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Too often I see people try something too extreme and just end up failing. Things such as:

- ✗ Cutting out carbs – (no more roti!)
- ✗ Only doing cardio – (lots of running)
- ✗ Cut out all foods they enjoy (chocolates, crisps, Nando's)
- ✗ Extreme diets (Keto, Cambridge, Fasting, Juice detox)
- ✗ Crazy HIIT workouts

Whilst the above can work temporarily, they are very hard to stick to long-term, and as soon as you “fall off” or start eating normal again you will end up putting the weight back on.

What you need is

A strategy that you can stick to long-term.

A strategy that allows you to include the foods you enjoy.

A strategy that is flexible, whilst still making progress.

And yes, it does exist.

All my clients are still able to include foods they enjoy but also make good progress.

In a nutshell here are the key principles of a successful long-term fat loss strategy:

- ✓ Calorie Deficit
- ✓ Adequate Protein
- ✓ Adequate Fibre
- ✓ Majority “healthy” foods but allows for some flexibility.
- ✓ Strength Training
- ✓ Daily/weekly step target
- ✓ Tracking and monitoring your results
- ✓ Making adjustments if needed

**CLICK TO
DOWNLOAD**



Free Calorie Calculator



Indian Food Tips

CLICK HERE →

Watch video



Everyone makes their Indian food differently.

The amount of oil and butter used can have a significant impact on the number of calories of the dish.

Try to use minimal oil and butter to keep calories lower.

Weigh out all ingredients used to make the curry.

Track this in your food tracking app.

Save this as a meal – next time you make the same dish you do not have to weigh out everything again.

Note – work out how many servings you get from 1 pot.



Indian Food Tips

One of the main issues with Indian food that it's usually high in fats and carbs (hence high in calories) whilst lacking protein.



Salad is a great way to boost up the volume of food eaten without boosting up the calories.

100g mixed salad = 20 Kcals

Add 150g of this 0% yoghurt to your veggie Indian dishes to instantly boost up the protein without increasing the calories too much.

100g yogurt = 54 Kcals, 10g Protein

Add in eggs or egg whites to boost protein.

1 egg = 70 Kcals, 6g Protein

1 egg white = 16 Kcals, 4g Protein



Chappati

~5 pieces

Ingredients

- 1 cup whole wheat flour (about 120g)
- 1/4 teaspoon salt (optional)
- 1/2 teaspoon oil or ghee (optional, for softer chapati)
- Water (about 1/2 cup or as needed)



What you need to do

- **Prepare the dough:**
 - In a large mixing bowl, combine the whole wheat flour and salt (if using).
 - Gradually add water to the flour while mixing with your hand or a spoon. Add a little water at a time until a soft dough forms.
 - Knead the dough for about 5–7 minutes until it is smooth and pliable.
 - Cover the dough with a damp cloth and let it rest for about 15–30 minutes.
- **Rolling the dough:**
 - Divide the dough into small equal portions (about the size of a golf ball).
 - Roll each portion into a ball and flatten it slightly.
 - Using a rolling pin, roll each dough ball into a thin circle (about 6 inches in diameter) on a lightly floured surface.
- **Cooking the chapati:**
 - Heat a tawa or griddle over medium-high heat.
 - Place the rolled-out dough onto the hot griddle.
 - Once you see small bubbles forming on the top (after 30 seconds), flip the chapati using tongs or a spatula.
 - Cook the other side for 20–30 seconds until golden brown spots appear, then flip it again.
 - Press gently with a cloth or spatula to puff up the chapati, if desired.
 - Remove from the tawa and serve immediately.

Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
120 - 140	1	25	4	3

*Nutrition per serving



Paratha

~3-4 pieces

Ingredients

- 1 cup whole wheat flour (atta)
- 1 tablespoon oil or ghee (optional for softer parathas)
- ½ teaspoon salt
- Water (approximately ½ cup, adjust as needed)
- Additional flour for rolling



What you need to do

• Make the Dough:

- In a large mixing bowl, combine 1 cup of whole wheat flour and salt.
- Gradually add water to form a soft, smooth dough. Add a little oil or ghee for extra softness (optional).
- Knead for 5-7 minutes until the dough is smooth and elastic.
- Cover with a damp cloth and let it rest for at least 15 minutes.

• Roll the Parathas:

- Divide the dough into small balls (about the size of a golf ball).
- Roll each ball into a smooth ball using your hands.
- Flatten the ball slightly and sprinkle some flour on both sides.
- Roll out into a circle about 6-7 inches in diameter. Don't worry if the shape isn't perfect!

• Cook the Parathas:

- Heat a tawa or griddle on medium-high heat.
- Once hot, place the rolled-out dough onto the tawa.
- Cook for about 30 seconds, or until small bubbles start to form.
- Flip and cook for another 30 seconds on the other side.
- If you want a soft paratha, spread a little ghee or oil on the cooked side and flip again. Press gently to help it puff up.
- Remove from the griddle and keep it warm wrapped in a cloth.

Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
160 - 180	5	27	4	3

*Nutrition per serving (1 paratha)



Aloo Paratha

4 pieces

Ingredients

For the dough:

- 1 cup whole wheat flour
- 1/4 tsp salt
- Water (as needed, around 1/4 to 1/2 cup)

For the filling:

- 2 medium-sized potatoes (about 200g)
- 1 small onion (optional)
- 1-2 green chillies, finely chopped (optional)
- 1/2 tsp cumin seeds
- 1/2 tsp turmeric powder
- 1/2 tsp red chili powder
- 1/2 tsp garam masala
- 1 tbsp chopped coriander leaves
- Salt to taste

For cooking:

- 2-3 tbsp ghee or oil (for frying the parathas)



What you need to do

• Prepare the dough:

- In a large bowl, mix the whole wheat flour and salt.
- Gradually add water and knead into a soft, smooth dough.
- Cover the dough with a damp cloth and let it rest for at least 20 minutes.

