MACRO VEDÁ

Wholesome Nutrition, Balanced by Nature.

Macro-conscious meals crafted for clean eating, everyday wellness and mindful nourishment.

HIGH PROTEIN • BALANCED MACROS •



PROTEIN. FIBRE. BALANCE. REAL FOOD.

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MACRO VEDÁ



About MacroVeda

MacroVeda is a wholesome food brand built around balanced nutrition, clean ingredients and mindful nourishment. We create meals that are fresh, satisfying and thoughtfully prepared for people who want to eat well without compromising on flavour.

From nourishing breakfasts and comforting soups to wholesome lunch and dinner options, every offering is designed to support a healthier lifestyle through honest food, everyday convenience and balanced choices.

Nourish. Balance. Thrive.



MACRO VEDÁ

Our Philosophy



1 Whole Ingredients

We use honest, seasonal ingredients with no shortcuts.



2 Balanced Nutrition

Every dish is thoughtfully built for flavour, nourishment and everyday wellness.



3 Sustainable Choices

Mindful sourcing and conscious cooking guide every meal we prepare.



4 Clean Cooking

Simple methods, wholesome recipes and a focus on freshness define our kitchen.



5 Community & Care

We cook with intention and serve with warmth, gratitude and care.



MACROVEDA

Breakfast

Wholesome starts to the day.





01

Spinach, Tofu & Avocado Wrap

A wholesome whole-wheat wrap layered with spinach, tofu and avocado for a fresh and satisfying breakfast.

Plant-forward • Creamy • Filling



05

Oats with Nuts & Fruits

Rolled oats paired with mixed nuts and seasonal fruits for a naturally energizing bowl.

High fibre • Nourishing



02

Avocado Sandwich

A simple, nourishing sandwich with creamy avocado and clean fresh flavours.

Light • Fresh • Balanced



06

Corn & Peas Sandwich

A comforting sandwich with sweet corn and green peas in a soft, savoury filling.

Mild • Wholesome • Filling



03

Vegetable Sandwich

A classic breakfast sandwich packed with fresh vegetables for an easy and colourful start.

Crisp • Comforting • Wholesome



07

Broccoli Sandwich

A hearty sandwich built around broccoli and simple seasoning for a green, balanced bite.

Light • Green • Balanced



04

Peanut Butter Sandwich

A nutty, energy-boosting sandwich with peanut butter for a simple and satisfying breakfast.

Protein-rich • Satisfying



08

Green Moong Dal Chilla

A savoury moong dal chilla with a hearty texture and familiar home-style appeal.

Protein-packed • Traditional • Satisfying

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MACROVEDA

Breakfast

Wholesome starts to the day.



09

Millet Idly / Dosa

Traditional millet breakfast served soft as idly or crisp as dosa for a wholesome start.

Light • Fermented • Gut-friendly



10

Chia Pudding with Nuts & Fruits

Chia pudding topped with nuts and fresh fruits for a refreshing, fibre-rich bowl.

Fibre-rich • Refreshing • Wholesome



11

Scrambled Eggs with Bread Toast

Fluffy scrambled eggs served with toasted bread for a familiar, protein-rich breakfast.

Comforting • Protein-rich



12

Avocado Egg Sandwich

A satisfying sandwich that brings together creamy avocado and egg in a balanced breakfast bite.

Creamy • Balanced • Filling



13

Turkish Egg with Bread Toast

Rich, savoury eggs inspired by Turkish breakfast flavours, served with toast.

Bold • Savoury • Comforting



14

Egg White with Mushrooms & Spinach Omelette

A lean omelette folded with mushrooms and spinach for a clean, nourishing meal.

Lean • Protein-rich • Nourishing



15

Potato Omelette with Bread Toast

Soft omelette with potato, paired with toast for a hearty and familiar breakfast.

Hearty • Comforting • Satisfying

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MACROVEDA

Breakfast

Wholesome starts to the day.



16

Masala Omelette with Bread Toast

A classic masala omelette served with toast for a spiced and satisfying breakfast.

Spiced • Familiar • Satisfying



17

Shakshuka with Bread Toast

Eggs gently cooked in a rich tomato base and served with toast for a rustic, hearty meal.

Rustic • Bold • Hearty



18

Butter Garlic Eggs & Veggies

Eggs tossed with butter, garlic and vegetables for a savoury, energizing breakfast plate.

Savoury • Fragrant • Energizing



19

Chicken Cheese Frittata

A hearty frittata layered with chicken and cheese for a filling, protein-forward breakfast.

Protein-packed • Filling



20

Yemeni Lahsa

A warm breakfast inspired by Middle Eastern comfort flavours, rich in character and depth.

