

# Diabetes-Friendly Indian Breakfasts

## 30 Delicious Recipes for Stable Blood Sugar

*Eat Well, Live Better - The Indian Way.*



2026  
Edition

# The Strategy: How to Eat for Stability

Starting your day right is crucial. This guide provides 30 low-glycemic options designed to prevent spikes while keeping you satisfied.

**Key Metric:** Ideal Breakfast Carbs: 30-45g (Consult your dietician).

## The Method



**Plan Weekly** - Choose 5-7 recipes.



**Prep Ahead** - Batters and mixes can be stored.



**Monitor** - Track your blood sugar response.



**Customize** - Adjust portions to hit targets.



Prep Time



Nutrition  
(Carbs/Fiber/Protein)



Glycemic  
Impact (GI)

# Ditch the Rice, Keep the Taste (Idli & Dosa)



## Ragi Idli

28g Carbs | 8g Protein  
| Low GI



Pro Tip: Ragi has 3x more calcium than rice.



## Moong Dal Dosa (Pesarattu)

24g Carbs | 14g Protein  
| Low GI

Pro Tip: No fermentation needed! Ready in 30 mins.



## Oats Idli

32g Carbs | 9g Protein  
| Low GI

Features: Curd, Rava, Carrots.



## Mixed Millet Dosa

26g Carbs | 10g Protein  
| Low GI

Features: Foxtail & Little Millet base.



## Adai

30g Carbs | 16g Protein  
| Low GI

Pro Tip: A complete protein power-mix of Chana, Toor, and Urad dals.

# The Poha Revolution: Volume vs. Carbs



**The Classic (Veg Poha)**

## 35g Carbs

**Portion Alert:** Stick to 1 cup max.  
Skip potatoes to drop to 28g.



**The Hero (Cauliflower Poha)**

## 18g Carbs

**Pro Tip:** 50% less carbs than regular poha for the same volume.



**Kanda Poha w/ Sprouts**

30g Carbs | 12g Protein

Sprouts slow glucose absorption.



**Methi Poha**

32g Carbs

Methi is a diabetic superfood known to lower blood sugar.



**Poha Upma Fusion**

34g Carbs

A texture mix of rava and flattened rice.

# Upma 2.0: Grains & Grits

## Veg Rava Upma

**38g Carbs**

Strict 3/4 cup limit.  
Load with veggies.

## Oats Upma

**28g Carbs**

Beta-glucan helps  
control post-meal  
spikes.

## Quinoa Upma

**32g Carbs**

Contains all 9  
essential amino acids  
(Complete Protein).

## Broken Wheat (Daliya)

**34g Carbs**

Low GI (41) vs  
Wheat (72).

## Mixed Millet Upma

**30g Carbs**

Ancient grains:  
Foxtail & Barnyard  
millets.

# The New Paratha: Guilt-Free Flatbreads

## Besan Cheela (Chickpea)

**22g Carbs | 14g Protein**

Half the carbs of wheat,  
double the protein.

## Ragi Roti

**30g Carbs**

Charred flavor, high  
calcium, GI 54.

## Moong Dal Cheela

**24g Carbs | 16g Protein**

Yellow lentil base.

## Cauliflower Paratha

**26g Carbs**

Adds bulk with minimal caloric density.



# Start Your Day Strong (The Egg Edit)

## Vegetable Omelette

**4g Carbs | 14g Protein**

The near-zero carb option.

## Egg Bhurji

**6g Carbs**

The Indian scramble with onion, tomato, and spices.

## Masala Egg Dosa

**22g Carbs**

Protein from the egg slows carb absorption.

## Egg Appam

**20g Carbs**

Crispy edges, soft center.

## Spinach Egg Wrap

**16g Carbs | 16g Protein**

Power Combo: Iron (Spinach) + Protein (Egg).



# Special Editions & No-Cook Options



## Sprouts Salad

**22g Carbs**

Raw power; sprouting reduces glycemic impact.



## Sattu Drink

**20g Carbs**

The instant cooler—roasted gram flour is protein-rich.



## Veggie Uttapam

**28g Carbs**

Thicker than dosa; load up the veggies.



## Chia Pudding

**18g Carbs**

Pro Tip: Chia absorbs 10x its weight, keeping you full.



## Paneer Bhurji

**8g Carbs | 18g Protein**

Strict Control Choice: High protein, very low carb.

# The Low-Carb Leaderboard (<20g)



Vegetable Omelette

4g  
Carbs



Egg Bhurji

6g  
Carbs



Paneer Bhurji

8g  
Carbs



Spinach Egg Wrap

16g  
Carbs



Cauliflower Poha

18g  
Carbs

# Flavor Boosters: Add Zest, Not Sugar



## Coconut Chutney

**4g Carbs  
Lato Bold  
All Caps**

Fresh coconut,  
green chilies,  
ginger.



## Green Mint Chutney

**2g Carbs  
Lato Bold  
All Caps**

Mint, coriander,  
lemon juice.



