



# Indian Diabetes Diet Plan

Includes 30-Day Meal Plans  
for Diabetics from Every Indian State,  
prepared by an Expert Doctor



DR SHARON BAISIL MBBS MD



## **Indian Diet Plan for Diabetes**

*Written by Dr Sharon Baisil MBBS MD*

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## Introduction

Hello,

As a doctor, I understand the challenges you face daily and the importance of having a personalized plan to manage your condition. This ebook is a tool that will help you navigate your journey with diabetes, offering you a variety of resources tailored to your unique needs and cultural background.

This guide is packed with customized 30-day diabetes diet plans based on the diverse cuisines from all states of India. Each state has its own dedicated diet plan, ensuring that you receive personalized recommendations that suit your preferences. Each diet plan is designed to strike a balance between taste and health, making it easier for you to adhere to your diabetes management goals.

In addition to the diet plans, this eBook features informative chapters on 50 low glycemic foods commonly found in India. These foods have been carefully selected to help you maintain stable blood sugar levels and manage your diabetes effectively. By incorporating these foods into your daily meals, you can create a well-rounded and balanced diet that supports your diabetes management efforts.

By following the guidelines and recommendations provided, you can actively manage your condition and improve your overall well-being. Remember, your health is in your hands, and with the guidance provided in this ebook, you can take proactive steps towards a healthier and happier life.

Throughout this journey, I will be here every step of the way, supporting and guiding you. Let's embark on this journey together, towards a life free from the constraints of diabetes.

**Let's turn the pages and beat your diabetes together!**

Dr Sharon Baisil MBBS MD

Head of Beat Diabetes



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## Andhra Cuisine based 30-day Diabetes Diet Plan



Andhra cuisine holds a special place in my heart with its vibrant spices, hearty lentils, fresh produce, and seafood – each dish telling a story of culture and tradition. It's not just the deliciousness, but the inherent health benefits of this culinary tradition that makes me excited to present this to you.

This plan gives prominence to whole grains like brown rice and wholesome wheat rotis that are rich in complex carbohydrates and dietary fiber, key to moderating the release of glucose into the bloodstream. The unique and wonderful ragi idlis incorporated are not only a staple but also a superfood, offering an essential blend of calcium, fiber, and iron.

Lean proteins, which are crucial in a diabetic-friendly diet, are provided in the form of fish, chicken, and a range of lentils such as in Gongura Pappu and Tomato Pappu. These proteins, in synergy with the complex carbohydrates, ensure a slow, steady energy release to avoid blood sugar spikes.

We also celebrate the magic of Andhra spices in this plan. The native spices like mustard seeds, fenugreek, and asafoetida, all commonplace in Andhra recipes, are not just flavor enhancers but are also known for their anti-inflammatory and anti-diabetic properties.

Moreover, we cannot forget the significant role that healthy fats play in our diet. Nuts and seeds, sprinkled throughout the plan, provide these essential fats to support heart health and maintain satiety, ensuring that you're not just eating well, but feeling well too.

However, while this plan is designed with thoughtfulness and care, it is essential that it be personalized according to your unique health needs. Always remember, diet is not just about restrictions but about finding the joy in nurturing our bodies with the food it needs and deserves.

So, embark on this exciting culinary journey, packed with the essence of Andhra Pradesh. May it bring you not only better control of your diabetes, but also an enriching and delightful gastronomical experience.

Day	Early Morning Drink	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Afternoon Drink	Dinner
1	Warm water with lemon (1 glass)	Ragi Idli (2 pieces) with Coconut Chutney	Fruit salad (1 cup, avoid high sugar fruits)	Brown Rice (1 cup) with Fish Pulusu (1 cup) and Palakura Pappu (1 cup)	Sprouted Moong Salad (1 cup)	Buttermilk (1 glass)	Tomato Pappu (1 cup) with 2 Wheat Rotis
2	Cinnamon water (1 glass)	Pesara Dosa (2 pieces) with Tomato Chutney	Carrot and cucumber sticks (1 cup)	Chappidi Pappu (1 cup) with brown rice (1 cup) and vegetable stir fry (1 cup)	Handful of roasted peanuts	Green Tea (1 cup)	Andhra Chicken Salad (1 serving)
3	Bitter Gourd Juice (1 glass)	Godhuma Upma (1 cup)	Apple (1 small)	Andhra Style Chicken Curry (1 cup) with 2 Wheat Rotis	Bowl of mixed fruits (1 cup, avoid high sugar fruits)	Buttermilk (1 glass)	Ven Pongal (1 cup)
4	Amla Juice (1 glass)	Kanchipuram Idli (2 pieces) with Sambhar	Boiled chickpeas salad (1 cup)	Brown Rice (1 cup) with Mamidikaya Pappu (1 cup) and steamed vegetables (1 cup)	Handful of roasted almonds	Green Tea (1 cup)	Andhra style grilled fish (1 serving)
5	Warm water with	Pesarattu (2 pieces) with Allam Pachadi	Handful of berries (1 cup)	Tomato Rice (made with brown	Bowl of mixed fruits (1 cup,	Buttermilk (1 glass)	Andhra Chicken Soup (1 serving)

	lemon (1 glass)			rice, 1 cup) and Vendakai Pulusu (1 cup)	avoid high sugar fruits)		
6	Cinnamon water (1 glass)	Vermicelli Upma (1 cup)	Guava (1 medium)	Chana Dal Fry (1 cup) with 2 Wheat Rotis and mixed vegetable curry (1 cup)	Sprouted moong salad (1 cup)	Green Tea (1 cup)	Chepa Vepudu (1 serving)
7	Bitter Gourd Juice (1 glass)	Rava Idli (2 pieces) with Mint Chutney	Pineapple (1 cup)	Brown Rice (1 cup) with Dal Palak (1 cup) and carrot stir fry (1 cup)	Handful of roasted cashews	Buttermilk (1 glass)	Prawns Stir Fry (1 serving) and half a cup of Cucumber Salad

Day	Early Morning Drink	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Afternoon Drink	Dinner
8	Amla Juice (1 glass)	Rava Dosa (2 pieces) with Tomato Chutney	Boiled Chickpeas Salad (1 cup)	Gongura Pappu (1 cup) with Brown Rice (1 cup)	Handful of Roasted Peanuts	Green Tea (1 cup)	Andhra Chicken Salad (1 serving)
9	Warm water with lemon (1 glass)	Pesara Dosa (2 pieces) with Sambhar	Handful of Berries (1 cup)	Brown Rice (1 cup) with Palakura Pappu (1 cup)	Bowl of Mixed Fruits (1 cup, avoid high sugar fruits)	Buttermilk (1 glass)	Tomato Pappu (1 cup) with 2 Wheat Rotis
10	Cinnamon water (1 glass)	Godhuma Upma (1 cup)	Guava (1 medium)	Chana Dal Fry (1 cup) with 2 Wheat Rotis and	Sprouted Moong Salad (1 cup)	Green Tea (1 cup)	Andhra style grilled fish (1 serving)

				mixed vegetable curry (1 cup)			
11	Bitter Gourd Juice (1 glass)	Pesarattu (2 pieces) with Allam Pachadi	Pineapple (1 cup)	Tomato Rice (made with brown rice, 1 cup) and Vendakai Pulusu (1 cup)	Handful of Roasted Almonds	Buttermilk (1 glass)	Ven Pongal (1 cup)
12	Amla Juice (1 glass)	Ragi Idli (2 pieces) with Coconut Chutney	Fruit salad (1 cup, avoid high sugar fruits)	Brown Rice (1 cup) with Fish Pulusu (1 cup) and Palakura Pappu (1 cup)	Sprouted Moong Salad (1 cup)	Green Tea (1 cup)	Tomato Pappu (1 cup) with 2 Wheat Rotis
13	Warm water with lemon (1 glass)	Vermicelli Upma (1 cup)	Carrot and cucumber sticks (1 cup)	Chappidi Pappu (1 cup) with brown rice (1 cup) and vegetable stir fry (1 cup)	Bowl of mixed fruits (1 cup, avoid high sugar fruits)	Buttermilk (1 glass)	Andhra Chicken Soup (1 serving)
14	Cinnamon water (1 glass)	Kanchipuram Idli (2 pieces) with Sambhar	Apple (1 small)	Andhra Style Chicken Curry (1 cup) with 2 Wheat Rotis	Handful of roasted peanuts	Green Tea (1 cup)	Chepa Vepudu (1 serving)
15	Bitter Gourd Juice (1 glass)	Pesarattu (2 pieces) with Allam Pachadi	Boiled chickpeas salad (1 cup)	Brown Rice (1 cup) with Mamidikaya Pappu (1 cup) and steamed vegetables (1 cup)	Bowl of mixed fruits (1 cup, avoid high sugar fruits)	Buttermilk (1 glass)	Andhra style grilled fish (1 serving)



16	Amla Juice (1 glass)	Rava Idli (2 pieces) with Mint Chutney	Handful of berries (1 cup)	Tomato Rice (made with brown rice, 1 cup) and Vendakai Pulusu (1 cup)	Sprouted Moong Salad (1 cup)	Green Tea (1 cup)	Prawns Stir Fry (1 serving) and half a cup of Cucumber Salad
17	Warm water with lemon (1 glass)	Pesara Dosa (2 pieces) with Tomato Chutney	Guava (1 medium)	Chana Dal Fry (1 cup) with 2 Wheat Rotis and mixed vegetable curry (1 cup)	Handful of roasted almonds	Buttermilk (1 glass)	Andhra Chicken Salad (1 serving)
18	Cinnamon water (1 glass)	Godhuma Upma (1 cup)	Pineapple (1 cup)	Brown Rice (1 cup) with Dal Palak (1 cup) and carrot stir fry (1 cup)	Bowl of mixed fruits (1 cup, avoid high sugar fruits)	Green Tea (1 cup)	Tomato Pappu (1 cup) with 2 Wheat Rotis
19	Bitter Gourd Juice (1 glass)	Ragi Idli (2 pieces) with Coconut Chutney	Boiled Chickpeas Salad (1 cup)	Gongura Pappu (1 cup) with Brown Rice (1 cup)	Handful of Roasted Peanuts	Buttermilk (1 glass)	Ven Pongal (1 cup)
20	Amla Juice (1 glass)	Kanchipuram Idli (2 pieces) with Sambhar	Handful of Berries (1 cup)	Brown Rice (1 cup) with Palakura Pappu (1 cup)	Sprouted Moong Salad (1 cup)	Green Tea (1 cup)	Andhra style grilled fish (1 serving)
21	Warm water with lemon (1 glass)	Rava Dosa (2 pieces) with Tomato Chutney	Carrot and cucumber sticks (1 cup)	Chappidi Pappu (1 cup) with brown rice (1 cup) and vegetable stir fry (1 cup)	Bowl of mixed fruits (1 cup, avoid high sugar fruits)	Buttermilk (1 glass)	Chepa Vepudu (1 serving)

22	Cinnamon water (1 glass)	Pesarattu (2 pieces) with Allam Pachadi	Apple (1 small)	Andhra Style Chicken Curry (1 cup) with 2 Wheat Rotis	Handful of roasted almonds	Green Tea (1 cup)	Andhra Chicken Soup (1 serving)
23	Bitter Gourd Juice (1 glass)	Vermicelli Upma (1 cup)	Guava (1 medium)	Brown Rice (1 cup) with Mamidikaya Pappu (1 cup) and steamed vegetables (1 cup)	Sprouted Moong Salad (1 cup)	Buttermilk (1 glass)	Tomato Pappu (1 cup) with 2 Wheat Rotis
24	Amla Juice (1 glass)	Godhuma Upma (1 cup)	Pineapple (1 cup)	Tomato Rice (made with brown rice, 1 cup) and Vendakai Pulusu (1 cup)	Handful of Roasted Peanuts	Green Tea (1 cup)	Prawns Stir Fry (1 serving) and half a cup of Cucumber Salad
25	Warm water with lemon (1 glass)	Kanchipuram Idli (2 pieces) with Sambhar	Boiled Chickpeas Salad (1 cup)	Chana Dal Fry (1 cup) with 2 Wheat Rotis and mixed vegetable curry (1 cup)	Bowl of mixed fruits (1 cup, avoid high sugar fruits)	Buttermilk (1 glass)	Andhra Chicken Salad (1 serving)
26	Cinnamon water (1 glass)	Rava Dosa (2 pieces) with Tomato Chutney	Guava (1 medium)	Brown Rice (1 cup) with Dal Palak (1 cup) and carrot stir fry (1 cup)	Sprouted Moong Salad (1 cup)	Green Tea (1 cup)	Ven Pongal (1 cup)
27	Bitter Gourd Juice (1 glass)	Pesarattu (2 pieces) with Allam Pachadi	Handful of Berries (1 cup)	Gongura Pappu (1 cup) with	Handful of Roasted Almonds	Buttermilk (1 glass)	Andhra style grilled

				Brown Rice (1 cup)			fish (1 serving)
28	Amla Juice (1 glass)	Vermicelli Upma (1 cup)	Apple (1 small)	Brown Rice (1 cup) with Palakura Pappu (1 cup)	Bowl of mixed fruits (1 cup, avoid high sugar fruits)	Green Tea (1 cup)	Tomato Pappu (1 cup) with 2 Wheat Rotis
29	Warm water with lemon (1 glass)	Ragi Idli (2 pieces) with Coconut Chutney	Carrot and cucumber sticks (1 cup)	Chappidi Pappu (1 cup) with brown rice (1 cup) and vegetable stir fry (1 cup)	Handful of roasted peanuts	Buttermilk (1 glass)	Chepa Vepudu (1 serving)
30	Cinnamon water (1 glass)	Kanchipuram Idli (2 pieces) with Sambhar	Pineapple (1 cup)	Andhra Style Chicken Curry (1 cup) with 2 Wheat Rotis	Sprouted Moong Salad (1 cup)	Green Tea (1 cup)	Andhra Chicken Soup (1 serving)

## Arunachali Cuisine based 30-day Diabetes Diet Plan



Arunachali cuisine beautifully exemplifies the magic that the amalgamation of diverse cultures, traditions, and abundant natural resources can create. This cuisine, which is a vibrant tapestry of tribal traditions and local ingredients, tantalizes your taste buds with its subtle flavours, fresh produce, and minimalistic cooking techniques. There's something truly enchanting about the simplicity and authenticity of these dishes.

One of the staples in the diet of Arunachal Pradesh is rice, and in this diet plan, we have swapped white rice with its healthier alternatives - brown rice and millet. These whole grains are known to maintain a low glycemic index and help in slow release of sugars, which can assist in managing blood glucose levels.

The diet also extensively uses locally sourced fruits and vegetables, rich in fiber and essential micronutrients. Fiber, as we know, plays a significant role in controlling blood sugar spikes. Ingredients like bamboo shoots and bitter melon, not only add a distinct flavor to the diet but also hold potent anti-diabetic properties.

Lean proteins from fish, chicken, and tofu provide essential amino acids without the added burden of unhealthy fats, assisting in weight management, a key aspect of diabetes control. And of course, how can we overlook the medley of spices and herbs that infuse the food with their aroma, each carrying its therapeutic properties.

As you journey through this 30-day diabetes-friendly diet plan, you'll encounter dishes like 'Thukpa', a wholesome noodle soup, 'Lukter', a protein-packed meat preparation, 'Ngatok', a fish curry that marries health with taste, 'Dung Po Oma', a brown rice delicacy, and many others that are not just gastronomically pleasing but also friendly to your blood sugar levels.

I encourage you to relish these dishes, enjoy the harmony of flavours, and immerse yourself in this gastronomic experience. However, remember that each body is unique. Therefore, adjust the serving sizes and ingredients according to your personal health needs. I wish you



a delightful and nourishing culinary journey, as you explore the charm of Arunachali cuisine, all the while keeping your health in check.

