MAKES YOU EAT

BY DIETITIAN FORAM MODI

Navratri eBook

Healthy Recipes | Smart Food Choices | Energy Through Festivities

Celebrate Tradition with Better Nutrition

- NAVRATRI FRIENDLY RECIPES
- ENERGY & STAMINA TIPS
- GUT FRIENDLY OPTIONS
- FESTIVE FOOD SWAPS



By
Dietitian Foram Modi
FOUNDER, MAKES YOU EAT

MAKES YOU EAT

BY DIETITIAN FORAM MODI

Are you on weight loss spree?

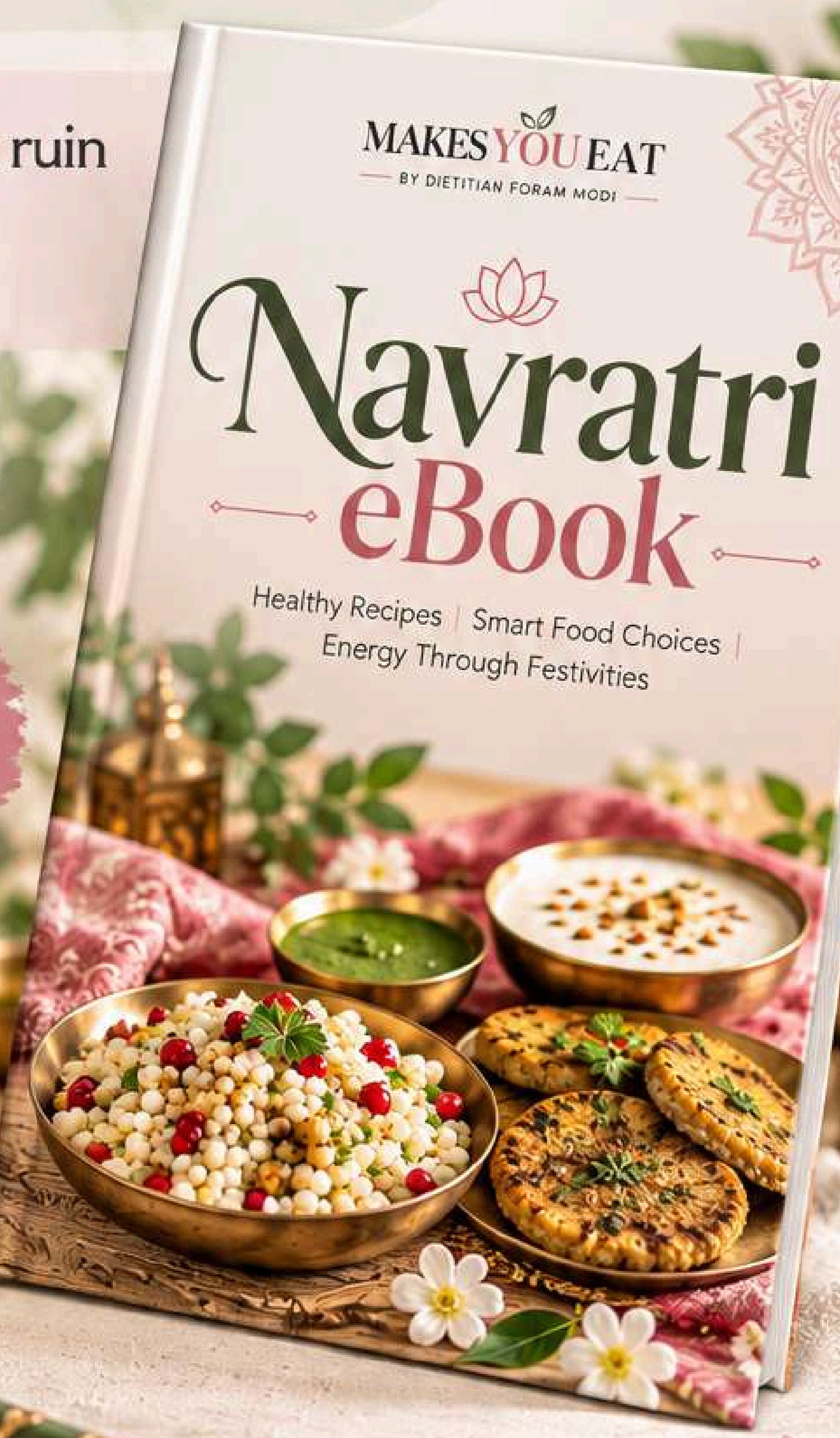


And worried the **Navratri fasting** would ruin all your month long hard work ?

