

# 7-Day Indian Diabetes Meal Plan

---





Your Complete Guide to Delicious, Blood Sugar-Friendly Indian Meals

---

## How to Use This Meal Plan

---

This plan is designed for Type 2 Diabetes management. Each meal is:

-  Low Glycemic Index (GI < 55)
-  High in fiber
-  Balanced in protein and healthy fats
-  Made with everyday Indian ingredients

### Pro Tips:

- Eat at consistent times daily
  - Don't skip meals (especially breakfast)
  - Walk for 10-15 minutes after lunch and dinner
  - Drink plenty of water (8+ glasses daily)
- 

## Day 1: Monday

---



### Breakfast (7:00-8:00 AM)

#### Moong Dal Chilla with Mint Chutney

- 2 moong dal chillas (40g moong dal)

- 2 tbsp mint-coriander chutney
- 1 cup masala chai (no sugar)

*GI: 38 | Carbs: 25g | Protein: 12g | Fiber: 6g*



## Lunch (12:30-1:30 PM)

### Rajma with Brown Rice

- ½ cup rajma (kidney beans)
- ½ cup brown rice
- 1 cup cucumber raita
- Mixed salad

*GI: 45 | Carbs: 42g | Protein: 14g | Fiber: 10g*



## Evening Snack (4:00-5:00 PM)

- 1 small handful roasted makhana (30g)
- Green tea

*GI: 25 | Carbs: 8g | Protein: 3g*



## Dinner (7:00-8:00 PM)

### Palak Paneer with Roti

- 1 cup palak paneer (100g paneer)
- 2 small whole wheat rotis
- 1 cup dal tadka

*GI: 40 | Carbs: 38g | Protein: 22g | Fiber: 8g*

---

## Day 2: Tuesday

---



## Breakfast

### Vegetable Upma with Sambar

- 1 cup vegetable upma (semolina with veggies)
- ½ cup sambar
- 1 cup buttermilk

*GI: 42 | Carbs: 30g | Protein: 10g | Fiber: 5g*



## Lunch

### Chicken/Tofu Stir-fry with Quinoa

- 100g grilled chicken or 150g tofu
- ½ cup quinoa
- Sautéed vegetables (bell peppers, broccoli)
- 1 tbsp olive oil

*GI: 35 | Carbs: 28g | Protein: 28g | Fiber: 6g*



## Evening Snack

- 1 small apple with 1 tbsp peanut butter
- Masala chai (no sugar)

*GI: 38 | Carbs: 18g | Protein: 4g*



## Dinner

### Fish Curry with Cauliflower Rice

- 150g fish curry (salmon/rohu/pomfret)
- 1 cup cauliflower rice
- Mixed vegetable sabzi

*GI: 30 | Carbs: 15g | Protein: 30g | Fiber: 7g*

## Day 3: Wednesday



### Breakfast

#### Oats Idli with Coconut Chutney

- 3 oats idlis
- 2 tbsp coconut chutney
- 1 cup sambar

*GI: 40 | Carbs: 28g | Protein: 8g | Fiber: 6g*



### Lunch

#### Chole with Multigrain Roti

- $\frac{3}{4}$  cup chole (chickpea curry)
- 2 multigrain rotis
- Onion-tomato salad
- 1 cup chaas

*GI: 38 | Carbs: 45g | Protein: 15g | Fiber: 12g*



### Evening Snack

- 1 cup sprouts chaat
- Lemon water

*GI: 30 | Carbs: 12g | Protein: 6g*



### Dinner

#### Egg Curry with Jowar Roti

- 2-egg curry
- 2 jowar rotis
- 1 cup mixed vegetable raita

*GI: 35 | Carbs: 32g | Protein: 20g | Fiber: 6g*

---

## Day 4: Thursday

---



### Breakfast

#### Besan Cheela with Green Chutney

- 2 besan cheelas (gram flour pancakes)
- 2 tbsp green chutney
- 1 cup vegetable soup

