

# 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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## 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



**Chickpea Curry**

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## Healthy meal ideas

### Snacks



**Crisps**



**Dry Roasted  
Chana Daal**



**Mint  
Chutney**



**Lemon  
Pickle**



**Biscuits**



**Besan  
Ladoos**  
made with crushed dates and  
roasted chana daal



**Puffed Rice  
Chevda mix**

## Special Occasions

**Baked  
Samosas**



**Baked  
Pakoras**



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