Wondering how will it ruin your hardwork?
the **book** has it all !

Worry not !!!

We are here to help you !



ABOUT ME

Root Cause.
Real Food.
Real Results.
♡

Dietitian Foram Modi

I help women heal their **hormones**, reverse **PCOS** & create a body they feel **at home** in.



Through **Root Cause Nutrition**, I don't just treat symptoms — I find the **why** behind your health struggles.

CLINICAL DIETITIAN
PCOD REVERSAL EXPERT
FERTILITY NUTRITIONIST

12+ YEARS
OF EXPERIENCE

5000+ WOMEN
TRANSFORMED

MAKES YOU EAT
CLINICAL NUTRITION
by Dietitian Foram ♥

- *Real Conversations*
- *Real Clients*
- *Real Transformations*

MAKES YOU EAT

BY DIETITIAN FORAM MODI

About Us



Makes You Eat by Dietitian Foram Modi is a personalized online nutrition practice offering customized diet planning and consultations for therapeutic, metabolic and lifestyle goals.

- Online Consultations
- Phone Consultations
- Email Support
- Customized Diet Plans

Our Specialities

- PCOD / PCOS
- Diabetes Management
- Thyroid Support
- Cholesterol Management
- Weight Loss & Weight Management
- Heart Healthy Diet
- Corporate Wellness
- Pre-Wedding Transformation
- Detox, Anti-Aging & Overall Metabolic Health

"We strongly believe that **"one size fits all" does not exist in nutrition.**

Every individual has different health concerns, lifestyle preferences, routines and nutritional needs. Our plans are therefore personalized, practical and designed to be sustainable in real life.

Our Approach

Traditional Indian Wisdom
Time-tested Nani / Dadi Ma ke Nuskhe

+

Modern Nutrition Science
Evidence-based and practical approach

This powerful combination helps us create wholesome, home-style meals that are easy to prepare, enjoyable and sustainable.

Our Philosophy

"We focus not just on losing weight, but on **losing weight the right way** *while improving overall health and wellbeing.*"

- No Gimmicks
- No Quick Fixes
- No Crash Diets
- No Unsubstantiated Claims

Our Diet Programs Include

- Natural, easy to make at home recipes using simple, accessible ingredients
- Taste and enjoyment always kept in mind
- Structured physical activity with guidance from certified trainers, including cardiovascular exercise, body-weight training and flexibility routines.

Our Promise

We do not compromise long-term health for short-term results. We help you build healthy habits that you can continue for life – for a healthier, happier you.

NUTRITION SHOULD FIT YOUR LIFE — NOT THE OTHER WAY AROUND.

MAKES YOU EAT

BY DIETITIAN FORAM MODI

MY THOUGHTS ON NAVRATRI FASTING



The Navratri fast, if followed correctly and without overindulging in sugary, fatty and calorie-dense foods, is a natural way to **detox and cleanse the body.** Enjoy the positive energy of these sacred days and cleanse your **body, mind and soul** through fasting and praying!

Benefits of Fasting

- Helps detox and cleanse the body
- Improves digestion
- Makes you feel lighter and more energetic
- Supports mental clarity and calmness
- Brings positive energy and spiritual connect

Tips for Detoxifying the Body this Navratri

1 Avoid packet foods and fried foods



During fasting days, markets are filled with processed and packaged foods like chips, ready-to-fry items and namkeen. Fasting is about giving rest to the body and stomach.

2 Swap with healthy options



Choose wisely and use healthy alternatives. Switch to natural sweeteners like jaggery or honey instead of refined sugar. Include spices like cinnamon, cardamom and cumin as they are rich in antioxidants and offer health benefits.

3 Snack it right



Fasting is usually easy till afternoon, but evening cravings can lead to overeating. Opt for small, frequent and balanced snacks to keep hunger pangs under control.

4 Water, water, baby!



Your body needs hydration. Drink at least 2–3 litres of water daily. You can also include coconut water, buttermilk or herbal drinks.

