

50 Healthy Indian Breakfast & 10 Dinner Recipes

Introduction – A Healthy Start to Your Day

Breakfast is often called the **most important meal of the day** — and in India, it's also the most versatile. From light **idlis** to filling **parathas**, we have it all. But choosing the **right recipes** makes the difference between feeling sluggish or energized.

This blog brings you:

- **50 Healthy Indian Breakfast Recipes** (short, quick, and nutritious)
- **10 Healthy Indian Dinner Recipes** (light yet satisfying)
- Each with **ingredients, steps, and nutrition values**

Perfect for busy mornings, weight management, and family-friendly eating.

50 Healthy Indian Breakfast Recipes

1. Vegetable Upma

- **Ingredients:** Rava, onion, carrot, beans, curry leaves.
- **Steps:** Roast rava → sauté veggies → add water → cook.
- **Nutrition:** 250 kcal, 6g protein, 5g fiber.

2. Poha with Peanuts

- **Ingredients:** Flattened rice, onion, curry leaves, peanuts.
- **Steps:** Wash poha → sauté onion + peanuts → add poha → mix.
- **Nutrition:** 230 kcal, 5g protein, 4g fiber.

3. Idli with Coconut Chutney

- **Ingredients:** Idli batter, coconut, green chili, curry leaves.
- **Steps:** Steam idlis → grind chutney → serve.
- **Nutrition:** 200 kcal, 7g protein, 3g fiber.

4. Masala Oats

- **Ingredients:** Oats, onion, tomato, carrot, peas.
- **Steps:** Roast oats → sauté veggies → add water → cook.
- **Nutrition:** 220 kcal, 8g protein, 5g fiber.

5. Vegetable Dalia

- **Ingredients:** Dalia, beans, carrot, peas, cumin.
- **Steps:** Roast dalia → add veggies + water → pressure cook.
- **Nutrition:** 260 kcal, 9g protein, 6g fiber.

6. Besan Chilla

- **Ingredients:** Gram flour, onion, tomato, coriander.
- **Steps:** Mix batter → cook on tawa.
- **Nutrition:** 210 kcal, 9g protein, 4g fiber.

7. Vegetable Sandwich (Whole Wheat)

- **Ingredients:** Brown bread, cucumber, tomato, green chutney.
- **Steps:** Assemble and grill.
- **Nutrition:** 240 kcal, 6g protein, 5g fiber.

8. Moong Dal Chilla

- **Ingredients:** Soaked moong dal, ginger, chili.
- **Steps:** Grind → make batter → cook.
- **Nutrition:** 230 kcal, 11g protein, 5g fiber.

9. Sprouts Salad

- **Ingredients:** Mixed sprouts, onion, tomato, lemon juice.
- **Steps:** Mix all → serve fresh.
- **Nutrition:** 180 kcal, 12g protein, 6g fiber.

10. Ragi Dosa

- **Ingredients:** Ragi flour, rice flour, curd, onion.
- **Steps:** Make thin batter → cook like dosa.
- **Nutrition:** 210 kcal, 7g protein, 4g fiber.

11. Vegetable Paratha (Light, no ghee)

- **Ingredients:** Wheat flour, grated carrot, beans, chili.

- **Steps:** Knead dough → stuff veggies → cook with minimal oil.
- **Nutrition:** 280 kcal, 8g protein, 6g fiber.

12. Rava Idli

- **Ingredients:** Rava, curd, mustard seeds, curry leaves.
- **Steps:** Mix → steam 15 mins.
- **Nutrition:** 200 kcal, 6g protein, 3g fiber.

13. Oats Chilla

- **Ingredients:** Oats flour, curd, onion, chili.
- **Steps:** Make batter → cook like pancake.
- **Nutrition:** 220 kcal, 9g protein, 5g fiber.

14. Vegetable Seviyan Upma

- **Ingredients:** Vermicelli, carrot, beans, curry leaves.
- **Steps:** Roast seviyan → sauté veggies → add water → cook.
- **Nutrition:** 240 kcal, 6g protein, 4g fiber.

15. Egg Bhurji (Healthy)

- **Ingredients:** Eggs, onion, tomato, chili, turmeric.
- **Steps:** Whisk eggs → cook with veggies.
- **Nutrition:** 220 kcal, 14g protein, 1g fiber.

16. Paneer Sandwich

- **Ingredients:** Whole wheat bread, paneer, onion, tomato.
- **Steps:** Assemble → grill.
- **Nutrition:** 260 kcal, 12g protein, 4g fiber.

