

The 7-Day Indian Diabetes Meal Plan

A curated guide to delicious, blood sugar-friendly Indian cuisine.

LOW GI • HIGH FIBER • AUTHENTIC FLAVOR



How to Use This Plan



Low Glycemic Index

Focus on foods with
GI < 55.



Fiber-Rich

Ingredients chosen to
promote slow digestion.



Balanced Macros

Protein and healthy fats
included to stabilize
sugar spikes.



Movement

Walk 15 mins after lunch
and dinner.

The Perfect Rhythm



Day 1: Monday – Legumes & Greens

Monday Motivation: Don't skip breakfast to keep glucose stable.



Breakfast

38

**Moong Dal Chilla with
Mint Chutney**

GI 38 | Carbs 25g | Protein 12g



Lunch

45

**Rajma with Brown Rice
Cucumber Raita, Mixed Salad**

GI 45 | Carbs 42g | Protein 14g



Snack

25

**Roasted Makhana
(Handful)
& Green Tea**

GI 25 | Carbs 8g | Protein 3g



Dinner

40

**Palak Paneer (100g)
with 2 small Whole Wheat
Rotis & Dal Tadka**

GI 40 | Carbs 38g | Protein 22g

Chef's Note

Smart Swap: Cauliflower rice drastically lowers dinner carbs.

Day 2: Tuesday – Lean Proteins

Breakfast

Veg Upma with Sambar

Semolina with veggies, served with Buttermilk

GI
42



GI 42 | Carbs 30g | Protein 10g

Lunch

Chicken or Tofu Stir-fry

with Quinoa & Sautéed Veggies

GI
35



GI 35 | Carbs 28g | Protein 28g

Snack

1 Small Apple with Peanut Butter

& Masala Chai (No sugar)

GI
38



GI 38 | Carbs 18g | Protein 4g

Dinner

Fish Curry with Cauliflower Rice

& Mixed Veg Sabzi

GI
30



GI 30 | Carbs 15g | Protein 30g

Day 3: Wednesday – Traditional Favorites

Fiber Focus: Chole meal provides 12g of fiber!

Breakfast



Oats Idli (3 pcs)

with Coconut Chutney & Sambar

40

GI 40 | Carbs 28g | Protein 8g

Lunch



Chole (Chickpea curry)

with 2 Multigrain Rotis & Salad

38

GI 38 | Carbs 45g | Protein 15g

Snack



Sprouts Chaat

& Lemon Water

30

GI 30 | Carbs 12g | Protein 6g

Dinner



Egg Curry (2 eggs)

with 2 Jowar Rotis & Veg Raita

35

GI 35 | Carbs 32g | Protein 20g

Day 4: Thursday – Low Carb Dinner

Breakfast



Gram flour pancakes with
Green Chutney & Veg Soup

Lato

GI 35 | Carbs 22g | Protein 14g 35

Lunch



Light Dal Makhani
with Brown Rice & Salad

GI 42 | Carbs 40g | Protein 42

Snack



GI 15 | Carbs 6g | Protein 6g 42

Snack



GI 15 | Carbs 6g | Protein 15

Dinner



20

Lowest GI

Tandoori Chicken (Skinless)
with Grilled Veggies & Mint Raita

GI 20 | Carbs 12g | Protein 35g

Lato

Day 5: Friday – Colorful Plates

Portion Tip: Keep the paratha small and always pair with curd to lower the glycemic load.

Breakfast



45

**Stuffed Aloo-Methi
Paratha (Small)**
with Low-fat Curd

GI 45 | Carbs 32g | Protein 8g

Lunch



40

Sambar Rice
with Brown Rice, Papad, &
Carrot-Beetroot Salad

GI 40 | Carbs 38g | Protein 12g

Snack



28

Roasted Chana
with Cucumber &
Lemon Water

GI 28 | Carbs 15g | Protein 7g

Dinner



32

Paneer Tikka (Grilled)
with Large Salad & 1 Small
Bajra Roti

GI 32 | Carbs 18g | Protein 28g

Lato

Day 6: Saturday – Texture & Crunch

Breakfast



Poha with Peanuts

& Masala Chai

46

GI 46 | Carbs 30g | Protein 8g

Lunch



Kadhi Pakora

2 small pakoras with
Brown Rice & Green Salad

38

GI 38 | Carbs 35g | Protein 12g

Snack



Bhel (No papdi)