• Prepare the filling:

- Boil the potatoes until soft, peel them, and mash them thoroughly.
- In a pan, heat a little oil and add cumin seeds. Once they splutter, add the onions and sauté until translucent.
- Add the green chillies (if using), turmeric powder, red chili powder, garam masala, and salt. Stir well.
- Add the mashed potatoes and cook for a few minutes. Remove from heat, add chopped coriander leaves, and mix well. Let the filling cool.

• Assemble and cook the parathas:

- Divide the dough into 4 equal portions. Roll each portion into a ball.
- Roll each dough ball into a small disc (about 4-5 inches in diameter).
- Place a spoonful of the potato filling in the center. Bring the edges of the dough together to seal the filling.
- Roll the stuffed dough ball into a flat circle, being careful not to let the filling spill out.
- Heat a tawa (griddle) over medium heat.
- Place the rolled paratha on the tawa and cook until light brown spots form. Flip it over and cook the other side.
- Apply a little ghee or oil on both sides and cook until golden brown and crispy.

Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
220 - 240	8	35	5	5

*Nutrition per serving (1 paratha)



Basmati Rice

1 cup

Ingredients

- 1 cup (200g) Basmati rice
- 2 cups (480 ml) water
- 1 tsp olive oil (optional)
- Salt to taste (optional)



What you need to do

- **Rinse the rice** thoroughly under cold water to remove excess starch. This helps to prevent the rice from becoming too sticky.
- In a medium pot, add the rinsed rice, water, and a pinch of salt (if desired).
- Bring the water to a boil over medium-high heat.
- Once boiling, reduce the heat to low, cover the pot with a lid, and simmer for about 18–20 minutes. Make sure the rice is tender and the water has been absorbed.
- Remove from heat and let it sit for 5 minutes, then fluff with a fork.
- If desired, stir in 1 tsp of olive oil for added flavor.

Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
190 - 210	0.5	45	4	1

*Nutrition per serving



Yellow Dhaal

4 servings

Ingredients

- 1 cup yellow lentils
- 1 medium onion, finely chopped
- 2 tomatoes, chopped
- 1-2 green chilies, chopped (optional)
- 1 tablespoon ginger-garlic paste
- 1 teaspoon turmeric powder
- 1 teaspoon cumin seeds
- 1 teaspoon coriander powder
- 1 teaspoon garam masala (optional)
- 1 tablespoon vegetable oil or ghee
- Salt to taste
- Fresh coriander for garnish
- 4 cups water (adjust for desired consistency)



What you need to do

- **Rinse the lentils** thoroughly and soak them in water for about 30 minutes (optional, but helps cook faster).
- In a large pot, heat **oil or ghee** on medium heat. Add **cumin seeds** and let them splutter.
- Add the **onion** and sauté until golden brown.
- Stir in **ginger-garlic paste** and **green chilies** (if using). Sauté for another minute until fragrant.
- Add the **tomatoes, turmeric powder, coriander powder, and salt**. Cook until the tomatoes soften and oil starts separating.
- Add the soaked lentils to the pot along with **water**. Bring it to a boil and then reduce to a simmer.
- Cover the pot and cook for 20-25 minutes or until the lentils are soft and fully cooked.
- Once cooked, use a spoon to mash the lentils slightly for a smoother texture, or leave it as is for a chunkier consistency.
- Stir in **garam masala** and cook for an additional 5 minutes.
- Garnish with **fresh** coriander and serve hot with rice or roti.

Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
250 - 270	5	40	13	9

*Nutrition per serving



Brown Dhaal

4 servings

Ingredients

- 1 cup brown lentils (daal)
- 1 tablespoon oil (preferably olive or mustard oil)
- 1 medium onion, finely chopped
- 1 medium tomato, chopped
- 2-3 cloves garlic, minced
- 1-inch ginger, minced
- 1 green chili, chopped (optional)
- 1/2 teaspoon turmeric powder
- 1 teaspoon cumin seeds
- 1 teaspoon coriander powder
- 1/2 teaspoon garam masala
- Salt to taste
- 3 cups water (or more for desired consistency)
- Fresh coriander (for garnish)
- 1/2 teaspoon cumin powder
- 1 tablespoon lemon juice (optional)



What you need to do

- **Prepare the Lentils:** Rinse the brown lentils thoroughly under cold water. Soak them in water for about 30 minutes (optional but helps them cook faster).
- **Cook the Lentils:** In a pot, add the soaked lentils and 3 cups of water. Bring to a boil, then reduce the heat and simmer for about 25-30 minutes until the lentils are tender. If you're using a pressure cooker, cook for about 2-3 whistles.
- **Prepare the Tempering:** In a separate pan, heat oil over medium heat. Add cumin seeds and let them sizzle for a few seconds. Add chopped onions and sauté until golden brown.
- **Add Aromatics:** Add garlic, ginger, and green chili (if using). Sauté for a minute until fragrant.
- **Cook the Tomato:** Add chopped tomatoes and cook for 4-5 minutes until soft and mushy.
- **Spices:** Add turmeric powder, coriander powder, cumin powder, and garam masala. Stir well and cook for another 2 minutes.
- **Combine:** Add the cooked lentils to the pan with the tempering. Stir well to combine. Adjust the consistency by adding more water if needed. Simmer for an additional 5-10 minutes to allow the flavors to meld.
- **Season and Garnish:** Add salt to taste and lemon juice (if desired). Garnish with fresh coriander.
- **Serve:** Serve the brown daal hot with rice or roti.

Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
270 - 290	7	40	15	10

*Nutrition per serving



Rajma

4 servings

Ingredients

- Rajma (Kidney beans) – 1 cup (soaked overnight)
- Onion – 1 large, finely chopped
- Tomatoes – 2 medium-sized, pureed
- Green chilies – 2, slit
- Ginger-garlic paste – 1 tablespoon
- Cumin seeds – 1 teaspoon
- Coriander powder – 1 teaspoon
- Cumin powder – 1 teaspoon
- Garam masala – 1 teaspoon
- Red chili powder – 1 teaspoon
- Turmeric powder – ½ teaspoon
- Salt – to taste
- Oil – 1 tablespoon
- Coriander – for garnishing



What you need to do

- **Soak the Rajma (Kidney Beans):** Soak the kidney beans overnight or for at least 8 hours in enough water.
- **Cook the Rajma:**
 - In a pressure cooker, add the soaked kidney beans with about 3 cups of water.
 - Pressure cook for 5-6 whistles or until the beans are tender. Set aside.
- **Make the Masala:**
 - Heat oil in a large pan. Add cumin seeds and let them splutter.
 - Add chopped onions and sauté until golden brown.
 - Add ginger-garlic paste and sauté for 1-2 minutes.
 - Add the pureed tomatoes, green chilies, and all the dry spices (coriander powder, cumin powder, red chili powder, turmeric powder).
 - Cook the masala until the oil separates from it (about 5-7 minutes).
- **Combine Rajma with the Masala:**
 - Add the cooked rajma (along with water) to the masala.
 - Mix everything well. Let it simmer on medium heat for 10-15 minutes to allow the flavors to blend.
 - Add garam masala and salt to taste. Let it cook for another 2 minutes.
 - Garnish with fresh coriander.

Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
270 - 290	7	40	15	10

*Nutrition per serving



Mixed Veg Sabji

4 servings

Ingredients

- 1 cup cauliflower florets
- 1 cup carrots, diced
- 1 cup beans (green beans or French beans), chopped
- 1 cup potatoes, diced
- 1 medium onion, finely chopped
- 2 tomatoes, chopped
- 2 green chilies, chopped
- 1 teaspoon ginger-garlic paste
- 1/2 teaspoon cumin seeds
- 1/2 teaspoon turmeric powder
- 1 teaspoon red chili powder
- 1 teaspoon garam masala
- 1 teaspoon coriander powder
- Salt to taste
- 1 tablespoon oil (vegetable or olive oil)
- Fresh coriander for garnish



What you need to do

- **Prepare the Vegetables:** Wash and chop all the vegetables into uniform sizes. This ensures they cook evenly.
- **Cook the Base:** Heat the oil in a pan over medium heat. Add cumin seeds and let them splutter. Add chopped onions and sauté until they turn golden brown.
- **Add Ginger-Garlic and Tomatoes:** Add the ginger-garlic paste and chopped green chilies. Sauté for a minute until the raw smell disappears. Then, add chopped tomatoes and cook until soft.
- **Spices:** Add turmeric powder, red chili powder, garam masala, coriander powder, and salt. Stir well to coat the onion and tomato mixture with spices.
- **Cook the Vegetables:** Add the chopped vegetables (carrot, beans, cauliflower, and potatoes) to the pan. Stir well to combine. Cover and cook on medium heat for 10-12 minutes, stirring occasionally. Add a splash of water if necessary to prevent burning.
- **Simmer and Cook Through:** Once the veggies are tender, adjust the seasoning if needed, and let it cook for another 5 minutes on low heat to allow the flavors to meld together.
- **Garnish and Serve:** Garnish with freshly chopped coriander and serve hot with roti, naan, or rice

Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
200 – 220	8	28	5	8

*Nutrition per serving



Aloo Gobi Sabji

4 servings

Ingredients

- 2 medium potatoes (about 300g), peeled and diced
- 1 medium cauliflower (about 500g), cut into florets
- 1 onion (about 100g), finely chopped
- 1 tomato (about 100g), chopped
- 2 tbsp vegetable oil (or ghee)
- 1 tsp cumin seeds
- 1 tsp turmeric powder
- 1 tsp coriander powder
- 1 tsp garam masala
- 1/2 tsp cumin powder
- 1/2 tsp chili powder (adjust to taste)
- Salt, to taste
- Fresh cilantro, chopped (for garnish)
- 1/2 cup water (or as needed)
- 1 tsp ginger-garlic paste



What you need to do

- **Heat the oil** in a large pan over medium heat. Add the cumin seeds and let them sizzle.
- **Add onions** and cook until they turn golden brown.
- Add **ginger-garlic paste** and sauté for a minute until fragrant.
- Add **chopped tomatoes**, turmeric powder, coriander powder, cumin powder, chili powder, and salt. Cook until the tomatoes soften and oil begins to separate from the masala.
- Add **diced potatoes** and mix well. Let them cook for 5 minutes.
- Add **cauliflower florets**, mix to combine, and add 1/2 cup water. Cover the pan and cook for 10-15 minutes, stirring occasionally, until the potatoes and cauliflower are tender.
- Once cooked, sprinkle **garam masala** over the dish and mix gently. Garnish with chopped coriander.
- Serve hot with rice or roti.

Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
240 - 260	10	35	5	7

*Nutrition per serving



Chickpea Curry

4 servings

Ingredients

- 2 tbsp olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1-inch piece fresh ginger, grated
- 1 can (15 oz) chickpeas, drained and rinsed
- 1 can (14 oz) diced tomatoes
- 1 cup coconut milk
- 1 tbsp curry powder
- 1 tsp ground cumin
- 1 tsp turmeric
- 1/2 tsp ground coriander
- 1/2 tsp ground cinnamon
- 1/2 tsp chili powder (optional for heat)
- Salt, to taste
- 1/4 cup fresh coriander, chopped (optional)
- Cooked rice or naan (optional, for serving)



What you need to do

- **Heat the olive oil** in a large skillet or pot over medium heat.
- Add the **onion** and sauté until softened, about 5-7 minutes.
- Stir in the **garlic** and **ginger**, and cook for another 1-2 minutes.
- Add the **curry powder, cumin, turmeric, coriander, cinnamon, and chili powder** (if using). Stir well and cook for about 1 minute to toast the spices.
- Add the **diced tomatoes** (with juices) and bring to a simmer. Let it cook for about 5-10 minutes to allow the flavors to meld.
- Add the **chickpeas** and **coconut milk** to the pot. Stir well and bring the mixture to a simmer again.
- Simmer for 10-15 minutes, allowing the curry to thicken and the flavors to develop.
- Taste and adjust seasoning with salt, if needed.
- Garnish with **fresh coriander** (optional), and serve with rice or naan if desired.

Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
330 - 350	19	34	9	8

*Nutrition per serving



Saag

4 servings

Ingredients

- 4 cups fresh spinach leaves (or 2 cups frozen spinach)
- 1 tablespoon oil (olive oil or ghee)
- 1 medium onion, finely chopped
- 2 garlic cloves, minced
- 1-inch ginger, minced
- 2 green chilies, chopped (optional)
- 1 medium tomato, chopped
- 1 teaspoon cumin seeds
- 1 teaspoon turmeric powder
- 1 teaspoon garam masala
- 1 teaspoon coriander powder
- 1 teaspoon cumin powder
- 1/2 teaspoon red chili powder
- Salt to taste
- 1/4 cup water (for consistency)
- 1/4 cup plain yogurt (optional, for creaminess)



What you need to do

- **Prepare the spinach:** If using fresh spinach, wash it thoroughly and blanch it in boiling water for 2–3 minutes. Then, immediately transfer to ice water to preserve the color. Drain well and chop coarsely. If using frozen spinach, thaw and drain excess water.
- **Cook the spices:** In a large pan, heat oil over medium heat. Add cumin seeds and let them splutter. Add chopped onions and sauté until golden brown.
- **Add aromatics:** Add garlic, ginger, and green chilies. Sauté for a minute until fragrant.
- **Cook the tomatoes and spices:** Add the chopped tomato and cook until soft. Then, add the turmeric, garam masala, coriander powder, cumin powder, red chili powder, and salt. Cook for another 2–3 minutes.
- **Combine spinach:** Add the prepared spinach to the pan and mix it well with the spices. If the mixture is too thick, add a little water to achieve the desired consistency.
- **Simmer:** Let it simmer for 5–7 minutes on low heat, stirring occasionally.
- **Add yogurt (optional):** If you want a creamier texture, stir in the yogurt and cook for another 2 minutes.
- **Serve:** Garnish with a drizzle of ghee (optional) and serve hot with roti, naan, or rice.

Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
110 - 130	7	12	3	4

*Nutrition per serving



Paneer

4 servings

Ingredients

- 200g **Apetina Paneer** (you can substitute with fresh paneer if not available)
- 1 tablespoon **olive oil** (or any oil of choice)
- 1 medium **onion**, chopped
- 1 medium **tomato**, chopped
- 1 teaspoon **ginger-garlic paste**
- 1 teaspoon **turmeric powder**
- 1 teaspoon **ground cumin**
- 1 teaspoon **ground coriander**
- 1/2 teaspoon **garam masala**
- 1 teaspoon **red chili powder** (adjust to your spice preference)
- 1/2 cup **water** or vegetable broth (to adjust consistency)
- Salt to taste
- Fresh coriander, for garnish



What you need to do

- **Prep the paneer:** If you haven't bought pre-marinated Apetina Paneer, cut the paneer into cubes or bite-sized pieces.
- **Cook the onions:** Heat the olive oil in a pan over medium heat. Add the chopped onions and sauté until golden and soft (about 5-6 minutes).
- **Add ginger-garlic paste:** Stir in the ginger-garlic paste and cook for another 1 minute until fragrant.
- **Add spices:** Add the turmeric, cumin, coriander, garam masala, and red chili powder. Stir everything well and let the spices toast for 2 minutes.
- **Add tomatoes:** Add chopped tomatoes and cook until they soften and release their juices, about 5 minutes.
- **Add water or broth:** Pour in water or vegetable broth to create a smooth gravy base. Stir and let the mixture simmer for 5-7 minutes.
- **Cook the paneer:** Add the paneer cubes to the pan. Stir gently, ensuring that the paneer is coated well in the sauce. Let it simmer for another 5-6 minutes.
- **Season:** Taste and adjust the salt as needed.
- **Garnish:** Garnish with freshly chopped coriander and serve with rice, naan, or your favorite side dish.

Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
180	12	10	12	2

*Nutrition per serving



Chicken Curry

4 servings

Ingredients

- 500g chicken (boneless, cut into chunks)
- 2 tbsp ghee or oil
- 1 large onion, finely chopped
- 2 tomatoes, finely chopped
- 1-2 green chilies, chopped (adjust to your spice level)
- 1 tbsp ginger-garlic paste
- 1 tsp cumin seeds
- 1 tsp garam masala
- 1 tsp coriander powder
- 1/2 tsp turmeric powder
- 1/2 tsp red chili powder (adjust to your spice preference)
- Salt to taste
- Fresh coriander leaves (for garnish)
- 1/4 cup yogurt (optional, for richness)
- 1/2 cup water (if needed to adjust consistency)



What you need to do

- **Heat the oil** or ghee in a large pan (Karahi) over medium heat. Once hot, add cumin seeds and let them splutter.
- **Add onions** and sauté until golden brown.
- Add the **ginger-garlic paste** and sauté for another minute until fragrant.
- **Add tomatoes**, green chilies, and cook until the tomatoes soften and release their juices.
- **Add spices**: garam masala, coriander powder, turmeric powder, red chili powder, and salt. Stir well to combine.
- **Add chicken** pieces and cook for 5-6 minutes, stirring to coat the chicken in the spices.
- Once done, garnish with **fresh coriander leaves** and serve with naan or rice.

