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and you will cook them to your heart's content.

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Bon appétit!

Your total price is \$5.

You will receive 15 recipes.

Regards,

Fitness Leaf AI team

Your Recipes

Your Recipes

Breakfast Recipes:

1. Sri Lankan Egg Curry

Ingredients:

- 4 large eggs
- 1 onion, chopped
- 2 cloves of garlic, minced
- 1 tbsp grated ginger
- 1 tsp ground coriander
- 1 tsp ground cumin
- 1 tsp ground turmeric
- 1 tsp chili powder
- 1 tsp paprika
- 1 cup coconut milk
- 1 tbsp coconut oil
- Salt to taste
- Fresh coriander for garnish

Nutrient Information:

- Protein: 17g
- Carbohydrates: 7g
- Energy: 319KJ
- Fat: 15g

Instructions:

1. Heat coconut oil in a pan over medium heat.
2. Add chopped onions, minced garlic, and grated ginger. Sauté until onions are translucent.
3. Add ground coriander, cumin, turmeric, chili powder, and paprika. Mix well.
4. Add coconut milk and let it simmer for 2 minutes.
5. Gently crack the eggs into the curry, making sure to keep them intact.
6. Sprinkle some salt on top and cover the pan. Let the eggs cook for 5-6 minutes or until desired doneness.
7. Garnish with fresh coriander and serve hot.

2. Sri Lankan Chickpea and Vegetable Curry

Ingredients:

- 1 can of chickpeas, drained and rinsed
- 1 onion, chopped
- 1 tbsp grated ginger
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp ground turmeric
- 1 tsp chili powder
- 1 cup chopped mixed vegetables (carrots, potatoes, bell peppers)
- 1 cup coconut milk
- 1 tbsp coconut oil
- Salt to taste
- Fresh cilantro for garnish

Nutrient Information:

Your Recipes

- Protein: 14g
- Carbohydrates: 22g
- Energy: 596KJ
- Fat: 12g

Instructions:

1. Heat coconut oil in a pan over medium heat.
2. Add chopped onions and grated ginger. Sauté until onions are translucent.
3. Add ground cumin, coriander, turmeric, and chili powder. Mix well.
4. Add mixed vegetables and sauté for 2-3 minutes.
5. Add the can of chickpeas and mix well.
6. Pour coconut milk over the vegetables and let it simmer for 10 minutes.
7. Season with salt and garnish with fresh cilantro before serving.

3. Sri Lankan Avocado Toast

Ingredients:

- 2 slices of whole wheat bread
- 1 avocado
- 1 small tomato, sliced
- 1 tbsp chopped red onion
- 1 tsp lemon juice
- 1 tsp olive oil
- Salt and pepper to taste

Nutrient Information:

- Protein: 6g
- Carbohydrates: 26g
- Energy: 731KJ
- Fat: 14g

Instructions:

1. Toast the slices of bread until golden brown.
2. Cut the avocado in half, remove the pit, and scoop out the flesh into a bowl.
3. Add lemon juice, olive oil, salt, and pepper to the avocado and mash everything together.
4. Spread the avocado mixture on top of the toasted bread slices.
5. Top with sliced tomatoes and chopped red onion.
6. Sprinkle some salt and pepper on top and serve.

4. Sri Lankan Vegetable Dosa

Ingredients:

- 1 cup dosa batter
- ½ cup chopped mixed vegetables (carrots, green beans, bell peppers)
- 1 tsp grated ginger
- 1 tsp grated garlic
- 1 tsp cumin seeds
- 1 tsp black mustard seeds
- 1 tsp turmeric powder
- 1 tsp chili powder
- Salt to taste
- Coconut oil for cooking

Nutrient Information:

- Protein: 4g
- Carbohydrates: 26g
- Energy: 596KJ

Your Recipes

- Fat: 6g

Instructions:

1. Heat a pan over medium heat and lightly grease it with coconut oil.
2. Add cumin seeds and mustard seeds and let them splutter.
3. Add grated ginger and garlic and sauté for a minute.
4. Add chopped vegetables and sauté for 2-3 minutes.
5. Add turmeric powder, chili powder, and salt. Mix well.
6. Pour dosa batter over the vegetables and spread it evenly with a spoon.
7. Cook until the edges start to lift, then flip the dosa to cook the other side.
8. Serve hot with coconut chutney or tomato chutney.

