

PROTEIN POWER!

VEGETARIAN PROTEIN SOURCES



CURD



DAL



RAJMA



**ROASTED
CHANA**



PANEER



**MOONG
DAL**



BESAN



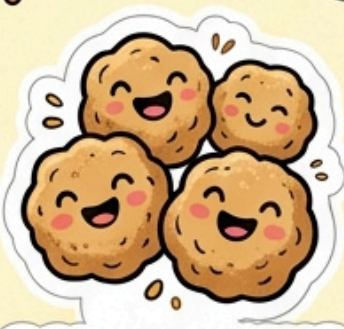
**CHICK
PEAS**



PEANUTS



SPROUTS



SOY CHUNKS



EGG