



Chakki Gold



EAT BETTER, FEEL BETTER

WITH OUR 7 DAY MEAL PLAN



Discover our 7 Day meal plan,
specially created for you by
Elephant Atta Chakki Gold and HEART UK.

This meal plan is full of healthy and balanced recipes.
They are simply delicious and can be enjoyed as a
part of a balanced diet.

♥ DAY 1

Breakfast

Spicy scrambled eggs

Lunch

Spicy corn and tomato salad

Dinner

Salmon with ginger and soy



♥ DAY 2

Breakfast

Date and walnut porridge

Lunch

Sindhi style flatbread
with onions

Dinner

Stir fried chicken with okra

♥ DAY 3

Breakfast

Thepla

Lunch

Chapatti dosa

Dinner

Lamb with dal

♥ DAY 4

Breakfast

Chilli beans

Lunch

Cheesy jacket potato

Dinner

Tomato fish curry

♥ DAY 5

Breakfast

Methi paratha

Lunch

Tuna roti roll

Dinner

Stuffed aubergines with
chicken/soya mince

♥ DAY 6

Breakfast

Missi roti

Lunch

Kadai tofu

Dinner

Garlic chicken



♥ DAY 7

Breakfast

Paratha stuffed with cauliflower

Lunch

Black eyed bean salad

Dinner

Spicy chick peas

Chakki Gold is approved by HEART UK – The Cholesterol Charity** Low in saturated fat***

Charity registration number 1003904 *Reducing consumption of saturated fat contributes to the maintenance of normal blood cholesterol levels. Elephant Atta Chakki Gold is low in saturated fat.

DAY

1



Tip of the day: aim for 30 minutes exercise a day, whether it's a walk around the block, a swim, yoga or anything you like

BREAKFAST

Spicy scrambled eggs
with Elephant Atta Chakki Gold Chapatti

Eggs are so versatile they can be easily turned into simple savoury dishes or just served up scrambled, poached or boiled with toast. Why not try our Asian twist on scrambled eggs with Chapattis made from Elephant Atta Chakki Gold and a glass of juice.

Breakfast provides 2 of your 5 a day when eaten as per serving suggestion

INGREDIENTS

- 2 tbsp vegetable oil
- 1 small red onion, finely chopped
- 1 green chilli finely chopped
- 2 garlic cloves, crushed
- ¼ tsp garam masala
- ¼ tsp turmeric
- 1 large tomato finely chopped
- 4 eggs, beaten
- Salt to taste
- 1 tbsp chopped coriander

METHOD

(SERVES 2)

- Heat a non-stick frying pan over a low- medium heat and add the oil. Gently fry the onion until soft and then add the garlic, chilli and spices.
- Cook for 1-2 minutes more, stirring continuously.
- Add the tomatoes, cook for 1 minute, then pour in the eggs and lower the heat. Stir slowly to scramble the eggs as they cook and remove from the heat while they are still a little runny. Continue stirring off the heat for 1 minute until the eggs are just set.
- Stir through the coriander.
- Serve with Chapattis made from Elephant Atta Chakki Gold and a 150ml glass of juice.



Nutrition

Per Serving of the recipe

| | |
|--------------------|-----------------|
| Energy | 1373Kj/368Kcals |
| Fat | 23g |
| of which saturated | 3.7g |
| Carbs | 12g |
| of which sugars | 9g |
| Fibre | 2.8g |
| Protein | 17g |
| Salt | 0.72g |



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LUNCH

Corn and tomato salad

If you are looking for a light lunch that boosts your vegetable intake then look no further. This colourful salad is sweet, juicy and spicy too. It's easy on the fat and the calories so you don't have to worry about your waistline either.

Lunch provides 3 of your 5 a day when eaten as per serving suggestion

INGREDIENTS

300g sweetcorn kernels
2 medium size green peppers, seeded and diced
3 medium size tomatoes, seeded and diced
4 tbsp pomegranate seeds
2 tbsp lemon juice
1 tsp freshly ground coarse black pepper
2 green chillies, chopped
10g fresh mint leaves, chopped

METHOD

(SERVES 4)

- Boil the sweetcorn in water until soft or thaw if frozen, drain if canned. Drain thoroughly and cool.
- Combine the cooled sweetcorn with the diced peppers, tomatoes and pomegranate seeds in a bowl.
- Add the lemon juice, ground pepper, chillies, mint and mix well.
- Arrange the salad in a serving dish and chill in the fridge before serving.



Nutrition

Per Serving of the recipe

| | |
|--------------------|---------------|
| Energy | 486Kj/115Kcal |
| Fat | 1.7g |
| of which saturated | 0.3g |
| Carbs | 17g |
| of which sugars | 12g |
| Fibre | 5.8g |
| Protein | 3.7g |
| Salt | 0.02g |

DINNER

Salmon with ginger and soy served with stir fried vegetables and noodles

Salmon is an oily fish rich in heart healthy omega-3 fats. Scientific studies suggest that eating oily fish regularly – at least once a week - can help to keep your heart and circulation in good condition.

