



# Diabetopedia

Your Step-by-Step Guide to Conquering Diabetes

## Diet plan for Diabetic Person *Obese Very Active Female*

**Calculated BMI:**

>30 kg/m<sup>2</sup>

**Reference calorie intake range:** 1800-2000 kcal

### Suggested macronutrient distribution:

- Carbs:** 40-50% of total calories - 225g/day
- Proteins:** 15-20% of total calories - 125g/day
- Fat:** 20-25% of total calories - 60g/day
- Fibre:** 30g/day



## REFERENCE CUP SIZE



## REFERENCE SPOON SIZE



For accurate measurements the measuring cups and a Digital kitchen measuring scale can be used .



# MAJOR MEALS

<b>BREAKFAST</b>  BROKEN WHEAT VEG UPMA – 1 CUP TOMATO CHUTNEY - 1 TBSP EGG WHITES – 2 , ALMONDS- 6 WALNUTS- 6	Calories: ~450 kcal Carbs: ~50 g Protein: ~18 g
<b>LUNCH</b>  MOONG DAL KICHADI - 1CUP LEAFY VEGETABLE DAL – 1 CUP CUP GRILLED CHICKEN – 80G	Calories: ~520 kcal Carbs: ~55 g Protein: ~42 g
<b>DINNER</b>  WHOLE WHEAT CHAPATHI - 3 MIXED VEGETABLE CURRY-1 CUP BOILED EGG WHITES - 2	Calories: ~450 kcal Carbs: ~65 g Protein: ~21 g

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# SNACKS

<b>MID-MORNING</b>  GUAVA – 1 MEDIUM SIZE FLAX SEED POWDER - 2 TBSP	Calories: ~230 kcal Carbs ~30 g Protein: ~8 g
<b>EVENING SNACK</b>  MAKHANA – 50 G	Calories: ~180 kcal Carbs: 30 g Protein: 6 g

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<b>BREAKFAST</b>  OATS UPMA- 1 CUP WITH ADDED VEGETABLES BOILED EGG WHITE – 2 ALMONDS - 5 WALNUTS - 5	Calories: ~450 kcal Carbs: ~45 g Protein: ~19 g
<b>LUNCH</b>  BROWN RICE – (COOKED)- 1CUP RASAM -1CUP CHANA CURRY-1 CUP	Calories: ~516 kcal Carbs: ~90 g Protein: ~19 g
<b>DINNER</b>  JOWAR ROTI 2 DAL -1 CUP BOILED EGG WHITES – 2	Calories: ~420 kcal Carbs: ~70 g Protein: ~21 g

## SNACKS

<b>MID-MORNING</b>  100G ORANGE + 30G MIXED SEEDS	Calories: ~220 kcal Carbs ~18 g Protein: ~7 g
<b>EVENING SNACK</b>  CHANNA SALAD WITH VEGETABLE 150 GMS	Calories: ~200 kcal Carbs: 30 g Protein: 10 g

# MAJOR MEALS

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BREAKFAST MOONGDAL DOSA -2 MEDIUM SIZED TOMATO CHUTNEY 1 TBSP PANEER GRILLED - 50 G ALMONDS- 5 AND WALNUTS- 3	Calories: ~410 kcal Carbs: ~35 g Protein: ~22 g
LUNCH WHOLE WHEAT PHULKHA - 3 MEDIUM SIZE DAL - 1 CUP GRILLED FISH - 80 GMS	Calories: ~560 kcal Carbs: ~79 g Protein: ~38 g
DINNER BROKEN WHEAT VEG UPMA - 1CUP SAMBAR - 1 CUP TOMATO CHUTNEY 1 TBSP SOYA CHUNKS - 50G	Calories: ~520 kcal Carbs: ~75 g Protein: ~30 g

## SNACKS

MID-MORNING CHANNA SALAD WITH VEGETABLES 150 GMS	Calories: ~200 kcal Carbs: 30 g Protein: 10 g
EVENING SNACK 1 MEDIUM SIZE ( GUAVA ) 150 ML BUTTERMILK	Calories: ~135 kcal Carbs -24 g Protein: ~4.5 g

# MAJOR MEALS

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<b>BREAKFAST</b>  SPROUTED GRAMS WITH MIXED SEEADS- 50 G RAGI MALT – 250 ML BOILED EGG WHITES – 2	Calories: ~550 kcal Carbs: ~65 g Protein: ~30 g
<b>LUNCH</b>  MULTIGRAIN ROTI – 2 SOYA CURRY – 1 CUP DAL – 1 CUP	Calories: ~570 kcal Carbs: ~80 g Protein: ~36 g
<b>DINNER</b>  BROWN RICE – 1 CUP GREEN LEAFY DAL THADKA – 1 CUP CHICKEN GRILLED – (50 G)	Calories: ~480 kcal Carbs: ~75 g Protein: ~32 g

