



Diabetopedia

Your Step-by-Step Guide to Conquering Diabetes

Diet plan for Diabetic Person *Overweight Sedentary Male*

Calculated BMI: 25-29.9 kg/m²
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



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 UPMA- 200 GMS WITH ADDED VEGETABLES BOILED EGG WHITE – 1	Calories: ~300 kcal Carbs: ~50g Protein: ~13 g
LUNCH 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
DINNER MULTIGRAIN ROTI – 2 DAL-1 CUP VEG CURRY-1 CUP	Calories: ~420 kcal Carbs: ~80g Protein: ~15 g

**M
O
N
D
A
Y**



SNACKS

MID-MORNING (GUAVA)- 1 MEDIUM SIZE ALMONDS: ~5 WALNUTS: ~5	Calories: ~220 kcal Carbs: 26.5 g Protein: 4.8 g
EVENING SNACK SPROUTS-150 GMS	Calories: ~110 kcal Carbs ~18 g Protein: ~10 g

MAJOR MEALS

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

T
U
E
S
D
A
Y

SNACKS

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

MAJOR MEALS

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

W
E
D
N
E
S
D
A
Y



SNACKS

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



MAJOR MEALS

BREAKFAST SPROUTED GRAMS WITH MIXED SEEDS- 50 G RAGI MALT – 250 ML BOILED EGG WHITES – 2	Calories: ~550 kcal Carbs: ~65 g Protein: ~30 g
LUNCH MULTIGRAIN ROTI – 2 SOYA CURRY – 1 CUP DAL – 1 CUP	Calories: ~570 kcal Carbs: ~80 g Protein: ~36 g
DINNER BROWN RICE – 1 CUP GREEN LEAFY DAL THADKA – 1 CUP CHICKEN GRILLED – (50 G)	Calories: ~480 kcal Carbs: ~75 g Protein: ~32 g

SNACKS

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



MAJOR MEALS

BREAKFAST RAGI/OATS PORRIDGE 250 ML WITH ALMONDS-10 AND WALNUTS - 5 BOILED EGG WHITES-2	Calories: ~410 kcal Carbs: ~36 g Protein: ~17 g
LUNCH VEGETABLE PULAO-1 CUP CHICKEN/FISH - 50 GM SAMBAR-1 CUP	Calories: ~510 kcal Carbs: ~60 g Protein: ~28 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 APPLE- MEDIUM SIZE	Calories: ~60 kcal Carbs: 14 g Protein: ~0.2 g
EVENING SNACK HERBAL TEA 150 ML ALMONDS-4 WALNUTS-5	Calories: ~140 kcal Carbs ~4.5 g Protein: ~3.3 g

MAJOR MEALS

BREAKFAST MOONGDAL DOSA -2 TOMATO CHUTNEY 1 TBSP PANEER CUBES GRILLED - 5	Calories: ~450 kcal Carbs: ~40 g Protein: ~30 g
LUNCH 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
DINNER BROWN RICE DOSA – 3 SAMBAR – 1 CUP TOMATO CHUTNEY-1 TBSP	Calories: ~482 kcal Carbs: ~80 g Protein: ~13.5 g

S
A
T
U
R
D
A
Y



SNACKS

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

MAJOR MEALS

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

S
U
N
D
A
Y

SNACKS

MID-MORNING SPROUTS- 150 GMS	Calories: ~110 kcal Carbs: 18 g Protein: ~10 g
EVENING SNACK 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



Diabetopedia

Your Step-by-Step Guide to Conquering Diabetes

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.

By using this web application, you acknowledge that all health and dietary decisions remain your sole responsibility. Diabetopedia and its developers disclaim all liability for any direct, indirect, incidental, or consequential damages arising from the use of, or reliance on, the information provided.

Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.