

Customized South Indian Meal Plans for Type 2 Diabetes

40 Diet Plans Based on Age, Gender, Dietary Preferences, and Caloric Intake

Male, 20s, Vegetarian, High Caloric Needs (Active/Manual Labor)

Breakfast: Ragi porridge with nuts and dates, banana

Lunch: Brown rice, sambar, mixed vegetable curry, curd, roasted peanuts

Snack: Chana chaat, coconut water

Dinner: Whole wheat dosa, palak dal, cucumber raita

Female, 20s, Non-Vegetarian, Moderate Caloric Needs (Sedentary/Office Worker)

Breakfast: Whole wheat toast, boiled egg, sugar-free peanut butter

Lunch: Quinoa, grilled chicken, vegetable stir-fry, yogurt

Snack: Unsalted nuts, green tea

Dinner: Roti, lean fish curry, sautéed greens

Male, 30s, Non-Onion & Non-Garlic, High Caloric Needs (Active Farmer)

Breakfast: Bajra roti with ghee, unsweetened lassi

Lunch: Millet khichdi, vegetable curry, curd

Snack: Roasted makhana, herbal tea

Dinner: Roti, mixed lentils, salad

Female, 30s, Vegetarian, Moderate Caloric Needs (Sedentary Teacher)

Breakfast: Sprouted moong chaat, buttermilk

Lunch: Red rice, dal, stir-fried beans, yogurt

Snack: Almonds, unsweetened herbal tea

Dinner: Roti with paneer bhurji, mixed greens

Male, 40s, Meat-Based, High Caloric Needs (Construction Worker)

Breakfast: Idli with chicken stew, boiled egg

Lunch: Red rice, mutton curry, vegetable poriyal

Snack: Peanut chikki, buttermilk

Dinner: Chapati, fish curry, sautéed spinach

Female, 40s, Vegetarian, Moderate Caloric Needs (Homemaker)

Breakfast: Oats porridge with flaxseeds, banana

Lunch: Brown rice, dal, cabbage sabzi, yogurt

Snack: Boiled peanuts, green tea

Dinner: Roti with tofu bhurji, cucumber raita

Male, 50s, Non-Vegetarian, Moderate Caloric Needs (Desk Job)

Breakfast: Dosa with coconut chutney, scrambled eggs

Lunch: Brown rice, grilled chicken, cucumber salad

Snack: Roasted nuts, lemon tea

Dinner: Roti, mutton soup, mixed vegetable curry

Female, 50s, Non-Onion & Non-Garlic, Low Caloric Needs (Retired)

Breakfast: Ragi malt with almonds, herbal tea

Lunch: Millet upma, coconut chutney, curd

Snack: Roasted chana, unsweetened lassi

Dinner: Bajra roti, lauki sabzi, mint raita

Male, 60s, Meat-Based, Moderate Caloric Needs (Part-time Consultant)

Breakfast: Boiled eggs, millet roti, green tea

Lunch: Quinoa, fish curry, sautéed greens

Snack: Almonds, buttermilk

Dinner: Whole wheat chapati, grilled chicken, spinach soup

Female, 60s, Vegetarian, Low Caloric Needs (Retired)

Breakfast: Moong dal chilla, coriander chutney

Lunch: Brown rice, dal, mixed vegetable sabzi, curd

Snack: Roasted nuts, herbal tea

Dinner: Roti, palak paneer, yogurt

Male, 70s, Non-Onion & Non-Garlic, Low Caloric Needs (Retired)

Breakfast: Ragi kanji, banana

Lunch: Khichdi, lauki sabzi, buttermilk

Snack: Roasted almonds, green tea

Dinner: Jowar roti, mixed vegetable curry, curd

Female, 70s, Meat-Based, Low Caloric Needs (Retired)

Breakfast: Scrambled eggs, whole wheat toast, herbal tea

Lunch: Red rice, fish curry, spinach stir-fry

Snack: Roasted makhana, unsweetened tea

Dinner: Roti, chicken stew, sautéed beans

Male, 80+, Vegetarian, Low Caloric Needs (Retired)

Breakfast: Bajra porridge, almond milk

Lunch: Sprouted moong dal, stir-fried greens, curd

Snack: Roasted makhana, lemon tea

Dinner: Khichdi, mint raita

Female, 80+, Non-Onion & Non-Garlic, Low Caloric Needs (Retired)

Breakfast: Ragi kanji, banana

Lunch: Bajra khichdi, mixed vegetable stir-fry

Snack: Roasted chana, herbal tea

Dinner: Jowar roti, bottle gourd sabzi, curd