

Diabetes-Friendly Indian Breakfast Ideas

30 Delicious Recipes for Stable Blood Sugar

Eat Well, Live Better - The Indian Way

Welcome

Starting your day right is crucial for diabetes management. This recipe book gives you **30 low-glycemic Indian breakfast options** that won't spike your blood sugar while keeping you satisfied until lunch.

Each recipe includes:

- Preparation time
 - Nutritional information (carbs, fiber, protein)
 - Glycemic impact rating (Low/Medium)
 - Pro tips for diabetes management
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How to Use This Recipe Book

1. Plan Weekly - Choose 5-7 recipes for the week
2. Prep Ahead - Many batters and mixes can be made in advance

3. **Monitor Response** - Track how each recipe affects YOUR blood sugar
4. **Customize** - Adjust portions based on your daily carb targets

Ideal Breakfast Carbs: 30-45g for most diabetics (consult your dietitian)

IDLI & DOSA ALTERNATIVES

1. Ragi Idli (Finger Millet)

Prep: 30 min + fermentation | **Cook:** 15 min | **Serves:** 4

Ingredients:

- 1 cup ragi (finger millet) flour
- ½ cup urad dal (soaked)
- Salt to taste
- Water as needed

Method:

1. Grind soaked urad dal to smooth batter
2. Mix in ragi flour, salt, and water
3. Ferment overnight (8-10 hours)
4. Pour into idli moulds, steam for 12-15 min

Nutrition (3 idlis):

Carbs	Fiber	Protein	GI Impact
28g	4g	8g	Low



Pro Tip: Ragi has 3x more calcium than rice and keeps blood sugar stable!

2. Moong Dal Dosa (Pesarattu)

Prep: 4 hours soaking | **Cook:** 20 min | **Serves:** 4

Ingredients:

- 1 cup whole green moong dal
- 2 green chilies
- 1-inch ginger
- Salt to taste
- Cumin seeds (optional)

Method:

1. Soak moong dal for 4-6 hours
2. Grind with chilies, ginger, salt to thick batter
3. Spread thin on hot tawa
4. Cook until crispy, flip once

Nutrition (2 dosas):

Carbs	Fiber	Protein	GI Impact
24g	6g	14g	Low



Pro Tip: No fermentation needed! Make it fresh in 30 minutes.

3. Oats Idli

Prep: 10 min | **Cook:** 15 min | **Serves:** 4

Ingredients:

- 1 cup oats (dry roast and powder)
- 1 cup curd
- ½ cup rava (semolina)
- 1 tsp ENO/baking soda
- 1 carrot (grated)
- Curry leaves, mustard seeds for tempering

Method:

1. Mix oats powder, rava, curd, and vegetables
2. Add ENO just before steaming
3. Pour into moulds immediately
4. Steam for 10-12 minutes

Nutrition (3 idlis):

Carbs	Fiber	Protein	GI Impact
32g	5g	9g	Low

4. Mixed Millet Dosa

Prep: 8 hours soaking | **Cook:** 20 min | **Serves:** 4

Ingredients:

- ½ cup foxtail millet (kangni)
- ½ cup little millet (kutki)
- ½ cup urad dal

- 1 tsp methi seeds
- Salt to taste

Method:

1. Soak millets and dal separately for 6-8 hours
2. Grind together to smooth batter
3. Ferment for 6-8 hours
4. Spread thin, cook until golden

Nutrition (2 dosas):

Carbs	Fiber	Protein	GI Impact
26g	5g	10g	Low

5. Adai (Protein-Rich Dosa)

Prep: 4 hours soaking | **Cook:** 25 min | **Serves:** 4**Ingredients:**

- ¼ cup chana dal
- ¼ cup toor dal
- ¼ cup urad dal
- ¼ cup rice (or skip for lower carbs)
- 2-3 dry red chilies
- Curry leaves, asafoetida

Method:

1. Soak all dals together for 4 hours
2. Grind coarsely with chilies, curry leaves
3. Add asafoetida, salt
4. Spread thick on tawa, drizzle oil, cook covered

Nutrition (2 adai):

Carbs	Fiber	Protein	GI Impact
30g	8g	16g	Low



Pro Tip: Adai is a complete protein! Great for vegetarians managing diabetes.

