per taste)
- Sugar: 1 tbsp
- Lemon juice: 2 tbsp
- Yoghurt: 2 tbsp
- Vegetable oil: 2 tbsp
- Mustard seeds: 1/2 tbsp
- Sesame seeds: 1/2 tbsp
- Turmeric powder: 1/2 tbsp
- Plain ENO: 1/2 tbsp
- Curry leaves: 4-5
- Chopped coriander leaves: for garnishing
- 1 green chili for garnishing



Method:

- Soak Quinoa & moong dal for 4 hours in a bowl
- Drain the water & grind it with yogurt & little water
- Add ginger & chili paste
- Add turmeric powder, lemon juice, salt & sugar. Mix it well
- Add Eno to the mixture & immediately pour into a greased plate
- Cook in the pressure cooker for 15 minutes without pressure. Let it cool
- Prepare tadka using oil, mustard seeds, sesame seeds & curry leaves. Add 1 tsp water in it
- Pour tadka on cooked dhokla
- Cut into pieces you like and garnish with chopped coriander leaves & green chili & serve with green chutney

Zero Sugar Dates Dryfruit loaded Roll

SERVING - 3-4 pieces

Ingredients:

- 15-20 dates deseed them and chop roughly. Just put in a mixer (do not make a paste)
- 12-15 almonds
- 7-8 walnuts
- 10-12 cashew nuts
- 15-20 pistas
- 2 tsp cardamom powder
- 8-10 strands saffron



Method:

- Roast almonds, walnuts and cashew nuts slightly on tava or microwave for 30 seconds
- Put in a mixer and pulse (do them separately) they should be coarsely grinded
- Now mix all this along with 2tbsp of cardamom powder and 8-10strands of saffron
- Grind 15- 20 pistas to powder and keep aside
- Take a pan to add Dates to it and cook on slow flame for 4-5minutes
- Remove all the dry fruit mix and make a ball
- Place a big piece of Clingfilm on the platform and keep the date ball on it
- With rolling pin Roll make a square shape and spread half the pista powder over it.
- Now start moving it tightly (do not roll the film wrap inside the roll)
- Now tightly wrap the film wrap like a toffee
- Keep in the fridge for 30 minutes
- Take it out from the refrigerator and remove the film wrap
- Cut the roll into equal size circles and coat the outer surface with remaining pista powder

Quinoa Salad

SERVING SIZE - 1 bowl

Ingredients:

- 1 Cup soaked quinoa
- ½ pomegranate
- Chopped medium size onions
- 1 cucumber
- 1 medium-size orange
- ½ pear
- 50 grams Paneer
- 8-9 walnuts
- 1 tsp sesame seeds
- Apple cider vinegar for dressing
- Pink salt, honey, black pepper, olive oil, chat masala



Method:

- In a pan, cook quinoa in double the water on the slow flame.
- Toss with a fork
- Add pomegranate, onions and cucumber, oranges, pears, and greens of your choice, cubed paneer then add walnuts and sesame seeds.
- Add Apple cider vinegar, pink salt, honey, black pepper and olive oil for dressing.

Beetroot Spinach Quinoa Pan Cakes or Cheela

SERVING - 10 Cheelas

Ingredients:

- 1 cup cooked quinoa
- 2 cups chopped spinach
- 1 cup shredded and grounded beetroot
- ½ cup boiled peas
- 3 tbsp oats powder or gram flour or bread crumbs
- 1 egg
- 1 inch of chopped ginger
- 2 chopped green chillies
- Parsley or cilantro leaves
- 1 tbsp lemon juice
- Chaat masala to taste
- Salt to taste



Method:

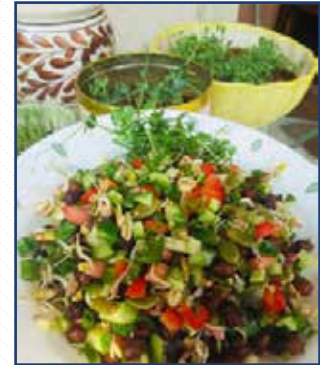
- Combine all ingredients, in a medium mixing bowl, adding in more Oats powder or breadcrumbs if necessary to achieve a mixture that will hold when formed into pancakes
- Let the mixture rest for 5-10 minutes to allow melding
- Add some boiled peas to give more crunchiness
- Coat a large skillet or non-stick dosa tawa with some oil, add the paste, spread evenly as we do to make uttapam or cheela, flipping over when each side is golden and crispy
- Serve hot with some green chutney

Moong and Chana Salad

SERVING - 1 bowl

Ingredients:

- 1 cup bean sprouts
- ½ cup boiled chana
- 1 medium size chopped onion
- 2 small chopped tomato
- 1 cucumber & 3 tsp of roasted peanuts
- 2 tsp pumpkin seeds
- 1 medium-size lemon
- Pink Salt, pepper, chat masala



