

ULTRAHUMAN FOOD STRATEGY GUIDE

Hack your metabolism by eating right
For Sindhi Vegetarians



Table Of Contents

1. How To Think About Grocery Shopping

Grocery List- Let's Get Shopping!

2. Choosing The Right Carbs, Proteins & Fats

Choosing The Right Carbs

Where Do I Get My Proteins From?

Healthy Fats To Add To Your Everyday Cooking

Healthy Nuts & Seeds

Commonly Eaten Nuts & Seeds & Their Benefits

3. Maximizing Fiber Sources In Your Diet

4. 20 Healthy Sindhi Vegetarian Meal Plan Ideas

5 Meal Ideas For Breakfast

5 Meal Ideas For Lunch & Dinner

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

6. 5 Meal Ideas To Manage Your Sweet Cravings

7. 3 Actionable Tips To Break Your Fast

8. Your Restaurant Cheat Sheet

9. 6 Hacks That Help Stabilize Glucose Spikes



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 natural whole 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	Dals (Few Dals Are Rich in Carbs + Protein) Tur Dal Urad Dal/ Split Urad Dal Yellow Moong Dal Chana Dal Green Gram Dal	Cold-pressed/Organic Ricebran Oil Sesame Oil Mustard Oil Organic Ghee/A2 ghee Butter	Masalas Stick to organic & freshly ground wherever possible
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	Rajma Black-eyed beans (<i>Raanh</i>) White Channa Black Channa Dairy Paneer Greek Yoghurt Whey Protein Powder	Nuts Almonds Walnuts Brazil Nuts Cashew Nuts Hazelnuts Pinenuts Macadamia Peanuts Pecans Pistachios	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>Plant-based protein Tofu Soya Chunks/Granules Tempeh</p>	<p>Seeds Pumpkin Seeds Sunflower Seeds Flax seeds Chia Seeds</p>	
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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, this can go up to 1.5g per kg body weight.

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

- ✓ Soyabean (52 gms/ 100gms)
- ✓ Moongdal (22gms/100gms)
- ✓ Chickpeas (19 gm/100g)
- ✓ Black eyes peas (8 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 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 Maganese- 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 2 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 Vegetarian Sindhi 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. Chola Served With Dabal (Pav bun)

Soak Time – Overnight/ Prep Time- 20 mins/ Cook Time- 25 mins/
Servings- 2

Takeaway- Chola (Protein and fiber), Whole wheat pao (Carbs)/ Portion

Control For 1 Whole Wheat Pav & 100gms Chola



Image Courtesy- [Veg indian cooking](#)

Ingredients:

- 200g Kabuli channa
- 2 large onions, finely chopped
- 3 tomatoes, grated
- 2 green chilies
- 3 cloves of garlic, pounded



- 1-inch of ginger, pounded
- 2 tej patta
- 2 black cardamom
- 1-inch cinnamon bark
- ½ tsp turmeric powder
- ½ tsp red chili powder
- 2 tsp coriander powder
- 1 tsp garam masala
- 2 tbsp ghee
- Salt to taste
- Fresh coriander leaves for garnish
- 1 tsp lemon juice or tamarind water

Method:

1. Soak Kabuli chana overnight with enough water, drain and rinse the following day.
2. Add soaked chana to a pressure cooker and add enough water until submerged completely. Add salt, 1 tej patta, and 1 black cardamom, and cook for 2 whistles.
3. Drain and reserve some boiled chana water when the pressure subsidester.
4. Add 2 tbsp of ghee, 1 tej patta, cinnamon, and black cardamom in the same cookermom. Add pounded ginger and garlic. Cook for a minute and add chopped onions; cook until medium brown.
5. Add turmeric and chili powder along with chopped chilies.
6. Add boiled channa, grated tomatoes, salt, and coriander powder and mix until oil separates.
7. Add the boiled chana water until the mixture is submerged. Mash some channa to thicken the curry.



8. Add chopped coriander and garam masala and pressure cook for 1 whistle. Keep the flame to a minimum and cook for another 10 mins.
9. Serve with whole wheat pao and garnish with chopped onions and lemon juice.

