

7-Day Pre-Diabetes Reversal Meal Plan

Your Action Plan to Bring Blood Sugar Back to Normal

By Health Gheware | Eat Well, Live Better - The Indian Way

What is Pre-Diabetes?

Pre-diabetes means your blood sugar is higher than normal but not yet diabetes:

- **Fasting glucose:** 100-125 mg/dL
- **HbA1c:** 5.7% - 6.4%
- **Post-meal glucose:** 140-199 mg/dL

The Good News: Pre-diabetes is **100% reversible** with the right food choices!

How This Plan Works

This 7-day meal plan is specifically designed for **reversal**, not just management:

- ✓ **Low Glycemic Index (GI) foods** - Gentle on blood sugar
- ✓ **High fiber combinations** - Slows glucose absorption
- ✓ **Protein at every meal** - Prevents spikes
- ✓ **Strategic meal timing** - Optimizes insulin sensitivity
- ✓ **Indian ingredients** - Practical and familiar

Key Differences from Regular Diabetes Plans:

- More aggressive carb reduction initially
- Focus on insulin sensitivity improvement
- Includes intermittent fasting elements (optional)
- Emphasizes reversal-specific superfoods

Reversal Superfoods to Stock Up

Food	Why It Helps Reversal
Methi (Fenugreek)	Improves insulin sensitivity by 30%
Dalchini (Cinnamon)	Mimics insulin action
Karela (Bitter Gourd)	Contains plant insulin
Jamun (Indian Blackberry)	Reduces glucose absorption
Apple Cider Vinegar	Lowers fasting glucose by 4-6%
Barley (Jau)	Lowest GI grain available
Chia Seeds	Slows carb digestion
Walnuts/Almonds	Improve insulin response

Day 1: Reset Day

Early Morning (6:00 AM)

- 1 glass warm water + 1 tsp methi seeds (soaked overnight)
- 5 almonds + 2 walnuts

Breakfast (8:00 AM)

Moong Dal Chilla with Mint Chutney

- 2 moong dal chillas with paneer stuffing
- 1 bowl mint-coriander chutney
- 1 cup green tea

Carbs: 22g | Fiber: 8g | Protein: 18g

Mid-Morning (11:00 AM)

- 1 small apple with 1 tbsp almond butter
- OR 10-12 peanuts

Lunch (1:00 PM)

Palak Paneer with Cauliflower Rice

- 1 bowl palak paneer (150g paneer)
- 1 cup cauliflower rice (not regular rice!)
- 1 small bowl cucumber raita
- Green salad with lemon dressing

Carbs: 18g | Fiber: 9g | Protein: 24g

Evening Snack (4:00 PM)

- 1 cup roasted chana with masala
- Green tea with dalchini

Dinner (7:00 PM)

Grilled Fish/Paneer with Stir-Fry Vegetables

- 150g grilled fish OR paneer tikka
- 1 cup mixed vegetable stir-fry (beans, capsicum, broccoli)
- 1 small bowl dal (no rice)

Carbs: 15g | Fiber: 7g | Protein: 28g

Before Bed (9:30 PM)

- 1 cup warm turmeric milk (no sugar)
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Day 2: Fiber Focus Day

Early Morning

- Warm water + 1 tbsp apple cider vinegar
- 5 soaked almonds

Breakfast (8:00 AM)

Vegetable Oats Upma

- 1 bowl oats upma with lots of vegetables
- 1 boiled egg OR paneer cubes
- 1 cup cinnamon tea

Carbs: 28g | Fiber: 10g | Protein: 15g

Mid-Morning

- 1 medium guava (low GI fruit)
- 10 pistachios

Lunch (1:00 PM)

Rajma Salad Bowl

- 1 cup rajma (kidney beans)
- Mixed greens, tomato, onion, cucumber
- Olive oil + lemon dressing
- 1 small multigrain roti

Carbs: 35g | Fiber: 14g | Protein: 16g

Evening Snack

- Sprout chaat with lemon and chaat masala
- Green tea

Dinner (7:00 PM)

Tandoori Chicken/Soya with Salad

- 150g tandoori chicken OR soya chunks
- Large mixed vegetable salad
- 1 small bowl tomato soup

Carbs: 12g | Fiber: 6g | Protein: 32g

Day 3: Protein Power Day

Early Morning

- Methi water + mixed nuts (5 each: almond, walnut, cashew)

