



The 7-Day Pre-Diabetes Reversal Plan

Your Complete Guide to Reversing High Blood Sugar with Familiar Indian Foods.

Curated by Dr. Rajesh Gheware, MBBS, MD

How To Use This Guide



1. Read the Science

Understand why we chose these foods. Knowledge is your first medicine.



2. Plan the Week

Use the Shopping List on Slide 9 to prep on Sunday. Success starts in the kitchen, not the gym.



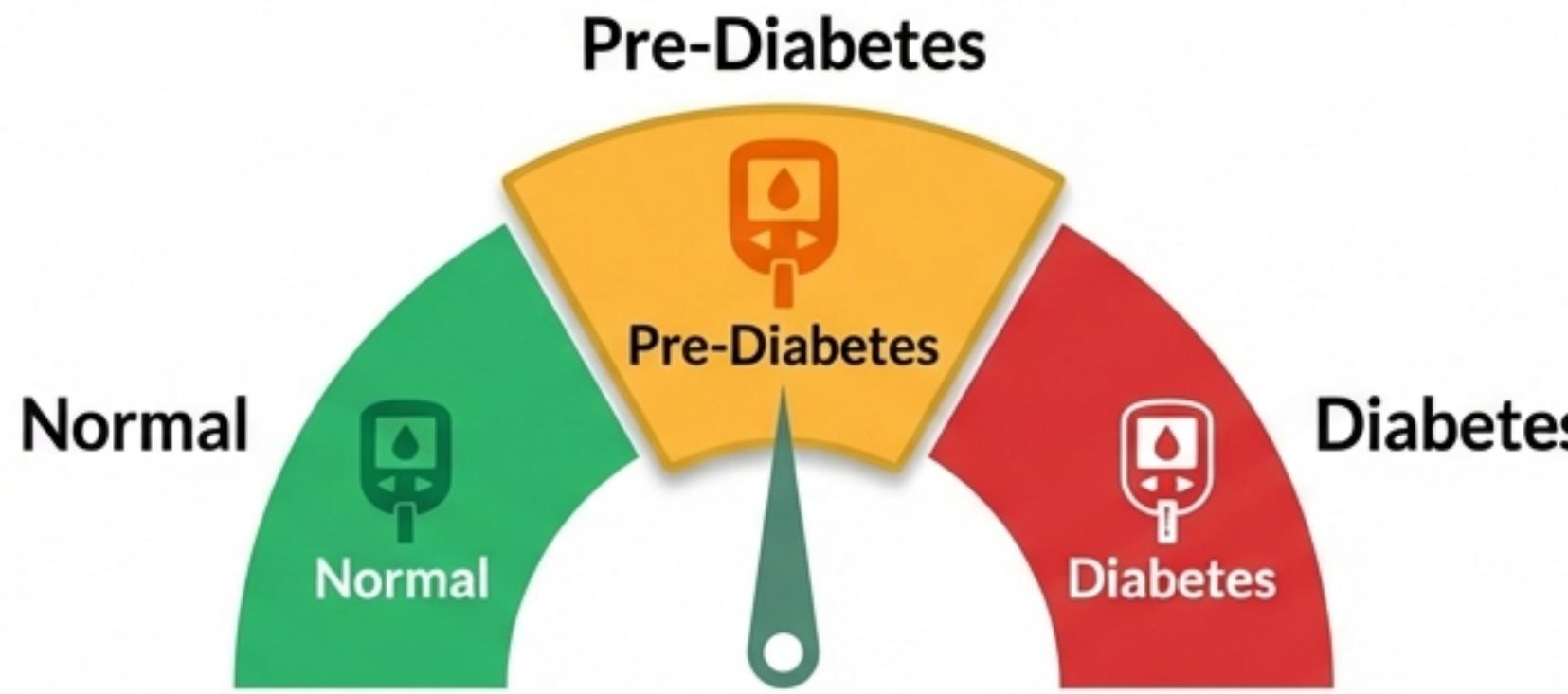
3. Track & Measure

Follow the monitoring guide on Slide 11. What gets measured gets managed.

