

Diet Chart for Diabetic Patient Pdf

Monday

Time	Meal
Early Morning	1 glass Warm Water with 2 tbs. fenugreek seeds + 4/5 soaked almonds
Breakfast	1 Bowl of Dahlia with vegetables + 2 slices of whole wheat toast + 1 bowl of apple
Mid Morning Snack	Buttermilk 1 glass Or Clear vegetable soup
Lunch	1 Cup Rice+1/2 bowl of dal+ capsicum sabzi +curd
Evening Snacks	Sprouted Green Gram
Dinner	2 Multigrain Chapati+1/2 cup Ashgourd Sabzi
Bed Time	1 cup turmeric milk without sugar

Tuesday

Early Morning	1 cup warm water mixed with cinnamon powder
Breakfast	Moong chilla with stuffed vegetables +1 cup of apple
Mid Morning Snack	Cucumber Slices

Lunch	2 Chapatis + Paneer gravy+ vegetable salad+curd
Evening Snack	Roasted Chana
Dinner	1 bowl of sabudana khichdi+curd
Bed Time	5-6 walnuts with a glass of water

Wednesday

Early Morning	Tea/ Coffee without sugar
Breakfast	2 boiled egg whites + 1 vegetable stuffed chapati + 1 bowl of berries
Mid Morning Snack	Tomato soup
lunch	1 cup lemon rice +1/2 soya sabzi+1 cup dal+ 1 cup snake gourd raita
Evening Snack	Herbal tea with some pumpkin seeds
Dinner	2 Bajra Chapatis+1 cup of cauliflower sabzi
Bed Time	Warm milk without sugar

Thursday

Early Morning	Home made detox juice
Breakfast	2 Steamed Idlis +1 bowl of mint chutney+1/2 quinoa upma+1/2 watermelons
Mid Morning Snack	A glass of buttermilk
Lunch	1 cup Brown Rice+1/2 sambhar+1 cup carrot, cucumber, tomato salad

Evening Snack 1 cup green tea+ non salted crackers
Dinner 1 Cup Wheat Porridge+1/2 cup steamed vegetables
Bed Time ½ glass warm milk with cinnamon powder

Friday

Early Morning 1 glass warm water with lemon and honey
Breakfast 1 bowl milk with museli+1 egg white omlette+1/2 cup blueberries
Mid Morning Snack ½ boiled sweet corn
Lunch 1 cup rice+1/2 cup rajmah+ cucumber slices
Evening Snack Green Tea+ Dry Bhel
Dinner 2 Phulka+ Lauki Masala+ Cucumber Raita
Bed Time ½ cup skimmed milk

Saturday

Early Morning 1 glass Okra Water
Breakfast Whole Wheat Vegetable Sandwich+1/2 cup boiled sprouts
Lunch 2 rotis+1 piece steamed chicken+1/2 lauki k sabzi
Evening Snack 1 bowl of fresh apples
Dinner 2 Besan Chilla+1/2 salad+ ½ Curd
Bed Time ½ Skimmed Milk

Sunday

Early Morning Fenugreek seeds water
Breakfast 1 Mix Veg Stuffed Paratha+1/2 panner bhurji+1/2 curd

Mid Morning Snack	Roasted Makhana
Lunch	½ cup brown rice +1 cup mix dal+1 bowl mix veg+ curd
Evening Snack	Green tea +Plain Khakra
Dinner	1 cup dahlia khichdi+1 cup vegetable stew+1/2 cup cucumber slices
Bed Time	Warm Milk with Nutmeg

Sugar patient diet chart vegetarian

Time	Meal
Early Morning	1 glass Warm Water with 2 tbs. fenugreek seeds + 2/3 soaked almonds
Breakfast	veg Dalia Or 2 slices of whole wheat toast + 1 apple Or Veg Upma Or Moong chilla Or Steamed multigrain idli Or vegetable stuffed paratha + 1 bowl of berries
Mid afternoon snacks	Buttermilk 1 glass Or Clear vegetable soup
Lunch	Whole wheat/ jowar chapati or brown Rice+1/2 bowl of dal + capsicum sabzi or high fiber vegetables + curd
Evening Snacks	Sprouted Green Gram Or 1 bowl of pumpkin seeds or 1 fruit (papaya, oranges, grapes, guava)
Dinner	2 Multigrain Chapati+1/2 cup high fiber Sabzi Or Oats Idly + Green Chutney Or Salad Or Soup
Bed Time	1 cup turmeric milk without sugar or a glass of low fat milk