

# NUTRI TRUNK

## MENU

### **Gobi Mattar** (Serves 2) **139**

Ingredients: Cauliflower, Green peas, Onion, Tomato, Coriander, Ginger- Garlic- Chilli paste and Masala.

Nutrition Profile: Energy - 586 kcal , Carbs- 44g, Protein- 14.7 g, Fats - 2g

### **Chole masala** (Serves 2) **139**

Ingredients: Boiled chole, Tomato, Onion, Coriander, Ginger- Garlic- Chilli paste and Masala.

Nutrition Profile: Energy - 435 kcal, Carbs 54 g, Protein- 15.7 g, Fats- 3g

### **Bhindi masala** (Serves 2) **139**

Ingredients: Bhindi, Tomato, Onion, Coriander, Ginger- Garlic- Chilli paste and Masala

Nutrition Profile: Energy - 219 kcal, Carbs- 22g , Protein-6g, Fats- 2g

### **Baingan ka Bharta** (Serves 2) **139**

Ingredients: Brinjal, Green Garlic, Onion and Masala

Nutrition Profile: Energy - 127 kcal, Carbs - 20g , pro - 5g fats - 3g

### **Paneer Matar** (Serves 2) **139**

Ingredients: Paneer, Green peas, Tomato, Onion, Coriander, Ginger- Garlic- Chilli paste and Masala

Nutrition Profile: Energy- 442 kcal, Carbs- 26g, Protein- 19g, Fats- 6g

Jain version of all the meal kits are available

## CONTACT US

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### **Chickpea Salad** (Serves 1) **110**

Ingredients: Boiled Chickpea, Cucumber, Carrot, Tomato, Onion, Lemon, Coriander, and Chaat Masala

Nutrition Profile: Energy - 765 kcal ,Carbs -130 g, Protein - 40 g , Fat - 10g

### **Quinoa salad** (Serves 1) **110**

Ingredients: Cooked Quinoa, Cucumber, Pomegranate Seeds, Lemon, Coriander and Chaat Masala

Nutrition Profile: Energy- 332 kcal, Carbs -62 g, Protein -12 g, Fat - 4g

### **Sprout salad** (Serves 1) **110**

Ingredients: Moong Sprout, Cucumber, Carrot , Beetroot, Tomato, Onion, and Chaat Masala

Nutrition Profile: Energy - 332 kcal, Carbs- 65g, Protein -23 g, Fat 2g

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### **Evergreen Smoothie** (Serves 1) **99**

Ingredients: Bottle Gourd, Spinach, Indian Gooseberries or lemon and Mint leaves

Nutrition Profile: Energy- 100kcal , Carbs- 10g , Protein - 6g, Fat -2g

### **Ragi Power Smoothie** (Serves 1) **99**

Ingredients: Ragi flour, Dates, Banana

Nutrition Profile: Energy- 413 kcal , Carbs- 72 g, Protein -12 g, Fat- 4g

### **Apple Smoothie** (Serves 1) **99**

Ingredients: Oats, Apple, Cinnamon

Nutrition Profile: Energy- 403 kcal, Carbs- 73g, Protein -10g, Fat- 6g



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