Breakfast (8:00 AM)

Paneer Bhurji with Multigrain Toast

- Paneer bhurji with vegetables (150g paneer)
- 1 slice multigrain bread
- 1 cup masala chai (no sugar)

Carbs: 20g | Fiber: 5g | Protein: 26g

Mid-Morning

- 1 cup buttermilk with roasted jeera
- 1 small pear

Lunch (1:00 PM)

Chicken/Paneer Curry with Barley

- Chicken curry OR paneer makhani (light)
- ½ cup cooked barley (instead of rice)
- Cucumber + tomato salad
- 1 small roti

Carbs: 30g | Fiber: 8g | Protein: 30g

Evening Snack

- Egg bhurji OR paneer cubes (50g)
- Green tea with ginger

Dinner (7:00 PM)

Grilled Vegetables with Hummus

- Grilled zucchini, bell peppers, mushrooms
- 4 tbsp homemade hummus
- Clear vegetable soup

Carbs: 18g | Fiber: 8g | Protein: 12g

Day 4: Low-Carb Indian Day

Early Morning

- Warm water + cinnamon powder
- 5 almonds

Breakfast (8:00 AM)

Besan Chilla with Green Chutney

- 2 besan chillas stuffed with onion-tomato
- Mint chutney
- 1 cup green tea

Carbs: 24g | Fiber: 6g | Protein: 16g

Mid-Morning

- ½ cup papaya
- 10 peanuts

Lunch (1:00 PM)

Lauki (Bottle Gourd) Kofta with Salad

- Lauki kofta in light gravy (baked, not fried)

- Large salad bowl
- 1 small jowar roti

Carbs: 25g | Fiber: 9g | Protein: 14g

Evening Snack

- Makhana (fox nuts) roasted with ghee and salt
- Cinnamon tea

Dinner (7:00 PM)

Egg Curry/Tofu with Cauliflower Mash

- 2 egg curry OR tofu curry
- 1 cup cauliflower mash with garlic
- Sautéed spinach

Carbs: 14g | Fiber: 6g | Protein: 20g

Day 5: Intermittent Day (Optional)

Skip breakfast, eat between 12 PM - 8 PM

Early Morning - Lunch (6 AM - 12 PM)

- Only: Water, green tea, black coffee (no sugar/milk)
- Methi water allowed

Lunch (12:00 PM) - Break Fast

Protein-Rich Thali

- 1 cup dal makhani (light)

- Tandoori paneer/chicken (150g)
- Cucumber raita
- 1 multigrain roti
- Mixed salad

Carbs: 38g | Fiber: 10g | Protein: 35g

Snack (3:30 PM)

- 1 cup mixed sprouts salad
- 10-12 almonds

Dinner (7:30 PM)

Fish/Paneer with Vegetable Soup

- Grilled fish/paneer tikka
- Large bowl of clear vegetable soup
- Sautéed greens (palak, methi)

Carbs: 12g | Fiber: 6g | Protein: 28g

If intermittent fasting is difficult, eat normal breakfast from Day 1

Day 6: Gut Health Day

Early Morning

- Warm water + ACV + 1 tsp honey
- 5 soaked almonds

Breakfast (8:00 AM)

Idli with Sambhar (Modified)

- 2 oats idli OR ragi idli
- 1 bowl vegetable sambhar
- Coconut chutney (2 tbsp)

Carbs: 30g | Fiber: 8g | Protein: 12g

Mid-Morning

- 1 cup plain dahi with chia seeds
- Few berries

Lunch (1:00 PM)**Chole Salad Bowl**

- 1 cup chole (chickpeas)
- Lots of onion, tomato, cucumber
- Chaat masala, lemon dressing
- No roti/rice

Carbs: 32g | Fiber: 12g | Protein: 14g

Evening Snack

- Fermented vegetable pickle (small portion)
- Roasted chana

Dinner (7:00 PM)**Khichdi with Vegetables**

- 1 small bowl moong dal khichdi
- 1 cup mixed vegetable sabzi
- Curd (50g)

Carbs: 28g | Fiber: 6g | Protein: 14g

Day 7: Consolidation Day

Early Morning

- Methi + cinnamon water
- 5 walnuts

Breakfast (8:00 AM)

Vegetable Poha (Brown Rice)