Dinner provides 2 of your 5 a day when eaten as per serving suggestion

INGREDIENTS

2 tbsp light soy sauce
2 tbsp toasted sesame seed oil
2 garlic cloves, crushed
1-2 tbsp shredded root ginger
1 medium red onion, finely sliced
2 green chillies, finely chopped
Strips of red chilli (about ½ chilli)
4 x 125g salmon fillets

METHOD

(SERVES 4)

- Mix the soy sauce, sesame seed oil, garlic, ginger, chillies and onion and pour over the salmon fillets.
- Roll the salmon in the mixture so all the sides are covered.
- Cover with cling film and leave in the fridge for 30 minutes.
- Preheat the oven to 200 C /400 F/Gas mark 6.
- Place the salmon, skin side down in a shallow oven-proof dish.
- Bake in the oven for 25 minutes or until the fish is cooked.
- Once cooked, garnish with strips of red chilli and serve with 6 tablespoons of stir fried vegetables and noodles.



Nutrition

Per Serving of the recipe

| | |
|--------------------|----------------|
| Energy | 1357Kj/326Kcal |
| Fat | 23g |
| of which saturated | 4g |
| Carbs | 5.1g |
| of which sugars | 3.7g |
| Fibre | 1g |
| Protein | 24g |
| Salt | 1.4g |

Elephant Atta recommends Rajah Spices: "Garlic has been used throughout history for medicinal purposes by the Egyptians, Greeks and Romans. A number of the perceived benefits of Garlic are thought to be due to its active ingredient, Allicin – thought to be released when garlic is minced or crushed."



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DAY 2



Tip of the day: foods high in soluble fibre, like oats and barley, have a role in helping to keep your cholesterol levels in check

BREAKFAST

Date and walnut porridge

Porridge is a fantastic filling breakfast and quick to prepare. This date and walnut version is made with oat bran (can be replaced with oats) - a tasty combo, especially good if you are watching your cholesterol!

Breakfast provides 1 of your 5 a day when eaten as per serving suggestion

INGREDIENTS

560ml (1 pint) 1% milk or soya milk
80g rolled oats
20g oat bran
6 dates, chopped
6 walnuts, chopped
1 tbsp honey

METHOD

(SERVES 2)

- Warm the milk, oats / oat bran in a non-stick saucepan.
- Add the dates as the mixture comes to the boil, then turn the heat down and simmer until thickened.
- Serve garnished with chopped walnuts and a swirl of honey.



Nutrition

Per Serving of the recipe

| | |
|--------------------|----------------|
| Energy | 1970Kj/468Kcal |
| Fat | 13g |
| of which saturated | 1.9g |
| Carbs | 66g |
| of which sugars | 35g |
| Fibre | 6.5g |
| Protein | 19g |
| Salt | 0.31g |



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LUNCH

Sindhi style flatbread with onions

Sindhi Koki is a traditional flaky flatbread. It makes a great option for lunch. We have served ours with grilled poppadum's, dry pickle, low fat plain yogurt, some fresh fruit and a steaming cup of tea for a hearty lunch!

Lunch provides 1 of your 5 a day when eaten as per serving suggestion

INGREDIENTS

250g Elephant Atta Chakki Gold wholemeal flour
1 onion finely chopped
1 tsp cumin seeds
2 green chillies, finely chopped
2 tbsp finely chopped coriander leaves
2 tbsp vegetable oil plus a little extra for cooking
Salt, to taste
Water for kneading as required
Spray olive oil for cooking



METHOD

(MAKES 10)

- Combine the flour, onions, cumin seeds, chillies, coriander leaves, oil and salt in a large bowl. Mix well and prepare the dough.
- Divide the dough into 10 equal portions.
- Take one portion at a time and roll it to approximately 13cms/5 inch circles. Prick a few holes in the bread with a fork.
- Spray olive oil on a preheated tawa/griddle and cook the rolled out bread on both sides until light brown spots appear.
- Now drizzle about ½ tsp of vegetable oil onto the tawa very near to the circumference of the bread. Cook for 30 seconds, pressing down the bread with a spatula. Turn the bread again, drizzling another ½ tsp of oil near its circumference. Cook for another 30 seconds. Keep turning every 30 seconds until the bread has a few brown spots and is cooked through, about 4-5 minutes in all.
- Remove from the tawa and keep it covered. Make all the breads this way.
- Serve hot with grilled poppadum's, dry pickle, low fat plain yogurt, some fresh fruits and a cup of steaming tea for a hearty lunch!

Nutrition

Per Flatbread

| | |
|--------------------|----------------|
| Energy | 534Kj/127Kcals |
| Fat | 4.2g |
| of which saturated | 0.3g |
| Carbs | 17g |
| of which sugars | 1.3g |
| Fibre | 3g |
| Protein | 3.5g |
| Salt | 0.1g |

DINNER

Stir fried chicken with okra

Okra is a nutrient dense vegetable with notable amounts of fibre, potassium, calcium, magnesium, vitamin C and folic acid. For the vegetarian alternative, omit the chicken and double the okra.

