



# Diabetopedia

Your Step-by-Step Guide to Conquering Diabetes

## Diet plan for Diabetic Person *Obese Mildly Active Male*

**Calculated BMI:**

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

**Reference calorie intake range:** 1600-1800 kcal

### Suggested macronutrient distribution:

- Carbs:** 40-50% of total calories - 225g/day
- Proteins:** 15-20% of total calories - 113g/day
- Fat:** 20-25% of total calories - 60g/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

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<b>BREAKFAST</b>  OATS UPMA- 200 GMS WITH ADDED VEGETABLES BOILED EGG WHITE - 1	Calories: ~300 kcal Carbs: ~50g Protein: ~13 g
<b>LUNCH</b>  MILLET RICE- 1 CUP (250 ML) 1 CUP VEG CURRY (250 ML) ½ CUP DAL (140 ML) PANEER GRILLED-30 GMS	Calories: ~550 kcal Carbs: ~88 g Protein: ~23 g
<b>DINNER</b>  MULTIGRAIN ROTI – 2 DAL-1 CUP VEG CURRY-1 CUP	Calories: ~420 kcal Carbs: ~80g Protein: ~15 g

# 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>  SPROUTS-150 GMS	Calories: ~110 kcal Carbs ~18 g Protein: ~10 g

# MAJOR MEALS

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<b>BREAKFAST</b> <b>BROKEN WHEAT VEG UPMA – 250 G</b> <b>TOMATO CHUTNEY 1 TBSP</b> <b>EGG WHITE – 2</b>	<b>Calories:</b> ~300 kcal <b>Carbs:</b> ~52g <b>Protein:</b> ~15.4 g
<b>LUNCH</b> <b>BROWN RICE - 200 GMS</b> <b>RASAM -1 CUP</b> <b>CHANA CURRY- 1 CUP</b>	<b>Calories:</b> ~520 kcal <b>Carbs:</b> ~89 g <b>Protein:</b> ~19 g
<b>DINNER</b> <b>JOWAR ROTI-2</b> <b>DAL-1 CUP</b> <b>BOILED EGG WHITES – 2</b>	<b>Calories:</b> ~510 kcal <b>Carbs:</b> ~88g <b>Protein:</b> ~25 g

# SNACKS

<b>MID-MORNING</b> <b>UNRIPE PAPAYA – 100 GMS</b> <b>ALMONDS: ~ 5</b> <b>WALNUTS: ~5</b>	<b>Calories:</b> ~143 kcal <b>Carbs:</b> 12.5 g <b>Protein:</b> 3 g
<b>EVENING SNACK</b>  <b>ROASTED MAKHANA- 50 G</b>	<b>Calories:</b> ~190 kcal <b>Carbs</b> ~38 g <b>Protein:</b> ~6 g

## MAJOR MEALS

<p><b>BREAKFAST</b> RAGI PORRIDGE 250 ML ALMONDS- 10 , WALNUTS- 5 BOILED EGG WHITES - 2</p>	<p>Calories: ~410 kcal Carbs: ~36 g Protein: ~17 g</p>
<p><b>LUNCH</b> WHOLE WHEAT CHAPATI - 3 DAL -1 CUP GRILLED FISH - 80 GMS</p>	<p>Calories: ~560 kcal Carbs: ~80 g Protein: ~44 g</p>
<p><b>DINNER</b> VEGETABLE PULAO – 200 GMS CHICKEN / FISH – 50 GM SAMBAR – 1 CUP</p>	<p>Calories: ~510 kcal Carbs: ~60 g Protein: ~28 g</p>

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## SNACKS

<p><b>MID-MORNING</b> KIWI – 100 G</p>	<p>Calories: ~61 kcal Carbs: 15 g Protein: 1.1 g</p>
<p><b>EVENING SNACK</b> SPROUTS-150 GMS</p>	<p>Calories: ~110 kcal Carbs ~18 g Protein: ~10 g</p>

# MAJOR MEALS

<b>BREAKFAST</b> SPROUTED GRAMS WITH MIXED SEEDS - 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

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# SNACKS

<b>MID-MORNING</b> 1 MEDIUM SIZE APPLE	Calories: ~85 kcal Carbs: 23 g
<b>EVENING SNACK</b> HERBAL TEA- 150 ML ALMONDS- 4 WALNUTS- 4	Calories: ~90 kcal Carbs ~3 g Protein: ~2.5 g

# MAJOR MEALS



<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- MEDIUM SIZE	Calories: ~60 kcal Carbs: 14 g Protein: ~0.2 g
<b>EVENING SNACK</b>  HERBAL TEA 150 ML ALMONDS-4 WALNUTS-5	Calories: ~140 kcal Carbs ~4.5 g Protein: ~3.3 g

## MAJOR MEALS

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<b>BREAKFAST</b>  MOONGDAL DOSA -2 TOMATO CHUTNEY 1 TBSP PANEER CUBES GRILLED - 5	Calories: ~450 kcal Carbs: ~40 g Protein: ~30 g
<b>LUNCH</b>  WHOLE WHEAT CHAPATHI - 2 CAULIFLOWER CURRY – 1 CUP LEAFY VEGETABLE DAL – 1 CUP BOILED EGG WHITES – 2	Calories: ~520 kcal Carbs: ~70.5 g Protein: ~25.5 g
<b>DINNER</b>  BROWN RICE DOSA – 3 SAMBAR – 1 CUP TOMATO CHUTNEY-1 TBSP	Calories: ~482 kcal Carbs: ~80 g Protein: ~13.5 g

## SNACKS

<b>MID-MORNING</b>  1 MEDIUM SIZE( GUAVA )	Calories: ~60 kcal Carbs: 11 g Protein: ~1.3 g
<b>EVENING SNACK</b>  CHANNA SALAD WITH VEGETABLE 150 GMS	Calories: ~180 kcal Carbs ~28 g Protein: ~10 g

# MAJOR MEALS



<b>BREAKFAST</b> RAGI IDLY – 3 MEDIUM SIZE SAMBAR 1 CUP TOMATO CHUTNEY 1 TBSP EGG WHITES – 2	Calories: ~410 kcal Carbs: ~57 g Protein: ~19 g
<b>LUNCH</b> MOONG DAL KICHADI - 1CUP CABBAGE – 150 G DAL – 150 ML GRILLED CHICKEN – 50G	Calories: ~500 kcal Carbs: ~57g Protein: ~26 g
<b>DINNER</b> MULTIGRAIN ROTI – 2 LEAFY VEGETABLE CURRY- 150 G DAL – 1 CUP	Calories: ~445 kcal Carbs: ~60 g Protein: ~20 g

## SNACKS

<b>MID-MORNING</b> SPROUTS- 150 GMS	Calories: ~110 kcal Carbs:18 g Protein: ~10 g
<b>EVENING SNACK</b> ALMONDS-4 WALNTUS-3 PUMPKIN SEEDS - 1TSP, FLAX SEEDS- 1 TSP SUNFLOWER SEEDS- 1 TSP CHIA SEEDS- 1 TSP	Calories: ~150 kcal Carbs ~5.5 g Protein: ~5 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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