Traditional • Soulful • Comforting



21

Protein Pancake with Fruits

Soft protein pancakes topped with fresh fruits for a balanced and lightly sweet breakfast.

Balanced • Energizing • Lightly sweet



22

Lobiya Paneer Salad

A nourishing salad with lobiya and paneer for a wholesome, protein-rich breakfast option.

Protein-rich • Fresh • Wholesome

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MACROVEDA

Soups

Warm, light and nourishing.





01

Tomato Basil Soup

Smooth tomato soup brightened with basil for a timeless, comforting bowl.

Classic • Comforting



02

Hot & Sour Soup

A bold, tangy and spicy soup available in veg or non-veg.

Tangy • Warming



03

Moringa Soup

A light moringa-based soup with earthy goodness and nourishing appeal.

Nourishing • Immunity-friendly



04

Clear Soup

A clean, delicate broth available in veg or non-veg for a simple, soothing sip.

Light • Soothing



05

Lemon Coriander Soup

Refreshing soup with citrusy lemon and coriander notes.

Bright • Light



06

Sweet Corn Soup

Familiar sweet corn soup available in veg or non-veg, mild and comforting.

Mild • Comforting



07

Mix Vegetable Soup

A wholesome soup of simmered vegetables, available in veg or non-veg.

Wholesome • Satisfying



08

Cream of Broccoli

Silky broccoli soup with a smooth, comforting body.

Creamy • Comforting



09

Cream of Mushroom

Earthy mushroom soup with a rich, velvety finish.

Rich • Savoury



10

Minestrone Soup

A hearty Italian-style soup available in veg or non-veg.

Hearty • Nourishing

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MACROVEDA

Soups

Warm, light and nourishing.



11

Corn & Potato Chowder

A thick, comforting chowder with sweet corn and potato.

Creamy • Filling



12

Mushroom Spinach Soup

Earthy mushrooms and spinach come together in a balanced, hearty soup.

Green • Hearty



13

Mulligatawny Soup

A spiced Anglo-Indian favourite with depth and warmth.

Warming • Soulful



14

Tom Yum Soup

A Thai-style soup with sharp, aromatic and lively flavours.

Bold • Refreshing



15

Pumpkin Soup

Smooth pumpkin soup with a naturally sweet and velvety finish.

Velvety • Comforting



16

Cauliflower Soup

A gentle, creamy soup built around cauliflower.

Light • Soothing



17

Ragi & Vegetable Soup

A wholesome ragi-based soup with vegetables for a nourishing bowl.

Nutritious • Hearty



18

Lauki & Drumstick Soup

A light soup with bottle gourd and drumstick.

Simple • Nourishing



19

Egg Drop Soup

A silky soup with delicate ribbons of egg.

Light • Savoury



20

Khao Suey

A flavourful, comforting bowl inspired by Asian-style soup traditions.

Creamy • Satisfying

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MACROVEDA

Soups

Warm, light and nourishing.





21

Miryalu Soup

A pepper-forward soup available in veg or non-veg.

Warm • Restorative



22

Manchow Soup

A bold Indo-Chinese soup available in veg or non-veg.

Spicy • Comforting



23

Spinach Soup

A green, nourishing spinach soup with simple wholesome appeal.

Light • Wholesome



24

Carrot & Pumpkin Soup

A smooth pairing of carrot and pumpkin with natural sweetness.

Naturally sweet • Comforting



25

Black Bean Soup

A hearty black bean soup with deep flavour and satisfying body.

Filling • Protein-rich



26

Gazpacho

A chilled, refreshing soup with bright vegetable notes.

Chilled • Refreshing



27

Vietnamese Pho

A fragrant Vietnamese-style broth available in veg or non-veg.

Aromatic • Soothing



28

Miso Soup

A clean Japanese-style soup with subtle umami depth.

Light • Calming



29

French Onion Soup

A classic onion soup with slow-cooked depth.

Rich • Comforting



30

Mushroom & Pasta Clear Soup

A simple clear soup with mushroom and pasta for an easy, satisfying bowl.

Simple • Satisfying

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MACROVEDA

Lunch / Dinner

Bowls & signature meals.



01 Spinach Bowl

A nourishing bowl built around spinach and fresh vegetables. Protein choices: paneer, soya, tofu, egg, chicken, fish or prawns.

Fresh • Balanced



02 Herb Rice Bowl

Fragrant herb rice paired with vegetables for a light, balanced meal. Protein choices: paneer, soya, tofu, egg, chicken, fish or prawns.

Light • Refreshing



03 Mexican Burrito Bowl

A vibrant bowl with sweet corn, avocado, lettuce and bold Mexican accents. Protein choices: paneer, soya, tofu, egg, chicken, fish or prawns.

