



Diabetopedia

Your Step-by-Step Guide to Conquering Diabetes

Diet plan for Diabetic Person *Obese Sedentary Male*

Calculatec BMI:

>30 kg/m²

Reference calorie intake range: 1200-1500 kcal

Suggested macronutrient distribution:

- **Carbs:** 40-50% of total calories - 188g/day
- **Proteins:** 15-20% of total calories - 94g/day
- **Fat:** 20-25% of total calories - 50g/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

BREAKFAST OATS PONGAL – 150 G SPROUTED GRAMS- 50 G LOW FAT CURD- 100ML	Calories: ~350 kcal Carbs: ~48 g Protein: ~15 g
LUNCH WHOLE WHEAT CHAPATI - 2 MIXED VEGETABLE CURRY-1 CUP GRILLED FISH - 50 GMS	Calories: ~430 kcal Carbs: ~55 g Protein: ~19 g
DINNER BROKEN WHEAT VEGETABLE UPMA – 200 G TOMATO CHUTNEY 1 TBSP SOYA CHUNKS – 50G	Calories: ~400 kcal Carbs: ~45 Protein: ~15 g

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SNACKS

MID-MORNING (GUAVA)- 1 MEDIUM SIZE	Calories: ~68 kcal Carbs: 14 g Protein: 1.5 g
EVENING SNACK RAGI MALT - 150 ML	Calories: ~94 kcal Carbs ~ 17 g Protein: ~1.8 g

MAJOR MEALS

BREAKFAST SPROUTED GRAMS WITH MIXED VEG SALAD – 100 G RAGI MALT – 150 ML BOILED EGG WHITES – 2	Calories: ~230 kcal Carbs: ~32 g Protein: ~16 g
LUNCH BROWN RICE - 200 GMS DAL TADKA – 150 ML CHICKEN GRILLED – (50 G)	Calories: ~500 kcal Carbs: ~66 g Protein: ~23 g
DINNER JOWAR ROTI-1 DAL-1 CUP BOILED EGG WHITES – 2	Calories: ~300 kcal Carbs: ~37 g Protein: ~15 g

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SNACKS

MID-MORNING UNRIPE PAPAYA – 100 GMS	Calories: ~46 kcal Carbs: 11 g
EVENING SNACK HERBAL TEA– 150 ML ALMONDS -8 WALNUTS –5	Calories: ~145 kcal Carbs ~4 g Protein: ~4 g

MAJOR MEALS

BREAKFAST CHANNA SALAD- 150G WITH RAGI MALT - 150 ML ALMONDS- 10 , WALNUTS- 5	Calories: ~450 kcal Carbs: ~55 g Protein: ~17 g
LUNCH MILLET RICE- 1 CUP 1 CUP VEG CURRY ½ CUP DAL (140 ML) PANEER GRILLED-30 GMS	Calories: ~420 kcal Carbs: ~45 g Protein: ~15 g
DINNER MULTIGRAIN ROTI – 2 DAL-1 CUP VEG CURRY-1 CUP	Calories: ~420 kcal Carbs: ~80 g Protein: ~15 g

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SNACKS

MID-MORNING KIWI – 100 G	Calories: ~63 kcal Carbs: 15 g Protein: 1.1 g
EVENING SNACK SPROUTS- 100 GMS	Calories: ~100 kcal Carbs ~17 g Protein: ~7 g



MAJOR MEALS

BREAKFAST BROKEN WHEATVEG UPMA- 200 G ~ TOMATOCHUTNEY 1TBSP EGG WHITE – 1	Calories: ~300 kcal Carbs: ~37 g Protein: ~10 g
LUNCH BROWN RICE - 200 GMS RASAM -1 CUP CHANA CURRY- 1 CUP	Calories: ~440 kcal Carbs: ~85 g Protein: ~16 g
DINNER JOWAR ROTI 2 DAL- ½ CUP GRILLED PANEER – 50 G	Calories: ~430 kcal Carbs: ~48 g Protein: ~19 g

SNACKS

MID-MORNING 1 MEDIUM SIZE APPLE ALMONDS- 5 WALNUTS- 5	Calories: ~143 kcal Carbs: 19 g Protein: 3 g
EVENING SNACK GUAVA 1 MEDIUM SIZE -	Calories: ~68 kcal Carbs ~17 g Protein: ~2.6 g



MAJOR MEALS

BREAKFAST MOONG DALDOSA -2 TOMATOCHUTNEY-1TBSP PANEER CUBES GRILLED - 4	Calories: ~350 kcal Carbs: ~38 g Protein: ~19 g
LUNCH SALAD – 50 VEGETABLE PULAO – 150 GMS CHICKEN / FISH – 50 GM SAMBAR – 1 CUP	Calories: ~450 kcal Carbs: ~60 g Protein: ~23 g
DINNER MULTIGRAIN ROTI – 2 EGG CURRY - 150 G	Calories: ~400 kcal Carbs: ~45 g Protein: ~18 g

SNACKS

MID-MORNING ORANGE -100 GMS	Calories: ~48 kcal Carbs: 12 g
EVENING SNACK HERBAL TEA- 150 ML ALMONDS-10 WALNUTS-8	Calories: ~150 kcal Carbs ~4.5 g Protein: ~3.3 g

MAJOR MEALS

BREAKFAST RAGI DOSA – 2 PANEER GRILLED – 100 G TOMATO CHUTNEY – 2 TBSP	Calories: ~440 kcal Carbs: ~38 g Protein: ~22 g
LUNCH WHOLE WHEAT CHAPATHI - 2 CAULIFLOWER CURRY – 1 CUP LEAFY VEGETABLE DAL – 1 CUP BOILED EGG WHITES – 2	Calories: ~500 kcal Carbs: ~65 g Protein: ~23 g
DINNER BROKEN WHEAT VEG UPMA – 1 CUP TOMATO CHUTNEY 1 TBSP SOYA CHUNKS - 30 G	Calories: ~350 kcal Carbs: ~42 g Protein: ~21 g

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SNACKS

MID-MORNING 1 MEDIUM SIZE APPLE	Calories: ~65 kcal Carbs: 16 g
EVENING SNACK GREEN TEA - 150 ML ALMONDS - 4 WALNUTS- 4	Calories: ~ 82 kcal Carbs ~2.4 g Protein: ~2.2g

MAJOR MEALS

BREAKFAST RAGI / OATS PORRIDGE WITH NUTS - 100 ML BOILED EGG WHITE- 1	Calories: ~185 kcal Carbs: ~21 g Protein: ~7 g
LUNCH WHOLE WHEAT CHAPATI - 2 DAL 150 ML GRILLED FISH - 50 GMS	Calories: ~400 kcal Carbs: ~46 g Protein: ~21 g
DINNER MILLET DOSA - 2 SAMBAR - 150 ML TOMATO CHUTNEY - 1 TBSP	Calories: ~350 kcal Carbs: ~44 g Protein: ~7 g

SNACKS

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

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Diabetopedia

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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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