## Tomato Chutney

**5g Carbs  
Lato Bold  
All Caps**

**Warning:  
No Sugar.**  
Red chilies,  
garlic.

# Strategy: The 7-Day Meal Plan

|     |  |           |
|-----|--|-----------|
| MON |  Besan Cheela + Green Chutney  | 22G CARBS |
| TUE |  Oats Upma with Vegetables     | 28G CARBS |
| WED |  Egg Bhurji + Ragi Roti        | 36G CARBS |
| THU |  Moong Dal Dosa + Sambar      | 30G CARBS |
| FRI |  Sprouts Salad + Sattu Drink | 42G CARBS |
| SAT |  Ragi Idli + Coconut Chutney | 28G CARBS |
| SUN |  Paneer Bhurji + Jowar Roti  | 40G CARBS |

# Your Grocery Toolkit



## Flours & Grains

- Ragi, Jowar, Besan
- Oats, Quinoa, Daliya
- Foxtail Millet, Thick Poha



## Dals & Pulses

- Moong (whole/yellow)
- Urad, Chana, Toor
- Mixed Sprouts



## Proteins

- Eggs
- Paneer
- Sattu



## Aromatics & Spices

- Onions, Tomatoes, Green Chilies
- Ginger, Garlic, Curry Leaves
- Mustard Seeds, Turmeric



# Habits for Success

1

**Measure Portions:** Eye-balling doesn't work until you know what 30g looks like.

2

**Protein Priority:** Add eggs, paneer, or dal to every breakfast.

3

**The Fiber Factor:** Veggies and millets slow glucose absorption.

4

**The 'Avoid' List:** White bread, instant noodles, sugary cereals, juices.

5

**The 2-Hour Test:** Check blood sugar 2 hours after a new recipe to see your personal response.

6

**Hydration:** Start with water before food.



*"Consistency and conscious choices are the secret ingredients to your lasting health and wellness journey."*

# Continue Your Journey



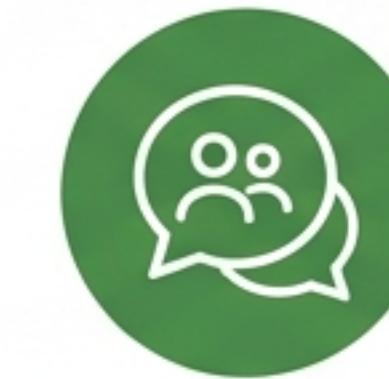
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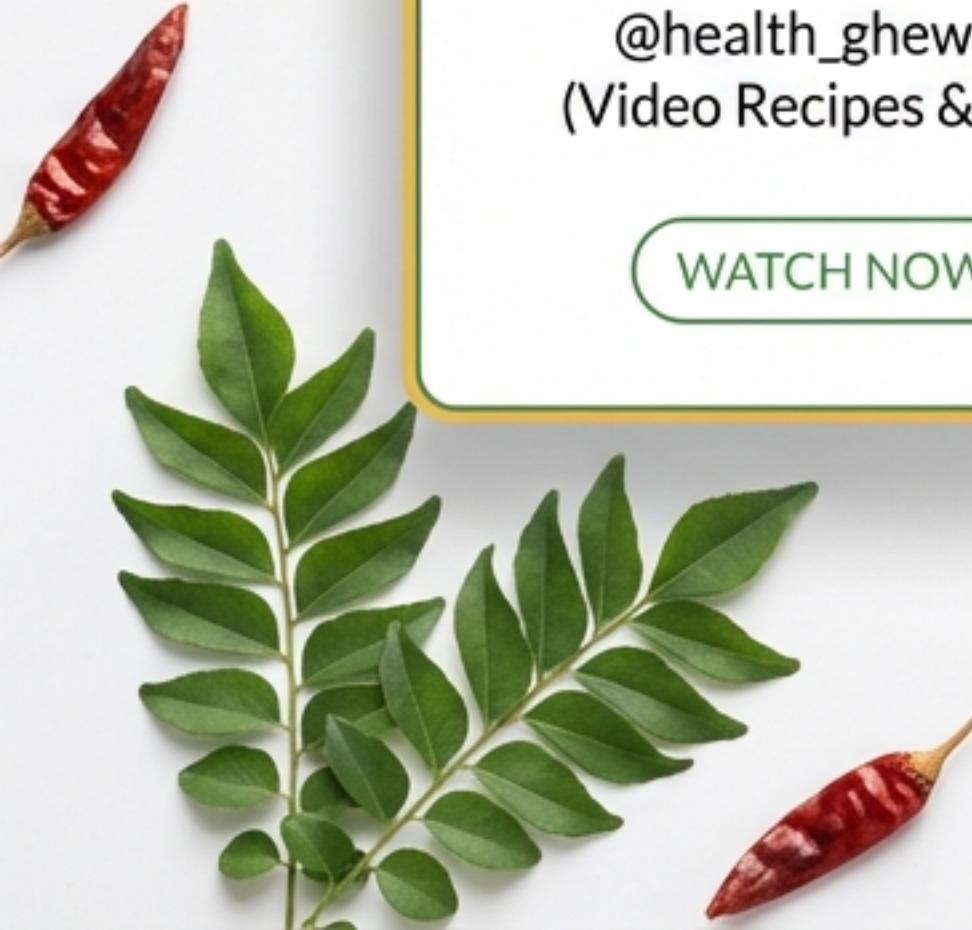
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# Medical Disclaimer

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This content is for educational purposes only and is not a substitute for professional medical advice.

Always consult your doctor or registered dietitian before making dietary changes.

Monitor your blood sugar regularly when trying new foods.

Individual responses vary.

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