

Diabetopedia

Your Step-by-Step Guide to Conquering Diabetes

Diet plan for Diabetic Person Overweight Very Active Female

Calculated BMI: 25-29.9 kg/m2 Reference calorie intake range: 2000-2200 kcal

Suggested macronutrient distribution:

Carbs: 40-50% of total calories - 275g/day • Proteins: 15-20% of total calories - 138g/day 20-25% of total calories - 73g/day Fat:

Fibre: 30g/day





REFERENCE CUP SIZE



REFERENCE SPOON SIZE



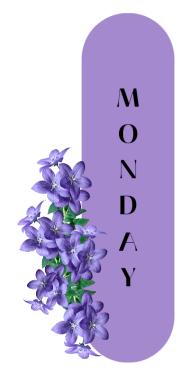
For accurate measurements the measuring cups and a Digital kitchen measuring scale can be used .



BREAKFAST Calories: ~550 kcal SPROUTED MOONG SALAD- 100 G Carbs: ~30 q PANEER GRILLED - 100 G Protein: ~28 g AVOCADO - 100 G LUNCH **Calories:** SALAD (INCLUDE MORE OF **CUCUMBER, FEW SLICES OF** ~610 kcal CARROT AND BEETROOT) - 50 G Carbs: ~95 g **BROWN RICE -250 G LEAFY VEGETABLE CURRY - 200 G** Protein: ~27 g **DHAL - 250 ML BOILED EGG WHITE- 2** DINNER **Calories:** ~600 kcal

MULTIGRAIN ROTI – 2 DAL-1 CUP

VEG CURRY-1 CUP



SNACKS

Carbs: ~85 g

Protein: ~20 g

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

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BREAKFAST

BROKEN WHEAT VEG UPMA – 250 G WITH PANEEER GRILLED- 100 G Calories:

~460 kcal

Carbs: ~45 g

Protein: ~20 g

LUNCH

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

DINNER

JOWAR ROTI-2
DAL-1 CUP
BOILED EGG WHITES – 2

Calories:

~520 kcal

Carbs: ~88g Protein: ~25 g

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

BREAKFAST

CHANNA SALAD- 150G WITH RAGI MALT - 150 ML ALMONDS- 10 , WALNUTS- 5 Calories:

~450 kcal Carbs: ~55 g

Protein: ~17 g

LUNCH

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

DINNER

BROWN RICE DOSA - 3 SAMBAR - 1 CUP TOMATO CHUTNEY- 2 TBSP **Calories:**

~500 kcal

Carbs: ~80 g

Protein: ~14 g

SNACKS

MID-MORNING

KIWI – 100 G
ALMONDS - 8
WALNUTS- 5
FLAX SEED POWDER - 1 TBSP

Calories:

~215 kcal

Carbs: 20 g

Protein:

6.2 g

EVENING SNACK

AVACADO TOAST ON MULTIGRAIN BREAD - 2 SLICES Calories: ~240 kcal

Carbs

~30 g

Protein:

~7 g



| BREAKFAST | |
|------------------------|--|
| WHOLE WHEAT PHULKA – 3 | |
| EGG CURRY - 150 GM | |
| DAL - 250 MI | |

Calories: ~580 kcal Carbs: ~71 g Protein: ~20 g

LUNCH

SALAD - 50 G BROWN RICE - 250 GMS GREEN LEAFY DAL THADKA - 1 CUP CHICKEN GRILLED -(50 G) Calories: ~600 kcal Carbs: ~86 g Protein: ~30 g

DINNER

MULTIGRAINROTI - 2 SOYA CURRY - 1 CUP DAL - 1 CUP Calories: ~510 kcal Carbs: ~70 g

Protein: ~28 g

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



| BREAKFAST SPROUTED GRAMS WITH MIXED SEEEDS- 50 G RAGI MALT – 250 ML BOILED EGG WHITES – 2 | Calories: ~550 kcal Carbs: ~65 g Protein: ~30 g |
|--|--|
| LUNCH 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 |
| DINNER JOWAR ROTI 2 DAL 1 CUP EGG WHITES-2 GRILLED PANEER-50 G | Calories: ~500 kcal Carbs: ~59 g Protein: ~18 g |



| MID-MORNING ROASTED MAKHANA- 80 G | Calories: ~300 kcal Carbs: 57 g Protein: ~10 g |
|--|---|
| EVENING SNACK HERBAL TEA- 150 ML ALMONDS-10 WALNUTS-8 | Calories: ~150 kcal Carbs ~4.5 g Protein: ~3.3 g |

BREAKFAST

RAGI DOSA – 3
PANEER GRILLED – 100 G
TOMATO CHUTNEY – 2 TBSP

Calories:

~540 kcal Carbs: ~47 g

Protein: ~24 g

LUNCH

WHOLE WHEAT CHAPATHI - 3
CAULIFLOWER CURRY - 1 CUP LEAFY
VEGETABLE DAL - 1 CUP
BOILED EGG WHITES - 2

Calories:

~550 kcal

Carbs: ~70.5 g

Protein: ~25.5 g

DINNER

BROKEN WHEAT VEG UPMA – 1 CUP SAMBAR – 1 CUP TOMATO CHUTNEY 1 TBSP SOYA CHUNKS - 50G Calories:

~480 kcal

Carbs: ~65 g

Protein: ~28 g

SNACKS

MID-MORNING

1 MEDIUM
SIZE ORANGE
ALMONDS-10
WALNUTS - 8
FLAX SEED POWDER- 1 TBSP

Calories:

~250 kcal

Carbs: 18 g Protein: ~7 g

EVENING SNACK

CHANNA SALAD WITH VEGETABLE 150 GMS Calories:

~190 kcal Carbs

~28 g

Protein:

~10 g

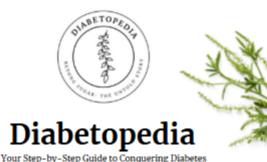


| BREAKFAST OATS UPMA - 250 G BOILED EGG WHITES - 2 ALMONDS - 8 WALNUTS - 5 | Calories: ~520 kcal Carbs: ~46 g Protein: ~19 g |
|---|--|
| LUNCH SALAD – 50 G VEGETABLE PULAO RICE - 1 CUP CHICKEN CURRY – 80 G DAL THAKDA - 1 CUP RAITHA – 200 ML | Calories: ~630 kcal Carbs: ~65 g Protein: ~30 g |
| DINNER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

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







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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