Extra sprouts &
Coconut Water

35

GI 35 | Carbs 20g | Protein 5g

Dinner



Mutton or Soya Keema

with 2 Small Whole Wheat
Rotis & Baingan Bharta

38

GI 38 | Carbs 35g | Protein 25g

Day 7: Sunday – The Feast

Breakfast



2 Small Rava Dosas

with Sambar & Coconut Chutney

GI 42 | Carbs 35g | Protein 10g

42

Lunch (Special)



45

Veg/Chicken Biryani

(Brown Rice) with Raita & Salan

GI 45 | Carbs 42g | Protein 18g

Snack



Fruit Chaat

No sugar/chaat masala & Green Tea

GI 40 | Carbs 18g | Protein 2g

40

Dinner



35

Light Moong Dal Khichdi

with Sautéed Veggies (Lauki/Tinda)

GI 35 | Carbs 32g | Protein 12g

Weekly Menu at a Glance

	MON	TUE	WED	THU	FRI	SAT	SUN
Breakfast	Moong Dal Chilla	Veg Upma	Oats Idli	Besan Cheela	Aloo-Methi Paratha	Poha	Rava Dosa
Lunch	Rajma Rice	Chicken/Tofu Stir-fry	Chole	Dal Makhani	Sambar Rice	Kadhi Pakora	Biryani (Brown Rice)
Snack	Makhana	Apple & Peanut Butter	Sprouts Chaat	Mixed Nuts	Roasted Chana	Bhel	Fruit Chaat
Dinner	Palak Paneer	Fish Curry	Egg Curry	Tandoori Chicken	Paneer Tikka	Keema	Dal Khichdi

The Shopping List

Produce (Fresh Market)

- Spinach
- Cauliflower
- Bottle Gourd
- Methi
- Coriander
- Ginger-Garlic
- Onion/Tomato/
Cucumber



The Pantry (Dals & Grains)

- Moong/Chana/
Urad/Masoor Dals
- Rajma
- Brown Rice
- Quinoa
- Jowar/Bajra Atta
- Makhana
- Walnuts/Almonds



Proteins & Dairy

- Paneer
- Eggs
- Low-fat Curd
- Chicken/Fish/Tofu
(Optional)



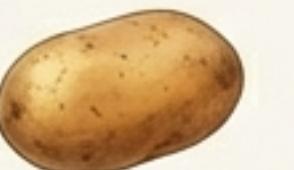
Oils & Spices

- Olive/Mustard Oil
- Ghee
- Turmeric
- Cumin



Smart Swaps & Wellness Habits

Eat This, Not That

Instead of...	Try...
White Rice	 Brown Rice / Cauliflower Rice
Regular Roti	 Multigrain / Jowar / Bajra
Sugar	 Stevia
Potato	 Sweet Potato (Small portions)
Fruit Juice	 Whole Fruit

Golden Rules

1. Chew well: 20+ times per bite.
2. Drink water 15 minutes BEFORE eating.
3. Walk 15 minutes after main meals.
4. No food after 8 PM.



Continue Your Journey



Track your meals and glucose patterns with AI-powered insights.

- ▶ **Web:** health.gheware.com (Try for free)
- ▶ **YouTube:** youtube.com/@health_gheware (Recipes & Tips)
- ▶ **Blog:** health.gheware.com/blog

IMPORTANT DISCLAIMER

This meal plan is for educational and informational purposes only. It is not intended as medical advice, diagnosis, or treatment.

- Always consult your doctor, endocrinologist, or registered dietitian before making significant dietary changes.
- This is especially important if you are on diabetes medication (insulin, metformin, etc.) as dietary changes may affect dosage requirements.
- Individual nutritional needs vary based on age, weight, activity level, and health conditions.
- Monitor your blood sugar regularly and report concerns to your provider.