Dinner provides 2 of your 5 a day when eaten as per serving suggestion

INGREDIENTS

250g small okra, trimmed
2 tbsp vegetable oil
1 tsp mustard seeds
2 onions, thinly sliced
2 garlic cloves, crushed
2 tsp turmeric
2 green chillies, thinly sliced
¼ tsp hot chilli powder, or to taste
500g chicken strips
200g (half a tin) of chopped tomatoes
½ tsp garam masala
Finely grated rind and juice of ½ lemon
Salt to taste
1 tbsp coriander leaves, finely chopped

METHOD

(SERVES 4)

- Blanch the okra in boiling salted water for 5 minutes, then drain, rinse under cold running water and drain again. Set aside.
- Heat a wok and add oil. Add the mustard seeds. Once they pop, add the onion, garlic, turmeric and green chillies. Stir fry for 2-3 minutes taking care not to let any of the ingredients brown.
- Add the chicken strips, increase the heat to high and stir fry for 3-4 minutes or until the chicken is browned on all sides.
- Add the tomatoes and stir fry until the juices run, then add the lemon rind and juice, garam masala and salt to taste.
- Stir fry to mix, then add the okra and toss for 3-4 minutes. Garnish with coriander and serve with hot chapattis – made from Elephant Atta Chakki Gold wholemeal flour - and low fat natural yogurt.

Nutrition

Per Serving of the recipe

| | |
|--------------------|-----------------|
| Energy | 1068Kj/254Kcals |
| Fat | 8.5g |
| of which saturated | 1g |
| Carbs | 8g |
| of which sugars | 6g |
| Fibre | 5g |
| Protein | 33g |
| Salt | 0.38g |

Elephant Atta recommends Rajah Spices: "Cinnamon is believed to have a number of medicinal and soothing effects - the essential oils in cinnamon bark are thought to possess antiviral, antibacterial and antifungal properties."



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DAY
3



Tip of the day: it is important to limit sources of saturated fat such as butter, ghee, full fat dairy and fatty meats if you have high cholesterol

BREAKFAST

Theplas

A must try lightly spiced Gujarati paratha.

This makes a healthy change to the traditional parathas and puris often served at weekends for South Asian breakfasts. Serve hot with low fat plain yogurt and dry pickle and a cup of steaming tea and a piece of fruit for a hearty breakfast.

Breakfast provides 1 of your 5 a day when eaten as per serving suggestion

INGREDIENTS

- 120g Elephant Atta Chakki Gold wholemeal flour
- 40g besan (gram flour)
- 40g bajra flour (pearl millet flour)
- 40g jowar flour (white sorghum flour)
- 2 tbsp coriander leaves
- 3 tbsp chopped fenugreek
- ¼ inch ginger (crushed)
- 1 tsp crushed green chillies
- ½ tsp turmeric powder
- ½ tsp cumin powder
- ½ tsp carom/caraway seeds (ajwain)
- ¾ tsp salt or add as required
- 4 tbsp low fat yogurt plus water for kneading
- Olive oil for cooking

METHOD

(MAKES 10)

- Mix all the flours, add all the spices and seeds, and mix well.
- Add the chopped coriander, fenugreek and green chillies and ginger.
- Rub in the mixture and slowly add the yogurt/water, making sure the dough does not become too soft.
- Divide into 10 balls and roll them out into circles about 15-20 cm/6-8 inches.
- Place the thepla on a hot griddle/tawa over medium heat. Make sure both sides are cooked, then add a drizzle of olive oil on each side of the thepla and lightly cook until golden brown. It can be cooked without oil.
- Serve with low fat plain yogurt, dry pickle, a cup of steaming tea and a piece of fruit.

Nutrition

Per Thepla

| | |
|--------------------|---------------|
| Energy | 483Kj/115Kcal |
| Fat | 3g |
| of which saturated | 0.2g |
| Carbs | 17g |
| of which sugars | 1.3g |
| Fibre | 3g |
| Protein | 3.4g |
| Salt | 0.05g |



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LUNCH

Chapatti dosa

Unlike the traditional South Indian masala dosa this vegetarian mix is served in a chapatti. This one is made from Elephant Atta Chakki Gold wholemeal flour which has all the goodness of the wholegrain.

