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THE 8TH ELEMENT HIGH PROTEIN RECIPE BOOK

FOR 40+ Peri-menopausal women

FOR MORE HOLISTIC & SUSTAINABLE LIFESTYLE & WEIGHT LOSS RECOMMENDATIONS, RECIPES, SLEEP, STRESS MANAGEMENT & RECOVERY FOR 40+ PERI-MENOPAUSAL & MENOPAUSAL WOMEN, FOLLOW

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MEAL PLATING

Okay, so how do I put together a meal? You might wonder!

Here's a simple tip on how to.

- Choose any carb

1 cupped hand (size it up based on satiety)

2 toasts

1 roti or paratha

Root vegetables - potatoes, yam etc

1/4-1/2 cup oats (dry)

- Choose any protein

1 palm-sized for meat, tofu or 2 whole eggs

Eggs/meat/fish

1-2 cups of dal (size down to satiety)

1-2 cups of legumes (Sundal) (size down to satiety)

Tofu - palm size

Paneer - palm size

+

- *A glass of milk of your choice or small bowl of curd (as you like)*

- Choose any vegetable of your choice

1 fist-size

Have them as you like - Raw, Steamed, Sautéed, Boiled or added to scrambled eggs

- Choose healthy fats of your choice

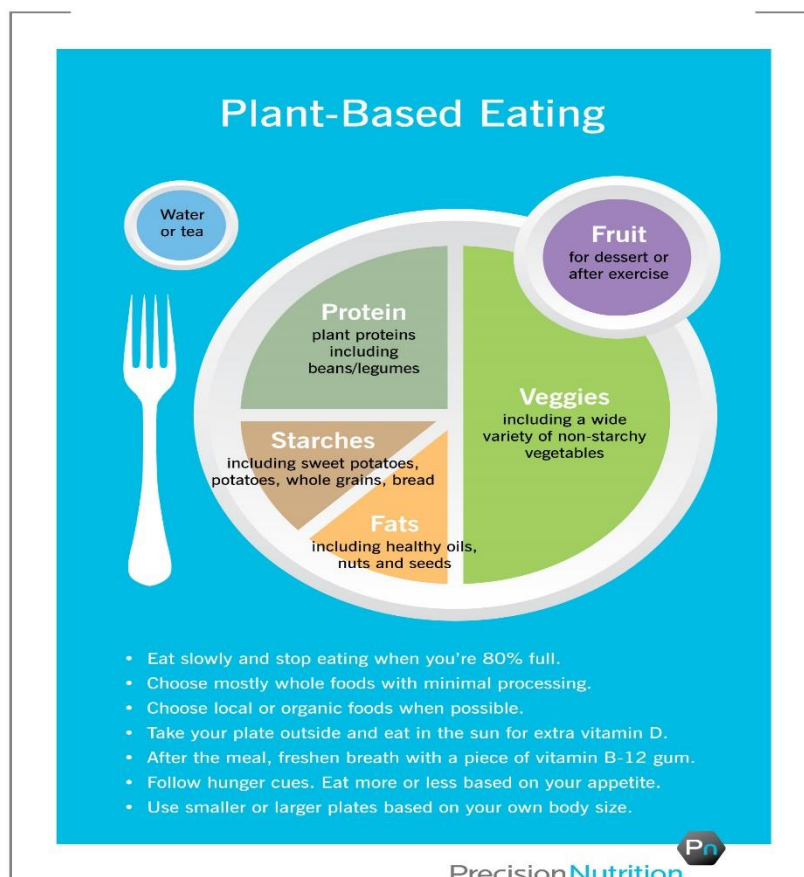
1 Thumb size

1/2 - 1 tbsp cooking oil or ghee

Small handful of nuts and seeds of your choice

1/4 avocado

Here is a visual representation -



INDIAN VEGETARIAN MEAL IDEAS

The recipes below are already healthy in itself, but you can make these recipes healthier by making some small changes - add more vegetables to any food will make it more fibre-rich and increase the satiety value of foods.