POHA VARIATIONS

6. Classic Vegetable Poha (Portion Control)

Prep: 10 min | **Cook:** 15 min | **Serves:** 2

Ingredients:

- 1 cup thick poha (flattened rice)
- 1 onion, chopped
- 1 potato (small, optional - skip for lower carbs)
- ½ cup peas
- Turmeric, curry leaves, peanuts
- Lemon juice

Method:

1. Rinse poha, drain well
2. Sauté onion, add turmeric, vegetables
3. Add poha, mix gently
4. Garnish with coriander, squeeze lemon

Nutrition (1 cup serving):

Carbs	Fiber	Protein	GI Impact
35g	2g	4g	Medium



Portion Alert: Stick to 1 cup. Skip potato to reduce carbs to 28g.

7. Kanda Poha with Sprouts

Prep: 10 min | **Cook:** 15 min | **Serves:** 2

Ingredients:

- ¾ cup thick poha
- 1 cup mixed sprouts (moong, chana)
- 1 onion
- Green chilies, curry leaves
- Peanuts, lemon juice

Method:

1. Rinse poha briefly
2. Sauté onions, add sprouts, cook 5 min
3. Add poha, toss well
4. Finish with lemon juice

Nutrition (1 serving):

Carbs	Fiber	Protein	GI Impact
30g	6g	12g	Low-Medium



Pro Tip: Sprouts add protein and slow down glucose absorption!

8. Cauliflower Poha (Low-Carb)

Prep: 15 min | **Cook:** 10 min | **Serves:** 2

Ingredients:

- 2 cups cauliflower (grated/riced)
- ½ cup poha
- Onion, peanuts, turmeric
- Curry leaves, mustard seeds
- Lemon juice

Method:

1. Grate cauliflower to rice-like texture
2. Rinse poha briefly
3. Sauté cauliflower rice until dry
4. Add poha, mix, season well

Nutrition (1 serving):

Carbs	Fiber	Protein	GI Impact
18g	4g	5g	Low



Pro Tip: 50% less carbs than regular poha with same satisfaction!

9. Methi Poha (Fenugreek)

Prep: 10 min | **Cook:** 15 min | **Serves:** 2

Ingredients:

- 1 cup thick poha
- 1 cup fresh methi leaves (chopped)
- 1 onion
- Peanuts, turmeric
- Garlic (optional)

Method:

1. Wash methi leaves thoroughly
2. Sauté onion, garlic
3. Add methi, cook until wilted
4. Add rinsed poha, toss well

Nutrition (1 serving):

Carbs	Fiber	Protein	GI Impact
32g	4g	6g	Low-Medium



Pro Tip: Methi is proven to lower blood sugar! A diabetic superfood.

10. Poha Upma Fusion

Prep: 5 min | **Cook:** 15 min | **Serves:** 2

Ingredients:

- ½ cup poha

- 1/4 cup rava (semolina)
- Mixed vegetables
- Mustard, curry leaves
- Peanuts

Method:

1. Dry roast rava separately
2. Rinse poha
3. Sauté vegetables in tempering
4. Add both poha and rava, mix with water
5. Cook until absorbed

Nutrition (1 serving):

Carbs	Fiber	Protein	GI Impact
34g	3g	7g	Medium

UPMA VARIETIES

11. Vegetable Rava Upma (Controlled Portion)

Prep: 10 min | **Cook:** 15 min | **Serves:** 2

Ingredients:

- 3/4 cup rava (semolina)
- 1 cup mixed vegetables (carrots, beans, peas)
- 1 onion
- Mustard, urad dal, curry leaves

- 2 cups water

Method:

1. Dry roast rava until fragrant
2. Make tempering with dal, curry leaves
3. Add onion, vegetables, sauté
4. Add water, bring to boil
5. Slowly add rava, stirring constantly

Nutrition (1 cup serving):

Carbs	Fiber	Protein	GI Impact
38g	3g	6g	Medium



Portion Alert: Keep to $\frac{3}{4}$ cup cooked. Add more vegetables to feel fuller!

12. Oats Upma

Prep: 5 min | **Cook:** 10 min | **Serves:** 2

Ingredients:

- 1 cup rolled oats
- Mixed vegetables
- Mustard, urad dal, curry leaves
- Peanuts
- 1.5 cups water

Method:

1. Dry roast oats slightly
2. Make tempering, sauté vegetables

3. Add water, bring to boil
4. Add oats, cook 3-4 minutes
5. Cover and let sit for 2 min

Nutrition (1 cup serving):

Carbs	Fiber	Protein	GI Impact
28g	5g	8g	Low



Pro Tip: Beta-glucan in oats helps control post-meal blood sugar spikes!