5 Schedule your meals



Have small, frequent meals at regular intervals. This improves digestion, keeps energy levels up and helps prevent bloating and overeating.

6 Play with variety



Include a variety of fruits, vegetables and fasting-friendly ingredients like buckwheat, sama rice or rajgira instead of relying only on potatoes, chips and sago.



Maintain a natural balance of a healthy lifestyle — seasonal foods, regular exercise and adequate sleep.
Your body will naturally detoxify and heal.

Enjoy

Recipe of Amaranth Chikki

- **Ingredients :**

- 1/2 cup amaranth seeds
- 1/2 cup jaggery crumbled
- 2 tbsp coconut oil
- Pinch of Cardamom powder
- 1 cup roasted cashew
- 1/2 cup roasted peanuts
- 1/2 cup roasted pumpkin , sunflower seed (optional)
- Pinch of salt



DT.FORAM K. MODI

Recipe of Sweet Potato Smoothie

Cinnamon Sweet Potato Almond Butter Smoothie

Ingredients:

1/2 cup almond milk without sugar or milk of choice
1/2 cup chopped cooked sweet potato
1 tablespoon of almond butter
1/2 of a frozen banana
1 spoon jaggery powder
1/2 teaspoon cinnamon powder



Method :

Mix all ingredients in blender and blend until smooth. . Garnish with cinammon powder , nuts and seeds .

DT.FORAM K. MODI

Recipe of Makhana Chat

Ingredients:

- 2 1/2 cups Fox Nuts (Makhana)
- 1 tsp Red Chili Powder
- 2 tsp Ghee
- 1/2 tsp Cumin
- 1 Boiled Potato/sweet potato
- 1 Chopped Cucumber
- 1 Tomato
- Pinch of Rock Salt
- 1/2 tsp Powdered Sugar(optional)
- 1 Lemon
- 2-4 spoons green chutney
- Coriander leaves for garnishing