## SNACKS

<b>MID-MORNING</b>  1 MEDIUM SIZE APPLE	Calories: ~85 kcal Carbs: 23 g
<b>EVENING SNACK</b>  SPROUTS- 150 GMS	Calories: ~120 kcal Carbs ~20 g Protein: ~9 g

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<b>BREAKFAST</b>  RAGI IDLY – 3 MEDIUM SIZE SAMBAR 1 CUP TOMATO CHUTNEY 1 TBSP EGG WHITES – 2 ALMONDS- 6 + WALNUTS 5	<b>Calories:</b> ~530 kcal <b>Carbs:</b> ~72 g <b>Protein:</b> ~22 g
<b>LUNCH</b>  MILLET RICE - 1 ½ CUP LEAFY VEGETABLE CURRY - 1 CUP DAL - ½ CUP (140 ML) PANEER GRILLED-40 GMS	<b>Calories:</b> ~540 kcal <b>Carbs:</b> ~75 g <b>Protein:</b> ~2 g
<b>DINNER</b>  WHOLE WHEAT CHAPATHI - 2 MIXED VEGETABLE CURRY- 1 CUP BOILED EGG WHITE- 2	<b>Calories:</b> ~400 kcal <b>Carbs:</b> ~53 g <b>Protein:</b> ~18 g

## SNACKS

<b>MID-MORNING</b>  GREEN TEA – 1 CUP MIXED SEEDS- 50 GMS	<b>Calories:</b> ~252 kcal <b>Carbs:</b> 13 g <b>Protein :</b> 8 g
<b>EVENING SNACK</b>  FLAX SEED POWDER – 2 TBSP WITH OATS PORRIDGE - 150 ML	<b>Calories:</b> ~160 kcal <b>Carbs</b> ~15 g <b>Protein:</b> ~7 g

# MAJOR MEALS

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<b>BREAKFAST</b>  FLAX SEED POWDER - 2 TBSP ALMONDS - 8 WITH OATS PONGAL - 1 CUP LOW FAT CURD- 150 ML	Calories: ~400 kcal Carbs: ~42 g Protein: ~ 20 g
<b>LUNCH</b>  WHOLE WHEAT CHAPATHI - 3 CAULIFLOWER CURRY - 1 CUP LEAFY VEGETABLE DAL - 1 CUP BOILED EGG WHITES - 2	Calories: ~519kcal Carbs: ~80 g Protein: ~26 g
<b>DINNER</b>  BROWN RICE DOSA - 3 (MEDIUM SIZE) SAMBAR-1 CUP TOMATO CHUTNEY-1 TBSP	Calories: ~490 kcal Carbs: ~92 g Protein: ~18 g

## SNACKS

<b>MID-MORNING</b>  ORANGE-100 GMS ROASTED MAKHANA - 50 GMS	Calories: ~220 kcal Carbs: 45 g Protein : 7 g
<b>EVENING SNACK</b>  ALMONDS-4 WALNTUS-3 PUMPKIN SEEDS-1 TSP, FLAX SEEDS-1 TSP SUNFLOWER SEEDS-1 TSP CHIA SEEDS-1 TSP	Calories: ~180 kcal Carbs ~6.7 g Protein: ~7 g

# MAJOR MEALS

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<b>BREAKFAST</b>  RAGI/OATS PORRIDGE 250 ML WITH ALMONDS-10 AND WALNUTS - 5 BOILED EGG WHITES-2	Calories: ~410 kcal Carbs: ~36 g Protein: ~17 g
<b>LUNCH</b>  VEGETABLE PULAO-1 CUP CHICKEN/FISH - 50 GM SAMBAR-1 CUP	Calories: ~510 kcal Carbs: ~60 g Protein: ~28 g
<b>DINNER</b>  JOWAR ROTI 2 DAL 1 CUP EGG WHITES-2 GRILLED PANEER-50 G	Calories: ~500 kcal Carbs: ~59 g Protein: ~18 g

## SNACKS

<b>MID-MORNING</b>  APPLE-SMALL SIZE MIXED SEEDS - 50 GMS	Calories: ~350 kcal Carbs: 30g Protein: ~12 g
<b>EVENING SNACK</b>  HERBAL TEA • 150 ML ALMONDS-4 WALNUTS-5	Calories: ~140 kcal Carbs ~4.5 g Protein: ~3.3 g



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## Disclaimer

Diabetopedia is designed to provide general health and nutrition information based on user-inputted data such as weight, BMI, and lifestyle preferences. The personalized diet charts generated are intended for informational and educational purposes only and should not be considered a substitute for professional medical advice, diagnosis, or treatment.

While efforts have been made to ensure the accuracy and relevance of the recommendations, Diabetopedia does not guarantee health outcomes or the prevention, treatment, or cure of any medical condition, including diabetes. Users are strongly advised to consult a licensed healthcare professional or registered dietitian before making any significant changes to their diet, medication, or lifestyle.

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