13. Quinoa Upma

Prep: 5 min | **Cook:** 20 min | **Serves:** 2

Ingredients:

- 1 cup quinoa (rinsed well)
- Mixed vegetables
- Mustard, curry leaves
- Green chilies
- 2 cups water

Method:

1. Rinse quinoa thoroughly
2. Make tempering with vegetables
3. Add water and quinoa
4. Cook covered for 15 min
5. Fluff with fork

Nutrition (1 cup serving):

Carbs	Fiber	Protein	GI Impact
32g	5g	10g	Low



Pro Tip: Quinoa is a complete protein with all 9 essential amino acids!

14. Broken Wheat Upma (Daliya)

Prep: 5 min | **Cook:** 20 min | **Serves:** 2

Ingredients:

- 1 cup broken wheat (daliya)
- Mixed vegetables
- Cumin, mustard seeds
- Curry leaves
- 2.5 cups water

Method:

1. Wash daliya briefly
2. Dry roast until fragrant
3. Make tempering, add vegetables
4. Add water, bring to boil
5. Add daliya, cook covered 15 min

Nutrition (1 cup serving):

Carbs	Fiber	Protein	GI Impact
34g	6g	7g	Low



Pro Tip: Daliya has LOW GI (41) compared to regular wheat (72)!

15. Mixed Millet Upma

Prep: 5 min | **Cook:** 20 min | **Serves:** 2

Ingredients:

- ½ cup foxtail millet
- ½ cup barnyard millet
- Vegetables, peanuts
- Curry leaves, mustard
- 2 cups water

Method:

1. Wash millets well
2. Roast lightly
3. Make tempering with vegetables
4. Add water and millets
5. Cook covered until fluffy

Nutrition (1 cup serving):

Carbs	Fiber	Protein	GI Impact
30g	5g	8g	Low

PARATHA ALTERNATIVES

16. Besan Cheela (Chickpea Pancakes)

Prep: 10 min | **Cook:** 15 min | **Serves:** 2

Ingredients:

- 1 cup besan (chickpea flour)
- 1 onion, finely chopped
- 1 tomato, chopped
- Green chilies, coriander
- Turmeric, salt
- Water to make batter

Method:

1. Mix besan with water to pancake batter consistency
2. Add all vegetables and spices
3. Pour on hot tawa, spread thin
4. Cook both sides until golden

Nutrition (2 cheelas):

Carbs	Fiber	Protein	GI Impact
22g	5g	14g	Low



Pro Tip: Besan cheela has HALF the carbs of wheat paratha with double the protein!

17. Moong Dal Cheela

Prep: 4 hours soaking | **Cook:** 15 min | **Serves:** 2

Ingredients:

- 1 cup yellow moong dal
- 2 green chilies
- Ginger, coriander
- Salt, turmeric
- Asafoetida

Method:

1. Soak moong dal 4-6 hours
2. Grind to smooth batter
3. Add spices and herbs
4. Spread thin on tawa, cook both sides

Nutrition (2 cheelas):

Carbs	Fiber	Protein	GI Impact
24g	4g	16g	Low

18. Ragi Roti

Prep: 10 min | **Cook:** 15 min | **Serves:** 2

Ingredients:

- 1 cup ragi flour
- Hot water
- Salt
- Onion, green chili (optional)

Method:

1. Add hot water to ragi flour gradually
2. Knead to soft dough (add onion if using)

3. Pat into thin rotis (use wet hands)
4. Cook on tawa without oil
5. Roast directly on flame for charred flavor

Nutrition (2 rotis):

Carbs	Fiber	Protein	GI Impact
30g	6g	8g	Low



Pro Tip: Ragi is rich in calcium and has GI of 54 (vs wheat at 72)!

19. Jowar Roti

Prep: 10 min | **Cook:** 15 min | **Serves:** 2

Ingredients:

- 1 cup jowar (sorghum) flour
- Warm water
- Salt

Method:

1. Add warm water to jowar flour
2. Knead to smooth dough
3. Roll/pat into thin rotis
4. Cook on hot tawa
5. Puff on direct flame

Nutrition (2 rotis):

Carbs	Fiber	Protein	GI Impact
32g	5g	6g	Low

20. Cauliflower Paratha

Prep: 15 min | **Cook:** 20 min | **Serves:** 2

Ingredients:

- 2 cups cauliflower (grated)
- ½ cup whole wheat flour
- Green chili, cumin
- Salt
- Minimal oil

Method:

1. Grate cauliflower finely
2. Mix with flour, spices (no water needed)
3. Knead to dough
4. Roll thin, cook with minimal oil

Nutrition (2 parathas):

Carbs	Fiber	Protein	GI Impact
26g	5g	6g	Low-Medium



Pro Tip: Cauliflower adds bulk with minimal carbs - eat 2 without guilt!

