



Chhaya's
Healthy Diet



**Your One-Stop Destination for
Wholesome & Nutritious Choices**



Product Guide



About Us



At Chhaya's Healthy Diet, we believe that healthy living begins with smart, natural choices. Our journey started with a simple mission — to make wholesome, preservative-free food accessible to everyone, anytime and anywhere.

Specializing in premium dehydrated products, we bring you the natural goodness of fruits, vegetables, and snacks without additives, chemicals, or compromise. From Puran Poli & Katachi Amti Premix to nutrient-rich dehydrated beetroot, and beyond — every product is crafted to retain maximum flavor and nutrition.

Backed by hygiene, quality, and care, our dehydration process ensures a long shelf life without sacrificing taste or health benefits. Whether you're a fitness enthusiast, a busy parent, or someone who simply wants to snack smart, Chhaya's Healthy Diet is your trusted companion.

Pure. Honest. Healthy.

That's not just our promise — it's our passion.

Our Mission

To promote clean and conscious eating by offering natural, preservative-free, and nutrient-rich dehydrated foods that support a healthier lifestyle.

Our Vision

To become a leading name in healthy snacking and natural food preservation, inspiring families to choose wholesome alternatives over processed foods.





Instant Puran & Katachi Amti

Instant Puran :

Traditional Maharashtrian sweet filling made easy!
Ready in minutes – just add hot water and mix.
Perfect for making Puran Poli anytime, anywhere.

Instant Katachi Amti :

Spicy, tangy, protein-rich side dish made from chana dal extract. Just add hot water, stir, and enjoy with Puran Poli or rice.



Moringa Powder

Nature's superfood in its purest form!
Made from 100% naturally dried moringa (drumstick) leaves.

Boost your immunity, energy, and overall health

- Rich in iron, calcium & antioxidants
- Ideal for smoothies, teas, soups, or daily health routines

Benefits :

- Controls Blood Sugar
- Boosts Immunity
- Improves Energy Levels
- Strengthens Bones

Beetroot Powder

Natural nutrition with a vibrant twist!
Made from 100% dehydrated and finely ground beetroot. A perfect way to add color, flavor, and health to your diet.

- Rich in iron, folate & antioxidants
- Great for juices, smoothies, baking & cooking

Benefits :

- Improves Blood Circulation
- Cleanses the Liver
- Enhances Skin Glow



Dehydrated Sprouted Moth Beans



Wholesome protein in a ready-to-use form!
Naturally sprouted, gently dehydrated, and packed with nutrients.
Just soak for a few minutes or cook directly – perfect for misal, usal, salads & more!

Benefits :

- High Protein Source
- Improves Digestion
- Boosts Immunity
- Stabilizes Blood Sugar

Sattu Powder

The powerhouse of energy and traditional wellness!

Made from finely roasted Bengal gram (chana) naturally processed and rich in nutrition. protein-rich meal replacement.

Benefits :

- High in Protein
- Balances Blood Sugar Levels
- Boosts Digestion
- Supports Muscle Health



Dehydrated Wheatgrass Powder



A daily dose of green wellness!
Made from naturally grown and dehydrated tender wheatgrass
Just mix with water, juice, or smoothies for a quick health boost.

Benefits :

- Powerful Detoxifier
- Helps in Weight Loss
- Boosts Immunity
- Enhances Energy & Stamina

Multigrain Atta

A wholesome blend of nutrition and taste!

Made from a carefully selected mix of whole grains like wheat, jowar, bajra, ragi, oats, and more.

Perfect for soft, fluffy rotis

**Eat smart, stay strong – with
Chhaya's Multigrain Atta!**



Black Gram Flour

Traditional nutrition in its most versatile form!

Made from premium-quality black gram (urad dal), finely milled and naturally processed.

Ideal for dosa, idli, vada, papad, and protein-rich baking recipes.

Benefits :

- Boosts Energy
- Strengthens Bones
- Improves Digestion
- Heart-Healthy

Dehydrated Sprouted Ragi Cereal

A smart start to your day – full of strength and nourishment!

Made from sprouted finger millet (ragi), gently dehydrated to lock in nutrients and flavor.

Perfect for making quick porridge, laddoos, pancakes, or adding to smoothies!

Benefits :

- Improves Iron Levels
- Controls Blood Sugar
- Boosts Immunity
- Controls Blood Sugar



Makhana Kheer (Sugar Free)

Guilt-free indulgence, the healthy way!
Made with premium-quality fox nuts(makhana), dry fruits, and natural ingredients. without any added sugar.
Perfect for festive treats, fasting days, or a wholesome dessert any time!

Benefits :

- Naturally sweetened
- Rich in protein & calcium
- 100% preservative-free



Makhana Kheer

A delicious blend of tradition and nutrition!
Prepared using premium-quality fox nuts (makhana), dry fruits, and milk solids – this ready-to-make dessert brings you the authentic taste of homemade kheer, in just minutes.

Benefits :

- Easy to Digest
- Rich in Protein & Calcium
- Supports Immunity
- Balanced Nutrition



Black Gram Flour

A protein-packed traditional ingredient for modern meals! Made from finely ground premium black gram (urad dal), this flour is ideal for a variety of Indian dishes like dosa, idli, vada, papad, and even healthy snacks.

Benefits :

- Boosts Iron Levels
- Excellent Source of Protein
- Strengthens Bones
- Heart Healthy





Gulmohar Chiwda

A crunchy, colorful twist to your snacking!
Made with a delicious blend of roasted poha, nuts, seeds, and mild spices
this chiwda brings you a burst of flavor and nutrition in every bite.
Light, tasty, and perfect for guilt-free munching!



Gun Chutney

A fiery burst of flavor in every spoon!

Made with a bold blend of dry coconut, garlic, red chilies, and handpicked spices

Chhaya's Gun Chutney adds the perfect spicy punch to your everyday meals.

Ideal with bhakri, paratha, rice, or as a dry side.



Makhana Chutney

Wholesome crunch meets rich flavor!

Made with nutrient-rich fox nuts (makhana), dry coconut, garlic, and mild spices

this unique dry chutney adds a healthy twist to your everyday meals.

A perfect pairing with bhakri, chapati, rice, or snacks.





Gun Chutney

A tangy, spicy companion rooted in tradition! Made with roasted chana dal, peanuts, red chilies, garlic, and signature Maharashtrian spices

Chhaya's Pud Chutney brings a bold, nutty flavor to your meals.

Best enjoyed with bhakri, chapati, rice, or as a dry dip.

Makhana Chutney

Power-packed nutrition in every bite! Made with nutrient-rich moringa (drumstick) leaves, dry coconut, garlic, and mild spices

this chutney is a tasty way to add superfood benefits to your daily meals.

Delicious with bhakri, rice, or even as a sprinkle on salads!





Contact Us

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 **Chhaya Enterprises, Plot No. 18, Laxmi Park,
Lane No. 18, Jaysingpur, Maharashtra 416101**

 **+91 8087521596**

 **chhayaenterprises16@gmail.com**

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www.chhayashealthydiet.co.in

