

YOUR COMPLETE
7 DAYS
DIABETIC MEAL PLAN



DAY 1

MEAL	WHAT TO EAT
 Early Morning	 1 glass warm water with methi seeds soaked overnight
 Breakfast	 2 moong dal chilla + 1 small bowl low-fat curd
 Mid-Morning Breakfast	 1 small apple or guava
 Lunch	 2 whole wheat roti + dal + bottle gourd sabzi + salad
 Evening snack	 Handful of mixed nuts (almonds, walnuts) + green tea
 Dinner	 1 bowl brown rice + rajma curry + cucumber raita

DAY 2



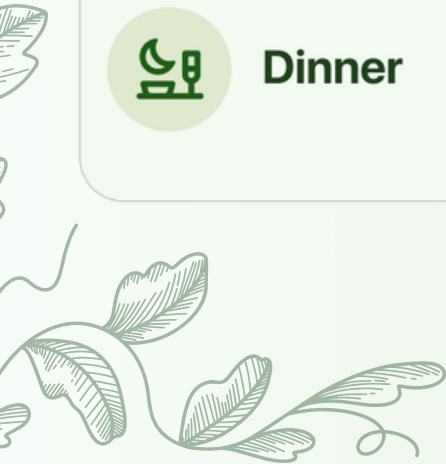
MEAL	WHAT TO EAT
 Early Morning	 1 glass warm methi water
 Breakfast	 Oats upma with vegetables + 1 boiled egg
 Mid-Morning Breakfast	 1 small pear or Kiwi
 Lunch	 2 bajra roti + palak dal + stir - fried brinjal + salad
 Evening snack	 Roasted chana + buttermilk
 Dinner	 Vegetable daliya khichdi + low-fat curd



DAY 3



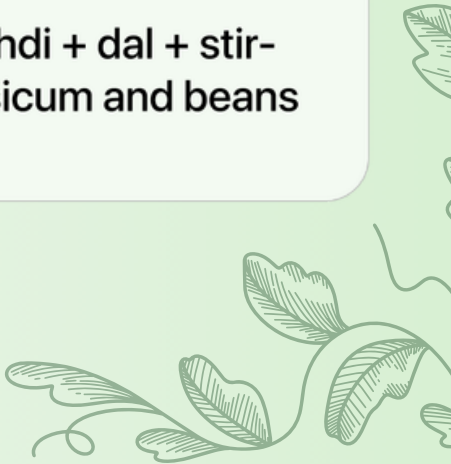
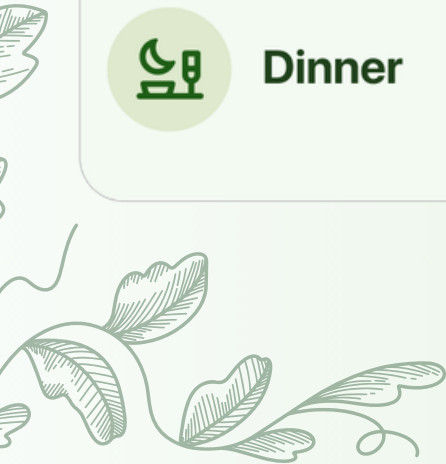
MEAL	WHAT TO EAT
 Early Morning	 1 glass warm water + half teaspoon cinnamon
 Breakfast	 Ragi dosa + small serving coconut chutney + 1 glass low-fat milk
 Mid-Morning Breakfast	 10 almonds or 2 walnuts
 Lunch	 2 whole wheat roti + chana masala + methi sabzi + salad
 Evening snack	 Sprouts chaat (no fried sev)
 Dinner	 1 bowl brown rice + grilled fish + stir-fried greens