Method:

- Mix bean sprouts and boiled chana in a bowl
- Add chopped onion, tomato and cucumber and roasted peanuts
- Sprinkle pumpkin seeds
- For the dressing mix the pink salt, pepper, chat masala with lemon juice
- Toss the salad with the dressing and its ready to serve

Egg Muffins

SERVING - 3-4 muffins

Ingredients:

- 2-3 egg
- 1 Chopped onions
- 1 Chopped capsicum
- 2 Chopped green chillies
- 50g Shredded chicken (optional)
- 1 Chopped tomatoes
- Salt, black pepper and little garlic powder



Method:

- Preheat oven for ten minutes at 350 degrees
- Sprinkle oil on the baking muffin tray
- Beat eggs, season with salt and pepper
- Now pour egg add all veggies(onion, capsicum, green chillies, tomatoes and shredded chicken (optional) and cover with a layer of eggs
- Keep this muffin tray for baking for ten minutes, and your egg muffins are ready to serve

Tofu & Spinach Kebab

SERVING - 2

Ingredients:

- Tofu: 70 gms rinsed & drained
- Spinach: 50 gms
- Besan: 1½ tbsp
- Oil: 1 tsp
- Salt: according to taste
- Black Pepper: ½ tsp
- Tomato sauce/Chili Sauce: to serve with

Method:

- Pat the tofu dry on kitchen paper and then grate it
- Steam spinach for 1 minute & chop finely. In a big bowl mix tofu, spinach, salt, pepper & besan to form kebabs

- If you are making the kebabs in advance, cover them with clean film & store them in the fridge until they are needed
- Heat the non-stick pan; add a tsp of oil to shallow fry the kebabs
- Grill the kebabs frequently turning for 5-10 minutes until they are golden brown
- Transfer the kebabs to plates & serve with the tomato/chili sauce

Broccoli Tikkis

SERVING - 1 bowl

Ingredients:

- For the stuffing
- Paneer, grated: 3 tbsp
- Cheese, grated: 1 tbsp
- Other ingredients
- Oil: 2 tbsp
- Chopped onions: ½ cup
- Garlic, finely chopped: 2 tbsp
- Green chillies, finely chopped: 4 tbsp
- Broccoli, finely chopped: 1 cup
- Potatoes, boiled, peeled and mashed: ½ cup
- Corn flour: 2 tbsp
- Salt to taste
- Pepper to taste

Method:

- Heat 1 tsp of oil in a broad non-stick pan; add the onions, garlic and green chillies and sauté on a medium flame till the onions turn translucent
- Add the broccoli and sauté on a medium flame for another 4-5 minutes or till the broccoli is almost cooked
- Remove from the fire, add the potatoes, corn flour and salt and mix well
- Divide the mixture into 10 equal portions and shape each piece into flat rounds
- Lightly press each round in the centre to make a depression
- Place a part of the prepared stuffing in the centre of each round and roll again to make a round tikki
- Heat oil in non-stick tava and cook the tikkis, till they turn golden brown from both sides
- Serve hot with tomato chutney

For the stuffing:

- Combine the paneer and cheese in a bowl and mix well.
- Divide the mixture into 10 equal portions and keep aside.

Chocolate Quinoa Bites

SERVING: 8-10

Ingredients:

- 1/3 cup quinoa, uncooked
- 2/3 cup water
- 1 cup dates, pitted
- 1/2 cup raw almonds
- 1/3 cup peanut butter
- 1/3 cup dark chocolate chip
- 1/8 tsp salt
- 1/4 cup unsweetened shredded coconut for coating



Method:

- In a small pan, bring the quinoa and water to a boil. Cover and simmer until the water is absorbed (10 minutes)
- In a mixer, process the almonds until evenly chopped
- Add the dates, cooked quinoa, salt, peanut butter and chocolate chips in the mixer
- Process until the mixture forms a ball
- Using your hands, scoop out the mixture and form into approx. 1-inch balls
- Roll each ball in the shredded coconut to coat
- Refrigerate for approx. 1 hour to solidify

Tofu chapati

SERVING: 10 Rolls

Ingredients:

- 1 cup oats atta
- 75 gms tofu
- 1/2 cup besan
- 1/2 cup Chopped methi leaves
- Salt, green chilies according to taste



For the filling:

- Paneer 100g
- 2 medium sizes sliced onion
- 2 tsp Olive oil

Method:

- Knead all the ingredients without adding water because tofu will help to hold the dough
- Make chapattis with the dough
- For making paneer filling - In olive oil, saute onions till turn pink, add marinated paneer cubes, little ketchup and saute in high flame
- Now spread chutney on tofu roti, put some paneer filling make a roll and have with sliced onions or green chutney