Lunch provides 2 of your 5 a day when eaten as per serving suggestion

INGREDIENTS

1 tsp skinned urad dhal (black gram/mungo beans)
2 tbsp rapeseed oil
1 tsp cumin seeds
½ tsp mustard seeds
8 curry leaves
2 medium red onions finely sliced
1-2 green chillies chopped
½ tsp turmeric
Pinch of asafoetida (hing)
Salt as required
1 tsp root ginger, peeled and finely grated
400g red potatoes, peeled, diced and boiled
140g chopped green beans
1 medium tomato, roughly chopped
20g coriander leaves, finely chopped
3 chapattis with Elephant Atta Chakki Gold

METHOD

(MAKES 3)

- Soak the lentils in a cup of hot water for five minutes
- Heat the oil in a wok. Add the cumin and mustard seeds. When they pop, add the curry leaves, lentils, onion and mix.
- Cook over a medium heat for four to five minutes, then add the green chillies, turmeric, asafoetida, salt, ginger, green beans and tomato. Mix well and simmer for about 3 minutes.
- Now add the potatoes and mix well. Switch off the flame and then add the coriander leaves.
- Place the veg mixture on top of the chapatti, roll up and serve with mint chutney or a garlic and red chilli chutney.



| Nutrition | |
|--------------------|-----------------|
| Per Dosa | |
| Energy | 1327Kj/316Kcals |
| Fat | 9.8g |
| of which saturated | 0.8g |
| Carbs | 44g |
| of which sugars | 9g |
| Fibre | 8.1g |
| Protein | 8.5g |
| Salt | 0.21g |

DINNER

Lamb with dal (pulses)

Lamb, even though a tasty meat, it can often be fatty and a source of too much saturated fat. But with this recipe we have a healthier option choosing lean meat only, and cutting off any visible fat. The dal adds to the protein and fibre content of this dish as well as making it filling too.

Dinner provides 2 of your 5 a day when eaten as per serving suggestion

INGREDIENTS

1 kg extra lean lamb cubes
200g dried chana dal (Bengal gram/split chick peas) soaked for 2 hours – around 400g if you use canned chickpeas
4 tbsp vegetable oil
1 tsp cumin seeds
2 medium onions, finely chopped
2 green chillies, finely chopped
4 tsp ginger-garlic paste
200g (half tin) chopped tomatoes
1 tsp turmeric powder
1 tsp chilli powder
1 tsp salt
2 tsp garam masala
180g low fat natural yogurt
1 tbsp coriander, finely chopped

METHOD

(SERVES 6)

- Drain and cook the chana dal on low-medium heat in 250 ml water till tender, but not overcooked. Drain and keep aside.
- Heat the oil in a heavy non-stick pan, add the cumin seeds and lamb and fry till well browned.
- Add the onions, green chillies, ginger-garlic paste and the tomatoes. Mix well and add the turmeric and chilli powders. Reduce the heat and cook till the oil separates from the mixture.
- Add the salt, garam masala, yogurt and 500 mls of water. Partially cover the pan and cook on low heat till the lamb is tender, stirring every now and then.
- Add the chana dal and bring the mixture to boil. Lower the heat and simmer until well blended.
- Garnish with coriander and serve hot with chapattis - made from Elephant Atta Chakki Gold wholemeal flour - and cucumber raita.



| Nutrition | |
|---------------------------|-----------------|
| Per Serving of the recipe | |
| Energy | 2066Kj/493Kcals |
| Fat | 23g |
| of which saturated | 6.7g |
| Carbs | 25g |
| of which sugars | 8g |
| Fibre | 4.7g |
| Protein | 44g |
| Salt | 0.76g |

Elephant Atta recommends Rajah Spices: "Apart from its beautiful flavour and aroma, green cardamom is used across South Asia for therapeutic reasons. Chewing on a cardamom pod has been used as a method to freshen breath and the spice is thought to help heal infections of the teeth and gums."



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DAY 4



Tip of the day: when you serve up a meal try using smaller plates and visualize them divided into 4 quarters, 1 for protein and chapatti, and 2 for vegetables

BREAKFAST

Chilli beans

Who doesn't love beans? And the good news is they are really good for you too. This recipe uses just an ordinary can of baked beans with all the goodness of cooked tomatoes and the haricot beans. We have added a little spice to warm up your morning.

Breakfast provides 2 of your 5 a day when eaten as per serving suggestion

INGREDIENTS

- 1 tbsp vegetable oil
- 1 tsp mustard seeds
- ½ tsp ginger paste
- ½ tsp garlic paste
- 1 green chilli, chopped finely
- 1 420g can baked beans
- 1 tbsp chopped coriander

METHOD

(SERVES 2)

- Heat the oil in a non-stick pan and add the mustard seeds.
- When they start to pop, add the ginger and garlic paste and the green chilli. Stir well for a minute or 2 before adding the baked beans.
- Stir until beans are heated through, add the coriander at the end.
- Serve with Elephant Atta Chakki Gold wholemeal chapatti(s) or on wholemeal toast.



Nutrition

Per Serving of the recipe

| | |
|--------------------|----------------|
| Energy | 1022Kj/244Kcal |
| Fat | 7.7g |
| of which saturated | 0.6g |
| Carbs | 27g |
| of which sugars | 7.1g |
| Fibre | 11g |
| Protein | 11g |
| Salt | 1.2g |



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LUNCH

Cheesy jacket potato

If you love cheese but don't want the excess fat and calories that comes with it then cottage cheese is a great alternative. Cottage cheese has only a quarter of the calories of cheddar and less saturated fat meaning you can have a generous portion with your jacket potato.