17. Vegetable Idiyappam

- **Ingredients:** Rice flour, carrot, beans, curry leaves.
- **Steps:** Steam → mix with veggies.
- **Nutrition:** 200 kcal, 5g protein, 3g fiber.

18. Millet Porridge

- **Ingredients:** Foxtail millet, milk, jaggery.
- **Steps:** Cook millet → add milk → serve.
- **Nutrition:** 210 kcal, 6g protein, 4g fiber.

19. Vegetable Pesarattu

- **Ingredients:** Green moong, ginger, chili, onion.
- **Steps:** Grind batter → cook dosa → stuff veggies.
- **Nutrition:** 250 kcal, 11g protein, 5g fiber.

20. Sabudana Khichdi (light oil)

- **Ingredients:** Sabudana, peanuts, green chili, curry leaves.
- **Steps:** Soak sabudana → cook with peanuts & spices.
- **Nutrition:** 280 kcal, 6g protein, 3g fiber.

21. Rava Dosa

Ingredients: Rava, rice flour, onion, green chili.
Steps: Mix, rest 20 min, pour thin batter, crisp cook.
Nutrition (1 dosa): 150 cal, 4g protein, 28g carbs, 3g fat.

22. Vegetable Idli

Ingredients: Idli batter, carrot, beans, peas.
Steps: Mix veggies in batter, steam 12 mins.
Nutrition (2 idlis): 120 cal, 4g protein, 22g carbs, 1g fat.

23. Besan Chilla

Ingredients: Besan, onion, tomato, chili, coriander.
Steps: Mix batter, pan-cook like a pancake.
Nutrition (1 chilla): 100 cal, 5g protein, 15g carbs, 2g fat.

24. Palak Paratha

Ingredients: Whole wheat flour, spinach puree, spices.
Steps: Knead dough, roll, roast with ghee.
Nutrition (1 paratha): 180 cal, 5g protein, 28g carbs, 4g fat.

25. Corn Poha

Ingredients: Poha, sweet corn, curry leaves, chili.
Steps: Cook corn + poha, season with spices.
Nutrition (1 bowl): 200 cal, 6g protein, 36g carbs, 3g fat.

26. Paneer Bhurji Toast

Ingredients: Paneer, onion, chili, bread.
Steps: Cook paneer bhurji, spread on toasted bread.
Nutrition (2 toasts): 250 cal, 12g protein, 28g carbs, 8g fat.

27. Vegetable Sandwich

Ingredients: Bread, cucumber, tomato, chutney.
Steps: Layer veggies + chutney, serve.
Nutrition (1 sandwich): 180 cal, 5g protein, 32g carbs, 3g fat.

28. Moong Dal Idli

Ingredients: Ground moong dal, ginger, chili.

Steps: Steam batter like idlis.

Nutrition (2 idlis): 110 cal, 7g protein, 20g carbs, 1g fat.

29. Millet Porridge

Ingredients: Foxtail millet, milk, jaggery.

Steps: Boil millet, add milk + jaggery.

Nutrition (1 bowl): 220 cal, 6g protein, 35g carbs, 5g fat.

30. Sabudana Khichdi

Ingredients: Soaked sabudana, peanuts, potato.

Steps: Cook with ghee, chili, curry leaves.

Nutrition (1 bowl): 250 cal, 5g protein, 40g carbs, 8g fat.

31. Sprouts Poha

Ingredients: Poha, sprouts, onion, chili.

Steps: Cook poha, mix in sprouts.

Nutrition (1 bowl): 200 cal, 7g protein, 35g carbs, 3g fat.

32. Masala Upma

Ingredients: Rava, onion, tomato, chili.

Steps: Roast rava, cook with veggies.

Nutrition (1 bowl): 210 cal, 6g protein, 32g carbs, 6g fat.

33. Bajra Paratha

Ingredients: Bajra flour, onion, chili.

Steps: Knead dough, roll, cook with ghee.

Nutrition (1 paratha): 170 cal, 4g protein, 25g carbs, 3g fat.

34. Vegetable Uttapam

Ingredients: Dosa batter, onion, tomato, chili.

Steps: Pour thick batter, top with veggies, cook.

Nutrition (1 uttapam): 190 cal, 5g protein, 30g carbs, 3g fat.

35. Methi Thepla

Ingredients: Whole wheat flour, methi leaves, spices.

Steps: Knead dough, roll, cook with ghee.

Nutrition (1 thepla): 160 cal, 5g protein, 28g carbs, 3g fat.

36. Sprouts Salad

Ingredients: Sprouted moong, onion, tomato, lemon.

Steps: Mix and season.

Nutrition (1 bowl): 120 cal, 8g protein, 18g carbs, 2g fat.

