



PROTEIN

POWER  
BOOK

POWERED BY

Complan®

OCT-2025 EDITION

# DID YOU KNOW?

Once protein is digested, it's broken down into **amino acids**, which are reused to maintain **muscles, bones, blood, and body organs.**



Amino acids are the real building blocks behind your child's growth; they support healthy muscles, bones, and an active mind.

And with 63% more protein, Complan makes sure your child gets the nourishment they need to grow and develop steadily, every single day.

## Complan Health Tip

Pair protein with oats or whole grains to help your child stay focused through the day.





## Protein Calculator

Protein calculation you didn't know about



1 glass of  
**Complan**



Protein in  
**44g of  
Masoor Dal**

1 glass has approximately 33g of Complan powder and 150ml of cow milk

- ×** Turns out your glass can match your bowl!
- Every glass of Complan has the same protein as 44g of masoor dal - that's quite a match for a daily meal! It is an easy, delicious way to add more protein to your family's routine, especially on busy days when a wholesome glass feels simpler than cooking up another dish.
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### Complan Health Tip

Add a source of protein to every meal, be it dal, paneer or a glass of Complan.





# Gulab Jamuns

These soft, syrupy Gulab Jamuns made with Complan are a festive treat with a wholesome twist! +

Rich in high-quality protein and 34 essential vitamins and minerals, this classic Indian favourite becomes a delicious way to celebrate while still nourishing your child. ○

## INGREDIENTS

- ½ cup Complan powder
- 1 tsp ghee
- ½ cup milk powder
- 2-3 cardamom pods
- 1 tbsp maida
- ¼ tsp baking powder
- A pinch of saffron
- Warm milk
- 1 cup sugar

## METHOD

- **Mix:** Combine Complan, milk powder, ghee, maida, and baking powder. Add warm milk to form a soft dough; rest 15-20 mins.
- **Make Syrup:** Boil sugar and water with saffron and cardamom until one-thread consistency.
- **Shape & Fry:** Roll smooth balls and fry on medium-low heat until golden.
- **Soak:** Drop hot jamuns into warm syrup; soak 1 hour.



## Complan Health Tip

Use jaggery instead of sugar, it adds sweetness along with important minerals.





## Mommy Journal



"I was looking to add a nutrition drink to my child's diet. After some research, I chose Complan because it has all the essential nutrients like protein and calcium. It's been a great choice for her overall growth and health."

**Dipa Datta**

Mother of Kritika

Complan is the perfect partner in your child's growth journey. One glass a day keeps them focused, active and ready for anything!

### Complan Health Tip

Blend Complan with fruits like banana or chikoo for a tasty, fibre-rich start to the day.



# CHILDREN'S DAY SPECIAL!



This November, it's all about celebrating kids – their creativity, curiosity, and joy!



Our Children's Day special Protein Power Book will bring you fun recipes, engaging activities, and simple nutrition habits to keep your little ones growing happily.



## Here's a sneak peek of what's coming up:

- Activity ideas to build focus and healthy habits
- Fun protein-based snacks for kids
- Easy, nutritious milk recipes



## Complan Health Tip

Let kids lend a hand in the kitchen; it can help build confidence and encourage healthy eating.

