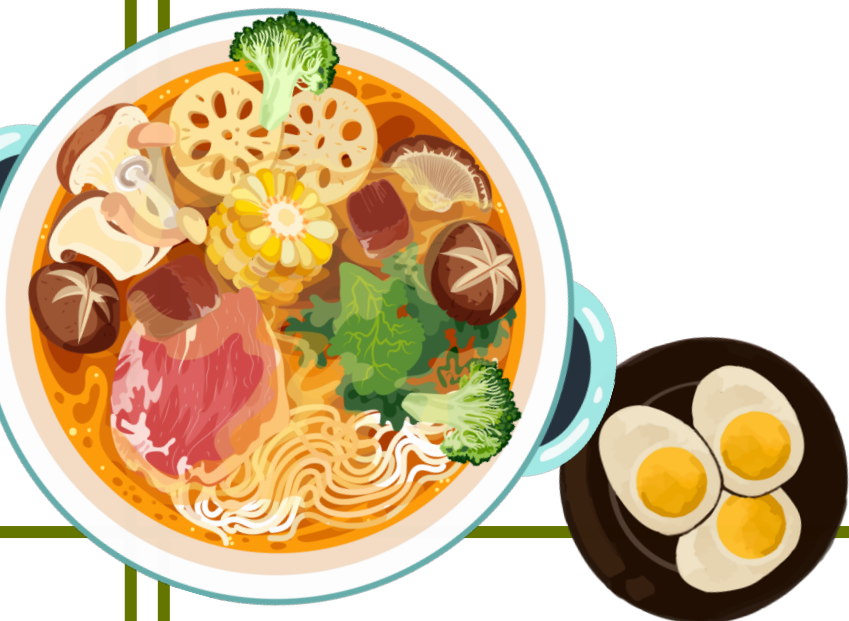




# PROTEIN EQUILIBRIUM:

NUTRITIOUS RECIPES FOR A HEALTHY YOU

By Sudiksha Khemka



## **Dedication**

To all those who strive for a healthier lifestyle,

This book is dedicated to you, the individuals who have embarked on a journey towards wellness, only to be hindered by a lack of nutritious and inspiring recipes. I understand the frustrations and the desire for flavorful meals that align with your health goals.

To the ones who have struggled with finding the right balance, may this book be your guiding light. I have poured my heart and soul into creating "Protein Equilibrium: Nutritious Recipes for a Healthy You" with the hope of providing you with a diverse range of delicious and nourishing recipes that will invigorate your taste buds and support your well-being.

To the dreamers who yearn for flavorful yet nutritious meals, let this collection be your source of inspiration. I have carefully curated a selection of recipes that celebrate the power of proteins and incorporate a variety of other essential nutrients. Each dish has been crafted with love, blending culinary creativity with the science of nutrition.

To those who have felt discouraged or disheartened on their journey, may this book reignite your passion for healthy living. Remember that progress is not linear, and every step you take towards a balanced lifestyle is worth celebrating. Let these recipes empower you to take charge of your health, one nourishing meal at a time.

Together, let us embrace the joy of cooking and nourishing our bodies with wholesome ingredients. May this book serve as a trusted companion, guiding you towards a healthier and more vibrant version of yourself. I dedicate this book to your unwavering commitment to your well-being.

# INDEX

Introduction	5
Macronutrient and Micronutrient	7
Prioritizing Health	9
The Fascinating World of Metabolism and its Impact on Body and Mind	10
Protein shopping list	12
Recipes	13
Savoring the Richness: Red Meat Delights	14
1. Pork Stir-Fry	15
2. Bison Chili	17
3. Lamb Kebabs	19
4. Mutton Curry	21
5. Pork Tenderloin With Vegetables	23
6. Venison Steak With Quinoa Salad	25
Wholesome Pleasures with White Meat	27
7. Chicken Stir-Fried Noodles	28
8. Duck Breast With Orange Glaze	30
9. Goose Roast With Herbed Potatoes	32
10. Turkey Meatballs With Spaghetti Squash	34
Dive into the Sea of Flavor: Fish Recipes Packed with Protein	36
11. Anchovy Pasta	37
12. Catfish Tacos	39
13. Clam Linguine	41
14. Cod With Quinoa And Roasted Vegetables	43
15. Crab Cake With Sweet Potato Fries	45
16. Haddock With Brown Rice And Steamed Broccoli	47
17. Halibut With Couscous And Roasted Vegetables	49
18. Lobster Roll With Sweet Potato Chips	51
19. Mackerel Salad With Quinoa	53
20. Mahi Mahi With Brown Rice And Stir-Fried Vegetables	55
21. Mussels In Tomato And Garlic Sauce With Crusty Bread	57
22. Oysters Rockefeller With Quinoa Salad	59
23. Grilled Salmon With Roasted Potatoes And Green Beans	61
24. Sardine And Tomato Tartine With Mixed Greens	63
25. Shrimp Stir-Fry With Brown Rice	65

26. Sole With Lemon-Caper Sauce, Quinoa, And Steamed Asparagus	67
27. Grilled Squid With Quinoa And Grilled Vegetables	69
28. Tilapia Tacos With Black Bean Salsa	71
29. Trout With Herbed Couscous And Roasted Carrots	73
30. Tuna Salad Stuffed Bell Peppers	75
The Incredible Egg	77
31. Baked Eggs With Roasted Vegetables	78
Legume Bonanza: Exploring the Wholesome World of Plant Protein	80
32. Quinoa And Black Bean Stuffed Peppers	81
33. Lentil And Vegetable Curry	83
34. Chickpea And Spinach Salad	85
35. Spicy Kidney Bean Stew With Couscous	87
36. Eggplant And Mung Bean Curry	89
37. Quinoa And Pinto Bean Tacos	91
38. Soybean Stir-Fry With Wild Rice	93
The Power of Soy-Based Proteins	95
39. Edamame And Soba Noodle Stir-Fry	96
40. Tempeh And Vegetable Skewers	98
41. Tofu Stir-Fry	100
Exploring Protein Diversity: Dairy, Nuts & Seeds, Vegetable, and Grain-Based Proteins	102
42. Greek Yogurt Parfait With Granola And Berries	103
43. Spinach And Paneer Saag	105
44. Quinoa And Mushroom Risotto	107
45. Kale Salad With Goat Cheese, Apple, And Oat Crumble	109
46. Chia Seed Pudding With Mixed Berries	111
47. Spinach And Walnut Stuffed Portobello Mushrooms	113
48. Pecan-Crusted Tofu With Barley Pilaf	115
49. Nutty Quinoa Salad	117
50. Peanut Noodle Stir-Fry	119
51. Roasted Vegetable And Nut Medley	121
Meal planning suggestions	124
Sugar: Unmasking the Sweet Deception	125
Conversion chart	127
Acknowledgement	128
Ending	130

---