EGG-BASED OPTIONS

21. Vegetable Omelette

Prep: 5 min | **Cook:** 10 min | **Serves:** 1

Ingredients:

- 2 eggs
- ¼ cup mixed vegetables (onion, tomato, capsicum)
- Green chilies, coriander
- Salt, pepper
- 1 tsp oil/butter

Method:

1. Beat eggs with salt and pepper
2. Add chopped vegetables
3. Pour on hot pan with oil
4. Cook until set, fold

Nutrition (1 omelette):

Carbs	Fiber	Protein	GI Impact
4g	1g	14g	Low



Pro Tip: Nearly zero-carb, high-protein start! Add cheese for extra satiety.

22. Egg Bhurji (Indian Scramble)

Prep: 5 min | **Cook:** 10 min | **Serves:** 2

Ingredients:

- 3 eggs
- 1 onion, chopped
- 1 tomato, chopped
- Green chili, ginger
- Turmeric, cumin
- Coriander leaves

Method:

1. Sauté onions until golden
2. Add tomatoes, spices, cook 2 min
3. Add beaten eggs
4. Scramble until cooked
5. Garnish with coriander

Nutrition (1 serving):

Carbs	Fiber	Protein	GI Impact
6g	1g	12g	Low

23. Masala Egg Dosa

Prep: 5 min | **Cook:** 10 min | **Serves:** 1

Ingredients:

- 1 ready dosa batter portion
- 1 egg
- Onion, green chili
- Salt, pepper

Method:

1. Spread dosa batter on hot tawa
2. Crack egg on top, spread
3. Sprinkle onions, chilies
4. Cook until egg sets
5. Fold and serve

Nutrition (1 dosa):

Carbs	Fiber	Protein	GI Impact
22g	2g	12g	Low-Medium



Pro Tip: Protein from egg slows down the carb absorption from dosa!

24. Egg Appam

Prep: 5 min | **Cook:** 10 min | **Serves:** 1

Ingredients:

- 1 ladle appam batter
- 1 egg
- Salt, pepper
- Curry leaves (optional)

Method:

1. Pour appam batter in special pan
2. Swirl to coat sides
3. Crack egg in center
4. Cover and cook until egg sets
5. Edges should be crispy

Nutrition (1 appam):

Carbs	Fiber	Protein	GI Impact
20g	1g	10g	Low-Medium

25. Spinach Egg Wrap (Palak Cheela + Egg)

Prep: 10 min | **Cook:** 15 min | **Serves:** 1

Ingredients:

- ½ cup besan
- 1 cup spinach puree
- 1 egg
- Onion, green chili
- Spices

Method:

1. Mix besan with spinach puree
2. Make thin cheela on tawa
3. Crack egg on cheela
4. Add onion, fold when set

Nutrition (1 wrap):

Carbs	Fiber	Protein	GI Impact
16g	4g	16g	Low



Pro Tip: Iron from spinach + protein from eggs = diabetes superfood combo!

SPECIAL HEALTHY OPTIONS

26. Sprouts Salad Breakfast

Prep: Overnight soaking | **Cook:** 0 min | **Serves:** 2

Ingredients:

- 1 cup mixed sprouts (moong, chana, matki)
- 1 cucumber, chopped
- 1 tomato, chopped
- Onion, coriander
- Lemon juice, chaat masala
- Green chutney

Method:

1. Mix all sprouts
2. Add chopped vegetables
3. Toss with lemon juice, chaat masala
4. Serve with green chutney

Nutrition (1 cup serving):

Carbs	Fiber	Protein	GI Impact
22g	8g	14g	Low



Pro Tip: Sprouting increases protein and reduces glycemic impact!

27. Sattu Drink

Prep: 5 min | **Cook:** 0 min | **Serves:** 1

Ingredients:

- 3 tbsp sattu (roasted gram flour)
- 1 glass water
- Salt or jaggery (minimal)
- Roasted cumin powder
- Lemon juice (savory version)

Method:

1. Add sattu to water
2. Mix well (savory: add salt, cumin, lemon)
3. Drink fresh

Nutrition (1 glass):

Carbs	Fiber	Protein	GI Impact
20g	4g	10g	Low



Pro Tip: Sattu is cooling, protein-rich, and keeps you full for hours!