37. Idiyappam with Veg Curry

Ingredients: Rice flour noodles, veg curry.

Steps: Steam noodles, serve with curry.

Nutrition (1 serving): 220 cal, 6g protein, 34g carbs, 5g fat.

38. Ragi Pancake

Ingredients: Ragi flour, jaggery, milk.

Steps: Make batter, cook like pancake.

Nutrition (1 pancake): 150 cal, 4g protein, 25g carbs, 3g fat.

39. Dhokla

Ingredients: Besan, yogurt, lemon juice.

Steps: Steam batter, temper with mustard seeds.

Nutrition (2 pieces): 100 cal, 5g protein, 15g carbs, 2g fat.

40. Oats Upma

Ingredients: Oats, onion, chili, veggies.

Steps: Cook oats like upma.

Nutrition (1 bowl): 190 cal, 6g protein, 32g carbs, 4g fat.

41. Vegetable Handvo

Ingredients: Rice + dal batter, veggies.

Steps: Bake/steam until golden.

Nutrition (1 slice): 150 cal, 6g protein, 25g carbs, 3g fat.

42. Chia Seed Pudding

Ingredients: Chia seeds, milk, honey.

Steps: Soak overnight, top with fruits.

Nutrition (1 bowl): 180 cal, 6g protein, 20g carbs, 6g fat.

43. Moong Dal Chilla with Paneer

Ingredients: Moong batter, paneer filling.

Steps: Cook chilla, stuff paneer.

Nutrition (1 chilla): 180 cal, 10g protein, 20g carbs, 4g fat.

44. Pesarattu

Ingredients: Green moong, ginger, chili.

Steps: Grind + cook like dosa.

Nutrition (1 pesarattu): 170 cal, 9g protein, 28g carbs, 2g fat.

45. Vegetable Paratha

Ingredients: Wheat flour, mixed veggies.

Steps: Stuff veggies, roll, roast.

Nutrition (1 paratha): 190 cal, 6g protein, 30g carbs, 4g fat.

46. Broken Wheat Upma

Ingredients: Dalia, onion, carrot, beans.

Steps: Roast dalia, cook with veggies.

Nutrition (1 bowl): 200 cal, 7g protein, 32g carbs, 4g fat.

47. Idli with Sambar

Ingredients: Idli, sambar (dal + tamarind + veggies).

Steps: Steam idlis, serve with sambar.

Nutrition (2 idlis + sambar): 230 cal, 9g protein, 35g carbs, 4g fat.

48. Masala Porridge

Ingredients: Oats/millet, veggies, spices.

Steps: Boil with water + masalas.

Nutrition (1 bowl): 210 cal, 7g protein, 30g carbs, 5g fat.

49. Beetroot Smoothie

Ingredients: Beetroot, banana, yogurt.

Steps: Blend and serve cold.

Nutrition (1 glass): 180 cal, 6g protein, 28g carbs, 2g fat.

50. Vegetable Rice Sevai

Ingredients: Rice vermicelli, onion, carrot, beans.

Steps: Cook vermicelli, mix with sautéed veggies.

Nutrition (1 bowl): 220 cal, 5g protein, 34g carbs, 4g fat.



10 Healthy Dinner Recipes Indian

1. Palak Paneer + Roti

Nutrition (1 plate): 280 cal, 14g protein, 30g carbs, 8g fat.

2. Dal Tadka + Brown Rice

Nutrition (1 plate): 320 cal, 12g protein, 48g carbs, 6g fat.

3. Quinoa Khichdi

Nutrition (1 bowl): 250 cal, 8g protein, 38g carbs, 5g fat.

4. Tandoori Roti + Chole

Nutrition (1 plate): 330 cal, 11g protein, 50g carbs, 6g fat.

5. Vegetable Pulao + Raita

Nutrition (1 plate): 290 cal, 8g protein, 46g carbs, 5g fat.

6. Bajra Roti + Baingan Bharta

Nutrition (1 plate): 260 cal, 9g protein, 42g carbs, 4g fat.

7. Tomato Rasam + Steamed Rice

Nutrition (1 plate): 280 cal, 7g protein, 45g carbs, 5g fat.

8. Moong Dal Chela + Green Chutney

Nutrition (2 cheelas): 240 cal, 12g protein, 28g carbs, 4g fat.

9. Methi Dal + Phulka

Nutrition (1 plate): 270 cal, 10g protein, 35g carbs, 5g fat.

10. Vegetable Soup + Multigrain Toast

Nutrition (1 bowl + 2 toasts): 210 cal, 8g protein, 28g carbs, 4g fat.