*GI: 35 | Carbs: 22g | Protein: 14g | Fiber: 5g*



### Lunch

#### Dal Makhani with Brown Rice

- ¾ cup dal makhani
- ½ cup brown rice
- Cucumber-onion salad
- 1 tbsp pickle

*GI: 42 | Carbs: 40g | Protein: 14g | Fiber: 9g*



### Evening Snack

- 1 small bowl mixed nuts (almonds, walnuts) - 30g
- Herbal tea

*GI: 15 | Carbs: 6g | Protein: 6g | Fiber: 3g*

## Dinner

### Tandoori Chicken with Vegetables

- 150g tandoori chicken (skinless)
- Grilled vegetables (zucchini, bell peppers, onions)
- 1 cup mint raita

*GI: 20 | Carbs: 12g | Protein: 35g | Fiber: 5g*

---

## Day 5: Friday

---

## Breakfast

### Stuffed Paratha with Curd

- 1 aloo-methi paratha (small, whole wheat)
- ½ cup low-fat curd
- 1 tbsp green chutney

*GI: 45 | Carbs: 32g | Protein: 8g | Fiber: 4g*

## Lunch

### Sambar Rice

- 1 cup sambar with vegetables
- ½ cup brown rice
- Papad (1 small)
- Carrot-beetroot salad

*GI: 40 | Carbs: 38g | Protein: 12g | Fiber: 10g*



## Evening Snack

- 1 cup roasted chana with cucumber
- Lemon water

*GI: 28 | Carbs: 15g | Protein: 7g*



## Dinner

### Paneer Tikka with Salad

- 150g paneer tikka (grilled)
- Large mixed salad with olive oil dressing
- 1 small bajra roti

*GI: 32 | Carbs: 18g | Protein: 28g | Fiber: 6g*

---

## Day 6: Saturday

---



## Breakfast

### Poha with Peanuts

- 1 cup vegetable poha (flattened rice)
- Handful of peanuts
- 1 cup masala chai (no sugar)

*GI: 46 | Carbs: 30g | Protein: 8g | Fiber: 4g*



## Lunch

### Kadhi Pakora with Rice

- 1 cup besan kadhi (2 small pakoras)

- ½ cup brown rice
- Cucumber raita
- Green salad

*GI: 38 | Carbs: 35g | Protein: 12g | Fiber: 5g*



## Evening Snack

- 1 cup bhel (no papdi, extra sprouts)
- Coconut water

*GI: 35 | Carbs: 20g | Protein: 5g*



## Dinner

### Mutton/Soya Keema with Roti

- ¾ cup keema (mutton or soya)
- 2 small whole wheat rotis
- 1 cup baingan bharta

*GI: 38 | Carbs: 35g | Protein: 25g | Fiber: 7g*

---

## Day 7: Sunday

---



## Breakfast

### Dosa with Sambar

- 2 small rava dosas
- ½ cup sambar
- 2 tbsp coconut chutney

*GI: 42 | Carbs: 35g | Protein: 10g | Fiber: 5g*



## Lunch (Sunday Special)

### Biryani Day!

- ¾ cup vegetable/chicken biryani (brown rice)
- Raita
- Mirchi ka salan (small portion)
- Mixed salad

*GI: 45 | Carbs: 42g | Protein: 18g | Fiber: 6g*

## Evening Snack

- 1 cup fruit chaat (no sugar, no chaat masala)
- Green tea

*GI: 40 | Carbs: 18g | Protein: 2g*

## Dinner

### Light Khichdi with Vegetables

- 1 cup moong dal khichdi
- Sautéed vegetables (lauki, tinda)
- 1 cup buttermilk
- Papad (1 small)

*GI: 35 | Carbs: 32g | Protein: 12g | Fiber: 8g*

---

## Weekly Shopping List

---

### Dals & Legumes

- ☐ Moong dal (500g)

- ☐ Chana dal (250g)
- ☐ Rajma (250g)
- ☐ Chole/Kabuli chana (250g)
- ☐ Urad dal (200g)
- ☐ Masoor dal (200g)
- ☐ Besan (500g)

