

# Protein rich food

High protein indian food chart



## Paneer

Panner in a **salad**, panner in soup, panner in **Indian curries** in less oil is good for health as well as for **weight loss diet**.

## 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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