

10-Day Diabetes Control Diet Plan



MORNING (Empty Stomach – Daily Same)

- 1 glass **methi seeds water** (soaked overnight) chew meethi dana
- Kerala shots daily
- 4–5 **almonds** + 2 **walnuts**

Night drink

- Ajwain cinnamon jeera sauf lemon water
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DAY 1

Breakfast: 2 moong dal chilla + green chutney

Mid-morning: 1 guava

Lunch: 1 bajra roti + lauki chana sabzi

4:30 - green tea

Evening: acv

Dinner: Vegetable soup + 1 bowl sautéed veggies

DAY 2

Breakfast: Vegetable upma (suji)

Mid-morning: kiwi

Lunch: 1 jowar roti + beetroot carrot sabji

4:30 - green tea

Evening: acv

Dinner: 1 bowl khichdi (moong dal + lauki)

DAY 3

Breakfast: Poha with veggies

Mid-morning: 1 orange

Lunch: 1 multigrain roti + palak moong dal

4:30 - green tea

Evening: acv

Dinner: paneer vegetable soup

DAY 4

Breakfast: 2 besan chilla + chutney

Mid-morning: kiwi

Lunch: 1 jowar roti + lauki chana dal curry

4:30 - green tea

Evening: acv

Dinner: 1 bowl vegetable daliya

DAY 5

Breakfast: Ragi dosa + chutney

Mid-morning: kiwi

Lunch: 1 bajra roti + karela sabzi + steam beetroot

4:30 - green tea

Evening: acv

Dinner: Moong dal veg soup

DAY 6

Breakfast: Vegetable idli (2) + sambar

Mid-morning: 1 kiwi

Lunch: 1 jowar roti + cabbage sabzi

4:30 - green tea

Evening: acv

Dinner: 1 bowl khichdi + salad

DAY 7

Breakfast: Sprouts chaat bowl

Mid-morning: 1 apple

Lunch: 1 bajra roti + methi sabzi

4:30 - green tea

Evening: acv

Dinner: tomato Soup + sautéed veggies

DAY 8

Breakfast: Moong dal cheela + chutney

Mid-morning: kiwi

Lunch: 1 multigrain roti + lauki raita + green bean curry

4:30 - green tea

Evening: acv

Dinner: Vegetable daliya

DAY 9

Breakfast: Suji vegetable cheela

Mid-morning: 1 pear

Lunch: 1 jowar roti + tinda fry + chana dal

4:30 - green tea

Evening: acv

Dinner: Paneer + vegetable soup

DAY 10

Breakfast: Poha with peanuts

Mid-morning: kiwi

Lunch: 1 bajra roti + bhindi + urad dal

4:30 - green tea

Evening: acv

Dinner: 1 bowl khichdi