



A Smarter Way to Eat Out

FREQUENTLY ASKED QUESTIONS

General Eating Habits

Q. What to Eat When You Have a Sweet Craving

- 2 dates
- 1 spoon peanut butter (less than 5 ingredients, no added sugar)
- 1 homemade oats ladoo or moong dal–jaggery ladoo
- 1 oats & peanut butter bite
- 1 bowl of fresh-cut fruits with yogurt

Q. What Are Handy Salad Options?

- Keep lettuce, kale, or a salad mix ready in your fridge.
- Add simple veggies like cucumber, tomato, carrot, or beet for a quick toss.

Q. What Alcohol To Pick And How Often?

- Avoid premixed drinks with cola, soda, or other aerated mixers.
- Limit alcohol to once a week (preferably Saturday night). Opt for wine, light spirits, or a simple soda water mixer. Try to avoid beer.

Q. How Many Cups Of Tea/Coffee Can I Have In A Day?

Limit to 2–3 cups per day. Choose smaller cups, reduce sugar, and avoid drinking them late in the evening to prevent sleep disruption.

Q. What To Do After A Cheat Day?

- Don't skip meals or over-restrict.
- Get back to your regular plan at the very next meal.
- Hydrate well.
- Add extra movement (walks or light exercise).
- Focus on more vegetables, fruits, and balanced meals to reset.

Q. What are Veg-Friendly Ways to Add Protein to Meals

1. Protein-Rich Lentils & Legumes (Easily Digestible)

- Moong dal (yellow lentils) khichdi – light & gut-friendly.
- Masoor dal (red lentils) curry – soft texture, easy on digestion.

- Toor dal with rice/millets – filling and protein-rich.
- Chana dal with bottle gourd (lauki) – balances protein & fiber.
- Sprouted dal (lightly cooked) – improves protein absorption.

Tip: Add hing (asafoetida) & ajwain (carom seeds) while cooking to reduce bloating.

2. Tofu (Dairy-Free Protein)

- Tofu bhurji.
- Tofu stir-fry with veggies.
- Tofu curry in coconut milk.
- Pair tofu with rice or millet roti for a complete meal.

3. Gluten-Free Whole Grains (With Protein Value)

- Quinoa khichdi – gentle & high in protein.
- Amaranth (rajgira) roti or porridge – protein + calcium.
- Buckwheat (kuttu) dosa/roti – balances protein intake.
- Foxtail millet khichdi with dal – wholesome and light.

4. Nut-Free & Gut-Friendly Protein Boosters

- Roasted makhana (fox nuts).
- Chia seed pudding with coconut milk.
- Pumpkin & sunflower seeds – sprinkle into soups, salads, or curries.
- Flaxseed chutney with rice/millets for protein + omega-3.

5. Fermented Options for Better Absorption

- Idli with coconut chutney – soft & light.
- Besan (gram flour) chilla – easy-to-digest protein.
- Vegetable dosa (rice + dal batter) – gut-friendly.
- Mild khichdi with sprouted lentils.

Dining Out

Q. What are safe choices when dining out in general?

Veg Options:

- Plain dosa, idli, or sambar
- Grilled vegetables or stir-fried veggies (ask for less oil)
- Clear soups or broth-based soups

- Rice bowls with beans/veggies (skip cheese, cream, or heavy sauces)

Non-Veg Options:

- Grilled chicken or fish with vegetables
- Baked/poached fish with herbs
- Chicken/egg curry with plain rice (lightly spiced, less oil)
- Grilled chicken wraps or fajita-style bowls (avoid fried fillings)

Always request: less oil, spices on the side, no cream/dairy, and simple preparations.

Q. How can I eat smart when choosing Indian dishes?

Veg Options:

- Chole or dal with a side salad (prefer rice over breads)
- Mixed vegetable curry with rice
- Paneer tikka with mint chutney

Non-Veg Options:

- Grilled chicken tikka with salad
- Fish curry (light, tomato or mustard-based) with rice

Avoid corn-based dishes and deep-fried foods.

Q. What are the healthiest choices from an Asian cuisine menu?

- Soups: Clear broth soups like miso soup, hot & sour (without too much spice), or tom yum.
- Salads: Thai papaya salad, cucumber salad with sesame, seaweed salad.
- Stir-Fries: Lightly stir-fried vegetables, tofu, or chicken with minimal oil and sauce.
- Curries: Steamed fish or chicken curry in coconut milk (ask for mild spice, less oil).
- Rice/Noodles: Brown rice, jasmine rice, or rice noodles with vegetables and lean protein (avoid fried rice or oily noodles).
- Steamed Options: Steamed dumplings with vegetable or chicken filling, steamed fish with ginger and spring onion.
- Avoid: Deep-fried starters, dishes heavy in soy sauce, sweet sauces, or creamy gravies.

Q: What should I choose from the Continental cuisine?

Veg Options:

- Grilled vegetable salad
- Quinoa bowl
- Soup of the day (ask for low sodium)

Non-Veg Options:

- Grilled salmon with steamed vegetables
- Roast chicken with herbs and sautéed greens

Snacking

Q. What Are Some Easy Snack Options For In-Between Meals?

Nuts & dried fruits Make your own trail mix (e.g., dates + almonds + sunflower seeds, or cranberries + cashews + dark chocolate).	Roasted makhana or murmure
Roasted chickpeas Soak, boil, season, and bake/roast	Apple slices with peanut butter (great office snack)
Homemade granola Oats + seeds + dried fruits baked with honey & coconut oil	Greek yogurt with fruits & nuts
Popcorn Lightly salted, air-popped	Oats laddoo Oats + nuts + sesame + jaggery
Fruits & veggies Apples, carrots, cucumber, oranges, grapes	Oranges with almonds
Boiled eggs	Dark chocolate (in moderation- 2 pieces at a time)
Steamed broccoli	Hummus with carrot sticks

Travel Related

Q: What should I eat during a long flight?

Here are some options you can choose from:

 <u>Indian Options</u>	 <u>International Options</u>
Breakfast (if flying in the morning): • Poha, upma, or idli with chutney. • Thepla or paratha roll (plain or stuffed with vegetables). • Homemade granola with nuts/seeds and fruit (you can carry granola from home).	Breakfast (if flying in the morning): • Oats or granola with nuts/seeds and fruit. • Whole-grain wrap/sandwich with nut butter or boiled eggs. • Yogurt with fruit.
Lunch (midday meal): • Brown rice with sautéed vegetables and lean protein (chicken, paneer, tofu). • Quinoa or millet salad with beans/chickpeas and olive oil dressing. • Wrap with hummus, grilled veggies, and protein of choice.	Lunch (midday meal): • Brown rice with sautéed vegetables and lean protein (chicken, paneer, tofu). • Quinoa or millet salad with beans/chickpeas and olive oil dressing. • Wrap with hummus, grilled veggies, and protein of choice.
Dinner (before sleeping on the flight): • Dal-chawal. • Vegetable pulao with soup on the side. • Steamed vegetables with roti/rice.	Dinner (before sleeping on the flight): • Soup with whole-grain crackers or bread roll. • Steamed vegetables with rice or baked potato. • Simple lentil/rice bowl (if available).

General Tips:

- Stay hydrated—sip water often, avoid excess tea/coffee, alcohol, or sodas.
- Carry healthy snacks like nuts, fruit, granola, khakra, or protein bars.
- Eat lighter, smaller meals to avoid bloating or indigestion.