

# Healthy Eating-Food for millennial



None of the working routine is complete until complemented by healthy eating routine. **Healthy food uplifts your mood, refreshes your mind and increases enthusiasm to work faster and more efficiently.**

On the other hand, an average food makes you an average human. On the worst note fast-foods, outside eating or living on inappropriately stored food can make you a dull person.

**Food has amazing power to transform you!** (As does yoga). So what are essential ingredients of an amazing food bowl.

## **Essential ingredients of an amazing food bowl**

- A. It must taste great (most important)**
- B. It must have veggies (leafy and other in all hues and colors)**
- C. Full of Protein sources (eggs/legumes/cottage cheese/tofu)**
- D. Good fats (coconut oil/ghee/virgin olive oil)**
- E. Herbs (mint, coriander, holy basil)**
- F. Some portion of carbohydrates (whole wheat bread, rice,pasta)**

**My lunch packs are filled with simplicity and creativity and are customizable too. That means you can add or subtract things of your choice easily available to you, so nothing fancy.**

### **1.Hummus**



**Hummus is very popular in the West due to its practicality, the reason being its creamy punchy taste, silky creamy texture and all-round availability. It is eaten with carrots (roasted or raw),pita or any other kind of bread (preferably a flat one).**

**Although easily available in stores, a homemade option is always better. Own kitchen made eatables have **reasonable amount of fat, salt and sugar and zero preservatives**. Also keep you and your pocket healthy, together.**

- 2 cups cooked chickpeas
- 2 tablespoon lemon juice
- 1 cup **Tahini\***
- 2 tablespoons chopped garlic
- Freshly ground black pepper
- 2 tablespoon olive oil
- 1 cup chopped parsley

### **How to prepare hummus**

**This is the easiest dish to cook and you don't have to be an expert. You need to keep texture and taste in mind while preparing hummus.**

**Put all the ingredients in a food processor then churn while mixing in between.**

**Initially add just one table spoon of olive oil. You can splash some water to get that perfect texture.**

**Add salt and pepper to taste.**

**'Store in a clean container then cover with olive oil'.**

### **Roasted whole wheat/pita bread with hummus**

As you already have hummus stored in your fridge, roast some healthy breads to put in your lunch box, scoop out some hummus and leave for your office.

You can **regularly eat hummus at desk**, just cutting carrots into fingers and taking out roasted breads from your lunch box, while doing other jobs in the office. Although It is not ideal for you and the royal hummus. But at times can be very useful, healthy and handy.

## \*Tahini



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Tahini is also an ingredient in hummus, you must have noticed. Just in case unfamiliar with, tahini is a **paste of sesame seeds** like any other nut butters such as peanut butter and almond butter etc. You may wonder to know that both are easy to prepare.

You need to grind sesame seeds in a food processor with a little oil until smooth. **Sesame seeds are hulled** (husk removed) before churning.

Seeds are lightly roasted for strong and pleasant nutty flavor and also for easiness to grind. In case using a microwave oven, simply go for an appropriate power setting of your appliance. Small sized seeds are easy to burn.

Alternatively, you can throw those lovely tiny pearls on a dry wide pan and then roast evenly with the help of a spatula. Cool them before throwing into your processor. You need to add some vegetable oil in the process of smoothing and to make it pouring. Small amount of salt and honey improves the flavor. I love to use light flavored olive oil.

## Tahini as salad dressing

Tahini is a great substitute for **mayos dressings** which have only few days of shelf life. On the other hand, wisely stored tahini is going to last for a month or so.

For a **tangy dressing**- combine half cup tahini and two tablespoon olive oil with two teaspoons apple cider vinegar, squeeze one lemon juice, and small amount of grated ginger in a blender. Your salad dressing is ready to go. Bath your salad with the dressing and relish on it!

## Honey roasted carrots with Tahini dip



- Cut sweet carrots into 2-3 inches long pieces.
- **Bake with honey** until brown.
- Sprinkle salt and pepper to taste.
- Enjoy with tahini.

## High protein rice on veggies



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It's my most "late to bed and late to rise" days recipe. I utilize my carefully and hygienically stored 'yesterday-rice'.

- Heat small amount of oil then add finely chopped ginger and garlic.
- Add three organic eggs (break directly into the pan) and stir around the pan for 2 minutes.
- Add cold but separated rice.
- At this stage add **some more oil and let sizzle on high heat** so that each rice is nicely (yum) coated.
- Now add semi cooked vegetables like peas, corn, broccoli, spinach (chopped), and your choice.

→Finally add herbs like fresh chives, fresh basil and your choice, soy sauce, vinegar, salt and pepper to taste.

→Remove from the heat.

→Let it cool down then add some roasted nuts .Fill in your lunch box and leave for office happily.

## Chick peas and red beans Salad



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This salad has most of the ingredients I have mentioned above and is simple to prepare. **Chick peas and red beans** are packed with protein and good to taste buds. Any of these can be replaced by hardboiled eggs—each cut into four lengthwise or boneless roasted chicken. This quantity, is sufficient for 3 batches of lunch box.

- 3 cups cooked kidney beans
- 2 cups cooked chick peas
- 1 onion medium size-finely chopped
- 0.5 cup chopped celery

- 0.5 cup parsley
- Mint leaves chopped and quantity as much as you like
- 1 baby cucumber diced
- 4 cloves of garlic
- 2 tablespoon of lemon juice
- 2 tablespoon of olive oil
- Salt and pepper to taste

### **Instructions**

- Add chick peas, kidney beans, onion, and cucumber in a big bowl.
- Make your dressing by whisking oil and lemon extract together till emulsifying.
- Add salt, pepper and garlic.
- Mix well and pour over main ingredients.
- Your salad is ready to hide inside your lunch box.

### **My personal advice on lunch box packed meal**

- ❖ It seems very taming idea to ***prepare once and eat forever*** way of cooking. Remember to be cautious about raw materials used in your dish. such as onion or cucumber.
- ❖ It is better to utilize them fresh for best of their flavor and crunchiness as salt is always going to make it soggy. Also, peeled and chopped, fruits and vegetables are prone to be contaminated, so always be careful.
- ❖ Soak fruits and vegetables for 2 hrs in a tub filled with water, to remove all the pesticides and other chemicals.
- ❖ Give last bath with white vinegar (approx. 20 ml) and water (1 bucket full) mixed together.
- ❖ Don't pack hot food in aluminum foil, avoid plastic containers and bottles. Switch to stainless steel or glassware.
- ❖ **Stay hydrated, stay cool and wise!**