



Diabetopedia

Your Step-by-Step Guide to Conquering Diabetes

Diet plan for Diabetic Person *Overweight Moderately Active Male*

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
- Fat:** 20-25% of total calories - 73g/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

BREAKFAST SPROUTED MOONG SALAD - 100 G PANEER GRILLED - 100 G AVOCADO - 100 G	Calories: ~550 kcal Carbs: ~30 g Protein: ~28 g
LUNCH 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
DINNER MULTIGRAIN ROTI - 2 DAL-1 CUP VEG CURRY-1 CUP	Calories: ~600 kcal Carbs: ~85 g Protein: ~20 g

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SNACKS

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

MAJOR MEALS

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BREAKFAST BROKEN WHEAT VEG UPMA – 250 G WITH PANEER 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

SNACKS

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

MAJOR MEALS

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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

MAJOR MEALS

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

MAJOR MEALS



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

SNACKS

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

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<p>BREAKFAST</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>LUNCH</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>DINNER</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>MID-MORNING</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>EVENING SNACK</p> <p>CHANNA SALAD WITH VEGETABLE 150 GMS</p>	<p>Calories: ~190 kcal Carbs ~28 g Protein: ~10 g</p>

MAJOR MEALS

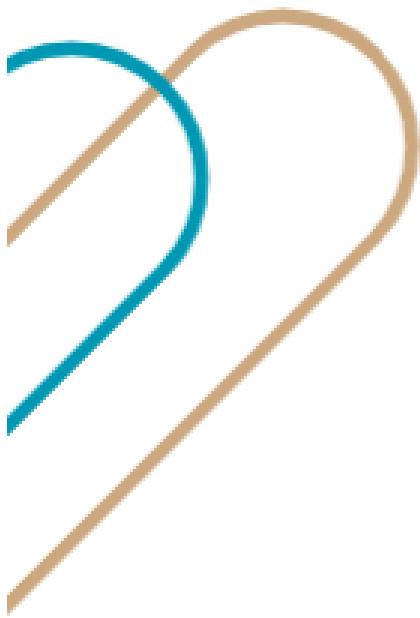
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BREAKFAST OATS UPMA - 250 G BOILED EGG WHITES - 2 ALMONDS - 8 WALNUTS - 5	Calories: ~520 kcal Carbs: ~46 g Protein: ~19 g
LUNCH SALAD - 50 G VEGETABLE PULAO RICE - 1 CUP CHICKEN CURRY - 80 G DAL THAKDA - 1 CUP RAITHA - 200 ML	Calories: ~630 kcal Carbs: ~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

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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Disclaimer

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