1. Upma - Rava or Semiya or Broken wheat
2. Idli
3. Pongal - millet or rice
4. Dosa varieties
5. Paratha or roti
6. Whole wheat or multi-grain toast
7. Muesli or cereal
8. Pancakes
9. Overnight oats
10. Chickpea pancake
11. Pesarattu (better combination of protein and carb than a dosa)
12. Bowl of Channa masala with veggies on the side (the way you like it)
13. Any bean Sundal - chickpea, black-eyed pea, Brown Channa, Soybean, Mung bean
14. Moong dal dosa (without rice - different from pesarattu)
15. Hummus with toast
16. Grilled Tofu with any sauce (chilli sauce) drizzled over it with toast
17. Grilled paneer with toast
18. Tofu or paneer scramble with veggies
19. Sprouts salad with raw cut veggies
20. Sprouts dal
21. Quinoa with raw veggies or quinoa upma
22. Greek yogurt or homemade skim milk yogurt with nuts, oats and fruit
23. Frittata Egg muffins

RECIPES

1. Overnight oats

- 1/4 - 1/2 cup of oats
- 3/4 cup milk of your choice
- 1 tbsp nut butter or crushed nuts of your choice
- Few flax seeds or chia seeds
- 1 tbsp of whey protein powder (optional)
- Cocoa powder (optional)
- Cut fruits of your choice

Procedure

- Soak all the ingredients in a mason jar and refrigerate overnight. Have it the next day.



Total protein-22gms

2. Savory Chickpea Pancakes

- 1 cup chickpeas soaked overnight
- Cut onions
- Curry leaves - few

Procedure-

- Soak chickpeas and grind to a paste to dosa batter consistency. Add cut onions, salt, green chillies and curry leaves.
- Make dosa with that batter.
- Add some avocados and some grilled tomatoes to make a complete meal



Total protein-15.5gms

3. Pancakes for the sweet tooth

- 1 cup multigrain flour or millet flour or buckwheat flour Milk to consistency
- 2 whole eggs
- Salt
- 1 pinch
- Cocoa powder

- Mashed, overripe bananas - 1 or 2
- Cinnamon powder - 1-2 pinches
- Vanilla essence - optional
- Whey protein powder - optional
- Sugar - optional

Procedure

- In a bowl, combine the flour, salt, cocoa powder, and cinnamon powder. In a separate bowl, mash the bananas well with a fork.
- Add milk and eggs.
- Add the essence. Whisk well.
- Pour the liquid into the powder and mix lightly until homogenous. In a hot pan, cook the pancakes. While it is cooking on one side, place thinly cut pears or apples and flip to the other side. You can also mix in beaten mangoes into the batter. Drizzle maple syrup or enjoy it plain.



Total protein-37.3gms

4.Frittata Egg muffins

(makes 8 muffins; serving size - 2-3 muffins)

- 4 whole eggs
- 4 egg whites
- 1/2 cup plain yogurt
- 1 cup spinach
- 1/2 cup mushrooms
- Salt and pepper to taste

Procedure

- Preheat oven to 350degrees.
- Beat eggs, egg whites and yogurt until fluffy
- Add spinach, mushrooms, salt and pepper
- Mix well and pour mixture into muffin pans
- Bake for 15-20 minutes



Total protein-45.4gms

5. Protein packed smoothie

- 1 ripe banana, frozen
- 1/2 cup Greek yogurt (plain or flavoured, depending on your preference)
- 1/2 cup spinach leaves
- 1/2 cup frozen berries (such as strawberries, blueberries, or raspberries)
- 1 tablespoon almond butter or peanut butter
- 1 tablespoon chia seeds or flaxseeds
- 1 cup unsweetened almond milk or any milk of your choice
- 1-2 teaspoons honey or maple syrup (optional, for added sweetness)
- Ice cubes (optional, for a colder smoothie)

Procedure

- Place all the ingredients in a blender.
- Blend on high speed until smooth and creamy, scraping down the sides of the blender if needed.
- Taste the smoothie and adjust the sweetness, if necessary, by adding honey or maple syrup, if desired.
- If you prefer a thicker smoothie, you can add more frozen fruit or yogurt. If you prefer a thinner consistency, you can add more almond milk or water.
- Once you've reached your desired consistency and sweetness, pour the smoothie into glasses.
- Serve immediately and enjoy your refreshing and protein-rich smoothie



Total protein-19.3gms

LUNCH RECIPES

1. Buddha Bowl

For the base:

- 1 cup quinoa, rinsed
- 2 cups water or vegetable broth
- Mixed salad greens or spinach

For the toppings:

- 500 gms chickpeas, drained and rinsed
- 1 block extra-firm tofu, pressed and cubed
- 2 tablespoons olive oil
- 1 teaspoon smoked paprika or chilli powder
- 1 teaspoon garlic powder
- Salt and pepper to taste
- 2 cups broccoli florets
- 1 red bell pepper, sliced
- 1 avocado, sliced (depends on preference)
- 1 cup cooked edamame/beans
- Sesame seeds for garnish

For the dressing:

- ¼ cup tahini i.e sesame seed paste
- 2 tablespoons lemon juice
- 1 tablespoon soy sauce
- 1 clove garlic, minced
- 2-3 tablespoons water, to thin
- Salt and pepper to taste

Procedure

- Preheat your oven to 400°F (200°C).
- In a saucepan, combine the quinoa and water or vegetable broth. Bring to a boil, then reduce the heat to low, cover, and simmer for about 15 minutes, or until the quinoa is cooked and fluffy. Once done, remove from heat and let it sit covered for 5 minutes. Fluff with a fork.
- While the quinoa is cooking, prepare the tofu and vegetables. Place the cubed tofu on a baking sheet lined with parchment paper. Drizzle with olive oil and sprinkle with smoked paprika or chilli powder, garlic powder, salt, and pepper. Toss to coat evenly. Arrange the seasoned tofu in a single layer and bake for 25-30 minutes, or until crispy, flipping halfway through.
- In a separate baking sheet, toss the broccoli florets and red bell pepper slices with olive oil, salt, and pepper. Roast in the preheated oven for 15-20 minutes, or until tender and slightly caramelized.

- While the tofu and vegetables are roasting, prepare the dressing. In a small bowl, whisk together the tahini or sesame seed paste, lemon juice, soy sauce or tamari, minced garlic, water, salt, and pepper until smooth. Adjust the consistency by adding more water if needed.
- To assemble the Buddha bowls, divide the cooked quinoa and salad greens among serving bowls. Arrange the roasted tofu, broccoli, red bell pepper, chickpeas, avocado slices, and edamame or beans on top of the quinoa.
- Drizzle the tahini or sesame seed paste dressing over the Buddha bowls and sprinkle with sesame seeds for garnish.
- Serve immediately and enjoy your high-protein Buddha Bowl



Total protein-120gms

2. Sesame noodles with seitan/soy chunks

For the sesame sauce:

- 1/4 cup soy sauce
- 2 tablespoons sesame oil
- 2 tablespoons rice vinegar
- 2 tablespoons honey or maple syrup (for a vegan option)
- 1 tablespoon tahini i.e, sesame seed paste
- 1 tablespoon grated ginger
- 2 cloves garlic, minced
- 1 teaspoon sriracha/hot sauce/a mix of ground chillies of choice, vinegar, salt will also work (optional, adjust to taste)
- 225g dried noodles (such as soba, udon, or spaghetti, multigrain noodles or any wheat noodles will also work)

For the seitan/Soy chunks

- 225g seitan, sliced into thin strips or 120gms of roughly cut Soy chunk pieces
- 1 tablespoon soy sauce
- 1 tablespoon sesame oil
- 1 teaspoon garlic powder
- 1 teaspoon onion powder

For garnish:

- Thinly sliced green onions
- Sesame seeds

- Crushed red pepper flakes (optional)
- Sliced cucumber or carrot (optional)

Procedure

- Cook the noodles according to the package instructions until al dente. Drain and rinse under cold water to stop the cooking process. Set aside.
- In a small bowl, whisk together all the ingredients for the sesame sauce until well combined. Adjust the seasoning to taste, adding more soy sauce, honey, or sriracha or hot sauce as desired. Set aside.
- In a separate bowl, marinate the seitan slices in soy sauce, sesame oil, garlic powder, and onion powder for about 10-15 minutes.
- Heat a skillet over medium heat and add the marinated seitan slices or Soy chunks. Cook for 3-4 minutes on each side until lightly browned and heated through. Remove from heat and set aside.
- In a large mixing bowl, toss the cooked noodles with the prepared sesame sauce until evenly coated.
- To serve, divide the sesame noodles among serving bowls. Top with the cooked seitan slices.
- Garnish with thinly sliced green onions, sesame seeds, and crushed red pepper flakes if desired. You can also add some sliced cucumber or carrot for freshness and crunch.
- Serve immediately and enjoy your delicious sesame noodles with seitan.
- Feel free to customize this recipe by adding your favourite vegetables such as bell peppers, snap peas, or broccoli.



