



TM



# COMFORTING AND CONVENIENT READY-TO-COOK KHICHDIS & SOUPS!

Millet-Based



BEST TO TALK

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# PRODUCT CATEGORIES



## INDIAN MEALS



## MILLET KHICHDIS



## HEALTHY SNACKS



## NUTRITIOUS SOUP







# QUICK HEALTHY DELICIOUS



## Ready-to-Cook Khichdi

Comes with Gujarati kadhi, Cow ghee, and Tastemaker



### Jowar Millet Khichdi

Fiber-rich, protein-packed, loaded with minerals.

550g approx.\*  
310 kcal/serving\*\*



### Bajri Millet Khichdi

Digestion-friendly meal, packed with protein.

550g approx.\*  
310 kcal/serving\*\*



### Vegetable Khichdi

Meal with protein, fiber, and carbohydrates.

650g approx.\*  
340 kcal/serving\*\*



### Kodo Millet Khichdi

Balance of taste, health, and convenience.

550g approx.\*  
396 kcal/serving\*\*



### Masala Khichdi

Balance of taste, digestion, and nourishment.

550g approx.\*  
340 kcal/serving\*\*

\*Weight after cooking  
\*\*Per serving: 100g portion

Each serving is designed for one person.



# QUICK HEALTHY DELICIOUS



## Ready-to-Cook Indian Meals

Comes with Cow ghee and Tastemaker



### Dal Rice Tadka

A nourishing blend of lentils and rice, packed with protein, fiber, and comforting flavors.

**650g approx.\***  
**348 kcal/serving\*\***



### Sambar Rice

A hearty and tangy one-pot meal offering a comforting and satisfying dish.

**650g approx.\***  
**336 kcal/serving\*\***





# QUICK HEALTHY DELICIOUS



## Ready-to-Cook Healthy Snacks



### Ragi Pani Puri

Nutritious Twist to Your Favorite Snack!

Each pack includes:

- ◆ 12 Instant Ragi & kodo Millet Puri Pellets
- ◆ Ready-to-Use Aloo & Black Chana Masala
- ◆ Ready Flavorful Pani Paste
- ◆ Ready Delicious Sweet Chutney
- ◆ Tastemaker to Adjust Spice Level

**Approx. 200g | Energy: 361 kcal**

Guilt-free, crunchy, and flavorful experience!



### Indori Poha

A light and flavorful poha, paired with a delicious tastemaker and crispy baked sev for the perfect balance of taste and texture.

**150g approx.\*  
230 kcal/serving\*\***



### Masala Upma

A flavorful dish, enriched with a savory tastemaker and crunchy roasted peanuts for a perfect balance of taste and nutrition.

**150g approx.\*  
240 kcal/serving\*\***





# QUICK HEALTHY DELICIOUS



## Instant Healthy Millet Soup

Comes with Bread Croutons and Tastemaker



### Hot & Sour

Boosts immunity and aids digestion

**350ml approx.\***  
**330 kcal/serving\*\***



### Lemon Coriander

Detoxifies, rich in vitamin C

**350ml approx.\***  
**300 kcal/serving\*\***



### Superb Vegetable

High-fiber, nutrient-packed

**350ml approx.\***  
**320 kcal/serving\*\***



### Tomato Beetroot

Improves blood flow

**350ml approx.\***  
**350 kcal/serving\*\***



### Healthy Spinach

Iron-rich, strengthens bones

**350ml approx.\***  
**280 kcal/serving\*\***



### Tangy Tomato

Antioxidant-rich, boosts immunity

**350ml approx.\***  
**350 kcal/serving\*\***





## The Perfect Nutritious Traditional and Cultural Meal Solution for Your Busy Life

### No time to cook?

Our preservative-free, 7-minute meals are perfect for busy professionals, students, and travelers. Light-weight and easy to carry, they bring fresh, home-style flavors wherever you go. Healthy eating—made effortless!

## Our Story

Since 2017, we've been reinventing khichdi for modern life—healthy, preservative-free, and ready in just 7 minutes. Post-pandemic, we expanded with Ready-to-Cook Khichdi kits, soups, and snacks, making nutritious eating quick, easy, and accessible anytime, anywhere.







## Our Global Reach

Kamlesh Khichdiwala is serving customers across multiple regions, ensuring that nutritious, ready-to-cook meals are available wherever you are.