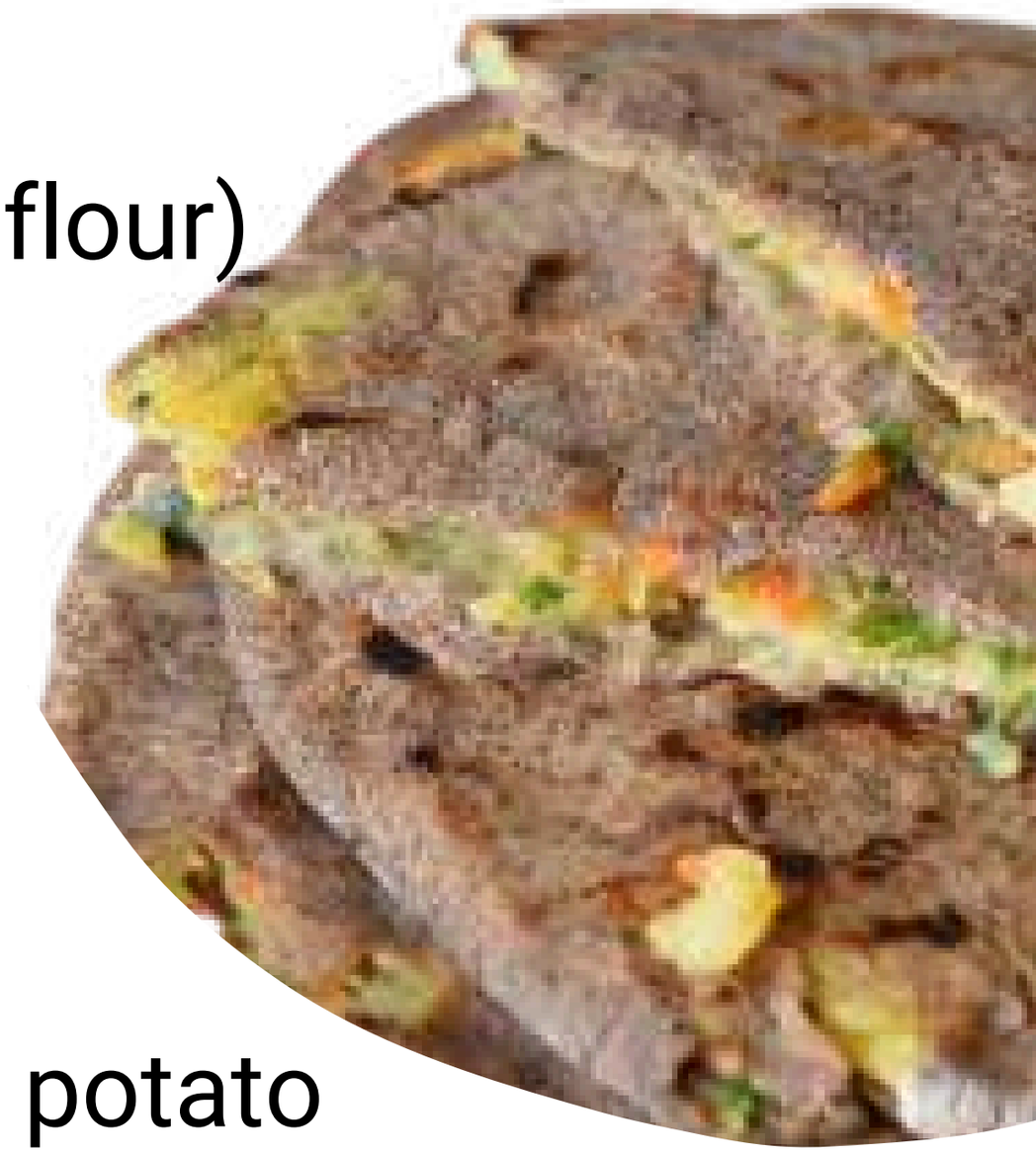


METHOD :

- Mix all ingredients well and garnish with pomegranate and coriender leaves serve immediately

DT.FORAM K. MODI

Recipe of Buckwheat Stuffed Paratha



For Dough:

1/2 cup kuttu flour (buckwheat flour)

1/4 tsp cumin seed powder

1/2 tsp sendha namak

Water to knead

For Filling:

1 Medium boiled potato/sweet potato

3 tbsp grated carrot

1 chopped green chili

1 cup paneer grated or crumbled

1/2 tsp grated ginger

A handful chopped green coriander

1/2 tsp cumin seed powder

Salt as per taste

DT.FORAM K. MODI

Recipe of Buckwheat Stuffed Paratha

INSTRUCTIONS

- Knead a soft dough (only little water is need to knead)
- Kuttu flour becomes watery with time, so use immediately .
- Combine all filling ingredients and mix well .
- Roll thin roti and spread the filling evenly on roti and place other same size rorti and seal from all sides.
- Place the roti on a pan .
- Apply oil or ghee both sides and cook until golden brown.
- Kuttu paratha or bherwa kuttu ka paratha is ready to serve with curd or buttermilk or any vrat ki chutney.



DT.FORAM K. MODI

Recipe of Vrat Mutiya

Ingredients :

Sabudana,soaked- 1 cup

Potato,boiled-2

Rajgiri atta- 3/4 cup

Peanut,crushed- 2 tbsp

Green chili,chopped- 2

Ginger ,grated- 1tsp

Lemon juice- 1/2 tsp

Yogurt- 2 tbsp

Fresh coriander- 2 tbsp



Salt- to taste

Pepper powder- 1/2 tsp

Tempering-Cooking oil- 2-3 tbsp

Cumin seeds- 1 tsp

Sesame seeds- 1.5tsp

Asafoetida- 1/4 tsp

Green chilies- 2

DT.FORAM K. MODI

Recipe of Vrat Mutiya

Method :

- In a bowl add all the ingredients and mix well.
- Grease your palms and make small and long roll from the mixture.
- Grease the steamer plate and put all the rolls on it.
- Boil enough water in a steamer and put the steamer plate in it(above the water level, can also use the rice cooker).
- Steam the rolls for 20 minutes on high heat.
- Take out the plate from the steamer and let them cool down completely.
- These rolls are soft in texture so gently slice the rolls with a greased and sharp knife.