Day	Early Morning Drink	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Afternoon Drink	Dinner
1	Warm Lemon Water (1 glass)	Thukpa (1 small bowl)	Fresh Apple (1 small)	Pehak (1 cup, made with bitter gourd)	Handful of Almonds	Green Tea (1 cup)	Dung Po Oma (1 small serving, use brown rice)
2	Apple Cider Vinegar (1 tbsp in a glass of warm water)	Bamboo Shoot Stir Fry (1 small serving)	Carrot Sticks (1 cup)	Dal with Lai Patta (1 small bowl, use masoor dal)	Cucumber Slices (1 cup)	Black Coffee (1 cup, without sugar)	Boiled Chicken Salad (1 small bowl, with lettuce and tomatoes)
3	Fenugreek Soaked Water (1 glass, soaked overnight)	Buckwheat Pancakes (2 small, with a drizzle of honey)	Sliced Cucumber (1 cup)	Pika Pila (1 small bowl, use less oil)	Boiled Egg (1)	Buttermilk (1 cup, without sugar)	Steamed Vegetables (1 bowl, use less oil)
4	Bitter Gourd Juice (1 glass)	Millet Porridge (1 bowl, sweetened with stevia)	Handful of Walnuts	Lukter (1 small serving, use less oil)	Fresh Papaya (1 cup)	Herbal Tea (1 cup, without sugar)	Grilled Fish (1 small serving)
5	Cinnamon Water (1 glass, with 1 tsp cinnamon)	Apong (1 small glass, made with millet)	Cherry Tomatoes (1 cup)	Ngatok (1 small serving, use lean fish)	Guava (1 small)	Lemon Iced Tea (1 glass, without sugar)	Stir Fried Tofu (1 small serving)
6	Ginger Tea (1 cup, without sugar)	Brown Rice Poha (1 small bowl, with lots of veggies)	Sliced Peaches (1 cup)	Tomato and Bamboo Shoot Soup (1 bowl)	Boiled Chickpeas (1 small bowl)	Vegetable Juice (1 glass, like carrot or beetroot)	Smoked Chicken Salad (1 small serving)

7	Amla Juice (1 glass)	Whole Grain Roti (2, with mixed veggie curry)	Mixed Berries (1 cup)	Khura (1 small serving, use whole wheat flour)	Raw Bell Pepper Slices (1 cup)	Aloe Vera Juice (1 glass)	Chura Sabzi (1 small serving)
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Day	Early Morning Drink	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Afternoon Drink	Dinner
8	Black Tea (1 cup, without sugar)	Thukpa (1 small bowl)	Orange Slices (1 small)	Bamboo Shoot Soup (1 bowl)	Handful of Pistachios	Herbal Tea (1 cup, without sugar)	Steamed Vegetables (1 small serving, with less oil)
9	Cucumber Water (1 glass)	Khura (1 small serving, use whole wheat flour)	Fresh Apple (1 small)	Lukter (1 small serving, use less oil)	Carrot Sticks (1 cup)	Buttermilk (1 cup, without sugar)	Grilled Fish (1 small serving)
10	Coconut Water (1 glass)	Millet Porridge (1 bowl, sweetened with stevia)	Sliced Peaches (1 cup)	Pika Pila (1 small bowl, use less oil)	Fresh Papaya (1 cup)	Green Tea (1 cup)	Dung Po Oma (1 small serving, use brown rice)
11	Hibiscus Tea (1 cup, without sugar)	Whole Grain Roti (2, with mixed veggie curry)	Handful of Walnuts	Pehak (1 cup, made with bitter gourd)	Boiled Egg (1)	Apple Cider Vinegar (1 tbsp in a glass of warm water)	Smoked Chicken Salad (1 small serving)
12	Turmeric Water (1 glass, with 1 tsp turmeric)	Buckwheat Pancakes (2 small, with a drizzle of honey)	Cherry Tomatoes (1 cup)	Dal with Lai Patta (1 small bowl, use masoor dal)	Guava (1 small)	Lemon Iced Tea (1 glass, without sugar)	Stir Fried Tofu (1 small serving)

13	Wheatgrass Juice (1 glass)	Brown Rice Poha (1 small bowl, with lots of veggies)	Sliced Cucumber (1 cup)	Tomato and Bamboo Shoot Soup (1 bowl)	Raw Bell Pepper Slices (1 cup)	Aloe Vera Juice (1 glass)	Boiled Chicken Salad (1 small bowl, with lettuce and tomatoes)
14	Aloe Vera Juice (1 glass)	Apong (1 small glass, made with millet)	Mixed Berries (1 cup)	Ngatok (1 small serving, use lean fish)	Boiled Chickpeas (1 small bowl)	Black Coffee (1 cup, without sugar)	Chura Sabzi (1 small serving)
15	Moringa Tea (1 cup, without sugar)	Thukpa (1 small bowl)	Orange Slices (1 small)	Lukter (1 small serving, use less oil)	Handful of Almonds	Herbal Tea (1 cup, without sugar)	Grilled Fish (1 small serving)
16	Warm Lemon Water (1 glass)	Millet Porridge (1 bowl, sweetened with stevia)	Sliced Peaches (1 cup)	Pika Pila (1 small bowl, use less oil)	Fresh Papaya (1 cup)	Vegetable Juice (1 glass, like carrot or beetroot)	Dung Po Oma (1 small serving, use brown rice)
17	Fenugreek Soaked Water (1 glass, soaked overnight)	Whole Grain Roti (2, with mixed veggie curry)	Fresh Apple (1 small)	Bamboo Shoot Soup (1 bowl)	Boiled Egg (1)	Ginger Tea (1 cup, without sugar)	Smoked Chicken Salad (1 small serving)
18	Cinnamon Water (1 glass, with 1 tsp cinnamon)	Buckwheat Pancakes (2 small, with a drizzle of honey)	Cherry Tomatoes (1 cup)	Pehak (1 cup, made with bitter gourd)	Guava (1 small)	Green Tea (1 cup)	Steamed Vegetables (1 small serving, with less oil)
19	Apple Cider Vinegar (1 tbsp in a glass of warm water)	Khura (1 small serving, use whole wheat flour)	Handful of Walnuts	Dal with Lai Patta (1 small bowl, use masoor dal)	Carrot Sticks (1 cup)	Buttermilk (1 cup, without sugar)	Stir Fried Tofu (1 small serving)

20	Bitter Gourd Juice (1 glass)	Brown Rice Poha (1 small bowl, with lots of veggies)	Sliced Cucumber (1 cup)	Tomato and Bamboo Shoot Soup (1 bowl)	Raw Bell Pepper Slices (1 cup)	Black Coffee (1 cup, without sugar)	Boiled Chicken Salad (1 small bowl, with lettuce and tomatoes)
21	Ginger Tea (1 cup, without sugar)	Apong (1 small glass, made with millet)	Mixed Berries (1 cup)	Ngatok (1 small serving, use lean fish)	Boiled Chickpeas (1 small bowl)	Lemon Iced Tea (1 glass, without sugar)	Chura Sabzi (1 small serving)
22	Amla Juice (1 glass)	Thukpa (1 small bowl)	Orange Slices (1 small)	Pika Pila (1 small bowl, use less oil)	Handful of Pistachios	Herbal Tea (1 cup, without sugar)	Grilled Fish (1 small serving)
23	Black Tea (1 cup, without sugar)	Millet Porridge (1 bowl, sweetened with stevia)	Fresh Apple (1 small)	Bamboo Shoot Soup (1 bowl)	Fresh Papaya (1 cup)	Apple Cider Vinegar (1 tbsp in a glass of warm water)	Dung Po Oma (1 small serving, use brown rice)
24	Cucumber Water (1 glass)	Whole Grain Roti (2, with mixed veggie curry)	Sliced Peaches (1 cup)	Lukter (1 small serving, use less oil)	Boiled Egg (1)	Buttermilk (1 cup, without sugar)	Smoked Chicken Salad (1 small serving)
25	Coconut Water (1 glass)	Buckwheat Pancakes (2 small, with a drizzle of honey)	Cherry Tomatoes (1 cup)	Dal with Lai Patta (1 small bowl, use masoor dal)	Guava (1 small)	Green Tea (1 cup)	Steamed Vegetables (1 small serving, with less oil)
26	Hibiscus Tea (1 cup, without sugar)	Khura (1 small serving, use whole)	Handful of Walnuts	Pehak (1 cup, made with	Carrot Sticks (1 cup)	Vegetable Juice (1 glass, like	Stir Fried Tofu (1 small serving)



		wheat flour)		bitter gourd)		carrot or beetroot)	
27	Turmeric Water (1 glass, with 1 tsp turmeric)	Brown Rice Poha (1 small bowl, with lots of veggies)	Sliced Cucumber (1 cup)	Tomato and Bamboo Shoot Soup (1 bowl)	Raw Bell Pepper Slices (1 cup)	Black Coffee (1 cup, without sugar)	Boiled Chicken Salad (1 small bowl, with lettuce and tomatoes)
28	Wheatgrass Juice (1 glass)	Apong (1 small glass, made with millet)	Mixed Berries (1 cup)	Ngatok (1 small serving, use lean fish)	Boiled Chickpeas (1 small bowl)	Lemon Iced Tea (1 glass, without sugar)	Chura Sabzi (1 small serving)
29	Moringa Tea (1 cup, without sugar)	Thukpa (1 small bowl)	Orange Slices (1 small)	Lukter (1 small serving, use less oil)	Handful of Almonds	Herbal Tea (1 cup, without sugar)	Grilled Fish (1 small serving)
30	Warm Lemon Water (1 glass)	Millet Porridge (1 bowl, sweetened with stevia)	Fresh Apple (1 small)	Pika Pila (1 small bowl, use less oil)	Fresh Papaya (1 cup)	Apple Cider Vinegar (1 tbsp in a glass of warm water)	Dung Po Oma (1 small serving, use brown rice)

## Assamese Cuisine based 30-day Diabetes Diet Plan



Every vibrant burst of flavor in Assamese cuisine sings to my soul and speaks of the rich culture of a land cradled by the mighty Brahmaputra. The harmonious symphony of simple, rustic, and yet robustly flavored ingredients has shaped this 30-day diet plan that not only brings joy to the palate but also nurtures the body.

An essential part of this plan, brown rice and whole grain rotis, embodies the essence of Assam's granaries. They are generous with their offerings of fiber that gracefully regulates digestion and blood sugar absorption, ensuring the body's internal rhythm remains unruffled. The dance of proteins on your plate, brought alive by the various fish and chicken dishes, and the symphony of lentils, is a culinary masterpiece in weight management and the prevention of blood sugar spikes.

And then there's the bright palette of vegetables and fruits - a tribute to the fertile lands of Assam. From the humble cucumber to the juicy orange, these add delightful notes of freshness to our meals while serving as a powerhouse of vitamins, minerals, and fiber, all playing their part in managing diabetes.

But what truly elevates the culinary journey is the artful blend of nature's very own health potions. Drinks like amla juice, bitter gourd juice, and fenugreek water, revered in traditional wellness practices, are interspersed throughout the plan, like gentle reminders of nature's kindness towards us.

The rhythm of this diet plan is not merely about consuming food; it's about savoring the poetry of Assamese cuisine while nourishing the body. It's essential to dance to your own tune - adjust the servings and ingredients to suit your personal health requirements and palate. As you embark on this culinary journey through the lanes of Assam, I wish you a delightful, healthful, and truly enriching experience. Enjoy the gastronomical ride, for it promises not only health but also a love affair with food that lasts a lifetime.

Day	Early Morning Drink	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Afternoon Drink	Dinner
1	1 glass lukewarm water with lemon	Poha (1 small bowl with vegetables)	1 Apple	Mati Mahor Dali (1 bowl) with mixed vegetable curry (1 bowl)	Handful of roasted chana	1 glass buttermilk	Steamed fish curry (1 bowl) with 2 rotis
2	1 glass bitter melon juice	Oats Upma (1 small bowl with vegetables)	1 Orange	Brown rice (1 small bowl) with Lau Tenga (1 bowl)	1 Cucumber with a pinch of salt and lemon	Green tea without sugar	Til Pitha (2 pieces) with curd (1 small bowl)
3	1 glass fenugreek seeds soaked in water overnight	Moong Dal Cheela (1 piece with mint chutney)	Handful of almonds and walnuts	Boror Tenga (1 bowl) with red rice (1 small bowl)	Bowl of mixed sprouts	1 glass of carrot juice without sugar	Doi Sorshe Ilish (1 bowl) with 2 whole wheat rotis
4	1 glass lukewarm water with lemon	Brown Bread sandwich (1 piece with cucumber, tomato, and a slice of paneer)	1 Guava	Green leafy vegetable curry (1 bowl) with 2 whole wheat rotis	1 bowl of air-popped popcorn	Green tea without sugar	Chicken stew (1 bowl) with brown rice (1 small bowl)
5	1 glass bitter melon juice	Boiled egg whites (2) with 1 slice of brown bread	1 Pear	Brown rice khichdi (1 bowl) with curd (1 small bowl)	Handful of mixed seeds	1 glass of aloe vera juice	Fish in Bamboo Shoot (1 bowl) with 2 whole wheat rotis

6	1 glass fenugreek seeds soaked in water overnight	Dalia (1 small bowl)	Bowl of mixed berries	Red lentil curry (1 bowl) with brown rice (1 small bowl)	1 Boiled Sweet Potato	1 glass of cucumber juice without sugar	Assamese style mixed vegetable (1 bowl) with 2 whole wheat rotis
7	1 glass lukewarm water with lemon	Vegetable Idli (2 pieces with sambar)	1 Banana	Brown rice (1 small bowl) with Masor Tenga (1 bowl)	Handful of roasted peanuts	Green tea without sugar	Dhokar Dalna (1 bowl) with red rice (1 small bowl)

Day	Early Morning Drink	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Afternoon Drink	Dinner
8	1 glass of amla juice	Whole grain roti (2) with mixed vegetable curry	1 Apple	Brown rice (1 small bowl) with fish curry, (1 bowl)	1 Cucumber with a pinch of salt and lemon	1 glass of buttermilk	Steamed chicken with mixed veggies (1 bowl)
9	1 glass of bitter gourd juice	Mixed dal pancakes (2 pieces) with mint chutney	1 Orange	Whole grain roti (2) with Assamese style spinach curry	Handful of roasted chana	1 glass of aloe vera juice	Steamed fish curry (1 bowl) with red rice (1 small bowl)
10	1 glass lukewarm water with lemon	Oats porridge with mixed berries	Handful of almonds and walnuts	Brown rice (1 small bowl) with light chicken curry (1 bowl)	1 bowl of air-popped popcorn	Green tea without sugar	Til Pitha (2 pieces) with curd (1 small bowl)



11	1 glass of fenugreek water	Vegetable Dosa (1 piece with sambar)	1 Guava	Red rice (1 small bowl) with green leafy vegetable curry	1 Boiled Sweet Potato	1 glass of carrot juice without sugar	Boror Tenga (1 bowl) with whole wheat rotis (2)
12	1 glass of amla juice	Brown Bread sandwich (1 piece with cucumber, tomato, and a slice of paneer)	1 Pear	Brown rice khichdi (1 bowl) with cucumber raita	Handful of mixed seeds	Green tea without sugar	Mati Mahor Dali (1 bowl) with 2 rotis
13	1 glass of bitter melon juice	Boiled egg whites (2) with 1 slice of brown bread	1 Banana	Red lentil curry (1 bowl) with brown rice (1 small bowl)	Handful of roasted peanuts	1 glass of cucumber juice without sugar	Assamese style mixed vegetable (1 bowl) with 2 whole wheat rotis
14	1 glass lukewarm water with lemon	Poha (1 small bowl with vegetables)	Bowl of mixed berries	Brown rice (1 small bowl) with fish curry (1 bowl)	1 bowl of air-popped popcorn	1 glass of buttermilk	Dhokar Dalna (1 bowl) with red rice (1 small bowl)
15	1 glass of fenugreek water	Whole grain roti (2) with Assamese style okra curry	1 Apple	Whole grain roti (2) with Mati Mahor Dali (1 bowl)	1 Cucumber with a pinch of salt and lemon	1 glass of aloe vera juice	Steamed chicken with mixed veggies (1 bowl)
16	1 glass of amla juice	Oats porridge with a handful of nuts	1 Orange	Brown rice (1 small bowl) with Lau	Handful of roasted chana	Green tea without sugar	Steamed fish curry (1 bowl) with red rice (1

				Tenga (1 bowl)			small bowl)
17	1 glass of bitter gourd juice	Mixed dal pancakes (2 pieces) with mint chutney	Handful of almonds and walnuts	Red rice (1 small bowl) with light chicken curry (1 bowl)	1 bowl of air-popped popcorn	1 glass of carrot juice without sugar	Til Pitha (2 pieces) with curd (1 small bowl)
18	1 glass lukewarm water with lemon	Vegetable Dosa (1 piece with sambar)	1 Guava	Brown rice (1 small bowl) with green leafy vegetable curry	1 Boiled Sweet Potato	Green tea without sugar	Boror Tenga (1 bowl) with whole wheat rotis (2)
19	1 glass of fenugreek water	Brown Bread sandwich (1 piece with cucumber, tomato, and a slice of paneer)	1 Pear	Brown rice khichdi (1 bowl) with cucumber raita	Handful of mixed seeds	1 glass of aloe vera juice	Mati Mahor Dali (1 bowl) with 2 rotis
20	1 glass of amla juice	Boiled egg whites (2) with 1 slice of brown bread	1 Banana	Red lentil curry (1 bowl) with brown rice (1 small bowl)	Handful of roasted peanuts	1 glass of cucumber juice without sugar	Assamese style mixed vegetable (1 bowl) with 2 whole wheat rotis
21	1 glass of bitter gourd juice	Poha (1 small bowl with vegetables )	Bowl of mixed berries	Brown rice (1 small bowl) with fish curry (1 bowl)	1 bowl of air-popped popcorn	1 glass of buttermilk	Dhokar Dalna (1 bowl) with red rice (1 small bowl)

22	1 glass lukewarm water with lemon	Whole grain roti (2) with Assamese style okra curry	1 Apple	Whole grain roti (2) with Mati Mahor Dali (1 bowl)	1 Cucumber with a pinch of salt and lemon	1 glass of aloe vera juice	Steamed chicken with mixed veggies (1 bowl)
23	1 glass of fenugreek water	Oats porridge with a handful of nuts	1 Orange	Brown rice (1 small bowl) with Lau Tenga (1 bowl)	Handful of roasted chana	Green tea without sugar	Steamed fish curry (1 bowl) with red rice (1 small bowl)
24	1 glass of amla juice	Mixed dal pancakes (2 pieces) with mint chutney	Handful of almonds and walnuts	Red rice (1 small bowl) with light chicken curry (1 bowl)	1 bowl of air-popped popcorn	1 glass of carrot juice without sugar	Til Pitha (2 pieces) with curd (1 small bowl)
25	1 glass of bitter gourd juice	Vegetable Dosa (1 piece with sambar)	1 Guava	Brown rice (1 small bowl) with green leafy vegetable curry	1 Boiled Sweet Potato	Green tea without sugar	Boror Tenga (1 bowl) with whole wheat rotis (2)
26	1 glass lukewarm water with lemon	Brown Bread sandwich (1 piece with cucumber, tomato, and a slice of paneer)	1 Pear	Brown rice khichdi (1 bowl) with cucumber raita	Handful of mixed seeds	1 glass of aloe vera juice	Mati Mahor Dali (1 bowl) with 2 rotis
27	1 glass of fenugreek water	Boiled egg whites (2) with 1 slice of brown bread	1 Banana	Red lentil curry (1 bowl) with brown rice (1	Handful of roasted peanuts	1 glass of cucumber juice without sugar	Assamese style mixed vegetable (1 bowl) with 2 whole

				small bowl)			wheat rotis
28	1 glass of amla juice	Poha (1 small bowl with vegetables )	Bowl of mixed berries	Brown rice (1 small bowl) with fish curry (1 bowl)	1 bowl of air-popped popcorn	1 glass of buttermilk	Dhokar Dalna (1 bowl) with red rice (1 small bowl)
29	1 glass of bitter gourd juice	Whole grain roti (2) with Assamese style okra curry	1 Apple	Whole grain roti (2) with Mati Mahor Dali (1 bowl)	1 Cucumber with a pinch of salt and lemon	1 glass of aloe vera juice	Steamed chicken with mixed veggies (1 bowl)
30	1 glass lukewarm water with lemon	Oats porridge with a handful of nuts	1 Orange	Brown rice (1 small bowl) with Lau Tenga (1 bowl)	Handful of roasted chana	Green tea without sugar	Steamed fish curry (1 bowl) with red rice (1 small bowl)

## Awadhi Cuisine based 30-day Diabetes Diet Plan



Awadhi cuisine, renowned for its harmonious blend of traditional herbs and spices, together with the art of slow-cooking, creates not only culinary delights but also nourishing treasures. The rich legacy of this cuisine hailing from the city of Nawabs, Lucknow, brings forth an extraordinary spread that echoes the ethos of India's culinary diversity.

