

Breakfast Upgrade

GUIDE

**BY NUTRITIONIST
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YOUR REGULAR BREAKFAST ISN'T WRONG—IT'S JUST INCOMPLETE. KEEP THE CARBS, BUT MAKE IT WHOLESOME BY ADDING PROTEIN AND FIBER TO FUEL YOUR DAY. BELOW ARE SOME UPGRADED BREAKFAST RECIPES TO HELP YOU GET STARTED.



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Poha → Wholesome protein packed Poha



Poha is light and easy to digest, but it is low in protein and moderate in fiber.

On its own, it gets digested quickly, which can lead to hunger within 1–2 hours.

WHAT TO ADD:

- Green peas / sprouts
- Roasted peanuts
- Fresh coconut

PROTEIN ADD-ON (MUST):

- 40–50g paneer on the side
- OR 1–2 boiled eggs

WHY IT'S BETTER:

- Adds protein + fiber → keeps you full longer
- Prevents sudden hunger and sugar crashes

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Upma → Balanced Vegetable Upma



Upma is mainly made from semolina, making it carb-dominant with low protein.

If vegetables are limited, it also lacks enough fiber, leading to low satiety.

WHAT TO ADD:

- Mixed vegetables
- Peanuts
- Moong sprouts

PROTEIN ADD-ON (MUST):

- 40g paneer
- OR 1–2 boiled eggs

WHY IT'S BETTER:

- Fiber + protein → better digestion + sustained energy

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Paratha → Protein-Rich Paratha



Regular paratha, especially aloo paratha, is high in carbs and low in protein.

It can feel heavy and may cause bloating, without keeping you full for long.

WHAT TO TWEAK IN DOUGH:

- Add besan or dal flour into atta

BETTER STUFFING OPTIONS (INSTEAD OF ALOO):

- Sprouts (lightly mashed)
- Paneer
- Tofu

WHAT TO HAVE ON SIDE:

- Curd
- OR eggs (1-2)

WHY IT'S BETTER:

- Regular aloo paratha = high carb
- Adding besan/dal → improves protein
- Sprouts/paneer/tofu → makes it balanced + less bloating

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Idli → wholesome & nutritious Idli



Idli is fermented and gut-friendly, but it is low in protein when eaten alone.

It is also too light, which may not keep you full for long.

WHAT TO FOCUS ON:

- Have more sambar (don't skip or keep minimal)
- Coconut chutney for good fats

PROTEIN ADD-ON (IF NEEDED):

- 40g paneer
- OR 1-2 boiled eggs

WHY IT'S BETTER:

- Idli alone is too light
- Sambar adds dal (protein) + vegetables (fiber) → makes it complete

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Dosa → Balanced Power Dosa



Dosa batter provides some protein, but overall the meal becomes carb-heavy, especially with potato filling. This can lead to heaviness and low protein intake.

WHAT TO CHANGE:

- Instead of potato masala stuffing, use:
- Sprouts (lightly mashed)
- Paneer bhurji
- Tofu

WHAT TO ADD ON SIDE:

- Sambar + chutney

PROTEIN ADD-ON (IF PLAIN DOSA):

- 40g paneer
- OR eggs

WHY IT'S BETTER:

- Avoids heavy potato filling
- Adds protein → better energy + less heaviness

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Bread Omelette → Wholesome fibre rich Bread Omelette



Bread omelette has good protein from eggs, but if made with regular bread, it is low in fiber.

It may also lack enough vegetables, reducing overall nutrient density.

WHAT TO TWEAK:

- Use better quality bread (like sourdough or whole grain)

WHAT TO ADD:

- Vegetable-loaded omelette
- Paneer inside (optional)

ON THE SIDE:

- Grilled tomatoes / sautéed veggies

WHY IT'S BETTER:

- Already protein-rich
- Adding veggies + paneer → more fiber + satiety

**SIMPLE RULE (VERY IMPORTANT):
DON'T REMOVE YOUR BREAKFAST—
JUST FIX IT**

ADD:

- **PROTEIN → PANEER / EGGS /
SPROUTS / DAL / BESAN**
- **FIBER → VEGETABLES / SPROUTS**
- **GOOD FATS → NUTS / COCONUT**



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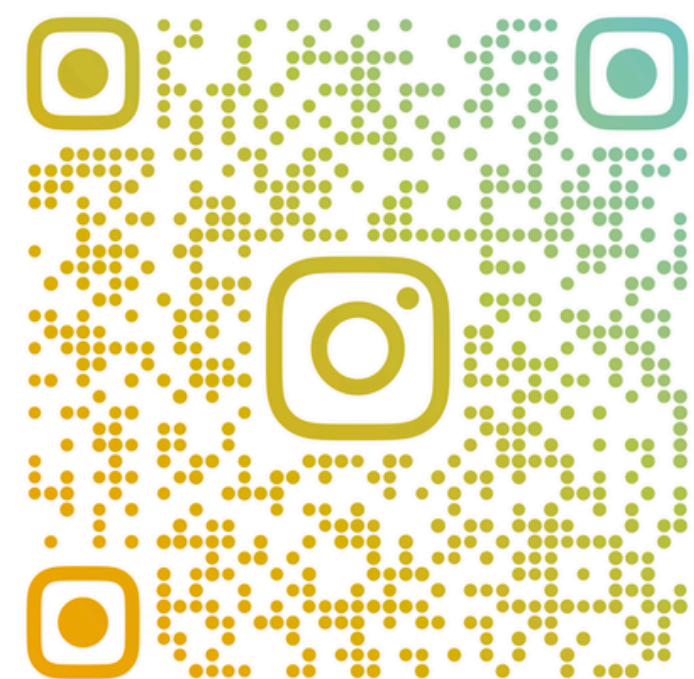
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