Bold • Filling



04 Fajita Bowl

Colourful bowl with onion, bell peppers, broccoli, carrot and beans in a fajita-inspired style. Protein choices: paneer, soya, tofu, egg, chicken, fish or prawns.

Colourful • Hearty



05 Caesar Salad

Crisp lettuce, **croutons** and parmesan in a classic Caesar-style salad. Protein choices: paneer, soya, tofu, egg, chicken, fish or prawns.

Crisp • Classic



06 Pesto Bowl

A basil-led bowl with pasta, walnuts, parmesan and celery. Protein choices: paneer, soya, tofu, egg, chicken, fish or prawns.

Herby • Comforting



07 Millet Buddha Bowl

A wholesome millet bowl with sweet potato, sprouts and fresh vegetables. Protein choices: paneer, soya or tofu.

Nourishing • Wholesome



08 Schezwan Bowl

A punchy bowl with bell peppers, lettuce, baby corn and mushroom. Protein choices: paneer, soya, tofu, egg, chicken, fish or prawns.

Spicy • Bold



09 Mediterranean Chickpea Salad

Fresh salad with chickpeas, onion, red cabbage, jalapeño and mint. Protein choices: paneer, soya, tofu, egg or chicken.

Fresh • Protein-rich



10 Mediterranean Wrap

A zesty wrap with egg whites, bell peppers, onion, tomato, za'atar and sumac. Protein choices: paneer, soya, tofu, egg, chicken, fish or prawns.

Zesty • Satisfying



11 Teriyaki Bowl

A balanced bowl with broccoli, mushrooms, carrot, cabbage and beans in a teriyaki-style finish. Protein choices: paneer, soya, tofu, egg, chicken, fish or prawns.

Savoury • Balanced

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MACROVEDA

Lunch / Dinner

Bowls & signature meals.



12 Veggie Delight

A crisp mix of lettuce, kale, red cabbage, broccoli, jalapeño, olives, cucumber and baby corn. Protein choices: paneer, tofu or sprouts.

Crisp • Wholesome



13 Cilantro Lime Bowl

A fresh bowl with beetroot, cabbage, lettuce, sweet corn and green peas with bright cilantro-lime notes. Protein choices: paneer, soya, tofu, egg, chicken, fish or prawns.

Bright • Refreshing



14 Stroganoff Bowl

A comfort bowl with broccoli, mushrooms, baby corn and lettuce. Protein choices: mushroom or chicken.

Creamy • Comforting



15 Thecha Bowl

A simple, bright bowl with cucumber, carrot and beetroot. Protein choices: paneer, soya, tofu, egg, chicken, fish or prawns.

Simple • Vibrant



16 Thukpa

A brothy bowl with cabbage, carrot, beans and mushroom for a comforting meal. Protein choices: paneer, soya, tofu, egg, chicken, fish or prawns.

Warm • Hearty



17 BBQ Bowl

A smoky-style bowl with cabbage, cauliflower and bell peppers. Protein choices: paneer, soya, tofu, egg, chicken, fish or prawns.

Smoky • Bold



18 Falafel Hummus Bowl

A Middle Eastern-inspired bowl with chickpea, coriander, mint, sesame seeds and pickled veggies. Protein choices: paneer, soya, tofu, egg, chicken, fish or prawns.

Middle Eastern • Satisfying



19 Chipotle Bowl

A bold bowl with bell pepper, cashew, baby corn and mushroom. Protein choices: paneer, soya, tofu, egg, chicken, fish or prawns.

Bold • Nutty



20 Thai Green Curry

Fragrant curry with green peas, zucchini, carrot, mushroom and bok choy. Protein choices: paneer, soya, tofu, egg, chicken, fish or prawns.

Fragrant • Comforting



21 Thai Red Curry

Rich curry with green peas, zucchini, carrot, mushroom and bok choy. Protein choices: paneer, soya, tofu, egg, chicken, fish or prawns.

Rich • Aromatic



22 Thai Raw Mango Salad

A fresh raw mango salad with Thai chilli and sweet chilli notes. Protein choices: paneer, soya, tofu, egg, chicken, fish or prawns.

Tangy • Refreshing

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MACROVEDA

Lunch / Dinner

Bowls & signature meals.



23 Thai Raw Papaya Salad

Crisp raw papaya salad with Thai chilli and sweet chilli flavours. Protein choices: paneer, soya, tofu, egg, chicken, fish or prawns.

Crisp • Tangy



24 Spaghetti Bowl

A simple pasta bowl with tomato, olive oil, garlic and basil. Protein choices: paneer, soya, tofu, egg, chicken, fish or prawns.