The diabetic-friendly Awadhi meal plan I've outlined draws inspiration from this unique food culture, but with a thoughtful focus on ingredients that aid in managing blood sugar levels. We begin our day with an array of rejuvenating morning drinks, varying from the subtly sweet Amla Juice, rich in antioxidants and Vitamin C, to the invigorating Chamomile tea, known for its blood sugar-lowering properties. Our breakfast menu revolves around fiber-rich and protein-packed choices like Quinoa Upma and Moong Dal Chila, setting the right tone for the day ahead.

In the heart of the day's meals, you'll find a variety of lentils like Daal and Palak Moong Daal, high in fiber and with a low glycemic index, essential for stable blood sugar control. Accompanying these are a range of whole grains, from Brown Rice to Quinoa, known for their high fiber content and ability to reduce the risk of type 2 diabetes. Snacks have not been overlooked in our plan - whether it's the protein-rich Roasted Chana or the nutrient-dense Almonds, they'll keep hunger at bay without spiking blood sugar levels.

The flavorsome journey ends each day with wholesome dinners, incorporating dishes like Mixed Vegetable Stew or Palak Paneer - a clever blend of taste and nutrition, and an ode to the robust flavors of Awadhi cuisine.

However, as every individual's body responds differently to various foods, I encourage you to tailor this diet plan to your specific health needs. Moreover, don't hesitate to adjust portion sizes or substitute ingredients to suit your palate. In this rich culinary journey through Awadhi cuisine, I wish you a delightful and nutritious experience while effectively managing your diabetes.

Day	Early Morning Drink	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Afternoon Drink	Dinner
1	Warm Lemon Water (1 glass)	Oats Idli (2 pieces) with Mint Chutney	Fresh Cucumber Slices (1 cup)	Brown Rice Pulao with Mixed Vegetables (1 cup)	Handful of Almonds (15 pieces)	Green Tea (1 cup)	Khichdi (1 bowl) with Curd (1/2 cup)
2	Fenugreek Seeds in Water (1 glass)	Whole Wheat Roti (2 pieces) with Mixed Vegetable Sabzi	Raw Carrot Sticks (1 cup)	Daal (1 cup) with Brown Rice (1/2 cup)	Roasted Chana (1/2 cup)	Buttermilk (1 glass)	Biryani with Brown Basmati Rice and Vegetables (1 cup)
3	Aloe Vera Juice (1 glass)	Paneer Bhurji (1/2 cup) with Whole Wheat Roti (2 pieces)	Mixed Berries (1/2 cup)	Brown Rice Pulao with Paneer (1 cup)	Walnuts (15 pieces)	Herbal Tea (1 cup)	Palak (Spinach) and Moong Daal (1 cup) with Brown Rice (1/2 cup)
4	Bitter Gourd Juice (1 glass)	Moong Dal Chilla (2 pieces) with Green Chutney	Fresh Tomato Slices (1 cup)	Mixed Vegetable Sabzi with Whole Wheat Roti (2 pieces)	Roasted Peanuts (1/4 cup)	Lemonade with Stevia (1 glass)	Vegetable Stew (1 cup) with Brown Rice (1/2 cup)
5	Cinnamon Water (1 glass)	Sprouts Salad (1 cup)	Apple (1 medium-sized)	Daal (1 cup) with Quinoa (1/2 cup)	Handful of Pumpkin Seeds (1/4 cup)	Coconut Water (1 glass)	Chickpea Curry (1 cup) with Whole Wheat Roti (2 pieces)
6	Ginger Water (1 glass)	Upma with Vegetables (1 cup)	Fresh Papaya (1 cup)	Brown Rice Biryani with Soya	Handful of Sunflower Seeds (1/4 cup)	Amla Juice (1 glass)	Palak Paneer (1 cup) with Brown



				Chunks (1 cup)			Rice (1/2 cup)
7	Apple Cider Vinegar in Water (1 glass)	Oats Poha (1 cup)	Orange (1 medium-sized)	Vegetable Khichdi (1 cup)	Roasted Makhana (Fox Nuts) (1/2 cup)	Herbal Tea (1 cup)	Daal (1 cup) with Whole Wheat Roti (2 pieces)

Day	Early Morning Drink	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Afternoon Drink	Dinner
8	Barley Water (1 glass)	Veg Paratha (2 pieces) with Dahi	Fresh Pear (1 medium-sized)	Palak (Spinach) and Moong Daal (1 cup) with Brown Rice (1/2 cup)	Roasted Chana (1/2 cup)	Green Tea (1 cup)	Mixed Vegetable Sabzi with Quinoa (1 cup)
9	Blackberry Leaf Tea (1 cup)	Poha with Sprouts (1 cup)	Fresh Pineapple Slices (1 cup)	Daal (1 cup) with Brown Rice (1/2 cup)	Handful of Almonds (15 pieces)	Buttermilk (1 glass)	Mixed Vegetable Stew (1 cup) with Brown Rice (1/2 cup)
10	Guava Leaf Tea (1 cup)	Quinoa Upma (1 cup)	Fresh Kiwi (1 medium-sized)	Brown Rice Pulao with Tofu (1 cup)	Walnuts (15 pieces)	Coconut Water (1 glass)	Daal (1 cup) with Whole Wheat Roti (2 pieces)
11	Chamomile Tea (1 cup)	Whole Wheat Roti (2 pieces) with Mixed Vegetable Sabzi	Fresh Papaya (1 cup)	Vegetable Khichdi (1 cup)	Roasted Peanuts (1/4 cup)	Herbal Tea (1 cup)	Palak (Spinach) and Moong Daal (1 cup) with Brown Rice (1/2 cup)

12	Blueberry Leaf Tea (1 cup)	Oats Idli (2 pieces) with Mint Chutney	Fresh Apple (1 medium-sized)	Daal (1 cup) with Quinoa (1/2 cup)	Handful of Pumpkin Seeds (1/4 cup)	Lemonade with Stevia (1 glass)	Mixed Vegetable Sabzi with Whole Wheat Roti (2 pieces)
13	Bitter Melon Tea (1 cup)	Moong Dal Chila (2 pieces) with Green Chutney	Fresh Guava (1 medium-sized)	Brown Rice Biryani with Soya Chunks (1 cup)	Handful of Sunflower Seeds (1/4 cup)	Green Tea (1 cup)	Palak Paneer (1 cup) with Brown Rice (1/2 cup)
14	Hibiscus Tea (1 cup)	Paneer Bhurji (1/2 cup) with Whole Wheat Roti (2 pieces)	Fresh Orange (1 medium-sized)	Vegetable Khichdi (1 cup)	Roasted Makhana (Fox Nuts) (1/2 cup)	Amla Juice (1 glass)	Daal (1 cup) with Whole Wheat Roti (2 pieces)
15	Rosemary Infused Water (1 glass)	Poha with Sprouts (1 cup)	Fresh Pineapple Slices (1 cup)	Palak (Spinach) and Moong Daal (1 cup) with Brown Rice (1/2 cup)	Roasted Chana (1/2 cup)	Buttermilk (1 glass)	Mixed Vegetable Sabzi with Quinoa (1 cup)
16	Tulsi Tea (1 cup)	Veg Paratha (2 pieces) with Dahi	Fresh Apple (1 medium-sized)	Daal (1 cup) with Brown Rice (1/2 cup)	Handful of Almonds (15 pieces)	Coconut Water (1 glass)	Mixed Vegetable Stew (1 cup) with Brown Rice (1/2 cup)
17	Sage Infused Water (1 glass)	Quinoa Upma (1 cup)	Fresh Kiwi (1 medium-sized)	Brown Rice Pulao with Tofu (1 cup)	Walnuts (15 pieces)	Herbal Tea (1 cup)	Daal (1 cup) with Whole Wheat Roti (2 pieces)

18	Wheatgrass Juice (1 glass)	Whole Wheat Roti (2 pieces) with Mixed Vegetable Sabzi	Fresh Papaya (1 cup)	Vegetable Khichdi (1 cup)	Roasted Peanuts (1/4 cup)	Lemonade with Stevia (1 glass)	Palak (Spinach) and Moong Daal (1 cup) with Brown Rice (1/2 cup)
19	Lemon and Ginger Infused Water (1 glass)	Oats Idli (2 pieces) with Mint Chutney	Fresh Apple (1 medium-sized)	Daal (1 cup) with Quinoa (1/2 cup)	Handful of Pumpkin Seeds (1/4 cup)	Green Tea (1 cup)	Mixed Vegetable Sabzi with Whole Wheat Roti (2 pieces)
20	Spearmint Tea (1 cup)	Moong Dal Chila (2 pieces) with Green Chutney	Fresh Guava (1 medium-sized)	Brown Rice Biryani with Soya Chunks (1 cup)	Handful of Sunflower Seeds (1/4 cup)	Amla Juice (1 glass)	Palak Paneer (1 cup) with Brown Rice (1/2 cup)
21	Lemongrass Tea (1 cup)	Paneer Bhurji (1/2 cup) with Whole Wheat Roti (2 pieces)	Fresh Orange (1 medium-sized)	Vegetable Khichdi (1 cup)	Roasted Makhana (Fox Nuts) (1/2 cup)	Buttermilk (1 glass)	Daal (1 cup) with Whole Wheat Roti (2 pieces)
22	Chia Seeds in Water (1 glass)	Poha with Sprouts (1 cup)	Fresh Pineapple Slices (1 cup)	Palak (Spinach) and Moong Daal (1 cup) with Brown Rice (1/2 cup)	Roasted Chana (1/2 cup)	Coconut Water (1 glass)	Mixed Vegetable Sabzi with Quinoa (1 cup)
23	Basil Seeds in Water (1 glass)	Veg Paratha (2 pieces) with Dahi	Fresh Apple (1 medium-sized)	Daal (1 cup) with Brown Rice (1/2 cup)	Handful of Almonds (15 pieces)	Green Tea (1 cup)	Mixed Vegetable Stew (1 cup) with Brown

							Rice (1/2 cup)
24	Fenugreek Water (1 glass)	Quinoa Upma (1 cup)	Fresh Kiwi (1 medium-sized)	Brown Rice Pulao with Tofu (1 cup)	Walnuts (15 pieces)	Herbal Tea (1 cup)	Daal (1 cup) with Whole Wheat Roti (2 pieces)
25	Fennel Seeds in Water (1 glass)	Whole Wheat Roti (2 pieces) with Mixed Vegetable Sabzi	Fresh Papaya (1 cup)	Vegetable Khichdi (1 cup)	Roasted Peanuts (1/4 cup)	Lemonade with Stevia (1 glass)	Palak (Spinach) and Moong Daal (1 cup) with Brown Rice (1/2 cup)
26	Ginger Turmeric Tea (1 cup)	Oats Idli (2 pieces) with Mint Chutney	Fresh Apple (1 medium-sized)	Daal (1 cup) with Quinoa (1/2 cup)	Handful of Pumpkin Seeds (1/4 cup)	Coconut Water (1 glass)	Mixed Vegetable Sabzi with Whole Wheat Roti (2 pieces)
27	Green Tea with Cinnamon (1 cup)	Moong Dal Chila (2 pieces) with Green Chutney	Fresh Guava (1 medium-sized)	Brown Rice Biryani with Soya Chunks (1 cup)	Handful of Sunflower Seeds (1/4 cup)	Amla Juice (1 glass)	Palak Paneer (1 cup) with Brown Rice (1/2 cup)
28	Carom Seeds Water (1 glass)	Paneer Bhurji (1/2 cup) with Whole Wheat Roti (2 pieces)	Fresh Orange (1 medium-sized)	Vegetable Khichdi (1 cup)	Roasted Makhana (Fox Nuts) (1/2 cup)	Buttermilk (1 glass)	Daal (1 cup) with Whole Wheat Roti (2 pieces)
29	Cucumber and Mint Infused Water (1 glass)	Poha with Sprouts (1 cup)	Fresh Pineapple Slices (1 cup)	Palak (Spinach) and Moong Daal (1 cup) with	Roasted Chana (1/2 cup)	Green Tea (1 cup)	Mixed Vegetable Sabzi with Quinoa (1 cup)

				Brown Rice (1/2 cup)			
30	Fresh Tomato Juice (1 glass)	Veg Paratha (2 pieces) with Dahi	Fresh Apple (1 medium-sized)	Daal (1 cup) with Brown Rice (1/2 cup)	Handful of Almonds (15 pieces)	Herbal Tea (1 cup)	Mixed Vegetable Stew (1 cup) with Brown Rice (1/2 cup)

## Bengali Cuisine based 30-day Diabetes Diet Plan



There's something irresistibly alluring about Bengali cuisine. Perhaps it's the delicate balance of sweet, sour, and spicy flavors, or the diverse ingredients it employs, each one a tribute to the land's lushness. As someone deeply passionate about this cuisine, I've taken great pleasure in creating this 30-day Bengali diet plan for diabetes control.

We begin our culinary journey with foods that boast a low glycemic index, which gently steer blood glucose levels, avoiding abrupt spikes. Traditional Bengali dishes, such as various fish curries, lentils, and stir-fried vegetables, take center stage in this plan. Each of these dishes is a rich source of omega-3 fatty acids, dietary fibers, and proteins, essential nutrients for individuals managing diabetes.

Between meals, I've included fruits and nuts for their beneficial natural sugars, healthy fats, and fiber. You'll notice brown rice instead of white, chosen for its higher fiber content and lower glycemic index. And let's not forget the myriad detox drinks and herbal teas, featuring a blend of potent ingredients that not only satisfy the palate but also aid in diabetes control by enhancing insulin sensitivity.

Throughout, I've embraced healthy cooking methods such as steaming, roasting, and grilling, ensuring that each dish retains its nutritional integrity while delivering on taste. I believe that food should be more than medicine; it should be a source of joy, a daily celebration of life's bounty.

Remember, each of us has unique health needs and goals. As you navigate through this plan, feel free to tailor it to your requirements. Let this guide be your starting point in creating a diet plan that brings together the best of taste and health. I wish you a delightful and wholesome culinary experience!



Day	Early Morning Drink	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Afternoon Drink	Dinner
Day 1	Warm Lemon Water (1 glass)	Chana Dal Pancake (2 pcs)	A bowl of Cucumber Salad	Shorshe Bata Diye Macher Jhal (Fish in Mustard Sauce) (1 medium piece), served with 1 cup of Brown Rice	1 Apple	Green Tea (1 cup)	Palong Shaak Bhaja (Spinach Stir Fry) (1 bowl), Lau Ghonto (Bottle Gourd Curry) (1 bowl)
Day 2	Detox Water with Cucumber and Mint (1 glass)	Musur Dal'er Pitha (Lentil Pancakes) (2 pcs)	A bowl of Mixed Berries	Shukto (Mixed Vegetable Curry) (1 bowl), served with 1 cup of Brown Rice	Handful of Nuts	Green Tea (1 cup)	Methi Chicken (Fenugreek Chicken) (1 piece), served with 1 small Chapati
Day 3	Amla Juice (1 glass)	Ragi Dosa (2 pcs)	A bowl of Carrot and Cucumber Sticks	Ilish Macher Jhol (Hilsa Fish Curry) (1 medium piece), served with 1 cup of Brown Rice	1 Orange	Buttermilk (1 glass)	Aloo Posto (Potato with Poppy seeds) (1 bowl), served with 1 small Chapati
Day 4	Warm Lemon Water with Honey (1 glass)	Sattu Paratha (2 pcs)	A bowl of Grilled Vegetables	Bhapa Chingri (Steamed Prawn) (1 medium	Handful of Seeds	Coconut Water (1 glass)	Methi Saag with Moong Dal (Fenugreek Leaves with Lentil

				size), served with 1 cup of Brown Rice			Soup) (1 bowl)
Day 5	Apple Cider Vinegar in Water (1 glass)	Quinoa Upma (1 bowl)	A bowl of Fresh Fruit Salad	Bhindi Do Pyaza (Okra Stir Fry) (1 bowl), served with 1 cup of Brown Rice	1 Guava	Green Tea (1 cup)	Cholar Dal with Cauliflower (Lentil Soup with Cauliflower) (1 bowl), served with 1 small Chapati
Day 6	Ginger Tea (1 cup)	Besan Chilla (Gram Flour Pancake) (2 pcs)	A bowl of Tomato Salad	Macher Matha Diye Moong Dal (Fish Head with Lentil Soup) (1 bowl), served with 1 cup of Brown Rice	Handful of Nuts	Buttermilk (1 glass)	Dhokar Dalna (Lentil Cakes in Gravy) (1 bowl), served with 1 small Chapati
Day 7	Green Tea (1 cup)	Oats Khichdi (1 bowl)	A bowl of Papaya	Doi Maach (Fish in Yogurt Curry) (1 medium piece), served with 1 cup of Brown Rice	1 Apple	Coconut Water (1 glass)	Lau Chingri (Bottle Gourd with Prawns) (1 bowl), served with 1 small Chapati

Day	Early Morning Drink	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Afternoon Drink	Dinner
Day 8	Warm Lemon Water (1 glass)	Dal Paratha (2 pcs)	A bowl of Cucumber Salad	Macher Jhol (Fish Curry) (1 medium piece), served with 1 cup of Brown Rice	1 Orange	Green Tea (1 cup)	Phulkopir Roast (Cauliflower Roast) (1 bowl), served with 1 small Chapati
Day 9	Amla Juice (1 glass)	Moong Dal Dosa (2 pcs)	A bowl of Mixed Berries	Chicken Jhol (Chicken Curry) (1 piece), served with 1 cup of Brown Rice	Handful of Nuts	Buttermilk (1 glass)	Aloo Gobi (Potato and Cauliflower Stir Fry) (1 bowl)
Day 10	Detox Water with Cucumber and Mint (1 glass)	Chirer Polao (Poha) (1 bowl)	A bowl of Carrot and Cucumber Sticks	Shorshe Ilish (Hilsa in Mustard Sauce) (1 medium piece), served with 1 cup of Brown Rice	1 Guava	Coconut Water (1 glass)	Saag Chorchori (Mixed Greens Stir Fry) (1 bowl), served with 1 small Chapati
Day 11	Apple Cider Vinegar in Water (1 glass)	Dhokla (2 pcs)	A bowl of Grilled Vegetables	Bengali Style Mixed Vegetable Dal (1 bowl), served with 1 cup of Brown Rice	Handful of Seeds	Green Tea (1 cup)	Begun Bhaja (Eggplant Fry) (2 pcs), served with 1 small Chapati
Day 12	Ginger Tea (1 cup)	Methi Thepla (2 pcs)	A bowl of Fresh	Bhuna Khichuri (Fried	1 Apple	Buttermilk (1 glass)	Paneer Posto (Cottage Cheese

