

# VEGETABLES

- **Turmeric (Haldi):** Anti-inflammatory, boosts immunity, and aids digestion.
- **Ginger (Adrak):** Relieves nausea, aids digestion, and reduces inflammation.
- **Garlic (Lehsun):** Antimicrobial, boosts immunity, and lowers cholesterol.
- **Onion (Pyaz):** Rich in antioxidants, anti-inflammatory, and supports heart health.
- **Fenugreek (Methi):** Regulates blood sugar levels, aids digestion, and reduces inflammation.
- **Spinach (Palak):** Rich in iron, supports bone health, and boosts immunity.
- **Bitter Gourd (Karela):** Regulates blood sugar levels, aids digestion, and supports liver health.
- **Bottle Gourd (Lauki):** Hydrating, aids digestion, and promotes weight loss.
- **Drumstick (Moringa):** Rich in vitamins and minerals, boosts immunity, and aids digestion.
- **Cabbage (Patta Gobi):** Rich in fiber, supports digestion, and reduces the risk of cancer.
- **Cauliflower (Phool Gobi):** Rich in antioxidants, supports heart health, and aids digestion.
- **Carrot (Gajar):** Rich in beta-carotene, supports eye health, and boosts immunity.
- **Beetroot (Chukandar):** Detoxifies the liver, supports heart health, and boosts stamina.
- **Pumpkin (Kaddu):** Rich in vitamins A and C, supports eye health, and aids digestion.
- **Ridge Gourd (Turai):** Low in calories, supports digestion, and aids weight loss.
- **Radish (Mooli):** Detoxifies the body, aids digestion, and supports liver health.
- **Okra (Bhindi):** Rich in fiber, supports digestion, and regulates blood sugar levels.
- **Tomato (Tamatar):** Rich in lycopene, supports heart health, and aids digestion.
- **Green Chili (Hari Mirch):** Boosts metabolism, aids digestion, and reduces inflammation.
- **Coriander (Dhaniya):** Rich in antioxidants, aids digestion, and supports liver health.

# FRUITS

- **Amla (Indian Gooseberry):** Rich in vitamin C, boosts immunity and aids in digestion.
- **Neem:** Known for its antibacterial properties, beneficial for skin health and combating infections.
- **Jamun (Indian Blackberry):** Helps in managing diabetes and improving digestive health.
- **Guava:** High in vitamin C and fiber, supports digestive health and boosts immunity.
- **Papaya:** Contains enzymes like papain, aiding in digestion and improving skin health.
- **Turmeric:** Contains curcumin, with anti-inflammatory and antioxidant properties, used in traditional medicine for various ailments.
- **Mango:** Rich in vitamins A and C, supports eye health and boosts immunity.
- **Banana:** High in potassium, supports heart health and aids in digestion.
- **Pomegranate:** Contains antioxidants, beneficial for heart health and reducing inflammation.
- **Coconut:** Rich in electrolytes and medium-chain triglycerides, supports hydration and provides energy.
- **Jackfruit:** High in fiber and antioxidants, aids in digestion and boosts immunity.
- **Indian Gooseberry (Amla):** Rich in vitamin C, boosts immunity and aids in digestion.
- **Custard Apple (Sitaphal):** Contains vitamins and minerals, supports digestion and boosts energy.
- **Star Fruit (Carambola):** Rich in vitamin C and antioxidants, supports immunity and aids in digestion.
- **Indian Fig (Anjeer):** High in fiber and minerals, supports digestive health and regulates blood sugar levels.
- **Indian Plum (Ber):** Rich in antioxidants, beneficial for digestion and boosting immunity.
- **Wood Apple (Bael):** Supports digestive health and has anti-inflammatory properties.
- **Indian Raspberry (Karonda):** High in vitamin C and antioxidants, supports immunity and aids in digestion.

# NON-VEGETARIAN

- **Chicken Soup:** Helps boost immunity and relieves symptoms of cold and flu.
- **Fish Curry:** Rich in omega-3 fatty acids, beneficial for heart health and brain function.
- **Mutton Stew:** High in protein and iron, essential for muscle growth and energy production.
- **Egg Bhurji:** Provides a good source of protein and nutrients for muscle repair and growth.
- **Tandoori Chicken:** Contains spices like turmeric and ginger, known for their anti-inflammatory properties.
- **Fish Fry:** Rich in vitamin D, important for bone health and immune function.
- **Chicken Biryani:** Contains aromatic spices like cinnamon and cloves, aiding digestion and reducing inflammation.
- **Lamb Rogan Josh:** Contains spices like cardamom and cumin, known for their digestive benefits.
- **Egg Curry:** High in protein and vitamins, supporting muscle health and overall well-being.
- **Chicken Tikka Masala:** Contains tomatoes and onions, rich in antioxidants and vitamins.
- **Butter Chicken:** Provides a good source of protein and healthy fats, promoting satiety and muscle repair.
- **Fish Tikka:** Rich in omega-3 fatty acids, beneficial for heart health and cognitive function.
- **Keema Matar:** High in protein and iron, important for energy production and blood health.
- **Tawa Fry Fish:** Contains spices like fenugreek and coriander, known for their digestive and anti-inflammatory properties.
- **Chicken Kebab:** Rich in protein and B vitamins, supporting energy metabolism and nerve function.
- **Lamb Korma:** Contains nuts like almonds, providing essential fatty acids and antioxidants.
- **Egg Fried Rice:** Provides a balanced source of carbohydrates and protein for sustained energy.
- **Chicken 65:** Contains spices like chili and garlic, known for their antibacterial properties.
- **Grilled Fish:** Low in saturated fat and high in protein, supporting heart health and muscle maintenance.