Total protein- 143.3gms

3.Hummus/tofu mushroom creamy pasta

- 225g pasta of your choice (such as fettuccine, penne, or spaghetti)
- 2 tablespoons olive oil
- 225g mushrooms (such as cremini or button mushrooms), sliced
- 3 cloves garlic, minced
- 1/2 cup hummus (store-bought or homemade)/soft tofu ground with some milk
- 1/2 cup vegetable broth or pasta cooking water

- 1/4 cup fresh parsley, chopped
- Salt and pepper to taste
- Grated Parmesan cheese or any cheese of your choice
- Red pepper flakes for garnish (optional)

Procedure

- Cook the pasta according to the package instructions until al dente (not completely cooked). Reserve about 1/2 cup of pasta cooking water before draining the pasta. Set aside.
- In a large skillet, heat the olive oil over medium heat. Add the sliced mushrooms and cook for 5-7 minutes, or until they are golden brown and softened.
- Add the minced garlic to the skillet and cook for an additional 1-2 minutes, until fragrant.
- Reduce the heat to low and add the hummus or tofu to the skillet, stirring until it's evenly distributed and coats the mushrooms.
- Gradually pour in the vegetable broth or pasta cooking water, stirring constantly to create a creamy sauce. Add more liquid as needed to reach your desired consistency.
- Add the cooked pasta to the skillet, tossing gently to coat it evenly with the creamy mushroom sauce. If the sauce seems too thick, you can add a bit more vegetable broth or pasta cooking water.
- Stir in the chopped parsley and season with salt and pepper to taste.
- Divide the creamy hummus/ tofu mushroom pasta among serving plates or bowls.
- Optional: Sprinkle grated Parmesan cheese or nutritional yeast over the pasta for extra flavour. Garnish with red pepper flakes for a hint of spice.
- Serve immediately and enjoy your delicious and creamy hummus mushroom



Total protein- 37.5gms

4. Zucchini boats

- 4 medium zucchini
- 1 cup cooked quinoa
- 500 gms black beans, drained and rinsed

- 1 bell pepper, diced
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- Salt and pepper to taste
- 1/2 cup shredded cheese (such as cheddar, mozzarella, or a dairy-free alternative)
- Fresh cilantro, chopped (for garnish, optional)
- Avocado slices (for serving, optional)

Procedure

- Preheat your oven to 375°F (190°C). Line a baking sheet with parchment paper or lightly grease it with oil.
- Wash the zucchini and cut them in half lengthwise. Use a spoon to scoop out the seeds and create a hollow space in the centre, forming boat shapes. Place the hollowed-out zucchini halves on the prepared baking sheet.
- In a large skillet, heat a tablespoon of olive oil over medium heat. Add the diced onion and bell pepper, and sauté for 3-4 minutes, until softened.
- Add the minced garlic to the skillet and cook for an additional minute, until fragrant.
- Stir in the cooked quinoa, black beans, ground cumin, chili powder, salt, and pepper. Cook for another 2-3 minutes, allowing the flavours to meld together. Remove the skillet from heat.
- Spoon the quinoa and black bean mixture evenly into the hollowed-out zucchini boats, pressing down gently to pack the filling.
- Sprinkle shredded cheese over the top of each zucchini boat.
- Bake the stuffed zucchini boats in the preheated oven for 20-25 minutes, or until the zucchini is tender and the cheese is melted and bubbly.
- Once done, remove the zucchini boats from the oven and let them cool slightly before serving.
- Garnish with chopped cilantro and serve with avocado slices on the side, if desired.
- Enjoy your protein-rich zucchini boats as a delicious and nutritious meal!