			Fruit Salad	Khichdi) (1 bowl)			with Poppy Seeds) (1 bowl), served with 1 small Chapati
Day 13	Warm Lemon Water with Honey (1 glass)	Chana Dal Dhokla (2 pcs)	A bowl of Tomato Salad	Kancha Peper Ghanto (Raw Papaya Curry) (1 bowl), served with 1 cup of Brown Rice	Handful of Nuts	Coconut Water (1 glass)	Lau Diye Moong Dal (Moong Lentil Soup with Bottle Gourd) (1 bowl)
Day 14	Green Tea (1 cup)	Masala Omelette (1 piece)	A bowl of Papaya	Bhetki Macher Paturi (Bhetki Fish in Banana Leaf) (1 piece), served with 1 cup of Brown Rice	1 Orange	Buttermilk (1 glass)	Baingan Bharta (Mashed Eggplant) (1 bowl), served with 1 small Chapati
Day 15	Warm Lemon Water (1 glass)	Sabudana Khichdi (1 bowl)	A bowl of Cucumber Salad	Mutton Kosha (1 piece), served with 1 cup of Brown Rice	1 Guava	Green Tea (1 cup)	Cabbage Thoran (Cabbage Stir Fry) (1 bowl), served with 1 small Chapati
Day 16	Detox Water with Cucumber and Mint (1 glass)	Oats Idli (2 pcs)	A bowl of Mixed Berries	Rui Macher Jhol (Rohu Fish Curry) (1 medium piece),	Handful of Seeds	Coconut Water (1 glass)	Chana Masala (Chickpea Curry) (1 bowl), served with 1

				served with 1 cup of Brown Rice			small Chapati
Day 17	Amla Juice (1 glass)	Dalia Upma (1 bowl)	A bowl of Carrot and Cucumber Sticks	Chingri Macher Malai Curry (Prawn Curry with Coconut) (1 medium piece), served with 1 cup of Brown Rice	1 Apple	Buttermilk (1 glass)	Soya Nugget Curry (1 bowl), served with 1 small Chapati
Day 18	Apple Cider Vinegar in Water (1 glass)	Pesarattu (Green Moong Dal Dosa) (2 pcs)	A bowl of Grilled Vegetables	Aloo Phulkopir Dalna (Potato and Cauliflower Curry) (1 bowl), served with 1 cup of Brown Rice	Handful of Nuts	Green Tea (1 cup)	Capsicum Masala (1 bowl), served with 1 small Chapati
Day 19	Ginger Tea (1 cup)	Vegetable Dalia (1 bowl)	A bowl of Fresh Fruit Salad	Aloo Potal Posto (Potato and Parwal with Poppy Seeds) (1 bowl), served with 1 cup of Brown Rice	1 Orange	Buttermilk (1 glass)	Tomato Lentil Soup (1 bowl)
Day 20	Warm Lemon Water	Paneer Paratha (2 pcs)	A bowl of Tomato Salad	Bengali Style Dal with	Handful of Seeds	Coconut Water (1 glass)	Mushroom Masala (1 bowl),

	with Honey (1 glass)			Vegetables (1 bowl), served with 1 cup of Brown Rice			served with 1 small Chapati
Day 21	Green Tea (1 cup)	Vegetable Poha (1 bowl)	A bowl of Papaya	Macher Jhal (Spicy Fish Curry) (1 medium piece), served with 1 cup of Brown Rice	1 Guava	Green Tea (1 cup)	Vegetable Pulao (1 bowl)
Day 22	Warm Lemon Water (1 glass)	Ragi Idli (2 pcs)	A bowl of Cucumber Salad	Chicken Korma (1 piece), served with 1 cup of Brown Rice	1 Apple	Buttermilk (1 glass)	Paneer Bhurji (Scrambled Cottage Cheese) (1 bowl), served with 1 small Chapati
Day 23	Detox Water with Cucumber and Mint (1 glass)	Kala Chana Salad (1 bowl)	A bowl of Mixed Berries	Aloo Methi (Potato with Fenugreek Leaves) (1 bowl), served with 1 cup of Brown Rice	Handful of Nuts	Coconut Water (1 glass)	Palak Dal (Spinach Lentil Soup) (1 bowl)
Day 24	Amla Juice (1 glass)	Mung Bean Sprouts Salad (1 bowl)	A bowl of Carrot and Cucumber Sticks	Bhapa Maach (Steamed Fish) (1 medium piece), served with 1 cup	1 Guava	Buttermilk (1 glass)	Aloo Baingan (Potato and Eggplant Curry) (1 bowl), served with 1



				of Brown Rice			small Chapati
Day 25	Apple Cider Vinegar in Water (1 glass)	Mixed Vegetable Upma (1 bowl)	A bowl of Grilled Vegetables	Doi Katla (Fish in Yogurt Sauce) (1 medium piece), served with 1 cup of Brown Rice	Handful of Seeds	Green Tea (1 cup)	Cholar Dal (Bengal Gram Dal) (1 bowl), served with 1 small Chapati
Day 26	Ginger Tea (1 cup)	Ragi Upma (1 bowl)	A bowl of Fresh Fruit Salad	Kacha Aam Dal (Raw Mango Dal) (1 bowl), served with 1 cup of Brown Rice	1 Orange	Coconut Water (1 glass)	Bandhakopir Ghonto (Cabbage Stir Fry with Peas) (1 bowl), served with 1 small Chapati
Day 27	Warm Lemon Water with Honey (1 glass)	Pongal (1 bowl)	A bowl of Tomato Salad	Patol Posto (Parwal with Poppy Seeds) (1 bowl), served with 1 cup of Brown Rice	Handful of Nuts	Buttermilk (1 glass)	Tomato Fish Curry (1 medium piece), served with 1 small Chapati
Day 28	Green Tea (1 cup)	Vegetable Rava Upma (1 bowl)	A bowl of Papaya	Bhaja Moong Dal Shobji Diye (Roasted Moong Dal with Vegetables) (1 bowl), served with 1 cup	1 Apple	Green Tea (1 cup)	Mixed Vegetable Curry (1 bowl), served with 1 small Chapati

				of Brown Rice			
Day 29	Warm Lemon Water (1 glass)	Moong Dal Cheela (2 pcs)	A bowl of Cucumber Salad	Begun Basanti (Eggplant in Mustard-Yogurt Gravy) (1 bowl), served with 1 cup of Brown Rice	1 Guava	Buttermilk (1 glass)	Kumro Chenchki (Pumpkin Stir Fry) (1 bowl), served with 1 small Chapati
Day 30	Detox Water with Cucumber and Mint (1 glass)	Ragi Paniyaram (3 pcs)	A bowl of Mixed Berries	Machher Matha Diye Lau Ghonto (Fish Head with Bottle Gourd) (1 bowl), served with 1 cup of Brown Rice	Handful of Seeds	Coconut Water (1 glass)	Chyanchra (Mixed Vegetable and Fish Head Stew) (1 bowl), served with 1 small Chapati

## Bihari Cuisine based 30-day Diabetes Diet Plan



In this 30-day diet plan, I have incorporated key components of the Bihari cuisine that are known for their low glycemic index and significant health benefits, particularly for people with diabetes. A staple in this diet is Sattu, a highly nutritious flour made from roasted chickpeas, packed with protein and fiber that helps control blood sugar levels. Regular consumption of Amla juice, rich in Vitamin C and antioxidants, also plays a significant role in managing diabetes by improving insulin sensitivity.

A variety of lentils (like chana dal, moong dal, masoor dal, rajma) and whole grains (such as bajra and quinoa) provide a balanced proportion of complex carbohydrates and proteins, ensuring a slow and steady release of glucose into the bloodstream. The regular consumption of a variety of vegetables like lauki, palak, bhindi, methi, and gobi provides essential vitamins and fiber which are crucial for optimal glucose metabolism.

Moreover, regular intake of antioxidant-rich green tea and hibiscus tea can further support blood sugar control. This diet plan includes regular portions of fruits and nuts as snacks, which offer a balance of natural sugars, healthy fats, and other vital nutrients. Finally, the plan ensures to kickstart metabolism each day with drinks like amla juice, apple cider vinegar, and lemon-turmeric water.

Day	Early Morning Drink	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Afternoon Drink	Dinner
Day 1	1 glass of lukewarm water with 1 tsp lemon juice and	Sattu Paratha (1 medium size) with	10-12 soaked almonds	Lauki Chana Dal (1 bowl, 200g) with 2	1 small bowl of sprouted moong dal salad	Green tea (1 cup, 150 ml) without sugar	Pudina Rice (1 bowl, 150g) with Boiled Vegetable

	a pinch of turmeric (200 ml)	cucumber salad		multigrain rotis			s (1 bowl, 100g)
Day 2	Amla Juice (1 glass, 200 ml)	Chana Dal Pancake (2 medium size) with coriander chutney	1 small apple	Methi-Moong Dal Sabzi (1 bowl, 200g) with 2 multigrain rotis	1 small bowl of mixed fruit salad	Hibiscus Tea (1 cup, 150 ml) without sugar	Masoor Dal (1 bowl, 200g) with Vegetable Pulao (1 bowl, 150g)
Day 3	1 glass of lukewarm water with 1 tsp apple cider vinegar	Whole Moong Dal Cheela (2 medium size) with mint chutney	1 small bowl of papaya	Palak Paneer (1 bowl, 200g) with 2 multigrain rotis	1 small bowl of sprouted chana dal salad	Green tea (1 cup, 150 ml) without sugar	Rajma Curry (1 bowl, 200g) with Brown Rice (1 bowl, 150g)
Day 4	1 glass of lukewarm water with 1 tsp lemon juice and a pinch of turmeric (200 ml)	Sattu Porridge (1 bowl, 200g)	10-12 soaked walnuts	Vegetable Jhol (1 bowl, 200g) with 2 multigrain rotis	1 small bowl of cucumber and tomato salad	Hibiscus Tea (1 cup, 150 ml) without sugar	Kadhi Chawal (1 bowl, 200g) with Mixed Vegetable Salad (1 bowl, 100g)
Day 5	Amla Juice (1 glass, 200 ml)	Methi Thepla (2 medium size) with curd (1 small bowl, 100g)	1 small orange	Mixed Dal Tadka (1 bowl, 200g) with 2 multigrain rotis	1 small bowl of sprouted rajma salad	Green tea (1 cup, 150 ml) without sugar	Vegetable Khichdi (1 bowl, 200g) with Cucumber Raita (1 bowl, 100g)
Day 6	1 glass of lukewarm water with 1 tsp apple cider vinegar	Bajra Roti (1 medium size) with Bottle Gourd Sabzi (1 bowl, 200g)	1 small bowl of mixed berries	Bhindi Fry (1 bowl, 200g) with 2 multigrain rotis	1 small bowl of sprouted green gram salad	Hibiscus Tea (1 cup, 150 ml) without sugar	Chana Dal (1 bowl, 200g) with Quinoa Pulao (1 bowl, 150g)

Day 7	1 glass of lukewarm water with 1 tsp lemon juice and a pinch of turmeric (200 ml)	Sattu Upma (1 bowl, 200g)	10-12 soaked almonds	Aloo Palak Sabzi (1 bowl, 200g) with 2 multigrain rotis	1 small bowl of mixed vegetable salad	Green tea (1 cup, 150 ml) without sugar	Brown Rice Biryani with Vegetables (1 bowl, 200g)
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Day	Early Morning Drink	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Afternoon Drink	Dinner
Day 8	Amla Juice (1 glass, 200 ml)	Bajra Khichdi (1 bowl, 200g)	1 small guava	Chana Dal with Lauki (1 bowl, 200g) and 2 multigrain rotis	1 small bowl of sprouted masoor dal salad	Green tea (1 cup, 150 ml) without sugar	Parwal Curry (1 bowl, 200g) with Brown Rice (1 bowl, 150g)
Day 9	1 glass of lukewarm water with 1 tsp apple cider vinegar	Whole Moong Dal Cheela (2 medium size) with coriander chutney	1 small apple	Aloo Methi (1 bowl, 200g) with 2 multigrain rotis	1 small bowl of mixed fruit salad	Hibiscus Tea (1 cup, 150 ml) without sugar	Kadhi (1 bowl, 200g) with Quinoa (1 bowl, 150g)
Day 10	1 glass of lukewarm water with 1 tsp lemon juice and a pinch of turmeric (200 ml)	Sattu Paratha (1 medium size) with curd (1 small bowl, 100g)	10-12 soaked walnuts	Gobi Sabzi (1 bowl, 200g) with 2 multigrain rotis	1 small bowl of cucumber and tomato salad	Green tea (1 cup, 150 ml) without sugar	Vegetable Pulao (1 bowl, 200g)
Day 11	Amla Juice (1 glass, 200 ml)	Quinoa Upma (1 bowl, 200g)	1 small orange	Bhindi Masala (1 bowl, 200g) with 2 multigrain rotis	1 small bowl of sprouted moong dal salad	Hibiscus Tea (1 cup, 150 ml) without sugar	Methi-Moong Dal (1 bowl, 200g) with Brown Rice (1

							bowl, 150g)
Day 12	1 glass of lukewarm water with 1 tsp apple cider vinegar	Chana Dal Pancake (2 medium size) with coriander chutney	1 small bowl of mixed berries	Lauki Chana Dal (1 bowl, 200g) with 2 multigrain rotis	1 small bowl of sprouted chana dal salad	Green tea (1 cup, 150 ml) without sugar	Rajma Curry (1 bowl, 200g) with Quinoa Pulao (1 bowl, 150g)
Day 13	1 glass of lukewarm water with 1 tsp lemon juice and a pinch of turmeric (200 ml)	Sattu Porridge (1 bowl, 200g)	1 small guava	Palak Paneer (1 bowl, 200g) with 2 multigrain rotis	1 small bowl of mixed vegetable salad	Hibiscus Tea (1 cup, 150 ml) without sugar	Brown Rice Biryani with Vegetables (1 bowl, 200g)
Day 14	Amla Juice (1 glass, 200 ml)	Methi Thepla (2 medium size) with curd (1 small bowl, 100g)	1 small apple	Mixed Dal Tadka (1 bowl, 200g) with 2 multigrain rotis	1 small bowl of sprouted rajma salad	Green tea (1 cup, 150 ml) without sugar	Chana Dal (1 bowl, 200g) with Vegetable Pulao (1 bowl, 150g)
Day 15	1 glass of lukewarm water with 1 tsp apple cider vinegar	Bajra Roti (1 medium size) with Bottle Gourd Sabzi (1 bowl, 200g)	1 small orange	Bhindi Fry (1 bowl, 200g) with 2 multigrain rotis	1 small bowl of sprouted green gram salad	Hibiscus Tea (1 cup, 150 ml) without sugar	Kadhi Chawal (1 bowl, 200g) with Mixed Vegetable Salad (1 bowl, 100g)
Day 16	1 glass of lukewarm water with 1 tsp lemon juice and a pinch of turmeric (200 ml)	Sattu Upma (1 bowl, 200g)	10-12 soaked almonds	Aloo Palak Sabzi (1 bowl, 200g) with 2 multigrain rotis	1 small bowl of mixed fruit salad	Green tea (1 cup, 150 ml) without sugar	Vegetable Khichdi (1 bowl, 200g) with Cucumber Raita (1 bowl, 100g)



Day 17	Amla Juice (1 glass, 200 ml)	Bajra Khichdi (1 bowl, 200g)	1 small guava	Chana Dal with Lauki (1 bowl, 200g) and 2 multigrain rotis	1 small bowl of sprouted masoor dal salad	Hibiscus Tea (1 cup, 150 ml) without sugar	Parwal Curry (1 bowl, 200g) with Brown Rice (1 bowl, 150g)
Day 18	1 glass of lukewarm water with 1 tsp apple cider vinegar	Whole Moong Dal Cheela (2 medium size) with coriander chutney	1 small apple	Aloo Methi (1 bowl, 200g) with 2 multigrain rotis	1 small bowl of cucumber and tomato salad	Green tea (1 cup, 150 ml) without sugar	Kadhi (1 bowl, 200g) with Quinoa (1 bowl, 150g)
Day 19	1 glass of lukewarm water with 1 tsp lemon juice and a pinch of turmeric (200 ml)	Sattu Paratha (1 medium size) with curd (1 small bowl, 100g)	10-12 soaked walnuts	Gobi Sabzi (1 bowl, 200g) with 2 multigrain rotis	1 small bowl of mixed vegetable salad	Hibiscus Tea (1 cup, 150 ml) without sugar	Vegetable Pulao (1 bowl, 200g)
Day 20	Amla Juice (1 glass, 200 ml)	Quinoa Upma (1 bowl, 200g)	1 small orange	Bhindi Masala (1 bowl, 200g) with 2 multigrain rotis	1 small bowl of sprouted moong dal salad	Green tea (1 cup, 150 ml) without sugar	Methi-Moong Dal (1 bowl, 200g) with Brown Rice (1 bowl, 150g)
Day 21	1 glass of lukewarm water with 1 tsp apple cider vinegar	Chana Dal Pancake (2 medium size) with coriander chutney	1 small bowl of mixed berries	Lauki Chana Dal (1 bowl, 200g) with 2 multigrain rotis	1 small bowl of sprouted chana dal salad	Hibiscus Tea (1 cup, 150 ml) without sugar	Rajma Curry (1 bowl, 200g) with Quinoa Pulao (1 bowl, 150g)
Day 22	1 glass of lukewarm water with 1 tsp lemon	Sattu Porridge (1 bowl, 200g)	1 small guava	Palak Paneer (1 bowl, 200g) with 2	1 small bowl of mixed fruit salad	Green tea (1 cup, 150 ml)	Brown Rice Biryani with Vegetable

	juice and a pinch of turmeric (200 ml)			multigrain rotis		without sugar	s (1 bowl, 200g)
Day 23	Amla Juice (1 glass, 200 ml)	Methi Thepla (2 medium size) with curd (1 small bowl, 100g)	1 small apple	Mixed Dal Tadka (1 bowl, 200g) with 2 multigrain rotis	1 small bowl of sprouted rajma salad	Hibiscus Tea (1 cup, 150 ml) without sugar	Chana Dal (1 bowl, 200g) with Vegetable Pulao (1 bowl, 150g)
Day 24	1 glass of lukewarm water with 1 tsp apple cider vinegar	Bajra Roti (1 medium size) with Bottle Gourd Sabzi (1 bowl, 200g)	1 small orange	Bhindi Fry (1 bowl, 200g) with 2 multigrain rotis	1 small bowl of sprouted green gram salad	Green tea (1 cup, 150 ml) without sugar	Kadhi Chawal (1 bowl, 200g) with Mixed Vegetable Salad (1 bowl, 100g)
Day 25	1 glass of lukewarm water with 1 tsp lemon juice and a pinch of turmeric (200 ml)	Sattu Upma (1 bowl, 200g)	10-12 soaked almonds	Aloo Palak Sabzi (1 bowl, 200g) with 2 multigrain rotis	1 small bowl of cucumber and tomato salad	Hibiscus Tea (1 cup, 150 ml) without sugar	Vegetable Khichdi (1 bowl, 200g) with Cucumber Raita (1 bowl, 100g)
Day 26	Amla Juice (1 glass, 200 ml)	Bajra Khichdi (1 bowl, 200g)	1 small guava	Chana Dal with Lauki (1 bowl, 200g) and 2 multigrain rotis	1 small bowl of sprouted masoor dal salad	Green tea (1 cup, 150 ml) without sugar	Parwal Curry (1 bowl, 200g) with Brown Rice (1 bowl, 150g)
Day 27	1 glass of lukewarm water with 1 tsp apple cider vinegar	Whole Moong Dal Cheela (2 medium size) with coriander chutney	1 small apple	Aloo Methi (1 bowl, 200g) with 2 multigrain rotis	1 small bowl of mixed vegetable salad	Hibiscus Tea (1 cup, 150 ml) without sugar	Kadhi (1 bowl, 200g) with Quinoa (1 bowl, 150g)

