

Diabetes

Monday

Breakfast: Vegetable stuffed chapati or roti/vegetable dalia/1 egg with 1-2 whole wheat toast with grilled vegetables and a cup of tea or coffee or low-fat milk.

Mid-morning snack: Fruits (low-glycemic fruits)

Lunch: 1-2 chapatis with barley (50%), vegetables, 1 bowl of dal or chicken and curd.

Evening snack: Roasted chana, bajra or jowar or fruits or 1 cup of curd.

Dinner: 1-2 chapatis with vegetables and salad along with 1 bowl of dal or curd.

Tuesday

Breakfast: Vegetable oats/milk with oats or dalia/2- egg whites with 1-2 whole wheat toast with grilled vegetables along with a cup of tea or coffee or low-fat milk.

Mid-morning snack: Fruits (low-glycemic fruits)

Lunch: 2 chapatis (kneaded with boiled dal) and vegetable salad and curd.

Evening snack: Roasted chana, bajra or jowar or fruits or 1 cup of curd.

Dinner: 1-2 chapatis with mixed vegetables and salad along with 1 bowl of fish or dal.

Wednesday

Breakfast: Vegetable oats/milk with oats or dalia/2 egg whites with 1-2 whole wheat toast with grilled vegetables along with a cup of tea or coffee or low-fat milk.

Mid-morning snack: Fruits (low-glycemic fruits)

Lunch: 1-2 chapatis (50% jowar) with vegetable salad and low-fat paneer/chicken (70 gm).

Evening snack: Roasted chana, bajra or jowar or fruits or 1 cup of curd.

Dinner: 1-2 chapatis (50% jowar) with vegetable and salad along with 1 bowl of fish or dal.

Thursday

Breakfast: Idli, poha or upma with vegetables along with a cup of tea or coffee or low-fat milk.

Mid-morning snack: Fruits (low-glycemic fruits).

Lunch: 1-2 chapatis (50% ragi) with vegetable salad and low-fat paneer/curd.

Evening snack: Roasted chana, bajra or jowar or fruits or 1 cup of curd.

Dinner: 1-2 besan cheela or oats with vegetables and salad along with 1 bowl of fish or dal.

Friday

Breakfast: Whole wheat sandwich/chicken sandwich along with a cup of tea or coffee or low-fat milk.

Mid-morning snack: Fruits (low-glycemic fruits).

Lunch: 1-2 chapatis (50% chana flour) with mixed vegetables, salad and low-fat paneer (50 gm)/1 bowl of curd.

Evening snack: Roasted chana, bajra or jowar or fruits or 1 cup of curd.

Dinner: 1-2 chapatis (50% chana flour) with mixed vegetables and salad along with 1 bowl of fish or dal.

Saturday

Breakfast: Moong dal cheela with vegetables or stuffed multi-grain chapatti with a cup of tea or coffee or low-fat milk.

Mid-morning snack: Fruits (low-glycemic fruits).

Lunch: 1-2 chapatis (knead with any green leafy vegetable), vegetables, salad and 1 bowl of sprout or 2 egg white curry.

Evening snack: Roasted chana, bajra or jowar or fruits or 1 cup of curd.

Dinner: 1-2 chapatis with vegetables and salad along with curd or dal.

Sunday

Breakfast: Baked vegetable cutlet or 1 egg with 1-2 whole wheat toast with grilled vegetables and a cup of tea or coffee or low-fat milk.

Mid-morning snack: Fruits (low-glycemic fruits).

Lunch: 1-2 cups of brown rice, vegetables, salad and 1 bowl of chana or chicken or whole wheat pasta with vegetables and salad.

Evening snack: Roasted chana, bajra or jowar or fruits or 1 bowl of curd.

Dinner: 1-2 chapatis with mixed vegetables and salad along with 1 bowl of dal.