



*7 Day
Meal
Plan*

TIPS & TRICK
HEALTHY
FOOD RECIPE

IS MORE TASTIER WHEN SERVED WITH LOVE

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GIVE THE
SCALE A
BREAK & TRY
ADDING
QUEENS QUINOA
TO YOUR
MEAL PLAN.
IT'S SUPER
HEALTHY.

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Day 1



QUINOA UPMA

INGREDIENTS :

- *1 cup Quinoa*
- *1 Onion, chopped*
- *1 Green Chili, chopped*
- *1 tsp Mustard Seeds*
- *1 tsp Urad Dal*
- *1 tsp Chana Dal*
- *8-10 Curry Leaves*
- *1 tbsp Oil*
- *Salt, to taste*
- *2 cups Water*
- *Fresh Coriander and Lemon Juice, for garnishing*

METHOD :

1. *Rinse quinoa under cold water thoroughly.*
2. *In a pan, heat oil and add mustard seeds. When they start to pop, add urad dal, chana dal, and curry leaves.*
3. *Once the dals are golden brown, add onions and green chili. Sauté until onions are translucent.*
4. *Add quinoa, salt, and water. Bring it to a boil.*
5. *Lower the heat and simmer, covered, until the quinoa is cooked (about 15 minutes).*
6. *Garnish with fresh coriander and a sprinkle of lemon juice before serving.*

Day 2



QUINOA BIRYANI

INGREDIENTS :

- *1 cup Quinoa*
- *1 cup Mixed Vegetables (carrot, peas, beans), chopped*
- *1 Onion, thinly sliced*
- *1 Tomato, finely chopped*
- *1/2 cup Yogurt*
- *1 tsp Ginger-Garlic Paste*
- *1 tbsp Oil*
- *1 tsp Cumin Seeds*
- *1 tsp Biryani Masala Powder*
- *Salt, to taste*
- *2 cups Water*
- *Fresh Mint and Coriander Leaves, for garnishing*

METHOD :

1. *Rinse the quinoa well under cold water.*
2. *Heat oil in a pan, add cumin seeds, and let them crackle.*
3. *Add sliced onions and sauté till golden brown.*
4. *Add ginger-garlic paste and sauté till raw smell disappears.*
5. *Add chopped tomatoes and cook till they are soft.*
6. *Add mixed vegetables, biryani masala, salt, and sauté for 2-3 minutes.*
7. *Add yogurt, mix well, and cook for another 2 minutes.*
8. *Add quinoa and water, bring it to a boil, then reduce the heat and cover.*
9. *Cook for around 15 minutes or until the quinoa is cooked and the water is absorbed.*
10. *Garnish with fresh mint and coriander leaves before serving.*

Day 3



SPICY QUINOA SALAD

INGRIDIENTS :

- *1 cup Quinoa*
- *1 Cucumber, chopped*
- *1 Carrot, grated*
- *1 Tomato, chopped*
- *1 Onion, finely chopped*
- *1 Lemon*
- *1 tsp Red Chili Powder*
- *Salt, to taste*
- *Fresh Coriander, chopped*
- *1 tbsp Olive Oil*

METHOD :

1. *Rinse quinoa thoroughly and cook it in 2 cups of water until water is absorbed and quinoa is tender.*
2. *In a large bowl, combine cucumber, carrot, tomato, and onion.*
3. *Add cooked quinoa to the vegetables.*
4. *Drizzle olive oil, squeeze lemon juice, and add red chili powder and salt. Mix well.*
5. *Garnish with fresh coriander and serve.*

Day 4



QUINOA POHA

INGREDIENTS :

- *1 cup Quinoa*
- *1 Onion, chopped*
- *1 Potato, diced*
- *1 Green Chili, chopped*
- *1 tsp Mustard Seeds*
- *1 tsp Turmeric Powder*
- *Salt, to taste*
- *1 tbsp Oil*
- *Fresh Coriander, Lemon Juice, and Sev for garnishing*

METHOD :