"This is not just a diet. It's a prescription for life."



The Wake-Up Call: Understanding Pre-Diabetes



Pre-Diabetes Ranges:

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

The Good News: Pre-diabetes is a warning sign, not a life sentence. It is REVERSIBLE.



Lower blood sugar naturally



Improve insulin sensitivity



Reduce belly fat

The Science: Why This Works



Low GI

Prevent blood sugar spikes.



High Fiber

Slow down glucose absorption.



Protein

Stabilize blood sugar with every meal.



Healthy Fats

Improve insulin sensitivity
(Ghee, Coconut oil)



Portion Control

Reduce overall glucose load.



Timing

Eat within a 10-12 hour window for metabolic rest.

The Pantry Edit

BEST CHOICES (EAT THIS)

- ✓ **Grains:** Brown rice, Jowar, Bajra, Ragi
- ✓ **Proteins:** Dal, Paneer, Eggs, Fish, Chicken, Sprouts
- ✓ **Veggies:** Bitter gourd (Karela), Methi, Palak, Lauki, Bhindi
- ✓ **Fats:** Ghee (1-2 tsp), Coconut oil, Nuts
- ✓ **Spices:** Methi seeds, Cinnamon, Turmeric

AVOID or LIMIT (NOT THAT)

- ✗ White rice
- ✗ Maida
- ✗ Sugar/Jaggery
- ✗ Fruit Juices
- ✗ Deep-fried foods
- ✗ Potatoes



Star Ingredient:
Methi Seeds.
Improves insulin
sensitivity.

The Meal Plan: Days 1-3

Morning Ritual: 1 glass warm water + $\frac{1}{2}$ lemon + 1 tsp soaked methi seeds.

Day 1 (Monday)



Breakfast:

Vegetable Poha with Sprouts.



Lunch:

Jowar Roti with Palak Dal + Sabzi.



Dinner:

Grilled Fish/Paneer with sautéed veggies.

Day 2 (Tuesday)



Breakfast:

Ragi Dosa with Coconut Chutney.



Lunch:

Brown Rice with Rajma + Bhindi Sabzi.



Dinner:

Methi Chicken/Tofu with Bajra Roti.

Day 3 (Wednesday)



Breakfast:

Moong Dal Chilla + Mint Chutney.



Lunch:

Whole Wheat Roti with Chole (no aloo) + Lauki Sabzi.



Dinner:

Grilled Tandoori Veggies + Masoor Dal.

The Meal Plan: Days 4-7

Snack Smart: Almonds, Roasted Chana, Green Tea, Buttermilk.

Day 4 (Thursday)

- Breakfast: Vegetable Upma + Boiled Egg.
- Lunch: Quinoa Khichdi + Kadhi + Karela Sabzi.
- Dinner: Fish/Paneer Curry + Brown Rice.

Day 5 (Friday)

- Breakfast: Besan Chilla with veggies.
- Lunch: Bajra Roti + Panchmel Dal + Aloo-Methi.
- Dinner: Egg/Mushroom Curry + Roti.

Day 6 (Saturday)

- Breakfast: Idli with Sambar (lots of veggies).
- Lunch: Vegetable Biryani (Brown Rice) + Raita.
- Dinner: Tandoori Chicken/Paneer Tikka.

Day 7 (Sunday Special)

- Brunch: Oats Cheela.
- Lunch: Special Thali (Jowar roti, Dal fry, Seasonal sabzi, small Kheer w/ dates).
- Dinner: Light Soup & Salad.

Signature Kitchen Scripts

Moong Dal Chilla (The Protein Hero)



Ingredients: 1 cup soaked moong dal, green chilies, ginger.

Method: Grind to batter, add spices, cook like a pancake.



Benefit: High protein, Low GI.