DT.FORAM K. MODI

Recipe of Vrat Ki Chaval

Fasting Rice (Sama Rice) – 200 gms
Ghee - 1 tbsp
Water – 350 ml
Cumin Seeds -1tsp
Curry leaves – 5pcs
Green chillies – 2 Rock salt – 1 tsp



DT.FORAM K. MODI

Recipe of Vrat Ki Chaval

Method for Preparation

- Soak the rice for about 1 hour in room temperature water, and drain.
- Heat ghee in a pan and add the cumin seeds.
- Add curry leaves, green chillies and water.When water starts boiling, add the rice and cook it for 10 minutes.
- Now add salt and cook for one more minute.
- Switch off the gas and serve hot with dahi.



DT.FORAM K. MODI

Recipe of Cucumber Lassi

Ingredients

Cucumbers, peeled and roughly chopped-4

Cups yogurt- 2 cups

Mint leaves- 8-10

Black salt (kala namak)- 1 teaspoon

Roasted cumin powder-1 teaspoon

Water as required



DT.FORAM K. MODI

Recipe of Cucumber Lassi

Methods:

- Peel and dice the cucumber and keep the remaining ingredients ready.
- Add the cucumber and the remaining ingredients into the blender and make a smoothe puree.
- Adjust the salt and seasonings to suit your taste.
- Adjust the consistency of the Cucumber Lassi by adding more water as required. Blend again and serve
- Pour the Cucumber Lassi recipe into tall glasses and serve chilled.



DT.FORAM K. MODI

Recipe of Fruit Riata

Ingredients

To Be Mixed Into A Dressing

Low-fat curds , beaten-1 1/2 cups

Low-fat milk - 1/2 cup

Chopped mint leaves - 1/2 cup

Black salt - 1 tsp

Finely ground pepper-1/4 tsp

Salt to taste



Other Ingredients

Chopped apple-1 1/4 cups

Lemon juice-1 tsp

Chopped pineapple-1 1/4 cups

Pomegranate (anar)- 1/2 cup

DT.FORAM K. MODI

Recipe of Fruit Raita

Method :



- Combine the apple and lemon juice in a bowl and toss well.
- Add the pineapple and pomegranate, toss well and refrigerate to chill.
- Refrigerate the dressing for at least an hour.
- Just before serving, add the dressing and toss well.
- Serve chilled.

DT.FORAM K. MODI

Recipe of Suran Sabji

Ingredients :

- 250 grams or 2 cups Suran (Elephant foot yam)
- 1 tablespoon Ghee
- ½ teaspoon
- Cumin seeds
- 1 Green chili slit
- 1-2 tablespoons Peanuts
- Rock salt (sendha namak) to taste
- ½ teaspoon Black pepper powder
- ½ cup Plain yogurt
- 2 tablespoons Cilantro Corcoriander leaves chopped finely



DT.FORAM K. MODI

Recipe of Suran Sabji

Instructions

- Take boiled suran pieces
- Heat the ghee in a pan on medium heat. Once hot add cumin seeds and let them sizzle.
- Then add peanuts and slit green chili. Fry for a minute or until peanuts are roasted and have a slight color change.
- Now add boiled suran cubes, salt and pepper. Mix well and saute for 1-2 minutes.Now lower the heat and add yogurt.



DT.FORAM K. MODI

Recipe of Suran Sabji

Instructions



- Mix immediately to avoid curdling. Simmer for about 3-4 minutes or until gravy thickens and coats the suran cubes.
- Add cilantro and mix.By the time you are done cooking, all the gravy is absorbed by the suran and you'll get semi-dry sabji.
- As it cools down, you'll have no gravy left.

DT.FORAM K. MODI

Recipe of Makhana Kheer

Ingredients :

1 ½ tablespoons Ghee
2 tablespoons Cashew nuts
2 tablespoons Raisins
1 cup Phool makhana (Fox nuts or lotus seeds)
3 cups Milk
Saffron few strands
¼ cup Sugar
⅛ teaspoon Green cardamom seeds powder



DT.FORAM K. MODI

Recipe of makhana kheer

Method:

- Take milk in a deep, heavy-bottom saucepan on medium heat and bring it to a simmer.
- Keep stirring in between so milk doesn’t burn and stick to the bottom of the pan.
- And let it simmer for 7-8 minutes or until it gets slightly thick.Simultaneously on another stove, heat the ghee in a pan on medium heat. Once hot fry cashew nuts till it becomes golden brown in color, remove it to a bowl.