Kcal	Fats(g)	Carbs(g)	Protein(g)
300 - 320	18	8	28

*Nutrition per serving



Lamb Curry

4 servings

Ingredients

- 1 lb (450g) lamb, cut into cubes
- (preferably shoulder or leg)
- 2 tbsp vegetable oil or ghee
- 1 large onion, finely chopped
- 4 cloves garlic, minced
- 1-inch piece ginger, grated
- 2 medium tomatoes, chopped (or 1/2 can of diced tomatoes)
- 1 can (14 oz/400g) coconut milk
- 1 tbsp curry powder
- 1 tbsp ground cumin
- 1 tbsp ground coriander
- 1 tsp turmeric
- 1 tsp ground cinnamon
- 1 tsp chili powder (adjust based on heat preference)
- Salt to taste
- Fresh coriander (for garnish)
- 1 cup water or broth (adjust for desired consistency)



What you need to do

- **Prepare the lamb:** Trim excess fat and cut the lamb into cubes.
- **Cook the aromatics:** In a large pot or Dutch oven, heat the oil or ghee over medium heat. Add the onions and sauté until golden brown, about 5-7 minutes.
- **Add garlic and ginger:** Stir in the minced garlic and grated ginger and cook for another 1-2 minutes until fragrant.
- **Spices:** Add the curry powder, cumin, coriander, turmeric, cinnamon, and chili powder to the pot. Stir well and cook for 2-3 minutes to bloom the spices.
- **Cook the lamb:** Add the lamb cubes to the pot and cook for 5-6 minutes, browning the meat on all sides.
- **Tomatoes & coconut milk:** Add the chopped tomatoes (or canned tomatoes) and cook for another 5 minutes. Stir in the coconut milk and water or broth, ensuring the lamb is covered. Bring to a simmer.
- **Simmer:** Cover the pot and let the curry simmer on low heat for 1-1.5 hours until the lamb is tender and the flavors meld together. Stir occasionally and add more water if needed to adjust the curry's thickness.
- **Garnish & Serve:** Season with salt to taste. Garnish with fresh coriander and serve with rice, naan, or vegetables.

Kcal	Fats(g)	Carbs(g)	Protein(g)
440 - 460	30	10	35

*Nutrition per serving



Lamb Keema

4 servings

Ingredients

- 500g ground lamb
- 1 medium onion, finely chopped
- 2 cloves garlic, minced
- 1-inch piece ginger, minced
- 2 medium tomatoes, chopped
- 1/2 cup peas (optional)
- 2 tablespoons vegetable oil (or ghee)
- 1/2 teaspoon cumin seeds
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1 teaspoon garam masala
- 1/2 teaspoon turmeric
- 1/2 teaspoon chili powder (adjust to taste)
- Salt, to taste
- Fresh coriander, chopped (for garnish)
- 1/2 cup water (adjust for desired consistency)



What you need to do

- **Heat Oil:** In a large pan, heat the oil over medium heat. Add cumin seeds and sauté until they start to splutter.
- **Sauté Onions:** Add the chopped onions and sauté until they turn golden brown, about 5-7 minutes.
- **Add Garlic and Ginger:** Stir in minced garlic and ginger, cooking for another 1-2 minutes until fragrant.
- **Add Tomatoes & Spices:** Add the chopped tomatoes along with coriander, cumin, turmeric, chili powder, and salt. Cook until tomatoes soften and the oil begins to separate, about 5-6 minutes.
- **Cook Lamb:** Add the ground lamb to the pan and break it apart with a spatula. Cook until browned and the moisture from the meat evaporates, about 10-12 minutes.
- **Simmer:** Add peas and water, then stir well. Let it simmer for 10-15 minutes, until everything is well combined and the flavors are infused.
- **Garnish and Serve:** Sprinkle garam masala on top and garnish with fresh coriander.
- Serve with rice or flatbread (roti or naan).

Kcal	Fats(g)	Carbs(g)	Protein(g)
360 - 380	26	8	28

*Nutrition per serving



Chicken Keema

4 servings

Ingredients

- 500g ground chicken (lean)
- 1 medium onion, finely chopped
- 2 tomatoes, pureed
- 2 tbsp oil (can use olive oil or any other cooking oil)
- 1 tbsp ginger-garlic paste
- 2-3 green chillies, finely chopped (optional for spice)
- 1 tsp cumin seeds
- 1 tsp coriander powder
- 1 tsp garam masala
- 1/2 tsp turmeric powder
- 1 tsp red chili powder
- 1 tsp salt (adjust to taste)
- 1/2 cup water (or more if needed)
- Fresh coriander leaves for garnish



What you need to do

- **Heat oil in a pan:** In a large pan or wok, heat the oil over medium heat. Add the cumin seeds and let them splutter for about 30 seconds.
- **Cook onions:** Add the chopped onions and cook them until they are golden brown, around 5-7 minutes.
- **Add ginger-garlic paste:** Stir in the ginger-garlic paste and cook for another 1-2 minutes until the raw smell disappears.
- **Add spices:** Now add the turmeric, red chili powder, coriander powder, and garam masala. Stir well and cook for about 2 minutes.
- **Add tomatoes:** Stir in the pureed tomatoes and cook until the oil separates from the masala, about 5 minutes.
- **Cook the chicken:** Add the ground chicken, breaking it apart with a spoon. Cook for about 10 minutes or until the chicken is fully cooked and all the moisture has evaporated.
- **Add water:** If you prefer a slightly saucy keema, add 1/2 cup of water and let it simmer for 5-10 minutes.
- **Final seasoning:** Adjust salt and spice levels to your taste, then garnish with fresh coriander leaves.
- **Serve:** Serve hot with roti, paratha, or rice.