5. Sri Lankan Oats Porridge

Ingredients:

- 1 cup rolled oats
- 1 cup water
- 1 cup coconut milk
- 1 ripe banana, mashed
- 1 tbsp chopped almonds
- 1 tsp honey (optional)
- Pinch of cinnamon

Nutrient Information:

- Protein: 9g
- Carbohydrates: 34g
- Energy: 1,196KJ
- Fat: 15g

Instructions:

1. In a saucepan, bring water to a boil.
2. Add rolled oats and reduce the heat to low.
3. Stir in coconut milk, mashed banana, chopped almonds, honey (if using), and cinnamon.
4. Cook for about 5 minutes, stirring occasionally, until the oats are thick and creamy.
5. Serve hot.

Lunch Recipes:

1. Sri Lankan Lentil and Vegetable Stew

Ingredients:

- 1 cup red lentils
- 1 onion, chopped
- 2 cloves of garlic, minced
- 1 tbsp grated ginger
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp ground turmeric
- 1 tsp chili powder
- 1 cup chopped mixed vegetables (carrots, beans, zucchini)
- 1 cup coconut milk
- 1 tbsp coconut oil
- Salt to taste
- Fresh cilantro for garnish

Nutrient Information:

- Protein: 16g
- Carbohydrates: 23g

Your Recipes

- Energy: 1,051KJ
- Fat: 16g

Instructions:

1. Rinse the lentils in a colander until the water runs clear.
2. In a pot, heat coconut oil over medium heat.
3. Add chopped onions, minced garlic, and grated ginger. Sauté until onions are translucent.
4. Add ground cumin, coriander, turmeric, and chili powder. Mix well.
5. Add chopped mixed vegetables and sauté for 2-3 minutes.
6. Add the rinsed lentils and stir to coat them with the spices.
7. Pour in 2 cups of water and let it come to a boil.
8. Reduce the heat to low and let it simmer for 15 minutes or until the lentils are cooked.
9. Add coconut milk and stir well. Let it simmer for another 5 minutes.
10. Season with salt and garnish with fresh cilantro before serving.

2. Sri Lankan Tofu Stir-Fry

Ingredients:

- 1 block of firm tofu, cut into cubes
- 1 onion, sliced
- 1 bell pepper, sliced
- 1 small carrot, sliced
- 1 cup broccoli florets
- 1 tbsp soy sauce
- 1 tbsp sesame oil
- 1 tsp grated ginger
- 1 tsp minced garlic
- Salt and pepper to taste
- Fresh cilantro for garnish

Nutrient Information:

- Protein: 19g
- Carbohydrates: 14g
- Energy: 827KJ
- Fat: 12g

Instructions:

1. Heat sesame oil in a pan over medium heat.
2. Add sliced onions, bell pepper, and carrot. Stir-fry for 2-3 minutes.
3. Add broccoli florets and continue to stir-fry for another 2 minutes.
4. Push the vegetables to one side of the pan and add the tofu cubes to the other side.
5. Let the tofu cook for 2-3 minutes on each side.
6. Add grated ginger and minced garlic to the vegetables and stir-fry for 1 minute.
7. Pour soy sauce over everything and mix well.
8. Season with salt and pepper.
9. Garnish with fresh cilantro before serving.

3. Sri Lankan Vegetable Fried Rice

Ingredients:

- 1 cup cooked brown rice
- 1 onion, chopped
- 1 bell pepper, chopped
- 1 carrot, chopped
- 1 cup frozen peas and corn
- 2 cloves of garlic, minced

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- 1 tsp grated ginger
- 1 tbsp soy sauce
- 1 tsp sesame oil
- Salt and pepper to taste
- Fresh cilantro for garnish

Nutrient Information:

- Protein: 9g
- Carbohydrates: 42g
- Energy: 1,078KJ
- Fat: 6g

Instructions:

1. Heat sesame oil in a pan over medium heat.
2. Add chopped onions, bell pepper, and carrot. Sauté for 2-3 minutes.
3. Add frozen peas and corn and cook for 2-3 minutes.
4. Add minced garlic and grated ginger. Sauté for 1 minute.
5. Add cooked brown rice to the pan and mix everything together.
6. Pour soy sauce over the rice and mix well.
7. Season with salt and pepper.
8. Garnish with fresh cilantro before serving.

