



Early Morning

1 fistful **Unsalted Nuts**
(Almonds + Walnuts + Pistas)



Breakfast

1 cup **Tea/Coffee**
+ 1 **Plain Paratha** /
1 whole **Egg Omlete**/
1 **Egg Bhurji**



OR
2 **Besan Chillas** with Mint
Corriander Chutney



OR
1 cup **Poha** +
1 whole **Egg boiled**

260
Calories



Mid Morning

1 medium **Fruit** (any seasonal)

50
Calories



Lunch

1 quarter plate **Salad**
(Cucumber, Tomato, Onion, Carrot)
+ 2 **Chapatis**/2 **Missi Rotis**/1 cup **Rice**
+ 1 cup **Dal makhani/Rajma/Chole**/
Egg Curry/Chicken Curry/
Fish Curry (100 g non-veg) +
1 cup **Vegetable** + 1 glass
Buttermilk/Curd (100 g)



470
Calories

Evening Snack

1 cup **Roasted**
Sweet Potato



100
Calories

OR
1 fistful **Roasted Chana**



OR
2 **Dahi Vadas**



Dinner

Same as Lunch



OR
1 quarter plate **Salad**
(Cucumber, Tomato, Onion)
+ 1 cup **Khichdi/Chicken**
Pulao /1 **Aloo Paratha** +
1 cup **Dahi Kadhi/Curd**

420
Calories

Measurements 1 cup = 200 ml, 1 tsp = 5 ml, 1 tbsp = 15 ml, 1 glass = 250 ml



Essential tips to incorporate into your diet plan



Portion Control

Monitor portion sizes to prevent overeating and manage weight.



Stay Hydrated

Drink water and sugar-free beverages to maintain hydration.



Non-Starchy Vegetables

Fill half your plate with veggies, like leafy greens and broccoli for low-calorie, high-nutrient options.



Limit Added Sugars

Reduce intake of sugary foods and drinks to avoid blood sugar spikes.



Balanced Meals

Eat small, frequent meals with a balance of macronutrients to stabilise blood sugar.



Plan Ahead

Prepare healthy meals and snacks to avoid unhealthy choices.

References:

1. Longvah, Thingnganing & Ananthan, Rajendran & Bhaskar, K & Venkaiah, K. (2017). Indian food Composition Tables.
2. RSSDI Clinical Practice Recommendations for the Management of Type 2 Diabetes Mellitus 2022. *Int J Diabetes Dev Ctries.* 2022;42(Suppl 1):1-143.

Disclaimer: This is a generalised meal plan. It cannot replace medical or dietary advice. To get a customised meal plan, please contact a qualified dietitian.

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