DT.FORAM K. MODI

Recipe of makhana kheer

- In the same ghee, fry raisins till they get plump up. drain ghee and remove them in the same bowl with cashews. Keep it aside.In the remaining ghee, fry the makhana until light brown, toasted and crispy.
- Do stir constantly for even browning.Remove it to a bowl or plate and let it cool to touch. Don’t forget the milk at the same time, otherwise, it can get overflow.



DT.FORAM K. MODI

Recipe of makhana kheer

- Once cooled, crush a few makhana into a coarse powder using your thumb and fingers.
- This helps to thicken the kheer.Now the milk is thickened and add saffron and prepared makhana.
- Let it simmer for 4-5 minutes.Then add sugar and let it simmer for 2-3 minutes
- Add cardamom powder and stir. Turn off the stove.
- Garnish with fried cashews and raisins



DT.FORAM K. MODI

Recipe of Farali Dosa

Ingredients :

½ cup Sabudana (sago)
¼ cup Rajgira ka atta
¼ cup Singhare ka atta
2 tablespoons Plain yogurt
1 Green chili chopped finely
2 tablespoons Cilantro or coriander leaves finely chopped
Rock Salt (sendha namak) to taste
Black pepper powder to taste
1 cup Water



DT.FORAM K. MODI

Recipe of Farali Dosa

Instructions

- Wash the sabudana really well to get rid of the excess starch.
- Take sabudana in a colander and wash under running cold water until water runs clear.Then soak in the water for 3-4 hours or overnight
- Transfer to the colander and drain the soaking water.
- Now make a smooth paste of sabudana in a blender and remove it to a bowl.
- Add remaining batter ingredients (rajgira atta, singhara atta, green chili, cilantro, rock salt, pepper and yogurt)



DT.FORAM K. MODI

Recipe of Farali Dosa

- Mix well and make a lump-free batter by remaining adding water.
- Heat the dosa pan on medium heat and grease well.
- Spread a ladleful of batter on hot tawa.
- Drizzle some more oil around the edges.
- Once cooked and crisp up from the bottom side then flip and cook another side.
- Serve sabudana dosa hot.



DT.FORAM K. MODI

Recipe of Farali Kadhi

Ingredients :

- 1 cup Plain Yogurt /dahi
- 1 tablespoon Rajgira ka atta
- 2 cups Water
- 2 tablespoons Peanuts crushed
- 1 ½ teaspoon Ghee
- 1 teaspoon Cumin seeds
- 2 Green chilies chopped finely
- ½ teaspoon Ginger paste or freshly grated or crushed
- Rock salt (sendha namak) to taste
- Few sprigs Cilantro or coriander leaves chopped finely



DT.FORAM K. MODI

Recipe of Farali Kadhi

Instructions

- Take yogurt, rajgira flour and salt in a bowl
- Whisk them well, so there are no lumps of flour. Add water to it and mix well.
- Heat the oil or ghee in a pan on medium heat.
- Once hot add cumin seeds. Let them sizzle.Then add chopped green chilies and ginger paste. Cook them for 30 seconds.



DT.FORAM K. MODI

Recipe of Farali Kadhi

- Then add the yogurt mixture and mix immediately, so yogurt will not curdle.
- Add crushed peanuts.
- Mix well.
- Let it come to a boil. Then simmer it for 7-8 minutes or until kadhi thickens and the raw flour taste goes away.
- Keep stirring every 2 minutes to avoid overflowing.
- Switch off the stove and finally garnish farali kadhi with chopped cilantro



DT.FORAM K. MODI

Recipe of Makhana chivda

Ingredients :

- 1-2 tablespoons Ghee (Clarified butter)
- 1 cup Phool makhana (Fox nuts or lotus seeds)
- 2 tablespoons Almonds
- 2 tablespoons Cashew nuts
- 2 tablespoons Raisins
- 2 tablespoons Pistachios
- 2 tablespoons Dried coconut slices
- Rock salt
- ½ teaspoon Black pepper powder
- ¼ teaspoon Amchur powder



DT.FORAM K. MODI

Recipe of Makhana chivda

- Heat 1-2 tablespoons of ghee in a pan on medium heat.
- Once hot add phool makhana.
- Roast it with stirring constantly till they get roasted and become crispy.
- And you will notice very light brown color.
- Remove it to a bowl.In the same pan, add 1 teaspoon of ghee.
- Add cashews and almonds. Roast them with stirring constantly till they get light brown color and toasted.



