



Diabetopedia

Your Step-by-Step Guide to Conquering Diabetes

Diet plan for Diabetic Person *Obese Mildly Active Female*

Calculated 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



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 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

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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

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

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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 DAL DOSA -2 TOMATO CHUTNEY-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

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

SNACKS

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

MAJOR MEALS

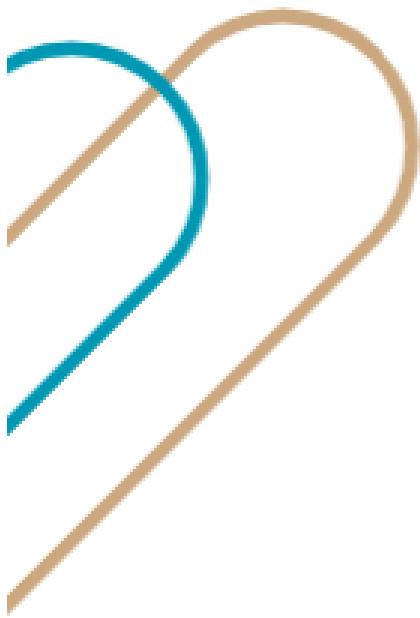
BREAKFAST RAGI / OATS PORRIDGE WITH NUTS - 100 ML BOILED EGG WHITE- 1	Calories: ~185 kcal Carbs: ~21 g Protein: ~7 g
LUNCH WHOLE WHEAT CHAPATI - 2 DAL 150 ML GRILLED FISH - 50 GMS	Calories: ~400 kcal Carbs: ~46 g Protein: ~21 g
DINNER MILLET DOSA - 2 SAMBAR - 150 ML TOMATO CHUTNEY - 1 TBSP	Calories: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

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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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