1. *Rinse and cook quinoa as per package instructions.*
2. *Heat oil in a pan, add mustard seeds and let them splutter.*
3. *Add chopped onions, potatoes, and green chili, sauté until they are soft.*
4. *Add cooked quinoa, turmeric powder, and salt. Mix well.*
5. *Garnish with coriander, a sprinkle of lemon juice, and sev before serving.*

Day 5



QUINOA VEGETABLE CURRY

INGREDIENTS :

- *1 cup Quinoa*
- *1 cup Mixed Vegetables, chopped (carrot, beans, peas)*
- *1 Onion, chopped*
- *1 Tomato, pureed*
- *1 tsp Cumin Seeds*
- *1 tsp Garam Masala*
- *1 tbsp Curry Powder*
- *Salt, to taste*
- *1 tbsp Oil*
- *Fresh Coriander for garnishing*

METHOD :

1. *Rinse and cook quinoa as per package instructions.*
2. *Heat oil in a pan, add cumin seeds and let them crackle.*
3. *Add chopped onions and sauté until they are golden brown.*
4. *Add tomato puree, curry powder, garam masala, and salt. Cook for 5-7 minutes.*
5. *Add mixed vegetables and a little water if needed, cover, and cook until vegetables are tender.*
6. *Add cooked quinoa, mix well, and garnish with fresh coriander before serving.*

Day 6



LEMON QUINOA

INGREDIENTS :

- *1 cup Quinoa*
- *1 Lemon*
- *1 tsp Mustard Seeds*
- *1 Green Chili, chopped*
- *10-12 Curry Leaves*
- *Salt, to taste*
- *1 tbsp Oil*
- *Fresh Coriander for garnishing*

METHOD :

1. *Rinse and cook quinoa as per package instructions.*
2. *Heat oil in a pan, add mustard seeds, and let them crackle.*
3. *Add green chili and curry leaves, sauté for a minute.*
4. *Add cooked quinoa, salt, and lemon juice. Mix well.*
5. *Garnish with fresh coriander and serve.*

Day 7



QUINOA COCONUT MILK RICE

INGREDIENTS :

- *1 cup Quinoa*
- *1 cup Coconut Milk*
- *1 cup Water*
- *1 tbsp Oil*
- *1 tsp Mustard Seeds*
- *1 Green Chili, slit*
- *8-10 Curry Leaves*
- *Salt, to taste*
- *Fresh Grated Coconut and Coriander, for garnishing*

METHOD :

1. *Wash quinoa thoroughly under cold water and drain.*
2. *In a pan, heat oil and add mustard seeds, allowing them to splutter.*
3. *Add green chili and curry leaves. Sauté for a minute.*
4. *Add quinoa, coconut milk, water, and salt. Bring it to a boil.*
5. *Lower the flame, cover, and cook until quinoa is done (around 15 minutes).*
6. *Garnish with fresh grated coconut and coriander before serving.*

PACKED WITH A VARIETY OF PRODUCTS



QUEENS QUINOA CRISP

Light, airy, and seasoned with love, our Quinoa crisps are a revolution in snacking! Pop one and experience a burst of flavors along with a punch of protein. Say goodbye to your hunger pangs in a healthy way!



QUEENS QUINOA RUSK

Our Quinoa rusk is the crunchy delight you've been waiting for! Baked to perfection, it's the ideal mix of health and taste, a true companion to your tea, making every bite a wholesome experience!



QUEENS QUINOA PASTA

Who said pasta can't be healthy? Try our Quinoa Peene Pasta, and relish the goodness of quinoa in every bite! It's a delightful and nutritious twist to your regular pasta, making your meals both hearty and healthy!



QUEENS QUINOA FLOUR

Let's bake the world a better place with our Quinoa flour! Whether it's rotis or cakes, introduce a healthier, gluten-free alternative to your kitchen, and let the earthy goodness surprise you!



QUEENS QUINOA GRAIN

Unearth the goodness of our versatile Quinoa grain, a superfood ready to bring a nutritious touch to your meals. Whether in a biryani or a salad, it's the nutritional upgrade your kitchen needs!



CHIA SEEDS

Sprinkle a dash of wellness with our Chia Seeds! A tiny seed packed with nutrients, it's the secret ingredient to boost your smoothies, yogurts, and salads. Soak them, and watch them transform your meals into a delight!

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