

Day 1

Monday

Classic North Indian

1,400 – 1,800 kcal/day • Type 2 Diabetes

6:30
AM**Wake-up Drink**

Warm water + 10 soaked methi seeds (eat seeds too)

8:00
AM**Breakfast**

2 moong dal chilla + green coriander chutney + 1 small bowl plain curd

10:30
AM**Mid-Morning**

1 small guava OR 1 small apple

1:00
PM**Lunch**

1–2 ragi roti + palak-aloo sabzi + 1 katori masoor dal + cucumber-tomato salad

4:30
PM**Evening Snack**

1 small katori roasted chana + 1 cup unsweetened green tea

7:30
PM**Dinner**

1–2 jowar roti + rajma (light) + mixed sabzi + 1 small bowl curd

10:00
PM**Bedtime**

1 cup warm low-fat milk with a pinch of turmeric

Day 2

Tuesday

Wholesome & Light

1,400 – 1,800 kcal/day • Type 2 Diabetes

6:30
AM**Wake-up Drink**

Warm water + 5–6 soaked almonds

8:00
AM**Breakfast**

1 bowl oats upma (onion, tomato, green peas) + 1 boiled egg (optional)

10:30
AM**Mid-Morning**

1 small bowl papaya cubes

1:00
PM**Lunch**

1–2 whole wheat roti + bhindi sabzi + 1 katori moong dal + salad

4:30
PM**Evening Snack**

1 small bowl sprouts with lemon juice + cumin

7:30
PM**Dinner**

2 bajra roti + lauki ki sabzi + 1 katori dahi

Day 3

Wednesday

South Indian Special

1,400 – 1,800 kcal/day • Type 2 Diabetes

6:30
AM**Wake-up Drink**

Amla juice (diluted, no sugar) + warm water

8:00
AM**Breakfast**

2 small ragi dosa (no maida) + vegetable sambar + small bowl coconut chutney

10:30
AM**Mid-Morning**

1 small pear OR 1 small orange

1:00
PM**Lunch**

1 small katori brown rice + toor dal sambar + beans-carrot kootu + small bowl curd

4:30
PM**Evening Snack**

1 cup unsweetened buttermilk (chaas) with curry leaf + jeera

7:30
PM**Dinner**

2 ragi adai / pesarattu + mint-coriander chutney + light rasam soup

Day 4

Thursday

Millet & Superfood Day

1,400 – 1,800 kcal/day • Type 2 Diabetes

6:30

AM

Wake-up Drink

Warm water + 1 tsp soaked sabja / chia seeds

8:00

AM

Breakfast

2 methi thepla (whole wheat + methi + minimal oil) + plain curd

10:30

AM

Mid-Morning

1 small bowl mixed berries OR 1 small jamun handful

1:00

PM

Lunch

1–2 multigrain roti + mixed vegetable sabzi + 1 katori chana dal + salad

4:30

PM

Evening Snack

Handful of roasted makhana (fox nuts) + 1 cup ginger tea (no sugar)

7:30

PM

Dinner

1 small katori foxtail millet khichdi + kadhi (besan-curd) + salad

Day 5

Friday

Non-Veg Option

1,400 – 1,800 kcal/day • Type 2 Diab

6:30

AM

Wake-up Drink

Warm water + soaked walnuts (2–3)

8:00

AM

Breakfast

2 egg omelette with spinach and onion + 1 whole wheat roti

10:30

AM

Mid-Morning

1 small apple

1:00

PM

Lunch

1 katori brown rice + fish curry (rohu/surmai, light gravy) + bhindi sabzi + salad

4:30

PM

Evening Snack

1 cup unsweetened green tea + 5–6 almonds

7:30

PM

Dinner

2 jowar roti + chicken curry (grilled/light gravy, no skin) + raita

Day 6

Saturday

Comfort & Balance

1,400 – 1,800 kcal/day • Type 2 Diabetes

6:30
AM**Wake-up Drink**

Warm water with tulsi leaves

8:00
AM**Breakfast**

Besan chilla (2 small) with green chutney + 1 small bowl curd

10:30
AM**Mid-Morning**

1 cup watermelon (small portion)

1:00
PM**Lunch**

1–2 ragi roti + karela sabzi + 1 katori rajma + salad

4:30
PM**Evening Snack**

1 small bowl sprouts + 1 cup unsweetened herbal tea

7:30
PM**Dinner**

2 whole wheat roti + palak paneer (small paneer portion) + salad

Day 7

Sunday

Relaxed Sunday Meals

1,400 – 1,800 kcal/day • Type 2 Diabetes

6:30

AM

Wake-up Drink

Warm water + amla murabba (no sugar version)

8:00

AM

Breakfast

Vegetable daliya upma (broken wheat) + 1 boiled egg OR paneer bhurji

10:30

AM

Mid-Morning

1 small guava

1:00

PM

Lunch

1 katori brown rice OR 2 roti + dal makhani (light, less butter) + gobhi-matar sabzi + salad

4:30

PM

Evening Snack

Roasted peanuts (small katori) + 1 cup tulsi-ginger tea

7:30

PM

Dinner

2 bajra roti + mixed dal + kaddu sabzi + small bowl curd