How Without Going Satwik You Can Still Eat Healthy and Tasty Food – Aug 18

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By pradeep | August 22, 2025



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We’ve experimented with dishes like spinach and corn pancakes, vegetable pulao with minimal oil, and jaggery sweetened desserts. My children love to help, and it’s become a fun, cross generational activity. Preparing food together teaches them balance and portion control.

I’ve realized that healthy eating doesn’t have to mean restriction. Instead, it’s about making smarter choices while keeping food flavorful. Sharing this journey with family has brought excitement to the kitchen and made healthy meals enjoyable for everyone.

Food is no longer just sustenance; it’s a way to bond, learn, and celebrate flavors, all while taking care of health. Eating well is a lifestyle, not a limitation.

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