



INCLUSIVE OF
MACROS FOR
ALL RECIPES &
TAGS FOR
EFFICIENT
BROWSING

THE ULTIMATE GUIDE TO HEALTHY COOKING

*Easy and Delicious Recipes,
aligned with your health goals.*

(Sample Version)

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FOREWORD

Hey there, welcome to the first edition of SAVA Recipes.

Most of these recipes were born out of sheer boredom in the first pandemic lockdown of 2020. Little did I know I was stumbling upon something amazing I could share with all of you in such an easy manner.

Over the last 2 years, I have gathered many more recipes through recreations of Instagram chefs, things I try at a restaurant and opt to make a healthier option, watching my mum cook at home, trial and error, and just a love for food.

The macro and calorie numbers given for each recipe are for those who are well versed with tracking their food, and even for those who are just about to begin.

Through the course of my own fitness and health journey, I have learned the importance of knowing what and how much food you put into your body. It has given me the freedom to eat more of certain things (which I was afraid to do in my early 20s thinking it was “fattening”) and made sure I am cognizant of how much I am eating – this has given me a new sense of food freedom, without feeling like I am depriving myself of anything.

The notion that healthy food cannot be tasty, that it has to be boring and that it doesn't give you a sense of satisfaction is something that I wish to change with this recipe book. I want you to deep dive into the various preparations, sauces, marinades, and plethora of ingredients that are available in most kitchens. And with a little bit of smart shopping and smart planning, you can create meals for you and your family with minimal effort.



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CITRUS KALE SALAD

INGREDIENTS

For the orange vinaigrette dressing:

- 1/2 teaspoon orange zest
- 1/2 cup fresh orange juice
- 2 tablespoons red wine vinegar
- 2 tablespoons extra virgin olive oil
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper

For the kale salad:

- 8 cups chopped kale, stems removed
- 2 cups shredded purple cabbage
- 2 medium oranges, peeled and cut into segments
- 1/4 cup toasted walnuts
- 1/4 cup crumbled feta cheese
- 1/3 cup pomegranate seeds



METHOD

1. Prepare the orange vinaigrette by whisking together orange zest, juice, vinegar, olive oil, salt and pepper in a small bowl. Set aside. (NOTE: This will make 3/4 cup of dressing.)
2. In a large salad bowl, add the kale and pour vinaigrette over it. Use your hands to massage the kale and vinaigrette together until the kale is completely coated and tender. Stir in cabbage, oranges, walnuts and pomegranate seeds. Sprinkle with feta.

MACROS

237 cal

P - 7g

C - 18g

F - 15g

TAGS

Dressing

Salad

Low calorie

SOYA TIKKIS

INGREDIENTS

100g Soya granules (soaked in warm water for 10-15 minutes and drained)

Onion finely chopped 1 medium

Seasoning:

Red chilli powder 1 teaspoon

Coriander powder 1 teaspoon

Cumin powder ½ teaspoon

Turmeric powder ¼ teaspoon

Green chillies finely chopped 2

Salt to taste

Lemon juice 1 tablespoon

For coating and cooking:

2 tablespoons oat flour

Fresh coriander leaves chopped

1 teaspoon butter

Lemon wedges as required



METHOD

1. Take soya granules in a bowl. Add the seasoning ingredients and mix.
2. Add salt and mix. Add lemon juice and mix. Add coriander leaves and mix. Add breadcrumbs and mix.
3. Divide the mixture into equal portions and shape into tikkis, and cover in a bit of oat flour.
4. Heat some butter in a non-stick pan. Place the tikkis and shallow-fry from both sides till golden and crisp.
5. Garnish with chopped coriander leaves, place one lemon wedge on each tikki and serve hot.

