

Healthy South Asian Plant Based Swaps



PLANT-BASED
Health Professionals UK

Simple swaps



Saag Paneer with dairy
cheese, butter and cream



Saag Paneer
with Tofu Paneer

<https://www.plantbasedindianliving.com/>

Plain Dairy
Yoghurt



Plain Soya Yoghurt



White Rice



Brown or
Red Rice

Paratha
with **butter**



Oil and
Butter-free
Paratha



White Flour for
roti/ chapatti



Stoneground wholewheat flour
or **Millet** Flour (Bajra)
for roti/ chapatti



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Kate Dunbar, Patient Advocate

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Healthy meal ideas

Breakfast

Oats Porridge



Daliya
(whole cracked wheat)



Masala Dosas
made without oil



Stuffed paranthas
without oil/ ghee and serve
with yoghurt or an
oil-free pickle/ chutney

Lunch and Dinner

All can be made without
ghee, oil, cream and butter



Daal



Sabjis



Panjabi Kadhi
can be made with
Soya Yoghurt

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Chickpea Curry

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Snacks



Crisps



**Dry Roasted
Chana Daal**

With oil-free
pickles and
chutneys



**Mint
Chutney**



**Lemon
Pickle**

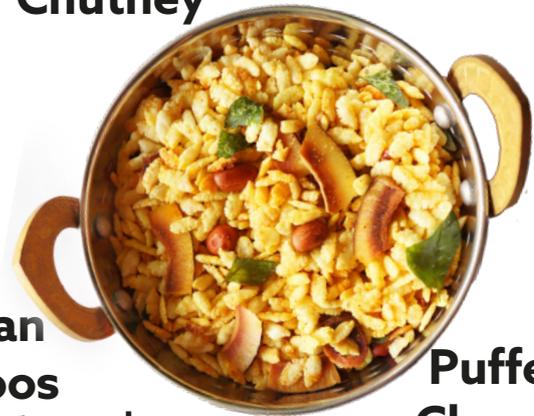


Biscuits



**Besan
Ladoos**

made with crushed dates and
roasted chana daal



**Puffed Rice
Chevda mix**

Special Occasions

**Baked
Samosas**



**Baked
Pakorras**



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<https://www.veganricha.com/>