Day 28	1 glass of lukewarm water with 1 tsp lemon juice and a pinch of turmeric (200 ml)	Sattu Paratha (1 medium size) with curd (1 small bowl, 100g)	10-12 soaked walnuts	Gobi Sabzi (1 bowl, 200g) with 2 multigrain rotis	1 small bowl of sprouted moong dal salad	Green tea (1 cup, 150 ml) without sugar	Vegetable Pulao (1 bowl, 200g)
Day 29	Amla Juice (1 glass, 200 ml)	Quinoa Upma (1 bowl, 200g)	1 small orange	Bhindi Masala (1 bowl, 200g) with 2 multigrain rotis	1 small bowl of sprouted chana dal salad	Hibiscus Tea (1 cup, 150 ml) without sugar	Methi-Moong Dal (1 bowl, 200g) with Brown Rice (1 bowl, 150g)
Day 30	1 glass of lukewarm water with 1 tsp apple cider vinegar	Chana Dal Pancake (2 medium size) with coriander chutney	1 small bowl of mixed berries	Lauki Chana Dal (1 bowl, 200g) with 2 multigrain rotis	1 small bowl of cucumber and tomato salad	Green tea (1 cup, 150 ml) without sugar	Rajma Curry (1 bowl, 200g) with Quinoa Pulao (1 bowl, 150g)

## Chhattisgarhi Cuisine based 30-day Diabetes Diet Plan



Chhattisgarhi cuisine, with its diverse, earthy flavors and focus on whole grains, pulses, and fresh produce, has a unique charm that has captivated my palate. It's my immense pleasure to present to you a diet plan that marries the health benefits of this traditional Indian cuisine with the dietary needs of those managing diabetes.

In this 30-day diet plan, I've incorporated the heartiness of dishes like Bafauri and Muthia, which are packed with the protein-rich goodness of chana dal, and Farra, a steamed delight made from rice flour, offering the benefits of complex carbs. Brown and red rice, staples in Chhattisgarhi cuisine, are excellent choices for their low glycemic index, which aids in controlling blood sugar levels. Whole wheat chapatis coupled with a variety of pulses in dishes like Mixed Dal and Rajma serve as a rich source of fiber and protein, contributing to steady glucose levels and keeping you satiated for longer.

Between these fulfilling meals, I've included nutritious snacks like sunflower seeds, mixed nuts, and a diverse range of fresh fruits, teeming with antioxidants, fiber, and essential vitamins. Not to forget the refreshing early morning and afternoon drinks, from invigorating Amla juice to calming Herbal tea, all selected to aid digestion, provide a sense of calm, and offer numerous health benefits.

But what brings it all together, for me, is the exciting use of regional herbs, spices, and traditional cooking methods that make Chhattisgarhi cuisine a true delight. It's this emphasis on flavor and balance that I believe will make managing diabetes not just a necessity, but an enjoyable journey of culinary exploration.

Remember, while this plan provides a solid foundation, individual health needs can vary greatly. Therefore, I encourage you to personalize this plan according to your dietary requirements and preferences.

Day	Early Morning Drink	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Afternoon Drink	Dinner
1	Warm lemon water with 1 tsp honey (1 glass)	Bore Baasi (made with old rice, buttermilk, curry leaves) (1 bowl)	A handful of almonds and walnuts	Chana Samosa (Chickpea stuffed, use whole wheat flour for covering) (2 pieces)	A medium sized apple	Green tea (1 cup, no sugar)	Bhindi Sabzi (Okra curry, no added sugar) (1 bowl), Chapati (made of whole wheat) (2)
2	Green tea (1 cup, no sugar)	Idli (made from fermented black lentils and rice) (2 pieces), Sambhar (1 bowl)	A small bowl of cucumber slices	Steamed Rice (1 bowl), Tomato Chutney (1 small bowl)	A small bowl of mixed fruits	Fresh Lime Water (1 glass, no sugar)	Sabudana Khichdi (1 bowl, use minimal oil)
3	Amla juice (1 glass)	Poha (flattened rice, less oil) (1 bowl)	A medium sized pear	Thekua (wheat flour sweet, reduce the sugar content) (2 pieces)	A handful of roasted chickpeas	Buttermilk (1 glass)	Farra (steamed rice flour dumplings) (2 pieces), Curd (1 small bowl)
4	Cucumber juice (1 glass)	Dahi-Chura (beaten rice and curd) (1 bowl)	A small bowl of carrot slices	Mixed Vegetable Sabzi (1 bowl), Chapati (made of whole wheat) (2)	A medium sized orange	Herbal Tea (1 cup, no sugar)	Red Rice (1 bowl), Lauki Sabzi (bottle gourd curry) (1 bowl)
5	Herbal Tea (1)	Bafauri (steamed chickpea flour)	A small bowl of	Tilghur (sesame seeds and	A handful of	Lemon Ginger Tea (1)	Chana Dal (1 bowl), Brown

	cup, no sugar)	dumplings ) (2 pieces), Green Chutney (1 small bowl)	mixed berries	jaggery sweet, reduce the jaggery content) (2 pieces)	pumpkin seeds	cup, no sugar)	Rice (1 bowl)
6	Mint tea (1 cup, no sugar)	Muthia (steamed dumplings made of rice and various pulses) (2 pieces), Mint Chutney (1 small bowl)	A medium sized banana	Dubki Kadi (yogurt-based curry) (1 bowl), Brown Rice (1 bowl)	A handful of mixed nuts (unsalted )	Aloe Vera Juice (1 glass)	Paneer Bhurji (made with low fat paneer) (1 bowl), Chapati (made of whole wheat) (2)
7	Aloe Vera Juice (1 glass)	Chousela Roti (rice flour roti) (2), Tomato Chutney (1 small bowl)	A small bowl of watermelon slices	Cheela (lentil pancake) (1), Mint Chutney (1 small bowl)	A medium sized guava	Fresh Lime Water (1 glass, no sugar)	Rajma (Kidney beans) (1 bowl), Steamed Rice (1 bowl)

Day	Early Morning Drink	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Afternoon Drink	Dinner
8	Buttermilk (1 glass)	Aloo Tikki (made with minimal oil) (2), Green Chutney (1 small bowl)	A small bowl of grape slices	Mixed Dal (1 bowl), Brown Rice (1 bowl)	A handful of sunflower seeds	Mint Tea (1 cup, no sugar)	Bore Baasi (1 bowl), Stir Fried Vegetables (1 bowl)
9	Cucumber Juice (1 glass)	Dahi-Chura (1 bowl)	A medium-sized peach	Chana Samosa	A small bowl of	Herbal Tea (1	Red Rice (1 bowl), Aloo

				(2 pieces)	kiwi slices	cup, no sugar)	Baigan Sabzi (potato and eggplant curry, minimal oil) (1 bowl)
10	Herbal Tea (1 cup, no sugar)	Idli (2 pieces), Sambhar (1 bowl)	A medium-sized plum	Cheela (1), Mint Chutney (1 small bowl)	A handful of mixed nuts (unsalted)	Buttermilk (1 glass)	Dubki Kadi (1 bowl), Chapati (made of whole wheat) (2)
11	Warm Lemon Water with 1 tsp Honey (1 glass)	Muthia (2 pieces), Tomato Chutney (1 small bowl)	A small bowl of pomegranate seeds	Paneer Bhurji (made with low fat paneer) (1 bowl), Brown Rice (1 bowl)	A medium-sized apple	Fresh Lime Water (1 glass, no sugar)	Bhindi Sabzi (1 bowl), Chapati (made of whole wheat) (2)
12	Amla Juice (1 glass)	Bafauri (2 pieces), Green Chutney (1 small bowl)	A medium-sized pear	Chana Dal (1 bowl), Steamed Rice (1 bowl)	A handful of pumpkin seeds	Green Tea (1 cup, no sugar)	Mixed Vegetable Sabzi (1 bowl), Chapati (made of whole wheat) (2)
13	Fresh Lime Water (1 glass, no sugar)	Chousela Roti (2), Mint Chutney (1 small bowl)	A small bowl of cucumber slices	Rajma (1 bowl), Red Rice (1 bowl)	A medium-sized orange	Lemon Ginger Tea (1 cup, no sugar)	Lauki Sabzi (1 bowl), Chapati (made of whole wheat) (2)
14	Buttermilk (1 glass)	Poha (1 bowl)	A small bowl of carrot slices	Farra (2 pieces), Curd (1 small bowl)	A small bowl of mixed fruits	Aloe Vera Juice (1 glass)	Sabudana Khichdi (1 bowl, use minimal oil)



15	Cucumber Juice (1 glass)	Dahi-Chura (1 bowl)	A small bowl of watermelon slices	Cheela (1), Tomato Chutney (1 small bowl)	A handful of almonds and walnuts	Mint Tea (1 cup, no sugar)	Mixed Dal (1 bowl), Brown Rice (1 bowl)
16	Herbal Tea (1 cup, no sugar)	Idli (2 pieces), Sambhar (1 bowl)	A medium-sized banana	Thekua (2 pieces)	A small bowl of mixed berries	Fresh Lime Water (1 glass, no sugar)	Paneer Bhurji (made with low fat paneer) (1 bowl), Chapati (made of whole wheat) (2)
17	Warm Lemon Water with 1 tsp Honey (1 glass)	Muthia (2 pieces), Mint Chutney (1 small bowl)	A medium-sized guava	Tilghur (2 pieces)	A handful of sunflower seeds	Buttermilk (1 glass)	Bhindi Sabzi (1 bowl), Chapati (made of whole wheat) (2)
18	Amla Juice (1 glass)	Bafauri (2 pieces), Tomato Chutney (1 small bowl)	A medium-sized peach	Mixed Vegetable Sabzi (1 bowl), Brown Rice (1 bowl)	A small bowl of kiwi slices	Green Tea (1 cup, no sugar)	Dubki Kadi (1 bowl), Steamed Rice (1 bowl)
19	Fresh Lime Water (1 glass, no sugar)	Chousela Roti (2), Green Chutney (1 small bowl)	A small bowl of pomegranate seeds	Rajma (1 bowl), Red Rice (1 bowl)	A medium-sized pear	Lemon Ginger Tea (1 cup, no sugar)	Lauki Sabzi (1 bowl), Chapati (made of whole wheat) (2)
20	Buttermilk (1 glass)	Poha (1 bowl)	A small bowl of grape slices	Farra (2 pieces), Curd (1 small bowl)	A handful of mixed nuts (unsalted)	Aloe Vera Juice (1 glass)	Sabudana Khichdi (1 bowl, use minimal oil)

21	Cucumber Juice (1 glass)	Dahi-Chura (1 bowl)	A medium-sized apple	Cheela (1), Mint Chutney (1 small bowl)	A small bowl of cucumber slices	Mint Tea (1 cup, no sugar)	Mixed Dal (1 bowl), Brown Rice (1 bowl)
22	Herbal Tea (1 cup, no sugar)	Idli (2 pieces), Sambhar (1 bowl)	A small bowl of carrot slices	Thekua (2 pieces)	A medium-sized orange	Fresh Lime Water (1 glass, no sugar)	Paneer Bhurji (made with low fat paneer) (1 bowl), Chapati (made of whole wheat) (2)
23	Warm Lemon Water with 1 tsp Honey (1 glass)	Muthia (2 pieces), Tomato Chutney (1 small bowl)	A small bowl of watermelon slices	Tilghur (2 pieces)	A small bowl of mixed fruits	Buttermilk (1 glass)	Bhindi Sabzi (1 bowl), Chapati (made of whole wheat) (2)
24	Amla Juice (1 glass)	Bafauri (2 pieces), Mint Chutney (1 small bowl)	A medium-sized banana	Mixed Vegetable Sabzi (1 bowl), Brown Rice (1 bowl)	A handful of pumpkin seeds	Green Tea (1 cup, no sugar)	Dubki Kadi (1 bowl), Steamed Rice (1 bowl)
25	Fresh Lime Water (1 glass, no sugar)	Chousela Roti (2), Tomato Chutney (1 small bowl)	A medium-sized guava	Aloe Vera Juice (1 glass)	Rajma (1 bowl), Red Rice (1 bowl)	A medium-sized pear	Lemon Ginger Tea (1 cup, no sugar)
26	Buttermilk (1 glass)	Poha (1 bowl)	A small bowl of kiwi slices	Farra (2 pieces), Curd (1 small bowl)	A handful of sunflower seeds	Aloe Vera Juice (1 glass)	Sabudana Khichdi (1 bowl, use minimal oil)
27	Cucumber Juice (1 glass)	Dahi-Chura (1 bowl)	A small bowl of	Cheela (1), Green	A medium-	Mint Tea (1 cup, no sugar)	Mixed Dal (1 bowl), Brown

			pomegranate seeds	Chutney (1 small bowl)	medium-sized apple		Rice (1 bowl)
28	Herbal Tea (1 cup, no sugar)	Idli (2 pieces), Sambhar (1 bowl)	A small bowl of grape slices	Thekua (2 pieces)	A small bowl of cucumber slices	Fresh Lime Water (1 glass, no sugar)	Paneer Bhurji (made with low fat paneer) (1 bowl), Chapati (made of whole wheat) (2)
29	Warm Lemon Water with 1 tsp Honey (1 glass)	Muthia (2 pieces), Green Chutney (1 small bowl)	A medium-sized peach	Tilghur (2 pieces)	A handful of mixed nuts (unsalted)	Buttermilk (1 glass)	Bhindi Sabzi (1 bowl), Chapati (made of whole wheat) (2)
30	Amla Juice (1 glass)	Bafauri (2 pieces), Tomato Chutney (1 small bowl)	A medium-sized plum	Mixed Vegetable Sabzi (1 bowl), Brown Rice (1 bowl)	A small bowl of mixed berries	Green Tea (1 cup, no sugar)	Dubki Kadi (1 bowl), Steamed Rice (1 bowl)

## Goan Cuisine based 30-day Diabetes Diet Plan



As a lover of the vibrant, flavorful Goan cuisine, crafting this 30-day diet plan has been a thrilling journey. The diet is carefully designed around traditional Goan dishes, rich in taste, and yet, considerate of the special needs of individuals with diabetes. You'll see that we've embraced the bounty of legumes, whole grains, lean proteins and fresh produce readily available in Goa, turning them into meals that are both hearty and healthful.

Whole grains like brown rice, quinoa, millets, and oats frequently make their way into our menu, providing you with steady-release carbohydrates to maintain stable blood sugar levels. The diversity of legumes, seen in dishes using moong dal and whole moong, supply ample dietary fiber and protein, key for blood sugar control. The rich array of vegetables, used in traditional recipes like Vegetable Xacuti and Vegetable Vindaloo, contribute vitamins, minerals, and fiber, essential for overall health.

Fish, a cornerstone of Goan cuisine, makes a regular appearance, offering lean protein and omega-3 fatty acids, known to improve heart health - a vital consideration for individuals with diabetes. In our diet plan, we've balanced fish with other lean proteins like chicken, tofu, and eggs to provide variety.

To keep you satiated between meals, we've included healthy snack options such as makhana (fox nuts), roasted chana (chickpeas), and a colorful assortment of fruits and veggies. You'll notice we've added a few well-selected nuts and seeds, providing healthy fats, fiber, and antioxidants to your daily intake.

Moreover, the early morning drink rotation includes options like aloe vera juice, known to improve insulin sensitivity, and fenugreek seeds soaked water, recognized for its blood sugar lowering effect.

It's important to remember that while this plan is designed with diabetes in mind, it's essential to individualize your diet based on your unique health needs. Here's to exploring and enjoying the flavors of Goa, one healthy meal at a time!