MACROS

418 cal

P - 54g

C - 43g

F - 2g

TAGS

Veg protein

Starter

Main dish

Indian

TOFU STIR-FRY

INGREDIENTS

200g block of extra-firm
tofu

1 carrots, julienned

1/4 cabbage, sliced

1 red onion, sliced

1 spring onion, sliced

1 thumb-sizes ginger,
minced/grated

1 teaspoon butter

Sauce:

2 teaspoon light soy sauce

2 teaspoons oyster sauce

1 teaspoon Chinese cooking
wine/ rice vinegar

1 teaspoon dark soy sauce



METHOD

1. Mix the ingredients for the sauce and marinate the tofu in that for 1 hour
2. Add the butter on the pan, and saute the vegetables
3. Then add garlic and ginger
4. Add the tofu and stir till cooked

(you can add rice to make this a balanced meal)

MACROS

321 cal

P - 35g

C - 6g

F - 21g

TAGS

High Protein

Veg protein

Main dish

20-MINUTE THAI BASIL CHICKEN

INGREDIENTS

200g Chicken breast
1 teaspoon butter
1/2 small red onion
1/2 red bell pepper
1 small head of broccoli
2-3 Thai bird chiles
3 cloves garlic
1 cup basil

Simple Soy Marinade

1 tablespoon dark soy sauce
1 tablespoon light soy sauce
1 tablespoon fish sauce
Black pepper



METHOD

1. Prepare simple soy marinade.
2. Add the butter to a pan, along with sliced onion, red pepper, birds eye chilli, garlic, and bite sized broccoli.
3. Cut the chicken breast into bite-sized pieces, add to the pan.
4. Add the basil along with the soy marinade.
5. Mix all together and cook on a pan till golden brown.

MACROS

275 cal
P - 45g
C - 5g
F - 9g

TAGS

High Protein
One pot dish
Low carb
Main dish
Asian

SPICY TOMATO PRAWNS PASTA



INGREDIENTS

- 50g (1 serving) Pink Harvest Fettuccine (or any non maida / protein pasta)
- 250 raw prawns peeled and deveined
- 1 tablespoon butter (into 2 parts)
- 3-4 garlic cloves minced or crushed
- 1 teaspoon Italian seasoning or oregano
- 1/4 teaspoon of red pepper flakes
- Salt and pepper to taste
- 1 tablespoon freshly grated parmesan or chopped parsley to garnish
- 4-5 cloves of garlic minced
- 2 diced tomatoes
- 1/2 cup white wine
- 1 teaspoon brown sugar
- 1 teaspoon oregano
- 1/4 cup parsley

METHOD

1. Boil the pasta. Add 1/2 tablespoon butter to a hot pan, followed by the prawns.
2. Season with salt, pepper, red pepper flakes, garlic, Italian seasoning to the pan.
3. Cook for another minute per side or until prawns is light pink and garlic is golden brown, and transfer to a bowl.
4. Heat 1/2 tablespoon butter in a large pan over medium-high heat.
5. To the same pan, add the onion and garlic (finely chopped) and cook till golden brown.
6. To this, add the tomatoes, the wine and the remainder of the salt, the sugar, and the oregano till the water released from the tomatoes gets reduced by half.
7. Add the prawns along with the parsley and mix well.
8. Once fully cooked, add the pasta and cook together for a couple of minutes.
9. Garnished with freshly grated parmesan cheese or/and chopped parsley.

MACROS

642 cal
P - 61g
C - 39g
F - 18g

TAGS

Italian
Balanced meal
Main dish

PROTEIN CHIA PUDDING BOWL

INGREDIENTS

35g chia seeds
1 tablespoon cacao
powder
100ml oat milk
 $\frac{1}{2}$ scoop protein powder
4 tablespoon greek
yogurt
2 teaspoons honey



METHOD

1. Add all the ingredients into a jar. Shake it well.
2. Shake again after 10 mins to avoid any big chunks.
3. Leave it in the fridge overnight or for a few hours.

MACROS

400 cal
P - 25g
C - 41g
F - 15g

TAGS

One pot dish
Balanced meal
Clean dessert