Recipe Courtesy- [Sindhi raso](#)

2. Besan Jo Chilro (Savoury Pancake)

Prep Time- 10 mins/ Cook Time- 15 mins/ Servings- 2

Takeaway- Besan (Protein + Carbs), Vegetables (Fibre)



Image Courtesy- [Second recipe](#)

Ingredients:

- 2 cups besan flour
- 1 onion, chopped
- 1 carrot, chopped
- A handful of coriander leaves, chopped
- 1 tsp cumin seeds
- 1 tsp dry pomegranate seeds

- 1 tsp coriander seeds
- 2 green chilies, chopped
- Salt to taste
- Red chili powder, as per taste
- ½ cup water, adjust accordingly
- 2-3 tsp mustard oil

Method:

1. Mix all the ingredients except oil by adding water until the batter is of pouring consistency.
2. In a heated tawa, grease with oil and pour some batter. Pour 1 tsp of oil on the sides of the pancake and cook on medium flame until golden brown.
3. Serve with green chutney

Recipe Courtesy- [Sindhi Rasoi](#)

3. Dal Phulko Served With Cucumber Raitha

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

Takeaway- Whole wheat (Carbs), Dal (Protein), Cucumber raitha



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



Ingredients:

- Whole Wheat Flour – 1 cup
- Split Moong Dal – 100 gms
- Turmeric Powder – 1/4 tsp
- Green Chillies – 2 finely chopped
- Coriander Leaves – 1 tbsp, chopped
- Dried Mango Powder – 1/2 tsp
- Red Chilli Powder – as required
- Ghee
- Salt to taste

Method:

1. Knead wheat flour into a dough and keep it aside.
2. Add washed dal, turmeric powder, and salt in a Kadai.
3. Cook the dal until it turns soft by adding little water.
4. When the dal is cooked, add the other ingredients, except ghee
5. Mix well and switch off the flame when thoroughly cooked. Allow it to cool down.
6. Divide the dough into medium-sized balls and roll out to a thick roti.
7. Add 1 tbsp of the dal filling and spread it evenly on one side.
8. Cover it with another uncooked roll and carefully seal the edges using little water if required.
9. Sprinkle some flour on top and roll out into a large roti.
10. Heat a Tawa, cook these Rotis, and brush the top with ghee.
11. Serve hot.

Recipe Courtesy- [Awesome cuisine](#)



4. Upma With Paneer Bhurji

Prep Time- 5 mins/ Cook Time- 15 mins/ Servings- 2

Takeaway- Samo (Carbs + fiber), Paneer(Protein)

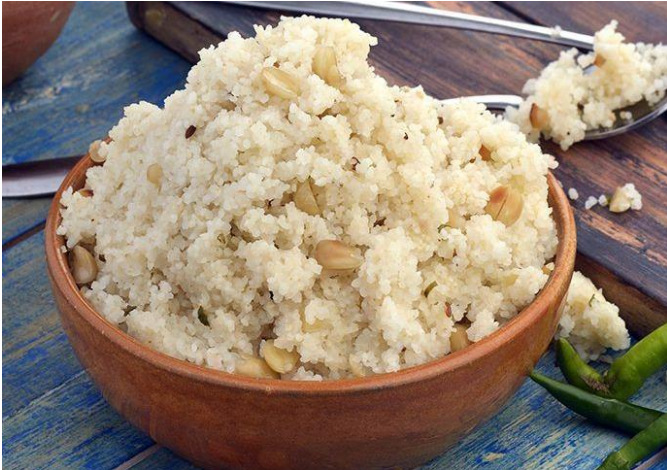


Image Courtesy- [Tarla Dalal](#)

Ingredients:

- 3/4th cup of samo (Barnyard millet)
- 1 medium onion, chopped
- 1 tsp mustard seeds
- 5-6 curry leaves
- 2 green chilies, chopped
- Salt to taste
- 2 tbsp oil
- 2-3 cups of water
- Coriander leaves
- Lime juice

Method:

1. In a pan, dry roast samo seeds till slightly toasted.

2. Empty the pan and add 2 tbsp of oil, followed by curry leaves and mustard seeds. Allow it to splutter. Add chopped onion and saute till translucent.
3. Add toasted samo seeds, chilies, and coriander and mix well.
4. Add water and salt and allow the mixture to boil.
5. Cook on medium flame while stirring until the mixture is thick and cooked well.
6. Garnish with fresh coriander leaves and lime juice and serve hot.

Recipe Courtesy- [Sindhi raso](#)

Paneer Bhurji

Prep Time- 10 mins/ Cook Time- 25 mins/ Servings- 3



Image Courtesy- [Sindhi Raso](#)

Ingredients:

- 250g paneer
- 2 small onions, chopped
- 2 medium-sized tomato
- 2-3 green chilies
- 1 bay leaf

- Salt as per taste
- ¼ tsp turmeric powder
- ¼ tsp garam masala
- ½ tsp kasoori methi
- 2 tsp mustard oil

Method:

1. Take 2 tsp of oil in a pan and add chopped onions and bay leaf and saute until light brown.
2. Add grated tomato and mix well.
3. Add chopped green chilies, salt, turmeric powder, garam masala, and grated paneer.
4. Mix well and cook for a few seconds on a high flame. Add a few spoons of water and let it cook till the oil separates from the mixture.
5. Garnish with kasoori methi and chopped coriander, and serve hot.

