

# 5 Healthy Dinner Ideas with Go Moringa, A Nutri Diet Clinic in Gurgaon



Dinner is just as important as breakfast and shouldn't be skipped. The meal timing strategy must be set in accordance with your bodily functions and one should not trifle with it. Dinner is an important meal to fuel up your body just like having [breakfast](#) and lunch at regular intervals.

Dietician Priyatama Srivastava – an extremely well-known [dietician in Delhi NCR](#) and Gurgaon always emphasizes having smaller portions and lighter meals for dinner to get closer to a healthy lifestyle. Eating a healthy and light dinner will aid your body to maintain its levels and functions and also clear your bowels. Dinner is also an important meal because it gives you energy and fills you up for a long day full of activities and exertion.

Here are a few dinner options for all sorts of individuals based in accordance with their health needs:

## Healthy Dinner Ideas For Better Health and Lifestyle

**High Protein Dinner:**







This is for people who wish to have meals with high satiety value. Ideal options for such meals would be a kachumber salad with onions, cucumber, tomato and carrots, brown rice or multi-grain rotis with a sabji like cauliflower and potato, spinach and paneer or bhindi ki sabji. You can also consider vegetable khichdi as a part of your dinner.

Also Read: [5 Healthy Lunch Ideas With Go Moringa](#)

### For Healthy Thinkers:

Dinner ideas for people who wish to shift to a healthier lifestyle are to make the shift from oily to grilled and make such small yet significant changes. Barbequed or grilled vegies, boiled vegetables or soups made with a mix of many vegetables can be used to substitute unhealthy dinners for people who think healthy.

### Quick Fixes for Health Freaks:



A khichdi on the more liquid end with lots of veggies, jowar roti with palak or idlis mixed with carrots and beets are some quick and healthy dinner options.

To sum up, dinner ideas that are wholesome and healthy ensure that; your protein can come from any dal/paneer or curd preparation, your fibre requirements can be fulfilled by any sabji which can be gravy based or dry along with a salad. You can gain healthy carbs from rotis of jowar and bajra as well as brown rice and for fat, you can include a minimal amount of ghee and oil.

With [Dietician Priyatama Srivastava](#) there is a healthy diet for everyone. She ensures to curate diets according to the underlying body conditions and body goals of each client and helps them achieve what they seek with regular follow-ups and modifications in diet.

**Original Source:**

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