



# Diabetopedia

Your Step-by-Step Guide to Conquering Diabetes

## Diet plan for Diabetic Person *Overweight Very Active Male*

**Calculated BMI:**

25-29.9 kg/m<sup>2</sup>

**Reference calorie intake range:** 2000-2200 kcal

### Suggested macronutrient distribution:

- Carbs:** 40-50% of total calories - 358g/day
- Proteins:** 15-20% of total calories - 63g/day
- Fat:** 20-25% of total calories - 90g/day
- Fibre:** 30g/day



Created and designed by [Snigdha Jasthi](#)



## 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>  SPROUTED MOONG SALAD - 100 G PANEER GRILLED - 100 G AVOCADO - 100 G	Calories: ~550 kcal Carbs: ~30 g Protein: ~28 g
<b>LUNCH</b>  SALAD (INCLUDE MORE OF CUCUMBER , FEW SLICES OF CARROT AND BEETROOT ) - 50 G BROWN RICE -250 G LEAFY VEGETABLE CURRY - 200 G DHAL - 250 ML BOILED EGG WHITE- 2	Calories: ~610 kcal Carbs: ~95 g Protein: ~27 g
<b>DINNER</b>  MULTIGRAIN ROTI - 2 DAL-1 CUP VEG CURRY-1 CUP	Calories: ~600 kcal Carbs: ~85 g Protein: ~20 g

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# SNACKS

<b>MID-MORNING</b>  ( GUAVA )- 1 MEDIUM SIZE ALMONDS: ~5 WALNUTS: ~5	Calories: ~220 kcal Carbs: 26.5 g Protein: 4.8 g
<b>EVENING SNACK</b>  ROASTED MAKHANA- 50 G	Calories: ~190 kcal Carbs ~38 g Protein: ~6 g

# MAJOR MEALS

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<b>BREAKFAST</b>  BROKEN WHEAT VEG UPMA – 250 G WITH PANEER GRILLED- 100 G	Calories: ~460 kcal Carbs: ~45 g Protein: ~20 g
<b>LUNCH</b>  SALAD – 50 G QUINOA – 250 G LEAFY VEG DAL - 1 CUP 250 ML GRILLED CHICKEN - 50G	Calories: ~600 kcal Carbs: ~81 g Protein: ~30 g
<b>DINNER</b>  JOWAR ROTI-2 DAL-1 CUP BOILED EGG WHITES – 2	Calories: ~520 kcal Carbs: ~88g Protein: ~25 g

# SNACKS

<b>MID-MORNING</b>  UNRIPE PAPAYA – 100 GMS ALMONDS: ~ 10 WALNUTS: ~8	Calories: ~170 kcal Carbs: 11 g Protein: 4.8 g
<b>EVENING SNACK</b>  ROASTED MAKHANA- 70 G	Calories: ~260 kcal Carbs ~41 g Protein: ~9.5 g

# MAJOR MEALS

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<b>BREAKFAST</b>  CHANNA SALAD- 150G WITH RAGI MALT - 150 ML ALMONDS- 10 , WALNUTS- 5	Calories: ~450 kcal Carbs: ~55 g Protein: ~17 g
<b>LUNCH</b>  SALAD – 50 G WHOLE WHEAT CHAPATHI – 3 MIXED VEGETABLE CURRY 200G LEAFY VEG DAL – 250 ML BOILED EGG WHITES – 2	Calories: ~600 kcal Carbs: ~80 g Protein: ~27 g
<b>DINNER</b>  BROWN RICE DOSA – 3 SAMBAR – 1 CUP TOMATO CHUTNEY- 2 TBSP	Calories: ~500 kcal Carbs: ~80 g Protein: ~14 g

## SNACKS

<b>MID-MORNING</b>  KIWI – 100 G ALMONDS - 8 WALNUTS- 5 FLAX SEED POWDER - 1 TBSP	Calories: ~215 kcal Carbs: 20 g Protein: 6.2 g
<b>EVENING SNACK</b>  AVACADO TOAST ON MULTIGRAIN BREAD - 2 SLICES	Calories: ~240 kcal Carbs ~30 g Protein: ~7 g

## MAJOR MEALS

<p><b>BREAKFAST</b></p> <p>WHOLE WHEAT PHULKAS – 3 EGG CURRY – 150 GM DAL – 250 ML</p>	<p>Calories: ~580 kcal Carbs: ~71 g Protein: ~20 g</p>
<p><b>LUNCH</b></p> <p>SALAD – 50 G BROWN RICE – 250 GMS GREEN LEAFY DAL THADKA – 1 CUP CHICKEN GRILLED –(50 G)</p>	<p>Calories: ~600 kcal Carbs: ~86 g Protein: ~30 g</p>
<p><b>DINNER</b></p> <p>MULTIGRAIN ROTI – 2 SOYA CURRY – 1 CUP DAL – 1 CUP</p>	<p>Calories: ~510 kcal Carbs: ~70 g Protein: ~28 g</p>