Karela Sabzi (The Sugar Crusher)

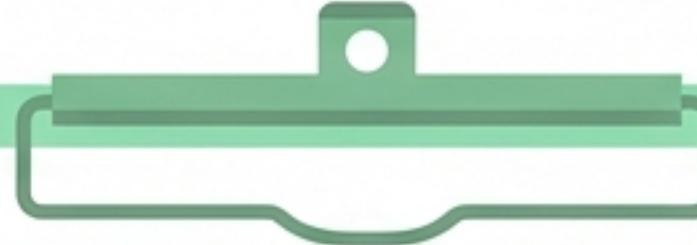


Ingredients: Karela, onion, tomato, turmeric.

Chef's Hack: Slice thin, rub with salt, and wash after 30 mins to remove bitterness.



Benefit: Naturally lowers blood sugar.



The Weekly Shop

Estimated Cost: ₹2,000-2,500

Grains

Brown rice, Jowar/Bajra/Ragi flour, Quinoa, Oats

Proteins

Moong/Masoor/Toor Dal, Rajma, Chole, Paneer, Eggs, Chicken/Fish

Produce (The Greens)

Palak, Methi, Lauki, Karela, Bhindi, Broccoli

Essentials

Ghee, Methi seeds, Almonds/Walnuts, Cold-pressed mustard/coconut oil

Meal Prep Masterclass



Sunday Strategy (1-2 Hours)



Soak Rajma/Chole/Methi seeds overnight.



Wash & chop all weekly veggies.



Cook brown rice & quinoa.



Make chutneys & roast snacks.



Wednesday Mini-Prep (30 Mins)



Restock veggies.



Fresh chutneys.



Sprout next batch.



Daily Loop



Night before:
Soak methi seeds & almonds.



Morning:
Pack lunch.

Monitoring Your Progress

The 7-Day Challenge: Measure Day 1 vs. Day 7

	Fasting (Morning)	80-100 mg/dL
	Post-Meal (2 hrs)	<140 mg/dL
	Before Bed	100-120 mg/dL



Red Flags (Call Your Doctor):

- Fasting consistently $>126 \text{ mg/dL}$
- Post-meal consistently $>180 \text{ mg/dL}$
- Symptoms: Excessive thirst, blurred vision.

The 4 Pillars of Lifestyle

Movement



Morning walk (30 min) is best for blood sugar. Add 10-15 min post-meal strolls.

Sleep



7-8 hours. Fixed bedtime (10 PM). No screens 1 hour before bed.

Stress



10 mins daily meditation or breathing. Stress raises blood sugar!

Hydration



8-10 glasses of water. Limit tea/coffee to 2 cups max.

Real Life: Dining Out & Festivals



Restaurant Hacks

- Order Tandoori (grilled) over fried.
- Ask for Roti instead of Naan.
- Eat salad first.

Festivals

- Eat a protein-rich snack **before** you go.
- Pick savory over sweet.
- Portion control: 1-2 small special items.

Travel

- Pack nuts, khakhra, and roasted chana.
- Choose South Indian (Idli/Dosa) over heavy North Indian gravies.

Frequently Asked Questions

Can I eat rice?

Yes, but switch to brown rice/millets. Limit to $\frac{1}{2}$ cup. Always pair with dal/fiber.

Is fruit safe?

Yes, stick to Guava, Apple, Papaya. Avoid juices entirely.

Alcohol?

Limit to 1-2 drinks/week. Dry wine or spirits only. Avoid beer.

What if I'm vegetarian?

This plan is veg-friendly. Swap meats for Paneer, Tofu, or extra Dal.

Sugar substitutes?

Avoid Jaggery (it spikes sugar too). Use Stevia or dates in moderation.

Important Information

Disclaimer

This meal plan is for educational purposes and is not a substitute for professional medical advice. Consult your doctor before making dietary changes, especially if on medication. Individual results may vary.

About

Health Gheware is dedicated to reversing lifestyle diseases through evidence-based nutrition.

Download more resources at health.gheware.com