



# Diabetopedia

Your Step-by-Step Guide to Conquering Diabetes

## Diet plan for Diabetic Person *Underweight Very Active Female*

**Calculated BMI:** <18.5 kg/m<sup>2</sup>  
**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



## 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

## 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

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## 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.

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