## Grains

- ☐ Brown rice (1 kg)
- ☐ Whole wheat atta (2 kg)
- ☐ Jowar atta (500g)
- ☐ Bajra atta (500g)
- ☐ Rolled oats (500g)
- ☐ Quinoa (250g)
- ☐ Poha (250g)
- ☐ Semolina/Rava (250g)

## Vegetables (Weekly Fresh)

- ☐ Spinach/Palak (500g)
- ☐ Cauliflower (1 medium)
- ☐ Broccoli (250g)
- ☐ Bell peppers (3-4)
- ☐ Tomatoes (1 kg)
- ☐ Onions (1 kg)
- ☐ Cucumber (4-5)
- ☐ Carrots (500g)
- ☐ Bottle gourd/Lauki (1)
- ☐ Eggplant/Baingan (2)
- ☐ Methi leaves (1 bunch)
- ☐ Coriander (2 bunches)
- ☐ Mint (1 bunch)
- ☐ Ginger-Garlic (200g each)
- ☐ Green chilies (100g)

- ☐ Lemon (6-8)

## Protein

- ☐ Paneer (500g)
- ☐ Eggs (1 dozen)
- ☐ Chicken breast (500g) - optional
- ☐ Fish (500g) - optional
- ☐ Tofu (400g) - optional

## Dairy

- ☐ Low-fat curd (1 kg)
- ☐ Buttermilk (1 L)
- ☐ Low-fat milk (2 L)

## Nuts & Seeds

- ☐ Almonds (100g)
- ☐ Walnuts (100g)
- ☐ Peanuts (200g)
- ☐ Makhana (100g)
- ☐ Roasted chana (200g)
- ☐ Flax seeds (50g)

## Pantry

- ☐ Olive oil / Mustard oil
  - ☐ Ghee (small quantity)
  - ☐ All spices (turmeric, cumin, coriander, garam masala, etc.)
  - ☐ Tea (green tea bags)
-



# Blood Sugar Management Tips

---

## Before Meals

- Drink a glass of water 15 min before eating
- Start with salad or soup
- Take a short walk if possible

## During Meals

- Eat slowly, chew well (20+ times per bite)
- Fill half your plate with vegetables
- Use smaller plates
- Avoid second helpings

## After Meals

- Walk for 10-15 minutes
- Don't lie down immediately
- Monitor blood sugar 2 hours after eating

## General Tips

- Keep meal timings consistent
- Don't skip breakfast
- Avoid eating after 8 PM
- Get 7-8 hours of sleep
- Manage stress (yoga, meditation)



## Foods to Limit or Avoid

---

- White rice (replace with brown rice or cauliflower rice)
- Maida products (white bread, naan, biscuits)
- Sugary drinks (cola, packaged juices)
- Fried foods (samosas, pakoras, puris)
- Sweets (mithai, chocolates, ice cream)
- Processed foods (chips, instant noodles)
- Excessive potatoes (limit to small portions)
- Full-fat dairy (switch to low-fat options)



## Diabetes-Friendly Substitutes

Instead of...	Try...
White rice	Brown rice, cauliflower rice, quinoa
Regular roti	Multigrain, jowar, bajra roti
Sugar	Stevia, small amounts of jaggery
Regular noodles	Zucchini noodles, shirataki
Potato	Sweet potato (small portions)
Mango	Berries, apple, guava
Fruit juice	Whole fruit, coconut water
Deep fried	Air-fried, grilled, baked

## Need More Help?

## Track Your Progress with Health Gheware App

- Log your meals and blood sugar readings
- Get AI-powered insights
- See patterns in your glucose data

👉 Try free: <https://health.gheware.com>

## More Tips & Recipes:

- 📺 YouTube: [youtube.com/@health\\_gheware](https://youtube.com/@health_gheware)
- 📖 Blog: [health.gheware.com/blog](https://health.gheware.com/blog)

---

*Disclaimer: This meal plan is for educational purposes only. Always consult your doctor or dietitian before making significant dietary changes, especially if you're on medication.*

---

© 2026 Health Gheware | [health.gheware.com](https://health.gheware.com)

---

© 2026 Health Gheware | [health.gheware.com](https://health.gheware.com)

Subscribe: [YouTube](https://youtube.com/@health_gheware)