DAY 4



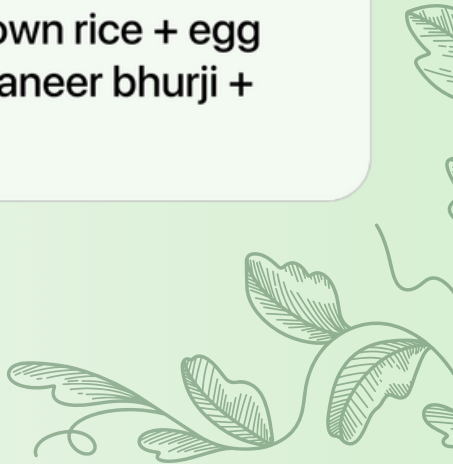
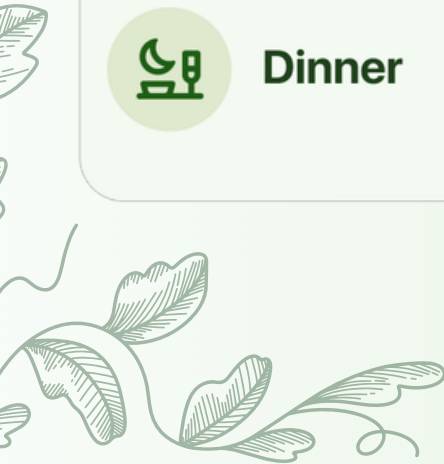
MEAL	WHAT TO EAT
 Early Morning	 1 glass warm methi water
 Breakfast	 Vegetable poha (less potato, more vegetables) + 1 small bowl curd
 Mid-Morning Breakfast	 1 small bowl pomegranate
 Lunch	 2 whole wheat roti + moong dal + karela sabzi + salad
 Evening snack	 1 boiled egg or roasted peanuts + green tea
 Dinner	 Oats khichdi + dal + stir-fried capsicum and beans



DAY 5



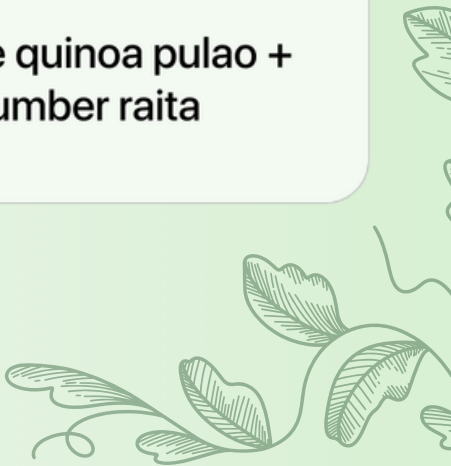
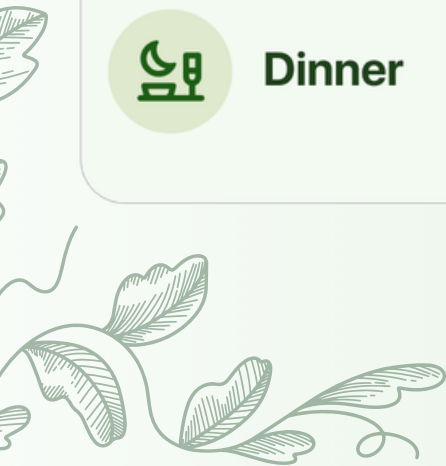
MEAL	WHAT TO EAT
 Early Morning	 1 glass warm water with amla juice (no sugar)
 Breakfast	 Besan cheela + mint chutney + 1 glass buttermilk
 Mid-Morning Breakfast	 1 small apple
 Lunch	 2 jowar roti + toor dal + drumstick sabzi + salad
 Evening snack	 Makhana lightly roasted + herbal tea
 Dinner	 1 bowl brown rice + egg curry or paneer bhurji + raita



DAY 6



MEAL	WHAT TO EAT
 Early Morning	 1 glass warm methi water
 Breakfast	 Daliya porridge with flaxseeds + 1 small bowl berries or guava
 Mid-Morning Breakfast	 Handful of walnuts and almonds
 Lunch	 2 whole wheat roti + rajma + lauki sabzi + salad
 Evening snack	 Sprouts + lemon + rock salt
 Dinner	 Vegetable quinoa pulao + dal + cucumber raita



DAY 7

MEAL	WHAT TO EAT
 Early Morning	 1 glass warm water + half teaspoon turmeric
 Breakfast	 2–3 small idli + sambar + small serving coconut chutney
 Mid-Morning Breakfast	 1 small pear or kiwi
 Lunch	 2 bajra roti + chana dal + bitter gourd sabzi + salad
 Evening snack	 Roasted chana + buttermilk
 Dinner	 Brown rice khichdi with mixed vegetables + low-fat curd