Total protein- 70gms

SNACK AND DESSERT RECIPES

1. Falafel bites

For the falafel mixture:

- 225gms chickpeas, cooked
- 1/2 small onion, chopped
- 2 cloves garlic, minced
- 1/4 cup fresh parsley, chopped
- 1/4 cup fresh cilantro, chopped
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1/2 teaspoon salt, or to taste
- 1/4 teaspoon black pepper
- 1 tablespoon lemon juice
- 2 tablespoons chickpea flour or all-purpose flour
- 1/2 teaspoon baking powder

For frying:

- Vegetable oil for frying

Procedure

- In a food processor, combine the cooked chickpeas, chopped onion, minced garlic, chopped parsley, chopped cilantro, ground cumin, ground coriander, salt, black pepper, and lemon juice.
- Pulse the mixture until it's well combined but still slightly chunky. You want some texture in your falafel mixture, so avoid over-processing it.
- Transfer the falafel mixture to a mixing bowl. Stir in the chickpea flour or all-purpose flour and baking powder until everything is evenly incorporated.
- Cover the bowl with plastic wrap and refrigerate the falafel mixture for at least 30 minutes to allow it to firm up.
- After chilling, remove the falafel mixture from the refrigerator. Use your hands to form small balls or patties, about 1 inch in diameter. If the mixture is too sticky, you can lightly wet your hands with water before shaping the falafel.
- In a deep skillet or frying pan, heat enough vegetable oil to cover the falafel bites over medium heat until it reaches 350°F (175°C).
- Carefully place the falafel bites in the hot oil, working in batches to avoid overcrowding the pan. Fry the falafel bites for 2-3 minutes on each side, or until they are golden brown and crispy.
- Once the falafel bites are cooked, use a slotted spoon or spatula to transfer them to a plate lined with paper towels to drain any excess oil.
- Serve the falafel bites warm with your favourite dipping sauce, such as tzatziki, tahini sauce, or hummus.



Total protein-20.03gms

2. Air fried tofu cubes with a side dip

For the air-fried tofu:

- 1 block extra-firm tofu, pressed and drained
- 1 tablespoon soy sauce or tamari
- 1 tablespoon sesame oil
- 1 tablespoon cornstarch or arrowroot powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon smoked paprika
- Salt and pepper to taste

For the side dip:

- 1/4 cup mayonnaise or vegan mayonnaise
- 1 tablespoon Sriracha sauce/ any hot sauce of choice (adjust to taste)
- 1 tablespoon honey or maple syrup (for a vegan option)
- 1 teaspoon lime juice
- 1 teaspoon soy sauce or tamari
- 1 clove garlic, minced
- Salt and pepper to taste

Procedure

- Preheat your air fryer to 400°F (200°C) for about 3-5 minutes.
- While the air fryer is heating up, cut the pressed tofu into small cubes.
- In a mixing bowl, whisk together the soy sauce, sesame oil, cornstarch or arrowroot powder, garlic powder, onion powder, smoked paprika, salt, and pepper.
- Add the tofu cubes to the bowl and gently toss to coat them evenly with the marinade.
- Place the tofu cubes in a single layer in the air fryer basket, making sure they are not overcrowded. You may need to cook them in batches depending on the size of your air fryer.
- Air fry the tofu cubes at 400°F (200°C) for about 12-15 minutes, shaking the basket halfway through cooking, until they are crispy and golden brown.

- While the tofu is cooking, prepare the side dip by mixing together the mayonnaise, Sriracha sauce, honey or maple syrup, lime juice, soy sauce or tamari, minced garlic, salt, and pepper in a small bowl. Adjust the seasoning to taste.
- Once the tofu cubes are done, remove them from the air fryer and serve immediately with the side dip.
- Enjoy your crispy air-fried tofu cubes with the delicious side dip!



Total protein-43gms

3. Protein packed smoothie

- 1 ripe banana, frozen
- 1/2 cup Greek yogurt (plain or flavoured, depending on your preference)
- 1/2 cup spinach leaves
- 1/2 cup frozen berries (such as strawberries, blueberries, or raspberries)
- 1 tablespoon almond butter or peanut butter
- 1 tablespoon chia seeds or flaxseeds
- 1 cup unsweetened almond milk or any milk of your choice
- 1-2 teaspoons honey or maple syrup (optional, for added sweetness)
- Ice cubes (optional, for a colder smoothie)

Procedure

- Place all the ingredients in a blender.
- Blend on high speed until smooth and creamy, scraping down the sides of the blender if needed.
- Taste the smoothie and adjust the sweetness, if necessary, by adding honey or maple syrup, if desired.
- If you prefer a thicker smoothie, you can add more frozen fruit or yogurt. If you prefer a thinner consistency, you can add more almond milk or water.
- Once you've reached your desired consistency and sweetness, pour the smoothie into glasses.
- Serve immediately and enjoy your refreshing and protein-rich smoothie!