Day	Early Morning Drink	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Afternoon Drink	Dinner
1	Warm Lemon Water (1 glass)	Rava Upma (1 bowl) with a side of cucumber (1 cup, sliced)	15 Almonds	Goan Style Bitter Gourd Stir Fry (1 cup), Brown Rice (1/2 cup cooked)	Grilled Brinjal (1 small)	Unsweetened Green Tea (1 cup)	Goan Style Grilled Fish (1 piece) with a side of mixed salad (1 cup)
2	Bitter Gourd Juice (1 glass)	Whole Moong Dal Chilla (2 pieces) with green chutney	1 Apple	Goan Style Okra Curry (1 cup), Quinoa (1/2 cup cooked)	Roasted Chana (1/4 cup)	Iced Tea, no sugar (1 glass)	Goan Style Vegetable Xacuti (1 cup), Whole wheat chapati (1 piece)
3	Aloe Vera Juice (1 glass)	Methi Thepla (2 pieces) with low fat curd (1/2 cup)	1 Pear	Goan Style Grilled Chicken Salad (1 serving)	Makhana (Fox Nuts) (1/4 cup)	Buttermilk (1 glass)	Goan Style Egg Curry (1 cup), Brown Rice (1/2 cup cooked)
4	Wheatgrass Juice (1 glass)	Buckwheat Pancakes (2 pieces) with a dollop of peanut butter	Handful of walnuts	Goan Style Mushroom Xacuti (1 cup), Whole wheat chapati (1 piece)	Air-popped Popcorn (1 cup)	Mint Lemonade, no sugar (1 glass)	Goan Style Stuffed Capsicum (1 serving)
5	Fenugreek Seeds Soaked Water (1 glass)	Jowar Roti (1 piece) with low fat paneer	1 Orange	Goan Style Tofu Caldin (1 cup), Quinoa	Cucumber and carrot sticks (1 cup)	Coconut Water (1 glass)	Goan Style Sol Kadhi (1 glass), Grilled

		bhurji (1/2 cup)		(1/2 cup cooked)			veggies (1 cup)
6	Warm Lemon Water (1 glass)	Ragi Dosa (2 pieces) with coconut chutney	15 Almonds	Goan Style Chicken Cafreal Salad (1 serving)	Roasted Chana (1/4 cup)	Unsweetened Green Tea (1 cup)	Goan Style Daal (1 cup), Brown Rice (1/2 cup cooked)
7	Bitter Gourd Juice (1 glass)	Idli (2 pieces) with sambhar (1 cup)	1 Apple	Goan Style Prawn Balchão (1 serving), Quinoa (1/2 cup cooked)	Grilled Brinjal (1 small)	Buttermilk (1 glass)	Goan Style Vegetable Curry (1 cup), Whole wheat chapati (1 piece)

Day	Early Morning Drink	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Afternoon Drink	Dinner
8	Aloe Vera Juice (1 glass)	Red Poha (1 cup) with mixed vegetables	Handful of walnuts	Goan Style Fish Curry (1 serving), Brown Rice (1/2 cup cooked)	Makhana (Fox Nuts) (1/4 cup)	Iced Tea, no sugar (1 glass)	Goan Style Mixed Vegetable Curry (1 cup), Quinoa (1/2 cup cooked)
9	Wheatgrass Juice (1 glass)	Green Moong Dal Dosa (2 pieces) with coconut chutney	1 Orange	Goan Style Grilled Prawn Salad (1 serving)	Roasted Chana (1/4 cup)	Unsweetened Green Tea (1 cup)	Goan Style Daal (1 cup), Whole wheat chapati (1 piece)
10	Fenugreek Seeds Soaked Water (1 glass)	Millet Idli (2 pieces) with sambhar (1 cup)	15 Almonds	Goan Style Chicken Xacuti (1 cup), Brown	Cucumber and carrot sticks (1 cup)	Mint Lemonade, no sugar (1 glass)	Goan Style Tofu Caldin (1 cup), Quinoa

				Rice (1/2 cup cooked)			(1/2 cup cooked)
11	Warm Lemon Water (1 glass)	Sprouted Moong Dal Paratha (1 piece) with low fat curd (1/2 cup)	1 Apple	Goan Style Vegetable Vindaloo (1 cup), Whole wheat chapati (1 piece)	Air-popped Popcorn (1 cup)	Buttermilk (1 glass)	Goan Style Grilled Fish (1 piece) with a side of mixed salad (1 cup)
12	Bitter Gourd Juice (1 glass)	Jowar Poha (1 cup) with mixed vegetables	1 Pear	Goan Style Egg Bhaji (1 serving), Quinoa (1/2 cup cooked)	Grilled Brinjal (1 small)	Coconut Water (1 glass)	Goan Style Mushroom Xacuti (1 cup), Brown Rice (1/2 cup cooked)
13	Aloe Vera Juice (1 glass)	Whole Moong Dal Chilla (2 pieces) with green chutney	1 Orange	Goan Style Fish Rawa Fry Salad (1 serving)	Makhana (Fox Nuts) (1/4 cup)	Unsweetened Green Tea (1 cup)	Goan Style Daal (1 cup), Whole wheat chapati (1 piece)
14	Wheatgrass Juice (1 glass)	Ragi Idli (2 pieces) with sambhar (1 cup)	Handful of walnuts	Goan Style Vegetable Xacuti (1 cup), Brown Rice (1/2 cup cooked)	Roasted Chana (1/4 cup)	Iced Tea, no sugar (1 glass)	Goan Style Chicken Curry (1 cup), Quinoa (1/2 cup cooked)
15	Fenugreek Seeds Soaked Water (1 glass)	Oats Upma (1 bowl) with a side of cucumber (1 cup, sliced)	15 Almonds	Goan Style Tofu Caldin (1 cup), Whole wheat chapati (1 piece)	Cucumber and carrot sticks (1 cup)	Buttermilk (1 glass)	Goan Style Stuffed Capsicum (1 serving)



16	Warm Lemon Water (1 glass)	Whole Wheat Poha (1 cup) with mixed vegetables	1 Apple	Goan Style Grilled Chicken Salad (1 serving)	Air-popped Popcorn (1 cup)	Mint Lemonade, no sugar (1 glass)	Goan Style Egg Curry (1 cup), Brown Rice (1/2 cup cooked)
17	Bitter Gourd Juice (1 glass)	Bajra Dosa (2 pieces) with coconut chutney	1 Pear	Goan Style Mushroom Xacuti (1 cup), Quinoa (1/2 cup cooked)	Grilled Brinjal (1 small)	Coconut Water (1 glass)	Goan Style Grilled Fish (1 piece) with a side of mixed salad (1 cup)
18	Aloe Vera Juice (1 glass)	Quinoa Upma (1 bowl) with a side of cucumber (1 cup, sliced)	1 Orange	Goan Style Vegetable Curry (1 cup), Whole wheat chapati (1 piece)	Makhana (Fox Nuts) (1/4 cup)	Unsweetened Green Tea (1 cup)	Goan Style Prawn Balchão (1 serving), Brown Rice (1/2 cup cooked)
19	Wheatgrass Juice (1 glass)	Ragi Idli (2 pieces) with sambhar (1 cup)	Handful of walnuts	Goan Style Chicken Cafreal Salad (1 serving)	Roasted Chana (1/4 cup)	Iced Tea, no sugar (1 glass)	Goan Style Vegetable Xacuti (1 cup), Quinoa (1/2 cup cooked)
20	Fenugreek Seeds Soaked Water (1 glass)	Red Poha (1 cup) with mixed vegetables	15 Almonds	Goan Style Fish Curry (1 serving), Brown Rice (1/2 cup cooked)	Cucumber and carrot sticks (1 cup)	Buttermilk (1 glass)	Goan Style Daal (1 cup), Whole wheat chapati (1 piece)
21	Warm Lemon	Green Moong	1 Apple	Goan Style	Air-popped	Mint Lemonade,	Goan Style Egg

	Water (1 glass)	Dal Dosa (2 pieces) with coconut chutney		Grilled Prawn Salad (1 serving)	Popcorn (1 cup)	no sugar (1 glass)	Curry (1 cup), Brown Rice (1/2 cup cooked)
22	Bitter Gourd Juice (1 glass)	Millet Idli (2 pieces) with sambhar (1 cup)	1 Pear	Goan Style Chicken Xacuti (1 cup), Quinoa (1/2 cup cooked)	Grilled Brinjal (1 small)	Coconut Water (1 glass)	Goan Style Tofu Caldin (1 cup), Whole wheat chapati (1 piece)
23	Aloe Vera Juice (1 glass)	Sprouted Moong Dal Paratha (1 piece) with low fat curd (1/2 cup)	1 Orange	Goan Style Vegetable Vindaloo (1 cup), Brown Rice (1/2 cup cooked)	Makhana (Fox Nuts) (1/4 cup)	Unsweetened Green Tea (1 cup)	Goan Style Grilled Fish (1 piece) with a side of mixed salad (1 cup)
24	Wheatgrass Juice (1 glass)	Jowar Poha (1 cup) with mixed vegetables	Handful of walnuts	Goan Style Fish Rawa Fry Salad (1 serving)	Roasted Chana (1/4 cup)	Iced Tea, no sugar (1 glass)	Goan Style Daal (1 cup), Whole wheat chapati (1 piece)
25	Fenugreek Seeds Soaked Water (1 glass)	Oats Upma (1 bowl) with a side of cucumber (1 cup, sliced)	15 Almonds	Goan Style Vegetable Xacuti (1 cup), Quinoa (1/2 cup cooked)	Cucumber and carrot sticks (1 cup)	Buttermilk (1 glass)	Goan Style Chicken Curry (1 cup), Brown Rice (1/2 cup cooked)
26	Warm Lemon Water (1 glass)	Whole Wheat Poha (1 cup) with mixed	1 Apple	Goan Style Tofu Caldin (1 cup), Whole wheat	Air-popped Popcorn (1 cup)	Mint Lemonade, no sugar (1 glass)	Goan Style Stuffed Capsicum (1 serving)

		vegetables		chapati (1 piece)			
27	Bitter Gourd Juice (1 glass)	Bajra Dosa (2 pieces) with coconut chutney	1 Pear	Goan Style Grilled Chicken Salad (1 serving)	Grilled Brinjal (1 small)	Coconut Water (1 glass)	Goan Style Egg Curry (1 cup), Quinoa (1/2 cup cooked)
28	Aloe Vera Juice (1 glass)	Quinoa Upma (1 bowl) with a side of cucumber (1 cup, sliced)	1 Orange	Goan Style Vegetable Curry (1 cup), Whole wheat chapati (1 piece)	Makhana (Fox Nuts) (1/4 cup)	Unsweetened Green Tea (1 cup)	Goan Style Prawn Balchão (1 serving), Brown Rice (1/2 cup cooked)
29	Wheatgrass Juice (1 glass)	Ragi Idli (2 pieces) with sambhar (1 cup)	Handful of walnuts	Goan Style Chicken Cafreal Salad (1 serving)	Roasted Chana (1/4 cup)	Iced Tea, no sugar (1 glass)	Goan Style Vegetable Xacuti (1 cup), Quinoa (1/2 cup cooked)
30	Fenugreek Seeds Soaked Water (1 glass)	Red Poha (1 cup) with mixed vegetables	15 Almonds	Goan Style Fish Curry (1 serving), Brown Rice (1/2 cup cooked)	Cucumber and carrot sticks (1 cup)	Buttermilk (1 glass)	Goan Style Daal (1 cup), Whole wheat chapati (1 piece)

## Gujarati Cuisine based 30-day Diabetes Diet Plan



This 30-day diabetes-friendly Gujarati Cuisine diet plan incorporates an assortment of healthful foods rich in fiber, protein, and healthy fats, while being low in refined carbohydrates, and sugars to help regulate blood sugar levels. A cornerstone of this diet includes whole grains like quinoa, oats, bajra, jowar, and brown rice that are high in fiber and help in the slow release of glucose into the bloodstream. It also emphasizes the use of pulses such as chickpeas, moong dal, and black-eyed peas which provide an excellent source of protein and fiber, key for blood sugar regulation.

Various nuts and seeds included in the snack sections of the diet contribute healthy fats and fiber, making you feel full and satisfied, while preventing unnecessary sugar spikes. Green leafy vegetables and an assortment of other non-starchy vegetables increase the volume of the meals without adding a significant number of carbs, besides being a powerhouse of essential vitamins, minerals, and antioxidants.

The use of amla, aloe vera, bitter melon, and cinnamon in drinks is a traditional Indian approach to managing diabetes due to their potential blood sugar-lowering effects. A key aspect of this plan is that it does not just focus on 'what' to eat but also 'how much' and 'when' to eat - the portion control and meal timings are crucial in managing diabetes.

This plan, packed with diverse flavors and nutrients from the heart of Gujarat, aims to provide a sustainable and enjoyable approach to managing diabetes while ensuring cultural relevance and adherence.

Day	Early Morning Drink	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Afternoon Drink	Dinner
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1	Warm water with lemon and honey (1 glass)	Handvo (1 small piece, around 150g)	Guava (1 medium-sized)	Moong Dal Khichdi (1 bowl, around 250g) with Curd (1 cup)	Roasted Chana (1 small cup)	Green Tea (1 cup)	Lauki Chana Dal (1 bowl, around 250g) with 2 Roti (made with whole wheat)
2	Bitter gourd juice (1 glass)	Methi Thepla (2 pieces)	Handful of almonds and walnuts	Quinoa Pulao (1 bowl, around 250g) with Cucumber Raita (1 cup)	Sprouts Salad (1 bowl, around 150g)	Buttermilk (1 glass)	Oats Khichdi (1 bowl, around 250g)
3	Aloe vera juice (1 glass)	Whole Moong Dal Chilla (2 pieces) with green chutney	Apple (1 medium-sized)	Chana Dal Handvo (1 piece, around 150g) with Mixed Veg Salad (1 bowl)	Air-popped popcorn (1 small bowl)	Iced Cinnamon Tea (1 glass)	Tofu Bhurji (1 bowl, around 150g) with 2 Roti (made with whole wheat)
4	Warm water with lemon and honey (1 glass)	Oats Upma (1 bowl, around 150g)	Guava (1 medium-sized)	Cabbage Sabzi (1 bowl, around 150g) with Brown Rice (1 small bowl)	Roasted Makhanas (1 small cup)	Buttermilk (1 glass)	Palak Moong Dal (1 bowl, around 250g) with 2 Roti (made with whole wheat)
5	Bitter gourd juice (1 glass)	Poha (1 bowl, around 150g) with sprouted moong salad	Handful of almonds and walnuts	Methi Muthia (4 pieces) with Carrot and Cucumber Salad (1 bowl)	Roasted Chana (1 small cup)	Green Tea (1 cup)	Brown Rice Pulao with Vegetables (1 bowl, around 250g)

6	Aloe vera juice (1 glass)	Sprouted Moong Pancakes (2 pieces) with Green Chutney	Apple (1 medium-sized)	Mixed Dal (1 bowl, around 250g) with Vegetable Salad (1 bowl)	Sprouts Salad (1 bowl, around 150g)	Iced Cinnamon Tea (1 glass)	Methi Chana Dal (1 bowl, around 250g) with 2 Roti (made with whole wheat)
7	Warm water with lemon and honey (1 glass)	Dalia Upma (1 bowl, around 150g)	Guava (1 medium-sized)	Vegetable Upma (1 bowl, around 250g) with Beetroot and Cabbage Salad (1 bowl)	Air-popped popcorn (1 small bowl)	Buttermilk (1 glass)	Chickpea Curry (1 bowl, around 250g) with 2 Roti (made with whole wheat)

Day	Early Morning Drink	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Afternoon Drink	Dinner
8	Bitter gourd juice (1 glass)	Jowar Methi Roti (2 pieces)	Handful of almonds and walnuts	Bajra Khichdi (1 bowl, around 250g) with Curd (1 cup)	Roasted Chana (1 small cup)	Green Tea (1 cup)	Vegetable Quinoa (1 bowl, around 250g)
9	Aloe vera juice (1 glass)	Doodhi Muthia (2 pieces)	Apple (1 medium-sized)	Sprout Moong Dal Curry (1 bowl, around 250g) with 2 Roti (made with whole wheat)	Air-popped popcorn (1 small bowl)	Buttermilk (1 glass)	Bajra Rotla with Baingan Bharta (1 bowl, around 250g)

10	Warm water with lemon and honey (1 glass)	Oats Dosa (2 pieces) with Green Chutney	Guava (1 medium-sized)	Kadhi with Brown Rice (1 small bowl each)	Roasted Makhanas (1 small cup)	Iced Cinnamon Tea (1 glass)	Tomato Sev Curry (1 bowl, around 250g) with 2 Roti (made with whole wheat)
11	Bitter gourd juice (1 glass)	Masala Oats (1 bowl, around 150g)	Handful of almonds and walnuts	Black Eyed Peas Curry (1 bowl, around 250g) with Brown Rice (1 small bowl)	Sprouts Salad (1 bowl, around 150g)	Green Tea (1 cup)	Methi Tuvar Dal (1 bowl, around 250g) with 2 Roti (made with whole wheat)
12	Aloe vera juice (1 glass)	Multigrain Paratha (1 piece) with Curd (1 cup)	Apple (1 medium-sized)	Moong Sprouts Salad (1 bowl)	Roasted Chana (1 small cup)	Buttermilk (1 glass)	Bottle Gourd Sabji (1 bowl, around 250g) with 2 Roti (made with whole wheat)
13	Warm water with lemon and honey (1 glass)	Idra (1 small piece, around 150g)	Guava (1 medium-sized)	Palak Chana Dal (1 bowl, around 250g) with Quinoa (1 small bowl)	Air-popped popcorn (1 small bowl)	Iced Cinnamon Tea (1 glass)	Undhiyu (1 bowl, around 250g) with 2 Roti (made with whole wheat)
14	Bitter gourd juice (1 glass)	Khandvi (4-5 small pieces)	Handful of almonds and walnuts	Sabudana Khichdi (1 bowl, around 250g)	Roasted Makhanas (1 small cup)	Green Tea (1 cup)	Vegetable Daliya (1 bowl, around 250g)



15	Aloe vera juice (1 glass)	Ragi Dosa (2 pieces) with Green Chutney	Apple (1 medium-sized)	Dal Dhokli (1 bowl, around 250g)	Sprouts Salad (1 bowl, around 150g)	Buttermilk (1 glass)	Karela Sabji (1 bowl, around 250g) with 2 Roti (made with whole wheat)
16	Warm water with lemon and honey (1 glass)	Amaranth Paratha (1 piece) with Curd (1 cup)	Guava (1 medium-sized)	Moong Dal Dhapate (1 piece) with Mixed Veg Salad (1 bowl)	Roasted Chana (1 small cup)	Iced Cinnamon Tea (1 glass)	Cabbage Poriyal (1 bowl, around 250g) with 2 Roti (made with whole wheat)
17	Bitter gourd juice (1 glass)	Palak Dhokla (2 pieces)	Handful of almonds and walnuts	Chola Dal with Brown Rice (1 small bowl each)	Air-popped popcorn (1 small bowl)	Green Tea (1 cup)	Vegetable Oats Khichdi (1 bowl, around 250g)
18	Aloe vera juice (1 glass)	Buckwheat Pancakes (2 pieces) with Green Chutney	Apple (1 medium-sized)	Toor Dal (1 bowl, around 250g) with 2 Roti (made with whole wheat)	Roasted Makhana (1 small cup)	Buttermilk (1 glass)	Ridge Gourd Sabji (1 bowl, around 250g) with 2 Roti (made with whole wheat)
19	Warm water with lemon and honey (1 glass)	Chana Dal Pancake (2 pieces) with Curd (1 cup)	Guava (1 medium-sized)	Methi Sabzi with Brown Rice (1 small bowl each)	Sprouts Salad (1 bowl, around 150g)	Iced Cinnamon Tea (1 glass)	Okra Sabji (1 bowl, around 250g) with 2 Roti (made with whole wheat)