4. Sri Lankan Lentil and Vegetable Salad

Ingredients:

- 1 cup cooked green lentils
- 1 cup chopped mixed vegetables (cucumber, tomatoes, bell peppers)
- 1 small red onion, sliced
- 1 tbsp chopped fresh parsley
- 1 tbsp olive oil
- Juice of 1 lemon
- Salt and pepper to taste

Nutrient Information:

- Protein: 12g
- Carbohydrates: 28g
- Energy: 1,043KJ
- Fat: 8g

Instructions:

1. In a large mixing bowl, combine cooked lentils, chopped vegetables, sliced onion, and fresh parsley.
2. In a small bowl, whisk together olive oil and lemon juice.
3. Pour the dressing over the salad and toss everything together.
4. Season with salt and pepper before serving.

5. Sri Lankan Vegetable Kottu Roti

Ingredients:

- 2 roti or whole wheat tortillas, cut into small pieces
- 1 onion, chopped
- 1 bell pepper, sliced
- 1 carrot, sliced
- 1 cup chopped cabbage
- 2 eggs, beaten
- 2 tbsp soy sauce
- 1 tsp grated ginger

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- 1 tsp minced garlic
- Salt and pepper to taste
- Fresh cilantro for garnish

Nutrient Information:

- Protein: 23g
- Carbohydrates: 24g
- Energy: 1,051KJ
- Fat: 11g

Instructions:

1. In a large pan, heat some oil over medium heat.
2. Add chopped onions, bell pepper, and carrot. Sauté for 2-3 minutes.
3. Add chopped cabbage and cook for another 2-3 minutes.
4. Push the vegetables to one side of the pan and add the beaten eggs to the other side.
5. Scramble the eggs until they are fully cooked.
6. Add grated ginger and minced garlic to the vegetables and stir-fry for 1 minute.
7. Add the cut roti or tortilla pieces to the pan and mix everything together.
8. Pour soy sauce over everything and mix well.
9. Season with salt and pepper.
10. Garnish with fresh cilantro before serving.

Dinner Recipes:

1. Sri Lankan Vegetable Curry

Ingredients:

- 1 cup chopped mixed vegetables (potatoes, carrots, squash)
- 1 onion, chopped
- 1 tbsp grated ginger
- 1 tsp minced garlic
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp ground turmeric
- 1 tsp chili powder
- 1 cup coconut milk
- 1 tbsp coconut oil
- Salt to taste
- Fresh cilantro for garnish

Nutrient Information:

- Protein: 4g
- Carbohydrates: 18g
- Energy: 556KJ
- Fat: 22g

Instructions:

1. Heat coconut oil in a pan over medium heat.
2. Add chopped onions, grated ginger, and minced garlic. Sauté for 2-3 minutes.
3. Add ground cumin, coriander, turmeric, and chili powder. Mix well.
4. Add chopped mixed vegetables and sauté for 2-3 minutes.
5. Pour coconut milk over the vegetables and let it simmer for 10 minutes or until the vegetables are cooked.
6. Season with salt and garnish with fresh cilantro before serving.

2. Sri Lankan Lentil and Vegetable Biryani

Ingredients:

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- 1 cup basmati rice
- ½ cup green lentils
- 1 onion, sliced
- 1 bell pepper, sliced
- 1 cup chopped mixed vegetables (carrots, peas, green beans)
- 2 cloves of garlic, minced
- 1 tsp grated ginger
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp ground turmeric
- 1 tsp chili powder
- Salt to taste
- Handful of cashews, chopped
- Fresh parsley for garnish

Nutrient Information:

- Protein: 13g
- Carbohydrates: 44g
- Energy: 2,080KJ
- Fat: 20g

Instructions:

1. Rinse the rice and lentils in a colander until the water runs clear.
2. In a pot or rice cooker, add the rinsed rice, lentils, and 2 cups of water. Cook until the rice and lentils are tender.
3. In a pan, heat some oil over medium heat.
4. Add sliced onions, bell pepper, and mixed vegetables. Sauté for 2-3 minutes.
5. Add minced garlic and grated ginger and sauté for 1 minute.
6. Add ground cumin, coriander, turmeric, and chili powder. Mix everything together.
7. Fold in the cooked rice and lentils with the vegetables in the pan.
8. Season with salt and mix well.
9. Top with chopped cashews and fresh parsley before serving.

3. Sri Lankan Tofu and Vegetable Skewers

Ingredients:

- 1 block of firm tofu, cut into cubes
- 1 bell pepper, cut into squares
- 1 cup chopped mixed vegetables (zucchini, mushrooms, onions)
- 1 tbs olive oil
- 1 tsp grated ginger
- 1 tsp minced garlic
- 1 tsp chili flakes
- Salt and pepper to taste
- Fresh cilantro for garnish

Nutrient Information:

- Protein: 13g
- Carbohydrates: 12g
- Energy: 596KJ
- Fat: 10g

Instructions:

1. Soak wooden skewers in water for at least 30 minutes.
2. Thread tofu cubes, bell pepper squares, and mixed vegetables onto the skewers.
3. In a small bowl, mix together olive oil, grated ginger, minced garlic, chili flakes, salt, and

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pepper.

4. Brush the sauce over the skewers.
5. Heat a grill or grill pan over medium heat.
6. Place the skewers on the grill and cook for 5-6 minutes on each side, or until the vegetables are cooked and slightly charred.
7. Garnish with fresh cilantro and serve.

4. Sri Lankan Vegetable Noodles

Ingredients:

- 1 pack of rice noodles
- 1 onion, sliced
- 1 bell pepper, sliced
- 1 small carrot, sliced
- 1 cup broccoli florets
- 1 tbsp soy sauce
- 1 tsp sesame oil
- 1 tsp grated ginger
- 1 tsp minced garlic
- Salt and pepper to taste
- Fresh cilantro for garnish

Nutrient Information:

- Protein: 6g
- Carbohydrates: 28g
- Energy: 1,051KJ
- Fat: 4g

Instructions:

1. Cook rice noodles according to package instructions and set aside.
2. In a pan, heat some oil over medium heat.
3. Add sliced onions, bell pepper, and carrot. Sauté for 2-3 minutes.
4. Add broccoli florets and cook for another 2-3 minutes.
5. Add grated ginger and minced garlic to the vegetables and stir-fry for 1 minute.
6. Add the cooked rice noodles to the pan and mix everything together.
7. Pour soy sauce over everything and mix well.
8. Season with salt and pepper.
9. Garnish with fresh cilantro before serving.

5. Sri Lankan Lentil and Vegetable Soup

Ingredients:

- 1 cup red lentils
- 1 onion, chopped
- 1 tbsp grated ginger
- 1 tsp minced garlic
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp ground turmeric
- 1 tsp chili powder
- 1 cup chopped mixed vegetables (carrots, potatoes, celery)
- 4 cups vegetable broth
- Salt and pepper to taste
- Fresh cilantro for garnish

Nutrient Information:

- Protein: 14g

Your Recipes

- Carbohydrates: 26g
- Energy: 596KJ
- Fat: 2g

Instructions:

1. Rinse the lentils in a colander until the water runs clear.
2. In a pot, heat some oil over medium heat.
3. Add chopped onions, grated ginger, and minced garlic. Sauté for 2-3 minutes.
4. Add ground cumin, coriander, turmeric, and chili powder. Mix well.
5. Add chopped mixed vegetables and sauté for 2-3 minutes.
6. Add the rinsed lentils and stir to coat them with the spices.
7. Pour in the vegetable broth and let it come to a boil.
8. Reduce the heat to low and let it simmer for 20 minutes or until the lentils and vegetables are cooked.
9. Season with salt and pepper.
10. Garnish with fresh cilantro before serving.