Total protein-19.3gms

4. Greek yogurt parfait

- 1 cup Greek yogurt (plain or flavoured, depending on your preference)
- 1/2 cup granola
- 1/2 cup mixed fresh fruits (such as berries, sliced bananas, diced mango, or kiwi)
- 2 tablespoons chopped nuts (such as almonds, walnuts, or pecans)
- 1-2 tablespoons honey or maple syrup (optional, for added sweetness)
- Fresh mint leaves for garnish (optional)

Procedure

- Start by layering the ingredients in serving glasses or bowls. Begin with a spoonful of Greek yogurt at the bottom of each glass.
- Add a layer of granola on top of the Greek yogurt. You can use your favourite store-bought granola or make your own homemade granola.
- Next, add a layer of mixed fresh fruits on top of the granola. Feel free to use a variety of fruits for added colour and flavour.
- Sprinkle chopped nuts over the fruit layer. Nuts add crunchiness and additional protein to the parfait.
- Repeat the layers until you reach the top of the glass, finishing with a dollop of Greek yogurt on top.
- Drizzle honey or maple syrup over the yogurt layer for added sweetness, if desired.
- Garnish with fresh mint leaves for a pop of colour and flavour, if using.
- Serve immediately and enjoy your protein-rich Greek yogurt parfait as a delicious and nutritious breakfast, snack, or dessert option!



Total protein-31 gms

5.Cottage cheese with fruits

- 1 cup cottage cheese (you can use low-fat or full-fat depending on your preference)
- 1/2 cup mixed fresh fruits (such as pineapple chunks, sliced strawberries, blueberries, or peaches)
- 1-2 tablespoons honey or maple syrup (optional, for added sweetness)
- A sprinkle of cinnamon or nutmeg (optional, for extra flavour)

Procedure

- Start by scooping the cottage cheese into a serving bowl or individual bowls.
- Add the mixed fresh fruits on top of the cottage cheese. You can use a combination of your favourite fruits or whatever is in season.
- Drizzle honey or maple syrup over the fruit and cottage cheese, if desired, for added.
- Optional: Sprinkle a pinch of cinnamon or nutmeg over the top for extra flavour. These spices complement the sweetness of the fruit and add a warm, aromatic touch to the dish.
- Gently stir the ingredients together to combine, if desired, or leave them layered for presentation.
- Serve the cottage cheese with fruit immediately as a healthy and satisfying dessert or snack option.



Total protein-28gms

6. Protein energy bites

- 1 cup rolled oats
- 1/2 cup creamy peanut butter or almond butter
- 1/4 cup honey or maple syrup
- 1/4 cup Greek yogurt (plain or flavoured, depending on your preference)
- 2 tablespoons chia seeds or ground flaxseeds
- 1/4 cup mini chocolate chips or chopped nuts (optional)
- 1 teaspoon vanilla extract
- Pinch of salt

Procedure

- In a mixing bowl, combine the rolled oats, peanut butter or almond butter, honey or maple syrup, Greek yogurt, chia seeds or ground flaxseeds, optional chocolate chips or nuts, vanilla extract, and a pinch of salt. Stir until all the ingredients are well combined.
- If the mixture seems too dry, you can add a little more Greek yogurt or honey/maple syrup to help bind it together. If it's too wet, you can add more oats or chia seeds/flaxseeds.
- Once the mixture is well combined and holds together easily, use a small cookie scoop or tablespoon to portion out the mixture. Roll each portion into a ball between your palms.
- Place the energy bites on a baking sheet lined with parchment paper, and refrigerate them for at least 30 minutes to firm up.
- Once firm, transfer the energy bites to an airtight container for storage. They can be kept in the refrigerator for up to 1 week, or you can freeze them for longer storage.
- Serve the protein energy bites as a convenient and nutritious snack anytime you need a quick boost of energy!

[DO IT YOURSELF, AND SEND US THE PICS @the_8thelement]

Total protein-48gms

WHAT ARE THE ALTERNATIVE METHODS OF COOKING THAT CAN BE EMPLOYED?

When the recipe calls for an oven or an air fryer and when we don't have one, we can simply use pressure cooking, grilling or stovetop cooking methods to achieve the desired results.

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