Lunch provides 1 of your 5 a day when eaten as per serving suggestion

INGREDIENTS

- 1 large potato
- 2 tsp sunflower-type spread
- 2 generous tbsp cottage cheese
- 1 tsp fresh chives, chopped
- Pinch of paprika



METHOD

(SERVES 1)

- Scrub potato and prick with a fork. Place on a microwave - proof plate lined with paper towel.
- Cook in a microwave oven for 10-12 minutes at full power (times may vary depending on type of microwave).
- Cut a deep cross on the potato and squeeze ends to open up. Place the spread inside the potato.
- Top with the cottage cheese, chives and paprika and serve.
- Serve with a green salad.

Nutrition

Per Serving of the recipe

| | |
|--------------------|-----------------|
| Energy | 1490Kj/354Kcals |
| Fat | 11g |
| of which saturated | 3.9g |
| Carbs | 48g |
| of which sugars | 4.4g |
| Fibre | 4.5g |
| Protein | 14g |
| Salt | 0.66g |

DINNER

Tomato fish curry

White fish is naturally low in fat, high in protein and a great source of iodine - meaning if you swap it for meat you naturally cut the fat content of your diet without compromising the protein. We use Cod or Haddock in this dish but you could also use Pollock or Coley for a more sustainable fish source.

Dinner provides 2 of your 5 a day when eaten as per serving suggestion

INGREDIENTS

- 1 kg firm flesh fish, skinless cod or haddock, cut into 1 inch pieces
- 1 tsp turmeric
- Salt to taste
- Juice of half freshly squeezed lemon
- 3 tbsp vegetable oil
- 2 medium sized onions, finely chopped
- 2 green chillies, crushed
- 3 tsp garlic paste
- 3 tsp ginger paste
- ½ tsp red chilli powder
- ¾ tsp ground black pepper
- 2 large tomatoes, chopped

METHOD

(SERVES 5)

- Pat dry the fish; rub in the salt, turmeric and lemon juice. Marinate for half an hour.
- Heat the oil in a large saucepan. When hot, add the onions. Saute until translucent. Add the garlic/ginger pastes, green chillies, red chilli and ground black pepper. Fry gently until light brown.
- Add the fish and stir gently for 2-3 minutes. Add the tomatoes. Reduce the heat and cook uncovered till the tomatoes are soft and form a coarse pulp. Cook until the fish is tender and the gravy is thick.
- Serve hot with chapattis - made with Elephant Atta Chakki Gold wholemeal flour - and onion salad for at least 2 of your 5 a day.

Nutrition

Per Serving of the recipe

| | |
|--------------------|-----------------|
| Energy | 1338Kj/318Kcals |
| Fat | 8.9g |
| of which saturated | 0.8g |
| Carbs | 8.1g |
| of which sugars | 6.6g |
| Fibre | 2.6g |
| Protein | 49g |
| Salt | 1g |



Elephant Atta recommends Rajah Spices: "In recent years turmeric has attracted a lot of attention for its natural properties.

It is thought to have been used medicinally for over 4,000 years in Asia and the Middle East, called the 'golden spice' it has long been considered to possess anti-inflammatory properties."



EAT BETTER, FEEL BETTER

DAY 5



Tip of the day: oily fish such as salmon, mackerel and sardines are great sources of long chain omega 3 fatty acids which are essential for the normal workings of the heart

BREAKFAST

Methi paratha

This delicious paratha can be served at breakfast either with a glass of lassi (yogurt drink) or with low fat plain yogurt. Any leftovers can be used to accompany a simple vegetable or bean dish and an onion salad for a satisfying vegetarian meal.

Breakfast provides 1 of your 5 a day when eaten as per serving suggestion

INGREDIENTS

250g Elephant Atta Chakki Gold wholemeal flour
40g fresh fenugreek leaves, finely chopped
225g low fat natural yogurt
2-3 fresh green chillies, finely chopped
2 tbsp fresh chopped coriander leaves
½ tsp salt
1 tsp garam masala
¼ tsp ajwain (carom/caraway seeds)
2 tsp very finely chopped peeled ginger
2 tbsp sesame seeds
2 tbsp vegetable oil
Olive oil spray for greasing the griddle/tawa

METHOD

(MAKES 10)

- Place the flour and all the ingredients in a large bowl and mix well.
- Add extra water if necessary and knead into a stiff and smooth dough.
- Cover and leave to rest for 5 minutes.
- Divide the dough into 10 equal portions.
- Dust the rolling surface with flour: Roll out a ball into a flat, round sphere, about 14 cm in diameter.
- Use spray oil to lightly grease a pre heated tawa (griddle) and place the paratha on it on a medium heat until both sides are lightly browned and crisp on the outside. Make the remaining parathas in the same way.
- Serve hot spread with a healthy sunflower oil spread if desired and with low fat yogurt and dry pickle.

