## Going out for curry?

Here are healthier options







Fish/Chicken Tikka: Grilled, lean, and packed with protein

Tandoori Kebabs:
Grilled, low-fat, and delicious





Samosas:
Deep-fried and fatty

Pakoras:
Fried and high in oil



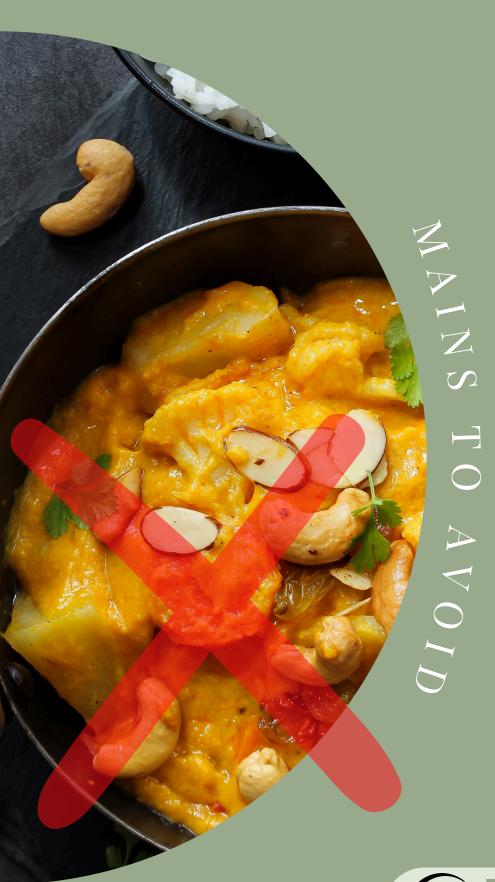


Madras:
Spicy, tomato-based, and lower in calories

Bhuna:
Dry, less sauce, fewer calories

Rogan Josh:
Tomato-based and mild





## Chicken Tikka Masala: Creamy and caloriedense

Butter Chicken:
Loaded with butter and cream

Korma:
Super creamy and high-calorie





Plain Basmati Rice: High in fibre, healthy

Sag Aloo: Veggie-packed goodness

Chana Dal: Lentil-based, nutritious





Naan Bread:
Doughy and buttery

Fried Rice:
High in oil and calories