Simple • Herby



25 Shawarma Hummus Wrap / Bowl

Hummus, cucumber, carrot, zucchini and cherry tomatoes in a shawarma-inspired format. Protein choices: paneer, soya, tofu, egg, chicken, fish or prawns.

Creamy • Satisfying



26 Bang Bang Bowl

A fresh bowl with cucumber, carrot, red cabbage and spring onion. Protein choices: paneer, soya, tofu, egg, chicken, fish or prawns.

Fresh • Crunchy



27 Malai Tawa Iffa

A soft, flavourful option served with pickled veggies and lettuce. Protein choices: egg or chicken.

Rich • Comforting



28 Bok Choy in Garlic Oyster Sauce

A savoury Asian-style preparation with bok choy, broccoli and mushroom. Protein choices: paneer, egg or chicken.

Savoury • Umami-rich



29 Veg Tikki Bowl

A hearty bowl with paneer, mint, green peas, broccoli and potato. Protein choices: paneer, soya, tofu, egg, chicken, fish or prawns.

Hearty • Comforting



30 Khichadi

A comfort bowl with green peas, zucchini, carrot, mushroom and bok choy. Protein choices: paneer, soya, tofu, egg, chicken, fish or prawns.

Comforting • Wholesome



31 Dal Makhani Roti / Rice Bowl

Rich dal makhani served as a roti or rice bowl with onion, tomato, bell pepper and cucumber. Protein choices: paneer, soya, tofu, egg, chicken, fish or prawns.

Rich • Soulful



32 Rajma Roti / Rice Bowl

A wholesome rajma meal served as a roti or rice bowl with fresh vegetable accompaniments. Protein choices: paneer, soya, tofu, egg, chicken, fish or prawns.

Hearty • Familiar



33 Chole Roti / Rice Bowl

A classic chole option served as a roti or rice bowl with onion, tomato, bell pepper and cucumber. Protein choices: paneer, soya, tofu, egg, chicken, fish or prawns.

Classic • Satisfying

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MACROVEDA

Lunch / Dinner

Bowls & signature meals.



34

Bhurji Bowl

A comforting bhurji-style bowl with cucumber, carrot, beetroot and baby corn. Protein choices: paneer or egg.

Comforting • Homestyle



35

Ragi Mudda

A traditional ragi mudda served with cucumber, onion and carrot. Protein choices: brinjal or chicken.

Traditional • Hearty



36

Jowar / Ragi / Rajgira / Bajra Roti

A millet roti selection served with onion, tomato, bell pepper and cucumber. Protein choices: paneer, soya, tofu, egg, chicken, fish or prawns.

Traditional • Nourishing



37

Besan Chilla

A savoury besan chilla with onion, tomato, bell pepper, cabbage and beans. Protein choice: paneer.

Savoury • Satisfying



38

Pulao

A fragrant pulao with onion, tomato, bell pepper, cabbage and beans. Protein choices: veg, paneer or chicken.

Fragrant • Comforting



39

Goan Rice Bowl

A coastal-style bowl with okra, potato, drumstick, onion and tomato. Protein choices: chicken or prawns.

Coastal • Hearty



40

Amaranth Bowl

A nourishing amaranth-based bowl with zucchini, green peas, sweet corn and mushroom. Protein choices: paneer, egg or chicken.

Nourishing • Balanced



41

Fattoush Salad

A crisp salad with lettuce, cucumber, tomato, radish, onion, bell pepper, parsley and mint. Protein choices: paneer or chicken.

Crisp • Fresh



42

Southwest Black Bean & Corn Salad

A bright salad with black beans, tomato, avocado, lettuce, corn and cilantro-lime notes. Protein choices: paneer or chicken.

Bold • Refreshing



43

Asian Cucumber Salad

A light cucumber salad tossed with soy sauce and sesame seeds.

Fresh • Simple

- All breads, sauces and dressing dip are house made.
- No artificial color or flavour is added.

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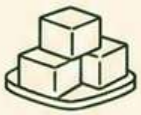
Protein Sources



Paneer — High in protein and calcium.



Soya — A plant-powered protein option.



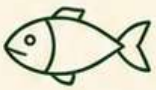
Tofu — Light, versatile and protein-rich.



Egg — A complete protein source.



Chicken — Lean, satisfying and high in protein.



Fish — Omega-3 rich and heart-friendly.



Prawns — High in protein and low in fat.



Sprouts — Fresh, nourishing and fibre-rich.



Chickpea — Plant protein with wholesome goodness.



Mushroom — Light, savoury and nutrient-dense.

Most dishes can be customized with your preferred protein.

MACROVEDA

Contact

We would love to hear from you.



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MACRO VEDÁ

Thank you

for choosing MacroVeda.

Here's to mindful eating and wholesome living.



See you again.

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