Recipe Courtesy- [Sindhi Rasoi](#)



5. Koki (Flatbread) served with yogurt

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

Takeaway- Wheat flour (Carbs), Greek Yogurt (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](#)



5 Meal Ideas For Lunch Or Dinner

1. Sindhi Kadhi With Brown Rice

Prep Time- 10 mins/ Cook Time- 40 mins/ Servings- 6

Takeaway- Kadhi (Protein + Fibre), Brown rice (Carbs)



Image Courtesy- [Second recipe](#)

Ingredients:

- 4 tablespoons mustard oil
- 2 tsp cumin seeds
- ¼ tsp fenugreek seeds
- ¼ tsp asafoetida
- 2 tsp finely chopped ginger
- 2 tsp finely chopped green chilies
- 10-12 curry leaves
- ½ cup chickpea flour
- ½ cup grated tomato
- 6 cups boiling water
- ½ tsp turmeric powder
- 1 tsp Kashmiri red chili powder
- Salt to taste



- 2 cups mixed vegetables (Potato, carrots, drumstick, pumpkin, okra, brinjal)
- 2 tsp tamarind paste
- 1 tsp crushed jaggery
- 1 tbsp chopped coriander

Method:

1. Heat oil in a skillet over medium-high heat.
2. Once the oil is hot, add cumin seeds, fenugreek seeds, asafoetida, finely chopped ginger, green chili peppers, and curry leaves, and let them crackle for 4-5 seconds.
3. Reduce the heat to low and add chickpea flour slowly. Keep stirring continuously while adding the flour to avoid the formation of lumps.
4. Fry until the flour turns golden brown.
5. Add tomatoes and cook for a minute.
6. Take the pan off the heat and slowly add boiling water while stirring continuously using a wire whisk from your other hand. Mix to form a lump-free mixture.
7. Put the pan back on low heat and stir in turmeric powder, Kashmiri red chili powder, salt, and chopped vegetables.
8. Cover the pan and cook for 8-10 minutes or until the vegetables are tender.
9. Add tamarind paste and crushed jaggery and mix well.
10. Cook on medium heat until the curry thickens (4-5 minutes). Garnish with chopped coriander and serve hot with rice.

Recipe Courtesy- [Whisk affair](#)



2. Tidal Dal Served With Tariyal Vangan and Millets

Prep Time- 5 mins/ Cook Time- 20 mins/ Servings- 4

Takeaway- Tidal dal (Protein), Millets (Carbs), Tariyal Vangan (Fibre)



Image Courtesy- [Pinterest](#)

Ingredients:

- ½ cup split moong dal
- ¼ cup chana dal
- 2 tablespoon urad dal
- 2 medium tomatoes, chopped
- 1-inch ginger, chopped
- 1-2 green chili, chopped
- 1/2 teaspoon turmeric powder
- 3 cups of water
- salt to taste

For tempering:

- 2 tablespoons mustard oil
- 1/8 tsp Hing



- 6-8 cloves garlic, minced
- ½ tsp red chili powder

For garnish:

- Handful of fresh coriander
- ½ tsp lemon juice, optional

Method:

1. Rinse and soak the lentils in warm water for 30 minutes. After 30 minutes, drain the water from the lentils.
2. In a pressure cooker, add all the ingredients, rinsed lentils, tomatoes, ginger, green chili, turmeric, and salt to taste. Add water and pressure cook for 20 minutes on high flame.
3. Let pressure release naturally, around 10 minutes, and then release the remaining pressure manually.
4. Check the consistency of the dal, if desired add hot water and adjust the seasoning.
5. To prepare the tempering, heat some oil in a pan; when the oil is hot, add some asafoetida and chopped garlic. Sauté until garlic turns slightly brown and is aromatic. Turn off the heat. Add some red chili powder and mix well.
6. Pour the tempering over the dal. Mix well.
7. Add some fresh coriander and freshly squeezed lemon juice to taste.