Kcal	Fats(g)	Carbs(g)	Protein(g)
250 - 270	12	8	30

*Nutrition per serving



Veggie Keema

4 servings

Ingredients

- 200g soy mince (or lentils for a lighter version)
- 1 tablespoon oil (olive or vegetable)
- 1 large onion, finely chopped
- 2 tomatoes, pureed or finely chopped
- 1 green chili, chopped (optional)
- 1 teaspoon ginger-garlic paste
- 1 teaspoon cumin seeds
- 1 teaspoon garam masala
- 1 teaspoon turmeric powder
- 1 teaspoon coriander powder
- 1/2 teaspoon red chili powder (optional, adjust to heat preference)
- Salt to taste
- 1/4 cup peas (optional)
- 1/4 cup chopped coriander (for garnish)
- Lemon wedges (for garnish)



What you need to do

- **Prepare the soy mince:**
 - If using soy mince, soak it in hot water for 10 minutes. Drain and set aside. If you're using lentils, cook them until tender.
- **Cook the base:**
 - Heat oil in a large pan. Add cumin seeds and let them splutter for a few seconds.
 - Add the chopped onions and sauté until golden brown.
 - Stir in the ginger-garlic paste and green chili. Sauté for another minute.
- **Add the tomatoes and spices:**
 - Add the pureed or chopped tomatoes and cook until they soften.
 - Add garam masala, turmeric powder, coriander powder, red chili powder, and salt. Cook for 3-4 minutes until the oil starts to separate from the masala.
- **Combine the soy mince or lentils:**
 - Add the soy mince (or cooked lentils) to the pan and mix well, coating with the spices. Stir occasionally and cook for 5-7 minutes.
- **Add peas and simmer:**
 - Add the peas and cook for another 3-4 minutes. Add a little water if you want the mixture to be more saucy. Let everything simmer together for about 10 minutes.
- **Garnish and Serve:**
 - Garnish with fresh chopped cilantro and serve with roti, naan, or rice. Squeeze a bit of lemon juice on top for extra flavor!

Kcal	Fats(g)	Carbs(g)	Protein(g)
260 - 280	12	20	20

*Nutrition per serving



Indian Food

serving sizes



Typical serving size
= 150-200g

Meal

example



1 serving Mixed Veg Sabji + 2 eggs (scrambled into sabji)
+ 2 Rotis + 150g Yogurt + 100g Salad

Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
681	20	82	42	12



GET R1D OF THE T1D1

GET R1D OF THE T1D1

RE-BUILD PLAN



WHY CHOOSE US

10+
years of industry experience

10+
qualifications

100+
transformations

UNDERSTAND THE INDIAN DIET + CULTURE

KEEP IN THE FOODS YOU ENJOY

TAILORED APPROACH

GET R1D OF THE T1D1

RE-BUILD PLAN



OUR SERVICES

We teach you how you can still eat your favourite foods and drop body fat at the same time

Tailored Training Plans

Tailored Meal plans

Daily Check-ins

Private APP

GET R1D OF THE T1D1

RE-BUILD PLAN



A VARIETY OF FOODS

- ✓ Roti
- ✓ Sabji
- ✓ Nando's
- ✓ Dairy milk
- ✓ Alcohol

The food choices are vast. It's not restricted and also if one wishes to indulge in a treat, they can. As long as they've balanced their meals throughout the day.

No foods are off limits!

GET R1D OF THE T1D1

RE-BUILD PLAN



200 + TESTIMONIALS

Wow I'm really happy with that, to be honest never thought it was possible go get down this far and see the massive shape change. So I'm happy how far I've come, but always excited to see how the next 12 weeks go for me now that I know it's possible.
Had to buy XS tops on the weekend crazy!
12:02

Went to wear these cargos today !! Look at that, bloody insane 🤪🤪🤪 what a feeling !!
12:15

Thanks man really appreciate all your help. 🙏 really needed some help to find that routine again that works for me and now that I found it, it is definitely sustainable for the long term which was the end result for me. So thank you soo much 🙏🙏🙏
13:35

Bro first beer in 1.5 months, all thanks to your calorie cycling method.
15:44

Hey Arjhan, just to add, it has honestly been the most realistic 12 week programme I have ever done, and all backed up with data. The pictures say a thousand words and a lot of self learning along the way about being consistent and disciplined, so thank you for this 12 week fitness journey. It has certainly been a huge learning curve.
18:17

APPLY NOW



Team Fit-Gains GET RID OF THE TIDY

Phase 1 Fat loss
81.1 kg → 73.7 kg
WEIGHT 7.4 KG / 16.3 LBS ↓
WAIST 14.0 CM ↓ BODY FAT 8.1% ↓

16 weeks Phase 1 + 2
1250 kcals → 1700+ kcals
FAT MASS 7.0 KG ↓ WAIST 21.0 CM ↓
BODY FAT 13.4% ↓ LEAN MASS 3.0 KG ↓

24 weeks Phase 1 - Cut
Key factors: Age: 57, Vegetarian, Dentist
Week 1
WEIGHT 4.4 KG / 9.7 LBS ↓
WAIST 9.0 CM ↓ BODY FAT 6.7% ↓

2+ years Phase 2
Month 1 Month 8 Month 28
94.9 kg → 73.3 kg → 74.6 kg
WEIGHT 18.0 KG ↓ WAIST 22.0 CM ↓
BODY FAT 18.5% ↓ LEAN MASS 21.0 KG ↓

8 weeks VEGETARIAN
Waist 86cm → Waist 71cm
WEIGHT 18.0 KG ↓ WAIST 15.0 CM ↓
BODY FAT 16.0% ↓ FAT MASS 1.0 KG ↓

5 weeks Abs
Week 1 Week 5
FAT MASS 5.0 KG ↓ WEIGHT 3.0 KG ↓
WAIST 9.0 CM ↓ BODY FAT 6.2% ↓

8 weeks 5kg down
Week 1 Week 4 Week 8
75.2 kg → 67 kg
WEIGHT 8.2 KG / 18.1 LBS ↓
WAIST 14.0 CM ↓ BODY FAT 8.7% ↓

Vegetarian Phase 1
113 kg → 87 kg
WEIGHT 26 KG / 57.3 LBS ↓

34 weeks Phase 1 - Cut
Key factors: Travel, Xmas, New years in between
Week 01 Week 12 Week 34
FAT MASS 8.1 KG / 17.8 LBS ↓
WAIST 17.0 CM ↓ BODY FAT 10.0% ↓