Nutrition

Per Paratha

| | |
|--------------------|----------------|
| Energy | 625Kj/149Kcals |
| Fat | 5.7g |
| of which saturated | 0.7g |
| Carbs | 18g |
| of which sugars | 2g |
| Fibre | 3.1g |
| Protein | 5g |
| Salt | 0.29g |



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LUNCH

Tuna roti roll

Tuna is a versatile ingredient, very low in fat and perfect for a lunchtime treat to eat at the desk or on the go. You can choose to open a can of tuna or cook tuna from fresh for this recipe.

Lunch provides 2 of your 5 a day when eaten as per serving suggestion

INGREDIENTS

- 1 tsp vegetable oil
- 1 small onion, finely diced
- 1 green chilli finely chopped
- ½ green pepper, finely chopped
- Half of a 5 oz. can tuna in water, drained
- ½ tbsp light mayonnaise
- Salt to taste
- 1 chapatti made from Elephant Atta
- Chakki Gold wholemeal flour
- 1 lettuce leaf

METHOD

(MAKES 1)

- Heat the oil in a non-stick pan and add the onion, stir until lightly browned, then add the chilli and green pepper. Stir for a few minutes and take off heat.
- Add the drained tuna, flake with a fork and mix thoroughly. Add the mayonnaise and salt and mix well.
- Make the roti by layering the chapatti with tuna mixture, lettuce and tomatoes, roll it to make a roti wrap. Each serving contains 2 of your 5 a day.



Nutrition

Per Roti Roll

| | |
|--------------------|----------------|
| Energy | 1116Kj/266Kcal |
| Fat | 8.2g |
| of which saturated | 0.9g |
| Carbs | 24g |
| of which sugars | 7.1g |
| Fibre | 6g |
| Protein | 20g |
| Salt | 0.78g |

DINNER

Stuffed aubergines with chicken

Aubergines have a unique taste and texture making them ideal in many dishes. It's particularly low in calories and an excellent source of dietary fibre. For a vegetarian option to this dish why not substitute chicken with soya or Quorn mince.

Dinner provides 2 of your 5 a day when eaten as per serving suggestion

INGREDIENTS

- 2 large aubergines
- 3 tbsp olive oil
- 1 onion, finely chopped
- 4 garlic cloves, finely chopped
- 1 large red pepper, seeds removed and chopped
- 2 green chillies, deseeded and finely chopped
- 1 tsp turmeric
- 500g chicken mince (or 400g frozen soya mince)
- 1 egg, lightly beaten
- 2-3 tbsp fresh wholemeal breadcrumbs
- Salt to taste
- 1 tbsp fresh coriander, to garnish

METHOD

(SERVES 4)

- Preheat the oven to 200 C/400 F/Gas 6.
- Cut aubergines lengthways then score the flesh in a tight criss-cross pattern. Place on a baking tray, drizzle each half with ¼ tbsp. of the oil and bake for 30-40 minutes or until the flesh is soft.
- Heat the remaining oil in a frying pan. Add the onion and fry until golden. Add the garlic, red pepper, chillies and turmeric and fry for 2 minutes. Add the minced chicken (or soya mince) and cook, stirring, until brown all over. Season and cook gently for 20 minutes until the meat is tender (or 5-10 minutes if using soya mince).
- Carefully scoop out the pulp from the cooked aubergines, add to the chicken mixture/soya, mix well, season if needed and refill the aubergine skins.
- Brush with egg and cover with breadcrumbs. Place under a moderate grill for 4-5 minutes, until golden.
- Garnish with chopped coriander, serve with chilli and garlic chutney and chapattis or plain boiled basmati rice.

Nutrition

Per Serving of the recipe

| | |
|--------------------|----------------|
| Energy | 1415Kj/338Kcal |
| Fat | 13g |
| of which saturated | 2.3g |
| Carbs | 15g |
| of which sugars | 7.1g |
| Fibre | 6g |
| Protein | 36g |
| Salt | 0.56g |

Elephant Atta recommends Rajah Spices: "The word Jeera, the traditional name for cumin translates to 'that which helps digestion' in Sanskrit. The history of cumin dates back over 5000 years and is actually native to the shores of the Mediterranean sea and Egypt. "



EAT BETTER, FEEL BETTER

DAY

6



Tip of the day: avocado contains the same unsaturated fats that you find in olive oil and are good for maintaining healthy cholesterol levels

BREAKFAST

Missi roti

Although missi rotis get their unique flavour from gram flour, the dough is almost always made with a combination of flours. These can be had for breakfast or as a meal accompanied by a curry of your choice.

