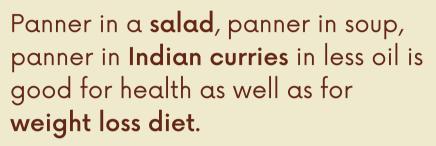


High protein indian food chart





Tofu

Bean curd or Tofu looks like paneer but it is made of condensed soy milk. It contains essential amino acids that are beneficial for the human body.





Peanuts

Peanuts or Moongfali is the heart of Indian snacks.

It is not only tasty but loaded with protein and other healthy nutrients.

Lentils

When it comes to protein, lentils or dal are known for their high protein content.





Rajma

Kidney beans or Rajma is a member of the Legumes family rich in protein and other nutrients.

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