DT.FORAM K. MODI

Recipe of Makhana chivda

Add to the same bowl with makhana.
Here I have not roasted pistachios and raisins. Added both as such in it.
Also roast the coconut slices in the same pan without any ghee for few minutes.
Add it to the same bowl.Mix well.Now while everything still warm. Add salt, pepper, sugar and amchur powder.Stir well, so everything is coated well to the makhana and nuts.Let it cool down completely



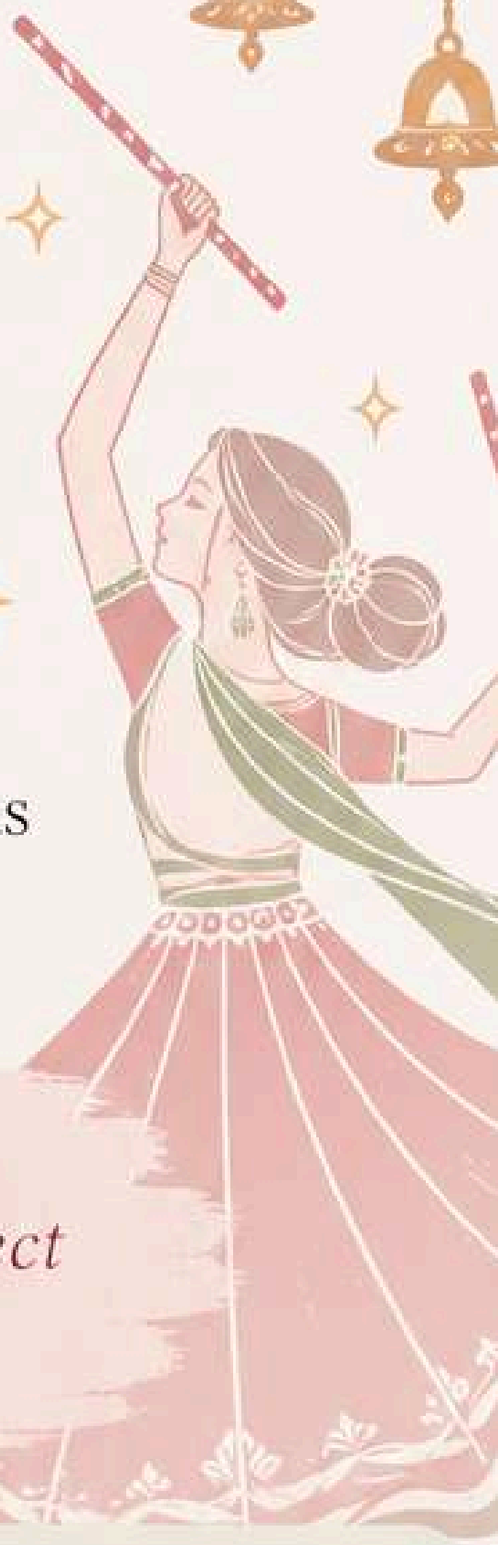
DT.FORAM K. MODI

MAKES YOU EAT

BY DIETITIAN FORAM MODI

Thank You

FOR BEING A PART OF THIS JOURNEY



I hope this Navratri eBook has helped you understand how to fast mindfully, nourish your body with the right foods and make the most of this sacred time for your health, peace and positivity.

Remember, Navratri is not just about food restrictions, but a beautiful opportunity to detox, reset and reconnect with your inner self.

KEY TAKEAWAYS

- Choose wholesome, natural foods
- Listen to your body
- Keep it balanced and enjoyable
- Let this be a time to nourish your body, mind and soul

> "May this Navratri bring you good health, positive energy and the strength to choose what truly nourishes you."



Wishing you a very
Happy and Healthy Navratri!

Foram Modi

DIETITIAN FORAM MODI
FOUNDER – MAKES YOU EAT

LET'S STAY CONNECTED

Instagram
@dietitianmakesyoueat

YouTube
Makes You Eat

Website
www.makesyoueat.com