Breakfast provides 1 of your 5 a day when eaten as per serving suggestion

INGREDIENTS

125 g Elephant Atta Chakki Gold wholemeal flour
125g besan (gram flour)
3-4 fresh green chillies, finely chopped
1 medium sized onion, finely chopped
2 tbsp fresh coriander finely chopped
2 tsp ginger paste
½ tsp ajwain (carom/caraway seeds)
¼ tsp garam masala
Salt to taste
Vegetable oil for greasing

METHOD

(MAKES 10)

- Sift together the two flours. Add the other ingredients, plus enough water to form soft, smooth dough. Keep aside for 10 minutes.
- Divide the dough into 10 equal portions and form into balls.
- Roll out one portion into 14 cm circle using a little flour for rolling if needed.
- Cook each roti on the hot tawa (griddle) on medium heat using drizzle of vegetable oil, until both sides are golden brown.
- Serve hot. This crisp flatbread is delicious when served with dals (pulses/lentils) to provide 1 of your 5 a day.

Nutrition

Per Roti

| | |
|--------------------|---------------|
| Energy | 109Kj/457Kcal |
| Fat | 2.2g |
| of which saturated | 0.19g |
| Carbs | 15.8g |
| of which sugars | 1.4g |
| Fibre | 3.1g |
| Protein | 4.8g |
| Salt | 0.11g |



EAT BETTER, FEEL BETTER

LUNCH

Kadai Tofu

Tofu is made from the curds of soya beans and is a great source of high quality vegetable proteins but unlike paneer it is also very low in fat. In this recipe the tofu soaks up the flavour of this great combination of Asian spices.

Lunch provides 2 of your 5 a day when eaten as per serving suggestion

INGREDIENTS

300g/ 10 oz. firm tofu
1 ½ tbsp olive oil
2 tsp coriander seeds
½ tsp mustard seeds
1 small onion chopped
6 cloves of garlic mixed with a little water (paste)
2 medium tomatoes, chopped
½ tsp red chilli powder
½ tsp turmeric powder
Salt to taste
75ml/3fl oz. water
100g /4 oz. green peppers (cut into thin long strips)
2 tbsp coriander leaves, chopped

METHOD

(SERVES 4)

- Cut the tofu into 2 cm cubes and set aside.
- In a warm wok, add the oil and the coriander seeds and mustard seeds. When the seeds begin to pop, add the onions and cook until soft.
- Add the garlic paste and stir for a few seconds.
- Add the tomatoes and all the spices, and cook for 5 minutes.
- Add the tofu pieces and about 100 ml/4 fl oz. water. Bring to boil and then add the peppers. Reduce the heat and simmer for 10 minutes.
- Sprinkle chopped coriander leaves on top and serve hot with chapattis - made from Elephant Atta Chakki Gold wholemeal flour - low fat natural yogurt and a side salad.



Nutrition

Per Serving of the recipe

| | |
|--------------------|----------------|
| Energy | 814Kj/195Kcals |
| Fat | 12g |
| of which saturated | 1.7g |
| Carbs | 6.4g |
| of which sugars | 3.6g |
| Fibre | 4.1g |
| Protein | 13g |
| Salt | 0.2g |

DINNER

Garlic chicken

Simple, delicious tasty – what could be better for a mid-week treat. We use chicken breast because once the skin is removed it is particularly low in fat.

Dinner provides 2 of your 5 a day when eaten as per serving suggestion

INGREDIENTS

2 x 4oz chicken breasts
Pinch of dried parsley
½ tsp garlic paste
¼ tsp salt
Vegetable oil spray

METHOD

(SERVES 2)

- Preheat oven to 350 F.
- Remove skin and all visible fat from chicken breasts.
- Make slits in the chicken breasts.
- Mix parsley, salt and garlic powder and rub evenly over the chicken breasts and place on a lightly oiled baking tray. Spray the chicken lightly with vegetable oil spray.
- Cover loosely with foil and bake for 40 minutes, removing the foil for the last 5 minutes.
- Serve with 2 portions of vegetables or a large bowl of salad vegetables for 2 portions of your 5 a day



Nutrition

Per Serving of the recipe

| | |
|--------------------|----------------|
| Energy | 904Kj/214Kcals |
| Fat | 6.1g |
| of which saturated | 1.3g |
| Carbs | 0.6g |
| of which sugars | 0g |
| Fibre | 0g |
| Protein | 39g |
| Salt | 0.94g |

Elephant Atta recommends Rajah Spices: "Ginger originated in Southeast Asia and was considered a tonic root for all ailments by the Indian and ancient Chinese. It is believed to alleviate symptoms such as a sore throat with many adding it to their tea."



EAT BETTER, FEEL BETTER

DAY

7



Tip of the day: tomato, onion and garlic are a part of a mediterranean diet which is a heart healthy way of eating

BREAKFAST

Paratha stuffed with cauliflower

These parathas can be eaten by themselves as wraps, with a little low fat natural yogurt or pickle for breakfast. We made these with Elephant Atta Chakki Gold wholemeal flour for extra flavour and extra fibre – they are just delicious. Each paratha packs 8g of fibre - now that's impressive.