Recipe Courtesy- [Living smart and healthy](#)



Tariyal Vangan (Aubergine fry)

Prep Time- 5 mins/ Cook Time- 10 mins/ Servings- 1-2



Image Courtesy- [Yummy Tummy aarthi](#)

Ingredients:

- 1 medium size eggplant/ aubergine
- ½ tsp coriander powder
- 1 tsp red chili powder
- 1 tsp dry mango powder
- Salt to taste
- Mustard oil

For garnish:

- Handful of fresh coriander

Method:

1. Cut the eggplant into ¼ inch disc. Make some slits, sprinkle some salt, and keep it aside for 10 min. After 10 min, rinse and pat dry the eggplant pieces with some paper towel.

2. Heat oil in a kadai/wok. Shallow fry a few pieces of eggplant on medium to high heat until crispy on both sides, around 2-3 min.
3. Mix all the dry spices and sprinkle this spice mixture over the fried eggplant. Serve hot.

Recipe Courtesy- [Living smart and healthy](#)

3. Jowar Jo Dodo Served With Sai bhaji

Prep Time- 5 mins/ Cook Time- 5 mins/ Servings- 1

Takeaway- Jowar (Carbs), Sai bhaji (Protein + Fibre)



Image Courtesy- [Sindhi rasoi](#)

Ingredients:

- 1 cup Jowar Flour
- 2 no Green Chillies increase as per taste
- Handful Coriander Leaves
- 1 tsp Green Garlic
- Salt to Taste
- 2 tsp Cooking Oil
- Water hot to knead the flour



Method:

1. In a wide bowl, take all the ingredients.
2. Bring the water to a boil and carefully add to the flour.
3. Mix using a spoon until it mixes well. Then carefully knead a soft dough using your palm.
4. Heat a Tawa, then divide the dough into more petite balls, if you want.
5. Pat well between your palms, and carefully place this on the hot Tawa and pat it down to a thin roti.
6. Sprinkle the oil over the roti and cook over low flame for the roti to get cooked well.
7. Flip it over to the other side and cook well.
8. Serve hot.

Recipe Courtesy- [Sindhi rasoi](#)

Sai Bhaji

Prep Time- 15 mins/ Cook Time- 30 mins/ Servings- 3



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

Ingredients:

- 2 cups Spinach Leaves, washed and finely chopped
- 1/2 cup Methi Leaves, washed and finely chopped
- 1/4 cup Chana dal, washed and soaked
- 2 tablespoons Green Moong Dal (Split), washed and soaked
- 1/3 cup Carrots, finely chopped
- 1/2 cup Bottle gourd, finely chopped
- 1/3 cup Green beans, finely chopped
- 2 Onions, finely chopped
- 1 Tomato, finely chopped
- 1-inch ginger, finely chopped
- 1 tablespoon ghee
- Salt, to taste
- 1 teaspoon Turmeric powder
- 1 tablespoon Coriander Powder
- 6 cloves Garlic, finely chopped
- 2 teaspoons Red Chilli powder
- To Temper
- 6 cloves Garlic, finely chopped
- 2 teaspoons Red Chilli powder
- 2 tbsp ghee

Method:

1. Wash and soak the chana dal and split green moong dal for about 30 minutes.
2. Wash and chop all the required vegetables and greens.
3. In a pressure cooker, heat ghee on medium flame and start by adding the onions and sauté for a couple of minutes.
4. Next, add ginger and garlic and sauté for a couple of minutes.
5. Add the tomatoes and cook until mushy for about 2 minutes.
6. Add the remaining ingredients, including turmeric powder, coriander powder, red chili powder, green chili, spinach leaves, methi leaves, chana dal, green moong dal, carrot, green beans, and bottle gourd. Sauté it for about 4 to 5 minutes.



7. Add salt to taste and 3 cups of water, close the lid, and pressure cook the Sindhi Sai Bhaji for 15 to 20 minutes. Switch off the heat and allow the pressure to release naturally.
8. Open the lid and mash the Sai bhaji using a potato masher to bring it to a mushy consistency.
9. Serve hot.

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

4. Raanh Served With Red Rice

Prep Time- 10 mins/ Cook Time- 15 mins/ Servings- 4

Takeaway- Red rice (Carbs), Raanh (Protein + Fibre)



Image Courtesy- [Sindhi raso](#)

Ingredients

- 1 cup of black-eyed beans
- 2 onions
- 2 tomatoes
- 2-3 green chilies
- 1-inch ginger
- Salt to taste
- ½ tsp turmeric powder



- 1 tbsp coriander powder
- 2 tbsp oil

Method:

