



# Diabetopedia

Your Step-by-Step Guide to Conquering Diabetes

## Diet plan for Diabetic Person *Normal Weight Very Active Male*

**Calculated BMI:** 18.5-24.5 kg/m<sup>2</sup>  
**Reference calorie intake range:** 2000-2200 kcal

### Suggested macronutrient distribution:

- **Carbs:** 40-50% of total calories - 358g/day
- **Proteins:** 15-20% of total calories - 163g/day
- **Fat:** 20-25% of total calories - 90g/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

<b>BREAKFAST</b>  SPROUTED MOONG SALAD- 100 G PANEER GRILLED – 100 G AVOCADO – 100 G	<b>Calories:</b> ~550 kcal <b>Carbs:</b> ~30 g <b>Protein:</b> ~28 g
<b>LUNCH</b>  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	<b>Calories:</b> ~610 kcal <b>Carbs:</b> ~95 g <b>Protein:</b> ~27 g
<b>DINNER</b>  MULTIGRAIN ROTI – 2 DAL-1 CUP VEG CURRY-1 CUP	<b>Calories:</b> ~600 kcal <b>Carbs:</b> ~85 g <b>Protein:</b> ~20 g

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## SNACKS

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

## MAJOR MEALS

<b>BREAKFAST</b> BROKEN WHEAT VEG UPMA – 250 G WITH PANEEER GRILLED- 100 G	<b>Calories:</b> ~460 kcal <b>Carbs:</b> ~45 g <b>Protein:</b> ~20 g
<b>LUNCH</b> SALAD – 50 G QUINOA – 250 G LEAFY VEG DAL - 1 CUP 250 ML GRILLED CHICKEN - 50G	<b>Calories:</b> ~600 kcal <b>Carbs:</b> ~81 g <b>Protein:</b> ~30 g
<b>DINNER</b> JOWAR ROTI-2 DAL-1 CUP BOILED EGG WHITES – 2	<b>Calories:</b> ~520 kcal <b>Carbs:</b> ~88g <b>Protein:</b> ~25 g

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## SNACKS

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



## MAJOR MEALS

<b>BREAKFAST</b>  CHANNA SALAD- 150G WITH RAGI MALT - 150 ML ALMONDS- 10 , WALNUTS- 5	<b>Calories:</b> ~450 kcal <b>Carbs:</b> ~55 g <b>Protein:</b> ~17 g
<b>LUNCH</b>  SALAD – 50 G WHOLE WHEAT CHAPATHI – 3 MIXED VEGETABLE CURRY 200G LEAFY VEG DAL – 250 ML BOILED EGG WHITES – 2	<b>Calories:</b> ~600 kcal <b>Carbs:</b> ~80 g <b>Protein:</b> ~27 g
<b>DINNER</b>  BROWN RICE DOSA – 3 SAMBAR – 1 CUP TOMATO CHUTNEY- 2 TBSP	<b>Calories:</b> ~500 kcal <b>Carbs:</b> ~80 g <b>Protein:</b> ~14 g

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## SNACKS

<b>MID-MORNING</b>  KIWI – 100 G ALMONDS - 8 WALNUTS- 5 FLAX SEED POWDER - 1 TBSP	<b>Calories:</b> ~215 kcal <b>Carbs:</b> 20 g <b>Protein:</b> 6.2 g
<b>EVENING SNACK</b>  AVACADO TOAST ON MULTIGRAIN BREAD - 2 SLICES	<b>Calories:</b> ~240 kcal <b>Carbs</b> ~30 g <b>Protein:</b> ~7 g

## MAJOR MEALS

<b>BREAKFAST</b> WHOLE WHEAT PHULKA – 3 EGG CURRY – 150 GM DAL – 250 ML	<b>Calories:</b> ~580 kcal <b>Carbs:</b> ~71 g <b>Protein:</b> ~20 g
<b>LUNCH</b> SALAD – 50 G BROWN RICE – 250 GMS GREEN LEAFY DAL THADKA – 1 CUP CHICKEN GRILLED –(50 G)	<b>Calories:</b> ~600 kcal <b>Carbs:</b> ~86 g <b>Protein:</b> ~30 g
<b>DINNER</b> MULTIGRAINROTI – 2 SOYA CURRY – 1 CUP DAL – 1 CUP	<b>Calories:</b> ~510 kcal <b>Carbs:</b> ~70 g <b>Protein:</b> ~28 g

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## SNACKS

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



## MAJOR MEALS

<b>BREAKFAST</b>  SPROUTED GRAMS WITH MIXED SEEDS- 50 G RAGI MALT – 250 ML BOILED EGG WHITES – 2	<b>Calories:</b> ~550 kcal <b>Carbs:</b> ~65 g <b>Protein:</b> ~30 g
<b>LUNCH</b>  SALAD – 50 G BROWN RICEKICHADI – 250 G SPINACH DHAL – 200 ML BUTTER MILK- 150 ML BOILED EGG WHITES – 2	<b>Calories:</b> ~500 kcal <b>Carbs:</b> ~54 g <b>Protein:</b> ~23 g
<b>DINNER</b>  JOWAR ROTI 2 DAL 1 CUP EGG WHITES-2 GRILLED PANEER-50 G	<b>Calories:</b> ~500 kcal <b>Carbs:</b> ~59 g <b>Protein:</b> ~18 g

## SNACKS

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

## MAJOR MEALS

<b>BREAKFAST</b> RAGI DOSA – 3 PANEER GRILLED – 100 G TOMATO CHUTNEY – 2 TBSP	<b>Calories:</b> ~540 kcal <b>Carbs:</b> ~47 g <b>Protein:</b> ~24 g
<b>LUNCH</b> WHOLE WHEAT CHAPATHI - 3 CAULIFLOWER CURRY – 1 CUP LEAFY VEGETABLE DAL – 1 CUP BOILED EGG WHITES – 2	<b>Calories:</b> ~550 kcal <b>Carbs:</b> ~70.5 g <b>Protein:</b> ~25.5 g
<b>DINNER</b> BROKEN WHEAT VEG UPMA – 1 CUP SAMBAR – 1 CUP TOMATO CHUTNEY 1 TBSP SOYA CHUNKS - 50G	<b>Calories:</b> ~480 kcal <b>Carbs:</b> ~65 g <b>Protein:</b> ~28 g

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## SNACKS

<b>MID-MORNING</b> 1 MEDIUM SIZE ORANGE ALMONDS-10 WALNUTS - 8 FLAX SEED POWDER- 1 TBSP	<b>Calories:</b> ~250 kcal <b>Carbs:</b> 18 g <b>Protein:</b> ~7 g
<b>EVENING SNACK</b> CHANNA SALAD WITH VEGETABLE 150 GMS	<b>Calories:</b> ~190 kcal <b>Carbs</b> ~28 g <b>Protein:</b> ~10 g



## MAJOR MEALS

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

## SNACKS

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