28. Chia Seed Pudding (Indian Style)

Prep: 4 hours/overnight | **Cook:** 0 min | **Serves:** 1

Ingredients:

- 2 tbsp chia seeds
- 1 cup low-fat milk/almond milk

- Cardamom powder
- ½ tsp jaggery/stevia
- Nuts for topping

Method:

1. Mix chia seeds with milk
2. Add cardamom, sweetener
3. Refrigerate 4 hours or overnight
4. Top with nuts before serving

Nutrition (1 serving):

Carbs	Fiber	Protein	GI Impact
18g	10g	8g	Low



Pro Tip: Chia absorbs 10x its weight - keeps you full AND slows sugar absorption!

29. Vegetable Uttapam

Prep: 10 min (+ batter) | **Cook:** 10 min | **Serves:** 2

Ingredients:

- 1 cup dosa batter
- ½ onion, chopped
- 1 tomato, chopped
- Capsicum, carrot (grated)
- Coriander leaves
- Green chili

Method:

1. Pour thick layer of batter on tawa
2. Spread vegetables on top
3. Press gently, cook covered
4. Flip when bottom is golden
5. Cook other side

Nutrition (1 uttapam):

Carbs	Fiber	Protein	GI Impact
28g	3g	6g	Low-Medium



Pro Tip: Thicker than dosa = more satisfying. Load up the vegetables!

30. Paneer Bhurji

Prep: 10 min | **Cook:** 10 min | **Serves:** 2

Ingredients:

- 200g paneer, crumbled
- 1 onion, chopped
- 1 tomato, chopped
- Green peas (optional)
- Turmeric, cumin
- Green chili, coriander

Method:

1. Sauté onions until golden
2. Add tomatoes, spices
3. Add crumbled paneer
4. Mix well, cook 5 min

5. Garnish with coriander

Nutrition (1 serving):

Carbs	Fiber	Protein	GI Impact
8g	2g	18g	Low



Pro Tip: High protein, very low carb - perfect for strict blood sugar control!

Weekly Meal Plan Suggestion

Day	Breakfast	Est. Carbs
Mon	Besan Cheela + Green Chutney	22g
Tue	Oats Upma with Vegetables	28g
Wed	Egg Bhurji + Ragi Roti	36g
Thu	Moong Dal Dosa + Sambar	30g
Fri	Sprouts Salad + Sattu Drink	42g
Sat	Ragi Idli + Coconut Chutney	28g
Sun	Paneer Bhurji + Jowar Roti	40g

Quick Reference: Lowest Carb Options

If you need to keep carbs under 20g:

1. Vegetable Omelette - 4g carbs
 2. Egg Bhurji - 6g carbs
 3. Paneer Bhurji - 8g carbs
 4. Spinach Egg Wrap - 16g carbs
 5. Cauliflower Poha - 18g carbs
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Chutneys & Accompaniments

Coconut Chutney (Low-Carb)

- ½ cup fresh coconut
- 2 green chilies
- Small piece ginger
- Salt, temper with mustard
- Carbs: 4g per serving

Green Mint Chutney

- 1 cup mint + coriander
- Green chilies, lemon juice
- Salt, cumin

- **Carbs: 2g per serving**

Tomato Chutney (No Sugar)

- 2 tomatoes
 - Red chilies, garlic
 - Mustard tempering
 - **Carbs: 5g per serving**
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Tips for Success

1. **Measure portions** until you know what works for you
 2. **Add protein** to every breakfast (eggs, paneer, dal, sprouts)
 3. **Include fiber** - vegetables, millets, oats slow glucose absorption
 4. **Avoid:** White bread, instant noodles, sugary cereals, fruit juices
 5. **Monitor:** Check blood sugar 2 hours after trying new recipes
 6. **Hydrate:** Start with a glass of water before breakfast
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Your Breakfast Shopping List

Flours & Grains

- Ragi flour
- Jowar flour

- Besan (chickpea flour)
- Oats (rolled)
- Quinoa
- Broken wheat (daliya)
- Foxtail millet
- Poha (thick)

Dals & Pulses

- Moong dal (whole & yellow)
- Urad dal
- Chana dal
- Toor dal
- Mixed sprouts

Proteins

- Eggs
- Paneer
- Sattu

Always Have

- Onions, tomatoes, green chilies
- Ginger, garlic
- Curry leaves, coriander
- Mustard seeds, cumin
- Turmeric, asafoetida

Resources

 **YouTube:** youtube.com/@health_gheware

- Subscribe for video recipes and diabetes tips!

 **Blog:** health.gheware.com/blog

- In-depth articles on Indian diabetes management

 **Community:** Join our WhatsApp group for daily tips

- health.gheware.com/community

 ****Medical Disclaimer****

This recipe book 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 to foods vary - what works for others may not work for you
- If you experience unusual symptoms, consult your healthcare provider immediately

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