

Diabetic Diet Chart

Timing	Breakfast 8 am	Midmeal 11 am	Lunch 1 pm	Evening Snacks 4pm	Dinner 6 pm
Sunday	Oats pan cakes,	1/2 Apple	2 pcs Fapar roti	Green tea	2pcs Fapar (buckwheat) roti
	1 boiled egg	Sprouts	Sabji, daal	Beetroot few pieces	Sabji, daal
	Lauka (bottlegourd) juice		Salad		Salad
Monday	Chana daal pan cakes	Beetroot	2 pcs Fapar roti	Green tea	2pcs Fapar (buckwheat) roti
	Karela juice	Sprouts	Sabji, daal	Half sliced apple with	Sabji, daal
			Salad	peanut butter	Salad
Wednesday	Chana daal pan cake	Beetroot	Brown rice 1/2 cup	Green tea	2pcs Fapar (buckwheat) roti
	Ash gourd juice	Sprouts	Sabji, daal	Yoghurt with	Sabji, daal
	1 boiled egg		Salad	pomegranate	Cucumber
Friday	Daliya with veggies	1/2 apple	Quinoa with veggies	Green tea	2pcs Fapar (buckwheat) roti
	Karela (bittergourd) juice	Sprouts	Daal	1/2 sliced apple with	Sabji, daal
	1 boiled egg		Salad	peanuts butter	Salad
Saturday	Yoghurt with fruits slices	Beetroot	Quinoa with veggies	Yoghurt with pomegranate	2pcs Fapar (buckwheat) roti
	Lauka (bottlegourd) juice	Spourts	Daal	Green tea	Sabji, daal
			Salad		Salad
Intermittent fasting					
Timing	Breakfast 8 am	Midmeal 11:30 am	Lunch 1 pm	Evening snacks 4 pm	Dinner 6 pm
Tuesday	Cucumber + Apple juice	1/2 apple	Brown rice 1/2 cup	Green tea	2pcs fapar (buckwheat) roti
	Breakfast 10 am	Sprouts	Sabji, daal	1 handful nuts	Sabji, daal
	Oats with vegetablebs		Salad		Salad
Thursday	Breakfast 8 am	Midmeal 11:30 am	Lunch 1 pm	Evening snacks 4 pm	Dinner 6 pm
	Carrot / beetroot juice	1/2 Avacado	2pcs besan roti	Green tea	2pcs besan roti
	Breakfast 10 am		Sabji, daal	1 handful nuts	Sabji, daal
	Daliya with veggies		Salad		Salad

Point to be remembered:- Egg without yolk, Sprouts should be daily. Timing of meal should be exact, bhijeko/bhiga methi (wet fenugreek) should be taken.

Note

1. Daal > mansoor daal, green moong daal, yellow moong daal.
2. Boiled egg without yolk.
3. Green tea with lemon is mandatory twice a day.
4. No more cold drinks, packed food like chips, biscuits, lays & no more sugar milk tea.
5. Herbs (chillies, garlics, cinnamon, turmeric, parseley)
6. For salad you can use cucumber/onion/tomato/carrot/radish/beetroot etc.
7. For sabji you can eat greenery fresh vegetables.
8. To be avoided :- Dairy products/broccoli/cauli flower/maida/aata/bread/meats/ sugary products like chocolates/cakes/coffee/alcohols etc.
9. To be avoided :- Sugary products like chocolates/cakes/coffee/alcohols etc.
10. Weekly checkup sugar level.