INDIA



USA



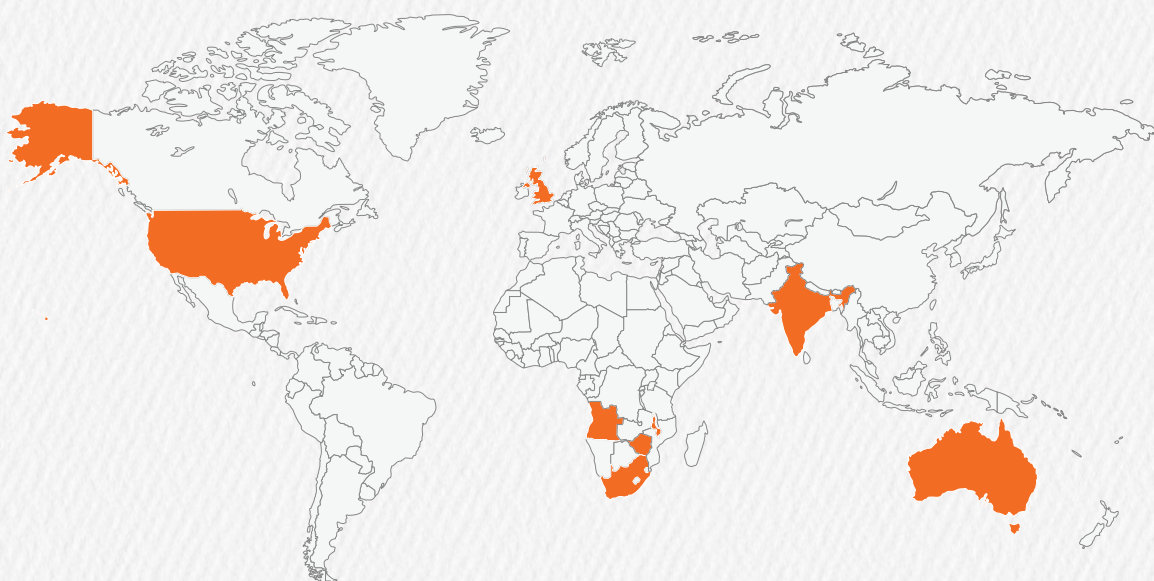
UK



AUSTRALIA



AFRICA



## Become a Distributor

Looking to partner with Kamlesh Khichdiwala?  
Join us in expanding our reach globally with nutritious,  
ready-to-cook meals.

### CONTACT US

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## FROM THE FOUNDER'S DESK: A Fresh Start for a Healthier You!

Post-COVID, people prioritize health over convenience, but most ready-to-eat foods lack freshness. That's where **Kamlesh Khichdiwala** steps in! Our **ready-to-cook khichdi** kits bring back the joy of **freshly cooked, flavorful meals**—no preservatives, no additives, no artificial colors—just wholesome goodness in every bite.



## KHICHDI: THE QUEEN OF CONVENIENCE & WELLNESS



Khichdi, India's timeless comfort food, goes by many names—khichuri, pongal, bisi bele bath, or kedgerie. This one-pot superfood blends rice, lentils, and spices, offering a balanced, nourishing, and easily digestible meal that aids detox, digestion, and weight management.

Here's why adding khichdi to your daily meals is a game-changer:



### AIDS DIGESTION AND HEALING

Gentle on the stomach and recommended during recovery, khichdi stimulates digestion, eases bloating, and conserves your body's energy for healing.



### COMPLETE PROTEIN MEAL

The combination of rice and lentils offers a complete protein, rich in essential amino acids, vitamins, and minerals. Add in healthy fats and digestion-friendly spices like cumin to enhance nutrient absorption and metabolism.



### GUT-FRIENDLY GOODNESS

Easy to digest and nourishing for the gut, khichdi cleanses toxins and maintains digestive harmony, making it ideal for those with sensitive stomachs.



### KEEPS YOU FULL AND CURBS CRAVINGS

Wholesome and hearty, khichdi satisfies hunger, curbs unnecessary cravings, and supports healthy weight management without restrictive dieting.





## OUR MISSION IS SIMPLE YET POWERFUL:

To make India's healthy, traditional khichdi a global sensation-one bowl at a time.

### Kamlesh Samaliya

Founder  
Kamlesh Khichdiwala

A passionate food innovator, Kamlesh is on a mission to make khichdi the future of food. With Kamlesh Khichdiwala, he brings healthy, tasty, and instant khichdi to the world, crafted with a unique organic masala blend.

## BE A PART OF THE KHICHDI REVOLUTION!



Join us and help elevate khichdi to where it truly belongs-as **INDIA'S NATIONAL DISH** and a global symbol of health and tradition.



Click Here to  
Join WhatsApp Group!

Let's come together to celebrate, innovate, and promote the love for khichdi. Together, we can create a healthier, stronger, and tastier future - **one bowl at a time!**