16 Weeks Vegetarian client
Week 1 Week 16
WEIGHT 10.0 KG / 22.0 LBS ↓
WAIST 19.0 CM ↓ BODY FAT 13.0% ↓

2 Kids later 7 MONTHS AFTER 2ND BIRTH
BACK TO PRE-BIRTH WEIGHT

24 weeks Phase 1 + 2 + 3
Week 01 Week 12 Week 24
70kg → 63.5kg → 64.5kg
FAT MASS 6.0 KG ↓ LEAN MASS 2.0 KG ↓
WAIST 9.0 CM ↓ BODY FAT 7.0% ↓

12 weeks Body Recomp
51.5 kg → 50.7 kg
VEGETARIAN Mum of 2
WEIGHT 0.8 KG / 1.8 LBS ↓
HIPS 10.0 CM ↓ BODY FAT 5.0% ↓

8 weeks Waist 9cm
Week 1 Week 8
WEIGHT 5.0 KG / 11.0 LBS ↓
WAIST 9.0 CM ↓ BODY FAT 4.0% ↓

20 weeks "I feel proud"
Week 1 85kg Week 20 73.6kg
RESULTS WEIGHT 11.4 KG ↓
WAIST 17.0 CM ↓ BODY FAT 8.0% ↓

24 Weeks Phase 1 + 2
Week 01 Week 16 Week 24
1650 kcals → 2100+ kcals
WEIGHT 6.0 KG ↓ WAIST 19.0 CM ↓
FAT MASS 10.0 KG ↓ LEAN MASS 5.2 KG ↓

16 weeks 16.6kgs/36.6lbs ↓
Week 1 Week 16
WEIGHT 16.0 KG ↓ WAIST 15.0 CM ↓
BODY FAT 12.0% ↓

16 weeks AGE 53
Week 1 Week 16
FAT MASS 7.0 KG ↓ LEAN MASS 2.0 KG ↓
WAIST 12.0 CM ↓ BODY FAT 10.0% ↓

12 weeks Phase 1
Before After
FAT MASS 11.0 KG ↓ WAIST 14.0 CM ↓
BODY FAT 9% ↓ LEAN MASS 3.0 KG ↓

Fat Loss ABS
Before After
FAT MASS 13.0 KG ↓ WEIGHT 8.0 KG ↓
WAIST 17.0 CM ↓ HIPS 10.0 CM ↓

12 weeks 28.6lbs / 13kgs ↓
78kg → 65kg
WEIGHT 13.0 KG ↓
WAIST 17.0 CM ↓ BODY FAT 12.0% ↓

36 weeks Home workouts
Week 1 Week 36
WEIGHT 11.0 KG / 25.0 LBS ↓
WAIST 16.0 CM ↓ BODY FAT 12.0% ↓

12 weeks BODY RECOMP
Week 1 Week 12
WEIGHT 3.0 KG ↓ FAT MASS 0.0 KG ↓
WAIST 12.0 CM ↓ BODY FAT 7.0% ↓

24 weeks AGE 48, VEGETARIAN
Week 1 Week 24
WEIGHT 12.4 KG / 27.3 LBS ↓
WAIST 11.0 CM ↓ BODY FAT 7.4% ↓

36 weeks "I feel like I've been in the gym for 10 years"
Before After
WEIGHT 16.0 KG / 35.0 LBS ↓
WAIST 15.0 CM ↓

34 weeks WEDDING PREP
Week 1 Week 16 Week 34
WEIGHT 11.0 KG ↓ HIPS 13.0 CM ↓
WAIST 20.0 CM ↓ BODY FAT 15.4% ↓

12 weeks Beers included
113.6 kg → 96 kg
WEIGHT 17.6 KG / 38.8 LBS ↓
WAIST 14.5 CM ↓ BODY FAT 7.8% ↓

20 weeks Vegetarian
87KG → 71.2KG
WEIGHT 15.8 KG / 34.8 LBS ↓
WAIST 21.0 CM ↓ BODY FAT 14.0% ↓

18 weeks Mum of 2
70.3kg → 58.1kg
WEIGHT 12.2 KG / 26.9 LBS ↓
WAIST 18.0 CM ↓ BODY FAT 14.0% ↓

12 weeks AGE 48, VEGETARIAN
Week 1 Week 12
FAT MASS 7.0 KG ↓ HIPS 10.0 CM ↓
WAIST 11.0 CM ↓ BODY FAT 7.0% ↓

12 weeks "ate Mum's paranthas every Sunday"
Age: 40, Phase 1
75.4 kg → 67.6 kg
WEIGHT 7.8 KG / 17.2 LBS ↓
WAIST 13.0 CM ↓ HIPS 11.0 CM ↓

16 weeks Age: 40, Phase 1
Week 1 Week 16
WEIGHT 8.0 KG / 17.6 LBS ↓
WAIST 18.0 CM ↓ BODY FAT 15.2% ↓

16 weeks VEGETARIAN
Week 01 Week 16
WEIGHT 6.0 KG / 13.2 LBS ↓
WAIST 9.0 CM ↓ BODY FAT 4.4% ↓

4 months weight loss 8 months maintain
THE JOURNEY
Week 1 Week 16 Week 52
WEIGHT 10.0 KG / 22.0 LBS ↓
WAIST 12.0 CM ↓ BODY FAT 11.0% ↓

First 16 weeks PROJECT ABS
21.7% BODY FAT → 12.3%
AGE 37 FAT MASS 7.0 KG ↓
WAIST 12.0 CM ↓ BODY FAT 8.0% ↓

36 weeks Phase 1 - Cut
Week 1 Week 36
WEIGHT 13.0 KG / 28.7 LBS ↓
WAIST 14.0 CM ↓ BODY FAT 10.2% ↓

We have helped 1000s of people get into incredible shape whilst still eating roti.