20	Bitter gourd juice (1 glass)	Wheat Dalia (1 bowl, around 150g)	Handful of almonds and walnuts	Daliya Khichdi (1 bowl, around 250g)	Roasted Chana (1 small cup)	Green Tea (1 cup)	Mixed Vegetable Curry (1 bowl, around 250g) with 2 Roti (made with whole wheat)
21	Aloe vera juice (1 glass)	Mixed Vegetable Paratha (1 piece) with Curd (1 cup)	Apple (1 medium-sized)	Spinach Dal (1 bowl, around 250g) with Quinoa (1 small bowl)	Air-popped popcorn (1 small bowl)	Buttermilk (1 glass)	Eggplant Curry (1 bowl, around 250g) with 2 Roti (made with whole wheat)
22	Warm water with lemon and honey (1 glass)	Red Rice Poha (1 bowl, around 150g)	Guava (1 medium-sized)	Tomato Sev Sabji (1 bowl, around 250g) with 2 Roti (made with whole wheat)	Roasted Makhanas (1 small cup)	Iced Cinnamon Tea (1 glass)	Chana Dal with Vegetable (1 bowl, around 250g) with 2 Roti (made with whole wheat)
23	Bitter gourd juice (1 glass)	Sprouted Moong Salad (1 bowl)	Handful of almonds and walnuts	Vegetable Upma (1 bowl, around 250g)	Sprouts Salad (1 bowl, around 150g)	Green Tea (1 cup)	Tofu Curry (1 bowl, around 250g) with 2 Roti (made with whole wheat)
24	Aloe vera juice (1 glass)	Millet Idli (2 pieces) with Green Chutney	Apple (1 medium-sized)	Lauki Chana Dal (1 bowl, around 250g) with 2 Roti	Roasted Chana (1 small cup)	Buttermilk (1 glass)	Moong Dal with Spinach (1 bowl, around 250g) with 2 Roti (made

				(made with whole wheat)			with whole wheat)
25	Warm water with lemon and honey (1 glass)	Cabbage Poha (1 bowl, around 150g)	Guava (1 medium-sized)	Toor Dal (1 bowl, around 250g) with Quinoa (1 small bowl)	Air-popped popcorn (1 small bowl)	Iced Cinnamon Tea (1 glass)	Vegetable Stew (1 bowl, around 250g) with 2 Roti (made with whole wheat)
26	Bitter gourd juice (1 glass)	Ragi Porridge (1 bowl, around 150g)	Handful of almonds and walnuts	Chickpea Curry (1 bowl, around 250g) with Brown Rice (1 small bowl)	Roasted Makhanas (1 small cup)	Green Tea (1 cup)	Cauliflower Sabji (1 bowl, around 250g) with 2 Roti (made with whole wheat)
27	Aloe vera juice (1 glass)	Quinoa Poha (1 bowl, around 150g)	Apple (1 medium-sized)	Chana Dal Handvo (1 piece, around 150g) with Mixed Veg Salad (1 bowl)	Sprouts Salad (1 bowl, around 150g)	Buttermilk (1 glass)	Black Eyed Peas Curry (1 bowl, around 250g) with 2 Roti (made with whole wheat)
28	Warm water with lemon and honey (1 glass)	Buckwheat Khichdi (1 bowl, around 250g)	Guava (1 medium-sized)	Mixed Vegetable Curry (1 bowl, around 250g) with 2 Roti (made with whole wheat)	Roasted Chana (1 small cup)	Iced Cinnamon Tea (1 glass)	Cabbage and Peas Sabji (1 bowl, around 250g) with 2 Roti (made with whole wheat)

29	Bitter gourd juice (1 glass)	Green Gram Dosa (2 pieces) with Green Chutney	Handful of almonds and walnuts	Karela Sabji (1 bowl, around 250g) with Quinoa (1 small bowl)	Air-popped popcorn (1 small bowl)	Green Tea (1 cup)	Mixed Dal (1 bowl, around 250g) with 2 Roti (made with whole wheat)
30	Aloe vera juice (1 glass)	Brown Rice Idli (2 pieces) with Green Chutney	Apple (1 medium-sized)	Palak Moong Dal (1 bowl, around 250g) with 2 Roti (made with whole wheat)	Roasted Makhanas (1 small cup)	Buttermilk (1 glass)	Chana Dal with Vegetable (1 bowl, around 250g) with 2 Roti (made with whole wheat)

## Haryanvi Cuisine based 30-day Diabetes Diet Plan



Haryanvi cuisine, steeped in its rustic charm and earthy flavors, never ceases to amaze me with its delightful simplicity and powerful nutritional punch. It's an extraordinary culinary tradition that entwines me in the warm embrace of home-ground spices and the wholesome richness of millet, wheat, and a pantheon of vibrant fruits and vegetables. This is not merely a cuisine; it's a symphony of wellness that is played on the humble stovetops of Haryana households.

The primary hero of our plan is the humble millet – pearl millet (bajra), sorghum (jowar), and finger millet (ragi), which are the heart and soul of Haryana's everyday meals. Each of these brings along a low glycemic index, making them perfect for blood sugar control. Also, they are an excellent source of dietary fiber, offering a prolonged feeling of fullness, preventing unwanted spikes in sugar levels post meals. And what better way to introduce these nutritional powerhouses than in the form of delectable rotis, a staple of this cuisine?

Beans, lentils, and an array of locally sourced vegetables like bottle gourd, okra, and eggplant are generously incorporated in the dishes, providing abundant proteins, vitamins, minerals, and fiber. Our Haryana-style curries are a riot of flavors, with the traditional use of garlic, cumin, turmeric, and coriander, each bringing unique health benefits such as anti-inflammatory and antioxidant properties.

The diet plan also features Haryana's traditional breakfast options, such as Besan Cheela and Moong Dal Cheela, which are protein-rich and provide a hearty start to the day. The afternoon snacks like roasted chickpeas and makhana (fox nuts) are not just appetizing but also packed with fiber and phytonutrients, helping to regulate blood sugar levels.

But the vibrant symphony of Haryanvi cuisine doesn't just stop at its meals. The inclusion of detox water, green tea, and buttermilk as drinks ensures hydration while adding a spectrum of benefits from detoxification to aiding digestion.

This 30-day diet plan is a delightful blend of taste and health, taking you on a captivating journey through Haryana's culinary landscape while helping manage diabetes. However, the magical secret ingredient in any diet plan is personalization. Adjust this plan to meet your specific health requirements and preferences. Now, without further ado, let's embark on this unique culinary adventure to the heartland of Haryana, where every meal is a hearty celebration of life, flavor, and well-being!

Day	Early Morning Drink	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Afternoon Drink	Dinner
Day 1	Warm Lemon Water with a tsp of honey (1 glass)	Besan Cheela (1-2) with Green Chutney	Apple (1 medium)	Pearl Millet Roti (2) with Mixed Veg Curry and Green Salad	Roasted Chickpeas (1 small cup)	Unsweetened Lassi (1 glass)	Sprouted Moong Dal Salad with veggies
Day 2	Cucumber Detox Water (1 glass)	Multigrain Paratha (1-2) with low-fat Curd	Berries (1 small cup)	Ragi Roti (2) with Okra Curry and Cucumber Salad	Almonds and Walnuts (1 small handful)	Green Tea (1 cup)	Stir Fried Veggies with Quinoa
Day 3	Aloe Vera Juice (1 glass)	Moong Dal Cheela (1-2) with Mint Chutney	Guava (1 medium)	Sorghum Roti (2) with Eggplant Curry and Carrot Salad	Makhana (Fox Nuts) roasted (1 small cup)	Buttermilk (1 glass)	Sprouted Chickpea Salad with veggies
Day 4	Warm Lemon Water with a tsp of honey (1 glass)	Stuffed Fenugreek Paratha (1-2) with low-fat Curd	Pear (1 medium)	Wheat Roti (2) with Lentil Curry and Beetroot Salad	Mixed Seeds (Sunflower, Pumpkin) (1 small cup)	Unsweetened Lassi (1 glass)	Multigrain Khichdi with veggies
Day 5	Cucumber Detox Water (1 glass)	Sprouted Moong Dal Dosa with Green Chutney	Orange (1 medium)	Pearl Millet Roti (2) with Mixed Veg Curry and Tomato Salad	Roasted Chana Dal (1 small cup)	Green Tea (1 cup)	Stir Fried Veggies with Brown Rice

Day 6	Aloe Vera Juice (1 glass)	Besan Cheela (1-2) with Mint Chutney	Apple (1 medium)	Ragi Roti (2) with Cauliflower Curry and Onion Salad	Almonds and Walnuts (1 small handful)	Buttermilk (1 glass)	Sprouted Black Gram Salad with veggies
Day 7	Warm Lemon Water with a tsp of honey (1 glass)	Multigrain Paratha (1-2) with low-fat Curd	Berries (1 small cup)	Sorghum Roti (2) with Spinach Curry and Cabbage Salad	Makhana (Fox Nuts) roasted (1 small cup)	Unsweetened Lassi (1 glass)	Multigrain Khichdi with veggies

Day	Early Morning Drink	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Afternoon Drink	Dinner
Day 8	Cucumber Detox Water (1 glass)	Sprouted Moong Dal Dosa with Mint Chutney	Guava (1 medium)	Wheat Roti (2) with Bottle Gourd Curry and Radish Salad	Mixed Seeds (Sunflower, Pumpkin) (1 small cup)	Green Tea (1 cup)	Stir Fried Veggies with Quinoa
Day 9	Aloe Vera Juice (1 glass)	Moong Dal Cheela (1-2) with Green Chutney	Pear (1 medium)	Pearl Millet Roti (2) with Pumpkin Curry and Lettuce Salad	Roasted Chana Dal (1 small cup)	Buttermilk (1 glass)	Sprouted Moong Dal Salad with veggies
Day 10	Warm Lemon Water with a tsp of honey (1 glass)	Besan Cheela (1-2) with Mint Chutney	Apple (1 medium)	Ragi Roti (2) with Capsicum Curry and Cucumber Salad	Almonds and Walnuts (1 small handful)	Unsweetened Lassi (1 glass)	Multigrain Khichdi with veggies
Day 11	Cucumber Detox Water (1 glass)	Multigrain Paratha (1-2) with low-fat Curd	Berries (1 small cup)	Sorghum Roti (2) with Tomato Curry and Carrot Salad	Makhana (Fox Nuts) roasted (1 small cup)	Green Tea (1 cup)	Stir Fried Veggies with Brown Rice



Day 12	Aloe Vera Juice (1 glass)	Stuffed Fenugreek Paratha (1-2) with Mint Chutney	Guava (1 medium)	Wheat Roti (2) with Green Bean Curry and Beetroot Salad	Roasted Chickpeas (1 small cup)	Buttermilk (1 glass)	Sprouted Chickpea Salad with veggies
Day 13	Warm Lemon Water with a tsp of honey (1 glass)	Sprouted Moong Dal Dosa with Green Chutney	Pear (1 medium)	Pearl Millet Roti (2) with Mixed Veg Curry and Tomato Salad	Mixed Seeds (Sunflower, Pumpkin) (1 small cup)	Unsweetened Lassi (1 glass)	Multigrain Khichdi with veggies
Day 14	Cucumber Detox Water (1 glass)	Moong Dal Cheela (1-2) with Mint Chutney	Orange (1 medium)	Ragi Roti (2) with Potato Curry (small portion) and Onion Salad	Almonds and Walnuts (1 small handful)	Green Tea (1 cup)	Stir Fried Veggies with Quinoa
Day 15	Aloe Vera Juice (1 glass)	Besan Cheela (1-2) with Green Chutney	Apple (1 medium)	Sorghum Roti (2) with Lentil Curry and Cabbage Salad	Roasted Chana Dal (1 small cup)	Buttermilk (1 glass)	Sprouted Black Gram Salad with veggies
Day 16	Warm Lemon Water with a tsp of honey (1 glass)	Multigrain Paratha (1-2) with low-fat Curd	Berries (1 small cup)	Wheat Roti (2) with Eggplant Curry and Radish Salad	Makhana (Fox Nuts) roasted (1 small cup)	Unsweetened Lassi (1 glass)	Multigrain Khichdi with veggies
Day 17	Cucumber Detox Water (1 glass)	Stuffed Fenugreek Paratha (1-2) with Mint Chutney	Guava (1 medium)	Pearl Millet Roti (2) with Okra Curry and Lettuce Salad	Roasted Chickpeas (1 small cup)	Green Tea (1 cup)	Stir Fried Veggies with Brown Rice

Day 18	Aloe Vera Juice (1 glass)	Sprouted Moong Dal Dosa with Green Chutney	Pear (1 medium)	Ragi Roti (2) with Bottle Gourd Curry and Carrot Salad	Mixed Seeds (Sunflower, Pumpkin) (1 small cup)	Buttermilk (1 glass)	Sprouted Moong Dal Salad with veggies
Day 19	Warm Lemon Water with a tsp of honey (1 glass)	Moong Dal Cheela (1-2) with Mint Chutney	Orange (1 medium)	Sorghum Roti (2) with Spinach Curry and Beetroot Salad	Almonds and Walnuts (1 small handful)	Unsweetened Lassi (1 glass)	Multigrain Khichdi with veggies
Day 20	Cucumber Detox Water (1 glass)	Besan Cheela (1-2) with Green Chutney	Apple (1 medium)	Wheat Roti (2) with Pumpkin Curry and Tomato Salad	Roasted Chana Dal (1 small cup)	Green Tea (1 cup)	Stir Fried Veggies with Quinoa
Day 21	Aloe Vera Juice (1 glass)	Multigrain Paratha (1-2) with low-fat Curd	Berries (1 small cup)	Pearl Millet Roti (2) with Cauliflower Curry and Onion Salad	Makhana (Fox Nuts) roasted (1 small cup)	Buttermilk (1 glass)	Sprouted Chickpea Salad with veggies
Day 22	Warm Lemon Water with a tsp of honey (1 glass)	Stuffed Fenugreek Paratha (1-2) with Mint Chutney	Guava (1 medium)	Ragi Roti (2) with Green Bean Curry and Cabbage Salad	Roasted Chickpeas (1 small cup)	Unsweetened Lassi (1 glass)	Multigrain Khichdi with veggies
Day 23	Cucumber Detox Water (1 glass)	Sprouted Moong Dal Dosa with Green Chutney	Pear (1 medium)	Sorghum Roti (2) with Tomato Curry and Radish Salad	Mixed Seeds (Sunflower, Pumpkin) (1 small cup)	Green Tea (1 cup)	Stir Fried Veggies with Brown Rice
Day 24	Aloe Vera Juice (1 glass)	Moong Dal Cheela (1-	Orange (1 medium)	Wheat Roti (2) with Capsicum	Almonds and Walnuts (1	Buttermilk (1 glass)	Sprouted Black Gram

		2) with Mint Chutney		Curry and Lettuce Salad	small handful)		Salad with veggies
Day 25	Warm Lemon Water with a tsp of honey (1 glass)	Besan Cheela (1-2) with Green Chutney	Apple (1 medium)	Pearl Millet Roti (2) with Lentil Curry and Carrot Salad	Roasted Chana Dal (1 small cup)	Unsweetened Lassi (1 glass)	Multigrain Khichdi with veggies
Day 26	Cucumber Detox Water (1 glass)	Multigrain Paratha (1-2) with low-fat Curd	Berries (1 small cup)	Ragi Roti (2) with Eggplant Curry and Beetroot Salad	Makhana (Fox Nuts) roasted (1 small cup)	Green Tea (1 cup)	Stir Fried Veggies with Quinoa
Day 27	Aloe Vera Juice (1 glass)	Stuffed Fenugreek Paratha (1-2) with Mint Chutney	Guava (1 medium)	Sorghum Roti (2) with Okra Curry and Tomato Salad	Roasted Chickpeas (1 small cup)	Buttermilk (1 glass)	Sprouted Moong Dal Salad with veggies
Day 28	Warm Lemon Water with a tsp of honey (1 glass)	Sprouted Moong Dal Dosa with Green Chutney	Pear (1 medium)	Wheat Roti (2) with Bottle Gourd Curry and Onion Salad	Mixed Seeds (Sunflower, Pumpkin) (1 small cup)	Unsweetened Lassi (1 glass)	Multigrain Khichdi with veggies
Day 29	Cucumber Detox Water (1 glass)	Moong Dal Cheela (1-2) with Mint Chutney	Orange (1 medium)	Pearl Millet Roti (2) with Pumpkin Curry and Cabbage Salad	Almonds and Walnuts (1 small handful)	Green Tea (1 cup)	Stir Fried Veggies with Brown Rice
Day 30	Aloe Vera Juice (1 glass)	Besan Cheela (1-2) with Green Chutney	Apple (1 medium)	Ragi Roti (2) with Capsicum Curry and Radish Salad	Roasted Chana Dal (1 small cup)	Buttermilk (1 glass)	Sprouted Chickpea Salad with veggies

## Himachali Cuisine based 30-day Diabetes Diet Plan



Himachali cuisine, a culinary treasure trove from the lofty terrains of Northern India, has always held a special place in my heart. With its delicate balance of aromatic spices, unique preparation techniques, and an emphasis on local and seasonal ingredients, it's an unexplored paradise for food lovers. And being such a fan of this cuisine, it fills me with immense joy to craft this diabetes-friendly diet plan that combines the enchanting flavours of Himachal Pradesh with the power of nutrient-dense, low-glycemic foods.