- Brown rice poha with lots of vegetables
- Peanuts, curry leaves
- 1 cup green tea

Carbs: 32g | Fiber: 6g | Protein: 10g

Mid-Morning

- 1 orange
- 10 almonds

Lunch (1:00 PM)

Mixed Dal with Roti

- 1 bowl mixed dal (moong, masoor, toor)
- 1 jowar/bajra roti
- Bhindi (okra) sabzi
- Onion-cucumber salad

Carbs: 35g | Fiber: 10g | Protein: 16g

Evening Snack

- Sprout bhel
- Masala chai (no sugar)

Dinner (7:00 PM)

Grilled Protein with Soup

- Grilled chicken/fish/paneer (150g)
- Tomato-spinach soup
- Steamed broccoli and beans

Carbs: 10g | Fiber: 6g | Protein: 30g

Weekly Shopping List

Proteins

- ☐ Paneer - 500g
- ☐ Chicken/Fish - 500g (optional)
- ☐ Eggs - 12
- ☐ Tofu/Soya chunks - 200g
- ☐ Moong dal - 500g
- ☐ Masoor dal - 250g
- ☐ Rajma - 250g
- ☐ Chole - 250g

Vegetables

- ☐ Spinach (palak) - 2 bunches
- ☐ Methi leaves - 1 bunch
- ☐ Cauliflower - 2 medium
- ☐ Broccoli - 1 medium
- ☐ Lauki (bottle gourd) - 1
- ☐ Capsicum - 4
- ☐ Cucumber - 6
- ☐ Tomatoes - 1 kg
- ☐ Onions - 1 kg
- ☐ Beans, bhindi - 250g each

Grains & Flours

- ☐ Besan - 250g
- ☐ Oats - 500g
- ☐ Barley (jau) - 250g
- ☐ Brown rice poha - 250g
- ☐ Multigrain atta - 500g
- ☐ Jowar/Bajra flour - 250g

Nuts & Seeds

- ☐ Almonds - 200g
- ☐ Walnuts - 100g
- ☐ Chia seeds - 100g
- ☐ Peanuts - 200g
- ☐ Makhana - 100g

Dairy

- ☐ Curd - 1 kg
- ☐ Milk - 2 liters
- ☐ Buttermilk - 1 liter

Spices & Others

- ☐ Methi seeds - 100g
 - ☐ Cinnamon (dalchini) - 50g
 - ☐ Apple cider vinegar - 1 bottle
 - ☐ Green tea - 1 pack
 - ☐ Olive oil - 500ml
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Reversal Tips for Success

Do This Daily:

1. **Walk 30 minutes** after dinner
2. **Drink 3L water** throughout the day
3. **Sleep by 10 PM** - crucial for insulin sensitivity
4. **Check fasting glucose** weekly to track progress

Avoid Completely:

- ✗ White rice, maida, white bread
- ✗ Sugary drinks, packaged juices
- ✗ Deep-fried foods
- ✗ Potatoes, banana, mango (for now)
- ✗ Late-night eating after 8 PM

Reversal Accelerators:

- 🔥 Add 1 tsp methi to any meal
 - 🔥 Drink cinnamon tea daily
 - 🔥 Include bitter gourd twice a week
 - 🔥 Try intermittent fasting 2x per week
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Track Your Progress

Week	Fasting Glucose	Weight	Notes
Start	_____ mg/dL	_____ kg	
Week 1	_____ mg/dL	_____ kg	
Week 2	_____ mg/dL	_____ kg	
Week 4	_____ mg/dL	_____ kg	
Week 8	_____ mg/dL	_____ kg	

Target: Fasting glucose below 100 mg/dL

When to See Your Doctor

- ✓ After 4 weeks on this plan
- ✓ If fasting glucose drops below 90 mg/dL
- ✓ If you experience dizziness or fatigue
- ✓ Before starting any supplements

More Resources


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

- "How I Reversed Pre-Diabetes in 60 Days"
- "Best Indian Foods for Blood Sugar"
- "Methi for Diabetes - Complete Guide"

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

- Detailed recipes with glycemic index
 - Success stories from India
 - Latest diabetes research
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Medical Disclaimer

 **Important:** This meal plan is for educational purposes only. It is not a substitute for professional medical advice.

- Consult your doctor before starting any new diet
 - Continue prescribed medications as directed
 - Monitor blood sugar regularly
 - Individual results may vary
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