APPLY NOW



GET RID OF THE TIDH



- ✓ Personalised Nutrition plan
- ✓ Personalised Meal plan
- ✓ Daily check-ins
- ✓ Eat your favourite foods
- ✓ Education



Team FIT-GAINS
Health & Fitness
✔ Installed

Members only APP

APPLY NOW



GET **RID** OF THE **TUDH**



5 step process

1. Diet
2. Training
3. Check-ins
4. Adjustments
5. Reverse Diet + a *full EDUCATION*

5

if you need a plan that's tailored to you then
you can apply now.

APPLY NOW



About me



My name is Arjhan Singh Rai and I have been working in the fitness industry since 2015.

Over the years I have completed multiple qualifications and have helped hundreds of people just like you get rid of their tiddh (lose body fat) and build muscle in a sustainable manner.

I am based in the UK (London) but have also travelled to India to hold seminars and spread my knowledge on health and fitness.



The problem I see is that most people cut out all the foods they enjoy in pursuit of a better body, but eventually end up miserable, frustrated and giving up!

My mission is to teach you how you can still incorporate the foods you enjoy (like roti, chocolates, take-aways) and still achieve your dream physique.

Over the years I have developed strategies that will allow you to still enjoy foods you would usually eat but also make big steps towards your fitness goals.

I have a step by step education process that will teach you everything you need to know when it comes to losing body fat and improving your physique, and I will teach you how to eat more food whilst maintaining your results.

This isn't a quick fix, where you drop weight fast only to put it all back on after.

My plans are a realistic approach that will set you up for life!

APPLY NOW





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ARJHAN RAI

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THE J.P.
EDUCATION ZONE

ARJHAN RAI

SATURDAY - 4 PM EDUCATION ZONE 2

TOPIC: GET RID OF THE TIID
(HOW TO DROP BELLY FAT WHILST STILL EATING YOUR FAVOURITE FOODS.)

13th OCTOBER 2017
REC. MUMBAI, INDIA

IHFF

GAURAV TANEDIA

HARRY SANDHU

SHANNON DEY

CHRIS CORMIER

ARJHAN RAI

GURU WARS
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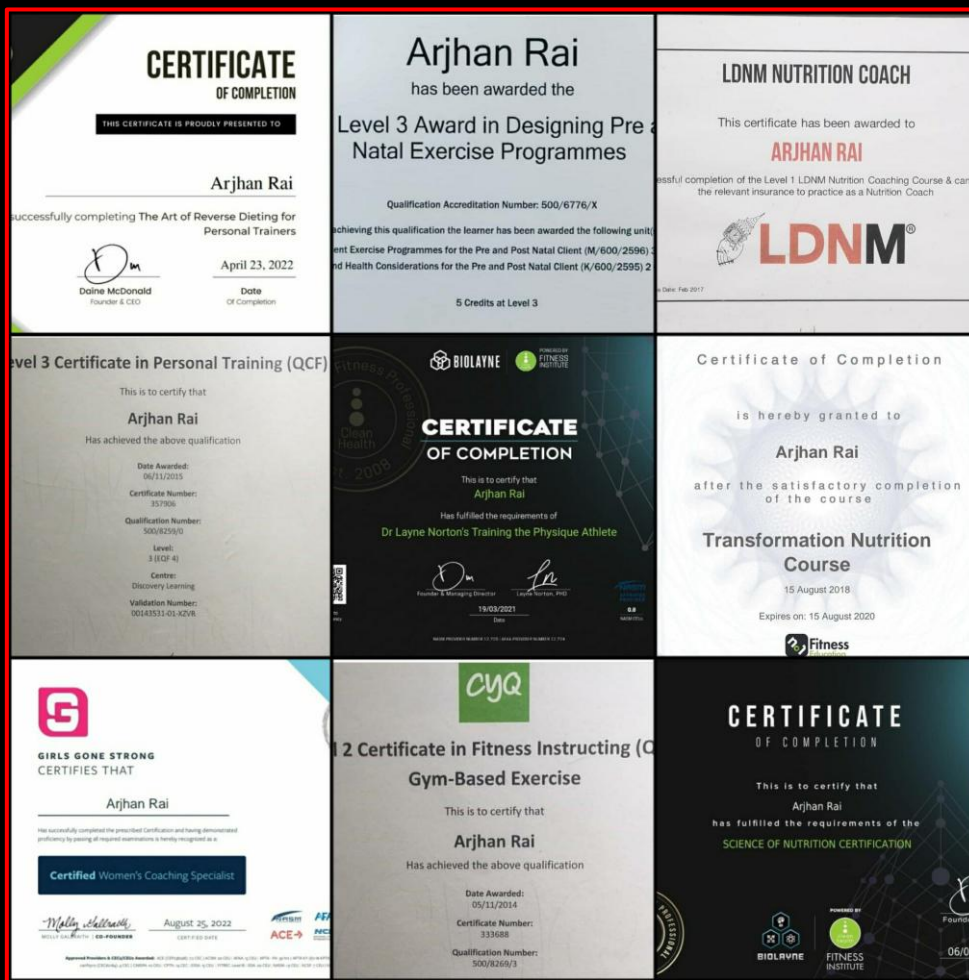
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I WILL BE THERE @
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Live Seminar | Question & Answer Session | Guru Wars





Qualifications:

- Level 2 Gym Instructor
- Level 3 Personal Trainer
- Level 1 LDNM Nutrition Coaching Course
- Transformation Nutrition Course
- Certified Women's coaching specialist
- The Art of Reverse Dieting for Personal Trainers
- Training the Physique Athlete
- Science of Nutrition Certification
- Level 3 Award in Designing Pre and Post Natal Exercise Programmes
- DNAFit certified



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- Discuss your goals in detail
- Find a plan that's suited to your goals + your lifestyle

If you need a plan that's tailored to you then you can apply now.

APPLY NOW