Breakfast provides 1 of your 5 a day when eaten as per serving suggestion

INGREDIENTS

300g Elephant Atta Chakki Gold wholemeal flour plus extra for dusting
 ½ tsp ground fenugreek seeds
 200-250 ml water
 1 tbsp vegetable oil
 150g grated raw cauliflower
 1 large onion finely chopped
 2-3 fresh green chillies, finely chopped
 2 tbsp finely chopped coriander
 ½ tsp salt
 ¼ tsp cumin powder
 ½ tsp garam masala
 ½ tsp pomegranate powder (anardana)
 ¼ tsp again ajwain (carom/caraway seeds)
 2 tsp very finely chopped, peeled ginger
 Spray olive oil for greasing

METHOD

(MAKES 5)

- Mix the flour, fenugreek and oil together. Add the water slowly, and prepare a dough. Cover with a little oil and cling film and rest for 15 minutes.
- Mix all the stuffing ingredients together.
- Dust the rolling surface with flour: Divide the dough into 5 equal portions, rolling each into a circle about 13cm across. Place some stuffing in the centre, gather and pleat the edges together until you have enclosed the stuffing into a flattened patty. Repeat 5 times.
- Roll out each patty until you have an 18cm raw paratha.
- Spray a preheated griddle/tawa with olive oil and place each paratha on it. Cook on a medium heat until both sides are lightly browned and crisp on the outside.
- Serve hot drizzled with olive oil and low fat yogurt or cold with mint chutney.

Nutrition

Per Paratha

| | |
|--------------------|-----------------|
| Energy | 1220Kj/290Kcals |
| Fat | 6.5g |
| of which saturated | 0.7g |
| Carbs | 45g |
| of which sugars | 4.9g |
| Fibre | 8.2g |
| Protein | 9.3g |
| Salt | 0.51g |



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LUNCH

Black eyed bean salad

Pulses are popular lunch-box options, helping boost your protein, fibre and mineral intake. This recipe combines three simple ingredients; black-eyed beans, avocado and onions. Avocados are rich in olive oil type fats, fibre, potassium and copper. Onions contain natural antiseptics and add that little bit of zing to this dish.

Lunch provides 2 of your 5 a day when eaten as per serving suggestion

INGREDIENTS

1 can black eyed beans (rinsed through with cold water)
1 avocado
1 small onion, finely chopped
1 tsp garlic paste
¼ tsp chilli powder
Freshly ground black pepper and salt to taste
2 tbsp lemon juice
2 tbsp vinegar
½ tsp cumin seeds
1 tbsp fresh coriander, finely chopped

METHOD

(SERVES 2)

- Place the beans, onion and the avocado in a large bowl and pour the dressing over them.
- Rub cumin seeds between the palms of your hands, sprinkle over the salad and mix well. Cover and leave to marinate for 2 hours, stirring once or twice. Refrigerate until ready to serve.
- Garnish with coriander before serving.



Nutrition

Per Serving of the recipe

| | |
|--------------------|-----------------|
| Energy | 1450Kj/349Kcals |
| Fat | 21g |
| of which saturated | 3.9g |
| Carbs | 20g |
| of which sugars | 8.4g |
| Fibre | 14g |
| Protein | 12g |
| Salt | 1.5g |

DINNER

Spicy chick peas

Chick peas are a great source of soluble fibre as well as topping up your protein and iron intake. Soluble fibre has been shown to help keep blood sugar low and help keep your cholesterol in check too. Keep some cans in the cupboard – just in case you forget to soak the dried ones overnight.

Dinner provides 2 of your 5 a day when eaten as per serving suggestion

INGREDIENTS

225g chick peas, soaked in water overnight (or about 450g if using canned chick peas)
½ tsp baking powder
Salt to taste
3 tbsp vegetable oil
4 tsp garlic paste
4 whole red chillies ground with a little water
4 tsp coriander seeds ground with a little water
1 ½ cans chopped tomatoes
2 green chillies, split in 2
20g finely chopped ginger
3 tbsp lemon juice
2 tsp garam masala powder
1 tbsp chopped fresh coriander

METHOD

(SERVES 4)

- Boil the chickpeas in sufficient water with baking powder and salt until tender. Drain them and keep aside.
- Heat the oil in a saucepan and add the garlic paste and stir until golden brown. Add the whole red chilli and coriander seed pastes. Stir fry for a minute or two.
- Add the tomatoes, green chillies and ¼ of the ginger. Bring to boil and let it simmer for a few minutes.
- Add the boiled chickpeas to the mixture. Cook for 5 minutes. Add the lemon juice and garam masala powder. Stir well.
- Garnish with the remaining ginger and coriander.
- Serve hot with chapattis and papaya raita.



Nutrition

Per Serving of the recipe

| | |
|--------------------|-----------------|
| Energy | 1402Kj/334Kcals |
| Fat | 13g |
| of which saturated | 0.9g |
| Carbs | 35g |
| of which sugars | 9.7g |
| Fibre | 3g |
| Protein | 16g |
| Salt | 1g |

Elephant Atta recommends Rajah Spices: "Chilli originates from Latin America. Capsaicin its active ingredient, which give chillies their heat is also believed to help fight pain and potentially aid in weight loss."



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