

**Recipe Name:** Grilled Paneer Salad.  
**Diet Type:** Vegetarian  
**Course:**  
**Cuisine:** Indian  
**Quantity:** 1 bowl per Portion



## Description

High protein vegetarian salad

## Ingredients

Ingredient	Quantity
• Paneer cubes	100g
• Lettuce	1 cup
• Olive oil	1 tbsp

## Preparation

- Grilled lightly in olive oil.
- Chopped fresh.
- Used for grilling.

## Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
280	18.5	12.3	15	3.5	4.2