

## *Art of Fatless and Low Calorie Cooking*

A Shield holder for Craft Course in Baking and Confectionery, Post Graduation in Fast Food Operations and M.Sc. in Hotel Management and Catering Technology, Sonjuhi Malhotra also undertook rigorous training at several reputed institutions. She is an active life member with N.A.B.I., S.I.B.

Our health cuisine is beneficial for individuals suffering from illnesses such as disorders of heart and other organs, diabetes, blood pressure, high cholesterol, jaundice etc.

Step out of unnatural ways of eating, such as dieting, or eating only salads or simply having juices and other such incomplete diets.

We have often discovered that such routines leave us dissatisfied and desiring normal healthy meals. Such routine also leaves us frustrated and unhappy and we find our self returning to old food habits sooner than necessary. In fact we often find ourselves disturbed and distracted, due to lack of normal balanced and nutritive diet. These regimens may often leave us completely out of our rhythm of daily living.

Indian food has evolved over thousands of years and is the ultimate symbol of how Indian culture has the ability to absorb other influences yet hold its own. Indian food includes perhaps the most dazzling array of fresh vegetables and fruit cooked in a multitude of ways that help retain their freshness and nutrient. Traditional Indian cooking almost always uses fresh ingredients and involves making dishes from scratch. This means less preservatives and healthier food. Indian cooking uses spices like turmeric, ginger, garlic, green chillies; all of which have medicinal and healing properties. A traditional Indian meal includes carbohydrates, proteins, fats and fiber, all the elements you need to make a balanced meal.

*Sonjubi* provides an elaborate FATLESS, LOW CALORIE menu consisting of over 80 Indian dishes for complete meals. Menu includes popular dishes like Soups, Salads, Snacks, Vegetable preparations, Rice preparations like Pulav, Biryani etc., Paratha, Dals (lentils), and Desserts. For people wanting to try different cuisines, the menus also include Continental and Chinese dishes.

The menu offers plenty varieties, you are assured not to get bored of eating the same preparation every day. Your ingenuity to try variations, other than what we offer only adds to the variety of the cuisine.