

PRIMAL / PALEO INDIAN MEAL IDEAS

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If you are toying with the idea of trying out a paleo lifestyle but can't wrap your head around what to eat when being paleo entails no bread, no *rotis*, no rice, and no daal, then read on.

Keep in mind that it requires a shift in mindset from traditional meals of daal, rice, chapatti and veggies to some more basic preparations.

A lot of people comment at how restrictive my diet is. But what on earth do you eat, they ask. Here's most of what I eat and it's an awful lot if you ask me. And honestly the more traditional diets are even more restrictive possibly, seeing that the only ingredient is flour (refined or otherwise)

Here are some ideas for meals for the new to primal / paleo / real food Indians out there.

Indian vegetable preparations cooked with less spice and less salt but in ghee / coconut oil.

Palak paneer. Aloo gobi, cabbage, French beans and carrots, methi aloo, sweet potatoes, tindli, red pumpkin, white pumpkin, etc.

These can be eaten on their own, with some yoghurt, or a little brown rice.

Any of these can be cooked and carried for lunch at work.

Chicken: Any of your favourite chicken recipes made milder. The reason to make them milder is so that you can eat it on its own. If it's too spicy or salty, you won't want to eat it on its own. Chicken marinated in yoghurt and malwani masala or turmeric is one of my favourites. Other than this, chicken masala, butter chicken, or anything made at your home is fine. Once you develop the taste of eating it on its own it becomes a complete meal. Make sure you cook it in paleo friendly fats like coconut oil, butter, ghee or even lightly in olive oil.

Ofcourse you can do a simple stir fry or pan fried chicken in coconut oil.

Fish: How about experimenting with *patra nu machi*? So many Indian fish preparations are so primal and why do you need anything else with it when its so finger licking amazing on its own. Even a simple fish fry in coconut oil or most South Indian preparations do the trick.

Meat: ditto as the chicken. Less gravy, less spice, less salt, paleo fats, more taste. Accompaniment – a little brown rice, but much more of the meat.

Salads – You can do wonders with salad. Stock up for 3 days, all veggies go, some boiled chicken perhaps, nuts for crunch, a variety of leaves, red and yellow bell pepper, mushrooms, carrots, boiled eggs, think of it and dump it in. (No corn please!). Always make your own salad dressings. You can even do this once a week and stock it up till it gets over. It can be as simple as olive oil and balsamic to making a pesto dressing. [Here](#) are some ideas. You can make is spicy, *khatta meetha*, anything works. You can even make extra and carry it to work the next day (dressing carried separately).

Cook veggies differently like : Sauté carrots and French beans with olive oil (or butter) and sesame seeds or try this [recipe](#) for cooking carrots.

Soups – and a lot of them.

[Cauliflower rice](#) (a substitute for rice) with either chicken curry or your favorite veggies cooked Indian style.

[Masala eggs](#) / egg *bhurji* for lunch or dinner. The idea is to break out of the traditional meals.

Do have a look at [this post](#) where I have put down **ideas for food/ snacks you can carry to work.**

Do keep in mind that once you start eating REAL food and none of the processed empty calories, you will not feel so hungry as your meals will have a lot more substance. You will eat only when hungry; therefore you may be completely willing to skip a meal now and then.

Keeping a broad mind here is the key. After all you've come so far that you're toying with the idea of throwing conventional wisdom on its head. **You're actually thinking of munching on fresh cheese as a snack. So what if you don't eat a complete Indian meal anymore?** As a nation full of diabetics and heart diseases, it's time to look at a better way of living and eating.

So what's cooking for dinner tonight? Let me know in the comments! Thanks for reading.

Also read : The South Asian Health Solution by Dr Ronesh Sinha (link on left side panel)

