



Delicious And Nutricious

## VEGETARIAN DISHES

For Pregnant Women

### 1 Sprouts Open Sandwich

This sandwich with black olives and sprouts is loaded with cheese while remaining healthy.



### 2 Aloo Methi And Tofu Parantha

This parantha is packed with nutrients and tastes delicious.

### 3 Bajra And Moong Dal Khichdi

Khichdi is a nutritious and comforting meal for individuals of all ages.



### 4 Split Urad Dal With Spinach

This nutritious spinach dal is high in vitamins and a good source of plant protein.

### 5 Mixed Beans And Vegetable Soup

This wholesome soup is packed with plant protein, vitamins, and minerals.



### 6 Vegetable And Dal Idli

High-fiber protein-rich idlis are a simple and delicious snack for a balanced breakfast.

### 7 Dalia Pulao

Dalia pulao is a nutritious and delicious dish high in iron and fiber.



### 8 Radish Greens

This easy green side dish packs a punch of flavor while reducing food waste.