1. Soak the beans in water for 6-8 hours. After soaking, discard the water and rinse 1-2 times again.
2. In a pressure cooker, heat 2 tbsp of oil and add chopped onions and ginger, and cook until brown.
3. Add chopped tomatoes, green chilies, turmeric powder, and salt. Cook until tomatoes become mushy.
4. Add 1 cup of water and close the lid of the cooker. Cook for 3 whistles.
5. Open the lid once the pressure subsides and whisk the mixture properly.
6. Add soaked beans, salt, and 1 tbsp of coriander powder and mix well. Add 2 cups of water and cook for 1 more whistle.
7. Once cooked, adjust the consistency of the gravy and serve with coriander leaves

Recipe Courtesy- [Sindhi raso](#)i



5. Jhang Millet Pulao Served With Mattho

Prep Time- 15 mins/ Cook Time- 30 mins/ Servings- 2-3

Takeaway- Millet (Carbs), Mattho (Doodhi raita) (Protein + Fibre)



Image Courtesy- [Smitha Kalluraya](#)

Ingredients:

- 1 cup Kodo millet
- 1 large onion
- 1/4th cup green peas
- 1 carrot
- A handful of chopped spinach
- 2-3 green chilies
- 1 tbsp ghee
- 1 tsp cumin seeds
- 1 tsp mustard seeds
- 2-3 cloves
- 2 black cardamom
- 1-inch cinnamon stick
- 2 tejpatta



- ½ tsp turmeric powder
- Salt as per taste
- 1 tsp ground ginger garlic paste
- 1 tomato
- Other vegetables (Cauliflower, capsicum, beans)

Method:

1. Soak millets for 30 minutes in warm water.
2. In a vessel, heat 1 tbsp of ghee and add cumin, mustard seeds, and whole spices.
3. Add sliced onions and cook until translucent. Add ginger garlic paste and mix well.
4. Add potato cubes and other vegetables along with some salt. Add chopped chilies and turmeric powder.
5. Add chopped tomato and mix well.
6. Add soaked millets and mix gently. Adjust salt accordingly. Cook it for 2-3 minutes.
7. Add 2 cups of water and cook on high heat until all the water is absorbed.
8. Serve hot.

Recipe Courtesy- [Sindhi rasoi](#)



Mattho (Dhoodhi raita)

Prep Time- 20 mins/ Cook Time- 10 mins/ Servings- 1-2



Image Courtesy- [Indian khana](#)

Ingredients:

- 1 cup curd
- ½ cup grated bottle gourd
- Salt as per taste
- A pinch of black pepper, red chili powder, cumin powder
- 1 green chili
- ½ tsp of chopped ginger

Method:

1. Peel and grate bottle gourd. Rinse and boil it for 3-4 minutes. Allow it to cool.
2. Blend the curd properly and add salt, chopped green chili, and ginger, and mix well.
3. Squeeze the boiled bottle gourd and add it to the curd.
4. Mix well and set aside for 1-2 hours to allow the flavors to blend in.

5. Add mixed spices and garnish with coriander leaves.

Recipe Courtesy- [Sindhi raso](#)

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. Bheeya ji tikki (Lotus stem tikki)

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

Takeaway- Fibre and protein-rich snack



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

Ingredients:

- 1 cup peeled, diced, and boiled lotus stem



- ¼ cup sprouted Kala chana
- 1 medium boiled potato
- 2 tbsp chopped onion
- 2 tbsp chopped coriander
- ¼ cup rolled oats
- ¼ tsp nutmeg powder
- 1 tsp garam masala
- ½ tsp red chili powder
- 2 tbsp ghee
- Salt to taste

Method:

1. Toss all the ingredients (except potato and ghee) in a food processor or mixer).
2. Pulse the ingredients a couple of times until coarse.
3. Add mashed potato and adjust seasonings. If the dough feels sticky add 1 tablespoon of besan and mix it well.
4. Shape it into tikkis and shallow fry it with ghee until golden brown on both sides. You can also bake them.

Recipe Courtesy- [Ruchi'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.

Recipe 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.

Recipe Courtesy- [Healthy veg recipes](#)

2. Keto Coconut Barfi

Portion Control- 1-2 Barfis Per Serve



Image Courtesy- [Keto India](#)

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
- $\frac{1}{4}$ 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, going back to your regular way of eating immediately after fasting may lead to some severe digestive issues like bloating, unwanted nausea & in extreme cases, diarrhea.

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

1 tbsp of apple cider vinegar with a glass of warm water will stimulate the digestive enzymes which were 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	Upma with paneer bhurji (1 cup)
Lunch	1 cup millets + 1 Cup kadhi + tariyal vangan
Snacks	Handful of nuts
Dinner	2 Jowar roti + 1 cup Sai bhaji

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 proper 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 a mixed vegetable 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 phulka & pair that with a paneer gravy or soybean 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 when it comes to 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.

