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TiffinStash expands menu with healthy Indian & Global meals

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TiffinStash, Canadaâ??s first curated marketplace for homestyle Indian tiffins, has expanded its offerings with the launch of Healthy Meals, a new collection of high-protein, low-carb Indian and globally inspired healthy meal plans designed for busy professionals, students, and clean eaters across Toronto and the Greater Toronto Area (GTA).

With more Canadians searching for healthy meal delivery in Toronto, TiffinStash Healthy Meals offers the perfect balance of nutrition, convenience, and taste. Every dish is portion-controlled, higher in protein, and lighter on refined carbs, thoughtfully prepared by local tiffin service providers using homestyle cooking techniques with minimal oil.

The Healthy Meals Toronto menu includes dishes spanning both Indian staples and globally inspired favourites. Customers can enjoy everything from grilled paneer with quinoa salad and mint yoghurt to protein-packed dal with sautÃ©ed greens and brown rice, or try global-style meals such as shawarma bowls, Tex-Mex burrito bowls, and Mediterranean chickpea salads. This fusion approach ensures thereâ??s something for everyone â?? from those craving nutritious Indian meals to those seeking globally inspired clean eating options