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## SNACKS

<p><b>MID-MORNING</b></p> <p>1 MEDIUM SIZE APPLE ALMONDS- 5 WALNUTS- 5</p>	<p>Calories: ~143 kcal Carbs: 19 g Protein- 3 g</p>
<p><b>EVENING SNACK</b></p> <p>CHANNA SALAD WITH VEGETABLE 150 GMS</p>	<p>Calories: ~180 kcal Carbs ~28 g Protein: ~10 g</p>

# MAJOR MEALS



<b>BREAKFAST</b>  SPROUTED GRAMS WITH MIXED SEEEDS- 50 G RAGI MALT – 250 ML BOILED EGG WHITES – 2	Calories: ~550 kcal Carbs: ~65 g Protein: ~30 g
<b>LUNCH</b>  SALAD – 50 G BROWN RICEKICHADI – 250 G SPINACH DHAL – 200 ML BUTTER MILK- 150 ML BOILED EGG WHITES – 2	Calories: ~500 kcal Carbs: ~54 g Protein: ~23 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>  ROASTED MAKHANA- 80 G	Calories: ~300 kcal Carbs: 57 g Protein: ~10 g
<b>EVENING SNACK</b>  HERBAL TEA- 150 ML ALMONDS-10 WALNUTS-8	Calories: ~150 kcal Carbs ~4.5 g Protein: ~3.3 g

## MAJOR MEALS

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<p><b>BREAKFAST</b></p> <p>RAGI DOSA - 3 PANEER GRILLED - 100 G TOMATO CHUTNEY - 2 TBSP</p>	<p>Calories: ~540 kcal Carbs: ~47 g Protein: ~24 g</p>
<p><b>LUNCH</b></p> <p>WHOLE WHEAT CHAPATHI - 3 CAULIFLOWER CURRY - 1 CUP LEAFY VEGETABLE DAL - 1 CUP BOILED EGG WHITES - 2</p>	<p>Calories: ~550 kcal Carbs: ~70.5 g Protein: ~25.5 g</p>
<p><b>DINNER</b></p> <p>BROKEN WHEAT VEG UPMA - 1 CUP SAMBAR - 1 CUP TOMATO CHUTNEY 1 TBSP SOYA CHUNKS - 50G</p>	<p>Calories: ~480 kcal Carbs: ~65 g Protein: ~28 g</p>

## SNACKS

<p><b>MID-MORNING</b></p> <p>1 MEDIUM SIZE ORANGE ALMONDS-10 WALNUTS - 8 FLAX SEED POWDER- 1 TBSP</p>	<p>Calories: ~250 kcal Carbs: 18 g Protein: ~7 g</p>
<p><b>EVENING SNACK</b></p> <p>CHANNA SALAD WITH VEGETABLE 150 GMS</p>	<p>Calories: ~190 kcal Carbs ~28 g Protein: ~10 g</p>

# MAJOR MEALS

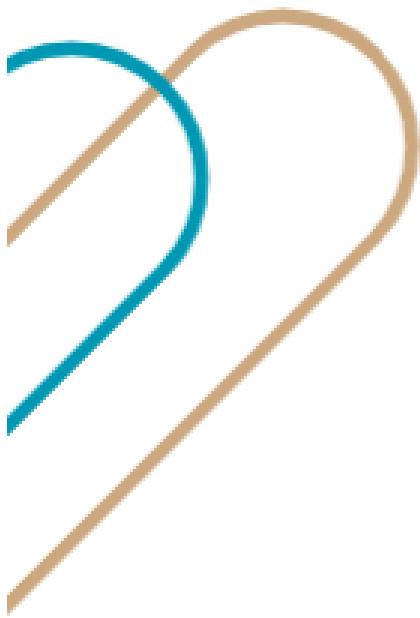
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<b>BREAKFAST</b> OATS UPMA - 250 G BOILED EGG WHITES - 2 ALMONDS - 8 WALNUTS - 5	Calories: ~520 kcal Carbs: ~46 g Protein: ~19 g
<b>LUNCH</b> SALAD - 50 G VEGETABLE PULAO RICE - 1 CUP CHICKEN CURRY - 80 G DAL THAKDA - 1 CUP RAITHA - 200 ML	Calories: ~630 kcal Carbs: ~65 g Protein: ~30 g
<b>DINNER</b> MULTIGRAIN ROTI - 3 LEAFY VEGETABLE CURRY- 150 G DAL - 1 CUP BOILED EGG WHITE- 1	Calories: ~540 kcal Carbs: ~70 g Protein: ~22 g

# SNACKS

<b>MID-MORNING</b> SPROUTS- 150 GMS	Calories: ~110 kcal Carbs: 18 g Protein: ~10 g
<b>EVENING SNACK</b> AVACADO TOAST ON MULTIGRAIN BREAD - 2 SLICES	Calories: ~240 kcal Carbs ~30 g Protein: ~7 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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