Our star ingredient for this diet plan is none other than the versatile and humble legume, featuring predominantly in dishes like 'Madra', 'Rajmah Madra', and 'Sepu Vadi'. Rich in fiber and protein, legumes play a crucial role in controlling blood sugar levels and enhancing satiety. Likewise, we make ample use of locally sourced leafy greens in the 'Himachali Style Saag', offering an abundance of vitamins and minerals, with a low glycemic index.

This plan also showcases a delightful variety of wholesome grains, from the hearty 'Kaale Chane Ki Khichdi' made from black chickpeas, to the comforting 'Himachali Style Poha', prepared from flattened rice. These complex carbohydrates are released slowly into the bloodstream, preventing sugar spikes and promoting long-lasting energy. To further tantalize your palate, we've also included Himachali favorites like 'Sidu', 'Babru', and 'Patande', each boasting of unique flavors and beneficial nutrients.

Moreover, we embrace the cooling properties of yogurt in the 'Pahari Kadhi', and the lean protein of trout in our 'Trout Fish Curry'. This focus on lean protein sources, coupled with the powerful antioxidants found in our choice of beverages - from Green Tea to Aloe Vera Juice, provides an additional protective layer against diabetes.

As you embark on this culinary journey through the hills of Himachal Pradesh, remember to tune into your body's unique requirements. Adjust the portion sizes, frequency of meals, and ingredient proportions to suit your personal health needs. And most importantly, enjoy the process, for the true beauty of this cuisine lies in the love and mindfulness that goes into

preparing and savoring each meal. May this diet plan not only nourish your body but also offer you a delightful, refreshing culinary experience.

Day	Early Morning Drink	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Afternoon Drink	Dinner
1	Warm Lemon Water (1 glass)	Kaale Chane Ki Khichdi (1 bowl)	Apple (1 medium)	Madra - Chickpeas in Yogurt Gravy (1 serving with 2 Phulkas)	Roasted Chana (1 small bowl)	Green Tea (1 cup)	Sidu with Ghee (1 serving)
2	Cinnamon Water (1 glass)	Pahari Style Aloo Palda (1 serving with 1 Phulka)	Cucumber Slices (1 cup)	Rajmah Madra (1 serving with 2 Phulkas)	Moong Dal Roasted (1 small bowl)	Herbal Tea (1 cup)	Babru (2 pieces)
3	Green Tea (1 cup)	Sepu Vadi (1 serving)	Mixed Berries (1 cup)	Guchhi Mattar (1 serving with 1 Phulka)	Almonds and Walnuts (handful)	Iced Tea with Lemon (1 glass)	Pahari Maahni (1 serving with 1 Phulka)
4	Warm Lemon Water (1 glass)	Buckwheat Pancakes (2 pieces)	Sliced Guava (1 medium)	Pahari Kadhi (1 serving with 2 Phulkas)	Air-Popped Popcorn (1 small bowl)	Cucumber Mint Cooler (1 glass)	Patande (1 serving with Dal)
5	Cinnamon Water (1 glass)	Chamba Style Fried Pakwan (1 serving)	Orange (1 medium)	Pahari Style Arbi Masala (1 serving with 1 Phulka)	Sunflower Seeds (handful)	Lemon Ginger Tea (1 cup)	Trout Fish Curry (1 serving with 1 Phulka)
6	Green Tea (1 cup)	Chha Meat (1 serving)	Cherry Tomatoes (1 cup)	Himachali Style Saag (1 serving with 2 Phulkas)	Baked Chickpeas (1 small bowl)	Amla Juice (1 glass)	Dham (Himachali Platter - served in small portion)

7	Warm Lemon Water (1 glass)	Mittha - Sweetened Rice (1 small bowl)	Kiwi (1 medium)	Himachali Dal (1 serving with 2 Phulkas)	Cucumber Sticks (1 cup)	Hibiscus Tea (1 cup)	Pahari Chicken Anardana (1 serving with 1 Phulka)
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Day	Early Morning Drink	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Afternoon Drink	Dinner
8	Aloe Vera Juice (1 glass)	Himachali Style Poha (1 bowl)	Pear (1 medium)	Pahari Aloo Palda (1 serving with 2 Phulkas)	Makhana (Fox Nuts, 1 small bowl)	Cucumber Mint Cooler (1 glass)	Mittha - Sweetened Rice (1 small bowl)
9	Cinnamon Water (1 glass)	Sidu with Ghee (1 serving)	Mixed Berries (1 cup)	Sepu Vadi (1 serving with 1 Phulka)	Roasted Chana (1 small bowl)	Green Tea (1 cup)	Pahari Kadhi (1 serving with 1 Phulka)
10	Green Tea (1 cup)	Chamba Style Fried Pakwan (1 serving)	Sliced Guava (1 medium)	Chha Meat (1 serving with 2 Phulkas)	Almonds and Walnuts (handful)	Herbal Tea (1 cup)	Guchhi Mattar (1 serving with 1 Phulka)
11	Aloe Vera Juice (1 glass)	Kaale Chane Ki Khichdi (1 bowl)	Apple (1 medium)	Madra - Chickpeas in Yogurt Gravy (1 serving with 2 Phulkas)	Makhana (Fox Nuts, 1 small bowl)	Lemon Ginger Tea (1 cup)	Trout Fish Curry (1 serving with 1 Phulka)
12	Cinnamon Water (1 glass)	Buckwheat Pancakes (2 pieces)	Cherry Tomatoes (1 cup)	Pahari Style Arbi Masala (1 serving with 1 Phulka)	Roasted Chana (1 small bowl)	Amla Juice (1 glass)	Pahari Chicken Anardana (1 serving with 1 Phulka)
13	Green Tea (1 cup)	Mittha - Sweetened Rice (1 small bowl)	Cucumber Slices (1 cup)	Rajmah Madra (1 serving)	Moong Dal Roasted	Hibiscus Tea (1 cup)	Pahari Maahni (1 serving)

		small bowl)		with 2 Phulkas)	(1 small bowl)		with 1 Phulka)
14	Aloe Vera Juice (1 glass)	Chha Meat (1 serving)	Mixed Berries (1 cup)	Himachali Style Saag (1 serving with 2 Phulkas)	Almonds and Walnuts (handful)	Cucumber Mint Cooler (1 glass)	Dham (Himachali Platter - served in small portion)
15	Cinnamon Water (1 glass)	Pahari Style Aloo Palda (1 serving with 1 Phulka)	Kiwi (1 medium)	Guchhi Mattar (1 serving with 1 Phulka)	Makhana (Fox Nuts, 1 small bowl)	Green Tea (1 cup)	Babru (2 pieces)
16	Green Tea (1 cup)	Sepu Vadi (1 serving)	Sliced Guava (1 medium)	Pahari Kadhi (1 serving with 2 Phulkas)	Roasted Chana (1 small bowl)	Herbal Tea (1 cup)	Sidu with Ghee (1 serving)
17	Aloe Vera Juice (1 glass)	Himachali Style Poha (1 bowl)	Apple (1 medium)	Madra - Chickpeas in Yogurt Gravy (1 serving with 2 Phulkas)	Moong Dal Roasted (1 small bowl)	Lemon Ginger Tea (1 cup)	Patande (1 serving with Dal)
18	Cinnamon Water (1 glass)	Kaale Chane Ki Khichdi (1 bowl)	Cherry Tomatoes (1 cup)	Rajmah Madra (1 serving with 2 Phulkas)	Almonds and Walnuts (handful)	Amla Juice (1 glass)	Pahari Chicken Anardana (1 serving with 1 Phulka)
19	Green Tea (1 cup)	Buckwheat Pancakes (2 pieces)	Cucumber Slices (1 cup)	Pahari Aloo Palda (1 serving with 1 Phulka)	Makhana (Fox Nuts, 1 small bowl)	Hibiscus Tea (1 cup)	Trout Fish Curry (1 serving with 1 Phulka)
20	Aloe Vera Juice (1 glass)	Chamba Style Fried Pakwan (1 serving)	Pear (1 medium)	Sepu Vadi (1 serving with 1 Phulka)	Roasted Chana (1 small bowl)	Cucumber Mint Cooler (1 glass)	Pahari Maahni (1 serving with 1 Phulka)



21	Cinnamon Water (1 glass)	Sidu with Ghee (1 serving)	Mixed Berries (1 cup)	Chha Meat (1 serving with 2 Phulkas)	Moong Dal Roasted (1 small bowl)	Green Tea (1 cup)	Dham (Himachali Platter - served in small portion)
22	Green Tea (1 cup)	Mittha - Sweetened Rice (1 small bowl)	Sliced Guava (1 medium)	Himachali Style Saag (1 serving with 2 Phulkas)	Almonds and Walnuts (handful)	Herbal Tea (1 cup)	Babru (2 pieces)
23	Aloe Vera Juice (1 glass)	Chha Meat (1 serving)	Apple (1 medium)	Guchhi Mattar (1 serving with 1 Phulka)	Makhana (Fox Nuts, 1 small bowl)	Lemon Ginger Tea (1 cup)	Sidu with Ghee (1 serving)
24	Cinnamon Water (1 glass)	Pahari Style Aloo Palda (1 serving with 1 Phulka)	Cherry Tomatoes (1 cup)	Pahari Kadhi (1 serving with 2 Phulkas)	Roasted Chana (1 small bowl)	Amla Juice (1 glass)	Patande (1 serving with Dal)
25	Green Tea (1 cup)	Sepu Vadi (1 serving)	Cucumber Slices (1 cup)	Madra - Chickpeas in Yogurt Gravy (1 serving with 2 Phulkas)	Moong Dal Roasted (1 small bowl)	Hibiscus Tea (1 cup)	Patande (1 serving with Dal)
26	Aloe Vera Juice (1 glass)	Himachali Style Poha (1 bowl)	Kiwi (1 medium)	Rajmah Madra (1 serving with 2 Phulkas)	Almonds and Walnuts (handful)	Cucumber Mint Cooler (1 glass)	Pahari Chicken Anardana (1 serving with 1 Phulka)
27	Cinnamon Water (1 glass)	Kaale Chane Ki Khichdi (1 bowl)	Pear (1 medium)	Pahari Aloo Palda (1 serving with 1 Phulka)	Makhana (Fox Nuts, 1 small bowl)	Green Tea (1 cup)	Trout Fish Curry (1 serving with 1 Phulka)

28	Green Tea (1 cup)	Buckwheat Pancakes (2 pieces)	Mixed Berries (1 cup)	Sepu Vadi (1 serving with 1 Phulka)	Roasted Chana (1 small bowl)	Herbal Tea (1 cup)	Pahari Maahni (1 serving with 1 Phulka)
29	Aloe Vera Juice (1 glass)	Chamba Style Fried Pakwan (1 serving)	Sliced Guava (1 medium)	Chha Meat (1 serving with 2 Phulkas)	Moong Dal Roasted (1 small bowl)	Lemon Ginger Tea (1 cup)	Dham (Himachali Platter - served in small portion)
30	Cinnamon Water (1 glass)	Sidu with Ghee (1 serving)	Cherry Tomatoes (1 cup)	Himachali Style Saag (1 serving with 2 Phulkas)	Almonds and Walnuts (handful)	Amla Juice (1 glass)	Babru (2 pieces)

## Jain Cuisine based 30-day Diabetes Diet Plan



Jain cuisine, deeply rooted in the principles of peace and non-violence, offers a spectacular symphony of flavors that can take you on a gastronomical journey you'll never forget. It's not just about what's being eaten but also about the values it espouses, such as respect for all forms of life, that make it so unique. Without roots and underground vegetables, which are usually staples in most cuisines, Jain cuisine brings out the best in fruits, vegetables, and legumes, creating meals that are both healthful and full of life.

The diet plan we've designed around this cuisine embraces these core principles while focusing on foods that have low glycemic indices and are high in fiber, proteins, and essential micronutrients. Ingredients like millets, quinoa, and brown rice, rich in complex carbohydrates, fiber, and proteins, form the base of many dishes, thus providing sustained energy release and helping maintain blood sugar levels. They also serve as a wonderful canvas for the various vegetables, pulses, and spices that bring color, flavor, and nutrition to every meal.

The repertoire of this plan also includes dishes rich in lentils and legumes, such as moong dal and chickpeas, which are great sources of lean protein and fiber, essential for regulating blood sugar levels. We have incorporated a variety of nuts and seeds as snacks, which are powerhouses of good fats and proteins, further helping in blood sugar control. Fruits, especially berries, are also featured regularly, offering antioxidants, vitamins, and the right kind of sweetness.

But it's not just about what you eat; it's also about when and how you eat. That's why we've interspersed the day with drinks like ginger lemon tea, mint coriander juice, and hibiscus tea, which aid digestion, improve hydration, and provide antioxidant benefits.

However, remember that each individual's response to food can vary based on their unique metabolic and health profiles. Therefore, while this diet plan serves as a comprehensive guide, feel free to tailor it to meet your specific health needs and preferences. Always

consult with a healthcare professional if you're unsure about incorporating certain foods into your diet.

Embarking on this culinary journey, you're bound to experience the simplicity and wholesomeness of Jain cuisine, and perhaps, develop a newfound appreciation for the beauty of mindful eating. So here's wishing you a delightful and healthful culinary experience as you follow this diabetic-friendly Jain cuisine diet plan.

Day	Early Morning Drink	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Afternoon Drink	Dinner
1	Warm Lemon Water (1 glass)	Quinoa Upma (1 serving)	A handful of almonds (10-12)	Moong Dal Khichdi (1 serving) with Cucumber Raita (1 bowl)	Sprouted Moong Salad (1 bowl)	Green Tea (1 cup)	Millet Roti (2) with Palak Paneer (1 serving)
2	Bitter Gourd Juice (1 glass)	Oats Idli (2 pieces) with Coriander Chutney (1 small bowl)	Bowl of Papaya (1 medium bowl)	Bottle Gourd Sabji (1 serving) with Brown Rice (1 bowl)	Roasted Chana (1 small bowl)	Buttermilk (1 glass)	Cauliflower and peas curry (1 serving) with Jowar Roti (2)
3	Cucumber Mint Juice (1 glass)	Poha (1 bowl)	Bowl of mixed berries (1 medium bowl)	Rajma curry (1 serving) with Quinoa (1 bowl)	Fruit Salad (1 bowl)	Lemon Iced Tea (No Sugar) (1 glass)	Whole Wheat Chapati (2) with Lauki Sabzi (1 serving)
4	Amla Juice (1 glass)	Whole Grain Toast (2 slices) with Avocado Spread (1 serving)	A handful of walnuts (5-6)	Chana Dal Pancake (2 pieces) with Mint Yogurt Dip (1 small bowl)	Oven Roasted Makhana (1 small bowl)	Aloe Vera Juice (1 glass)	Brown Rice Pulao (1 serving) with Cucumber Salad (1 bowl)

5	Turmeric Ginger Tea (1 cup)	Vegetable Dalia (1 bowl)	Bowl of watermelon (1 medium bowl)	Vegetable Millet Khichdi (1 serving)	A handful of sunflower seeds (1 small bowl)	Orange Infused Water (1 glass)	Sprouted Moong Dal Curry (1 serving) with Bajra Roti (2)
6	Fenugreek Soaked Water (1 glass)	Ragi Dosa (2 pieces) with Tomato Chutney (1 small bowl)	A handful of pistachios (10-12)	Stuffed Bell Pepper with Quinoa (1 serving)	Oven Baked Veggie Sticks (1 small bowl)	Basil Seeds Lemonade (1 glass)	Vegetable Barley Soup (1 bowl) with Whole Wheat Bread (2 slices)
7	Cinnamon Water (1 glass)	Moong Dal Chila (2 pieces)	Bowl of apple slices (1 medium bowl)	Chickpea Salad (1 bowl)	A handful of pumpkin seeds (1 small bowl)	Coconut Water (1 glass)	Jowar Vegetable Khichdi (1 serving)

Day	Early Morning Drink	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Afternoon Drink	Dinner
8	Ginger Lemon Tea (1 cup)	Millet Pancake (2 pieces)	A handful of roasted soybeans (1 small bowl)	Vegetable Quinoa Salad (1 bowl)	A handful of mixed seeds (1 small bowl)	Hibiscus Tea (1 cup)	Sprouted Fenugreek Khichdi (1 serving)
9	Aloe Vera Amla Juice (1 glass)	Mixed Veg Paratha (2 pieces)	Bowl of pineapple chunks (1 medium bowl)	Green Moong Dal (1 serving) with Brown Rice (1 bowl)	Sprouted Bean Salad (1 bowl)	Pomegranate Juice (1 glass)	Chickpea Curry (1 serving) with Whole Wheat Chapati (2)
10	Apple Cider Vinegar Water (1 glass)	Ragi Porridge (1 bowl)	A handful of cashews (10-12)	Chana Masala (1 serving) with	Oven Roasted Chickpeas (1 small bowl)	Mint Lemonade (1 glass)	Vegetable Dalia (1 serving)

				Jowar Roti (2)			
11	Green Tea with Cinnamon (1 cup)	Vegetable Uttapam (2 pieces)	Bowl of mixed fruits (1 medium bowl)	Black Eyed Peas Curry (1 serving) with Brown Rice (1 bowl)	Baked Zucchini Chips (1 small bowl)	Beetroot Juice (1 glass)	Millet Upma (1 serving)
12	Cucumber Aloe Juice (1 glass)	Quinoa Vegetable Pulao (1 serving)	A handful of pecans (10-12)	Rajma Salad (1 bowl)	A handful of flaxseeds (1 small bowl)	Ginger Lemonade (1 glass)	Whole Grain Pasta Salad (1 bowl)
13	Basil Seeds Water (1 glass)	Sprouted Moong Dosa (2 pieces)	Bowl of orange slices (1 medium bowl)	Stuffed Tomato with Quinoa (1 serving)	Oven Roasted Sweet Potato Sticks (1 small bowl)	Carrot Juice (1 glass)	Lauki Soup (1 bowl) with Whole Wheat Bread (2 slices)
14	Fennel Seed Water (1 glass)	Veggie Stuffed Pita Pocket (1 serving)	A handful of Brazil nuts (5-6)	Vegetable Biryani with Brown Rice (1 serving)	A handful of sesame seeds (1 small bowl)	Orange Juice (1 glass)	Jowar Bhakri (2) with Sprouted Moong Curry (1 serving)
15	Black Pepper Lemon Water (1 glass)	Ragi Vermicelli Upma (1 serving)	Bowl of melon balls (1 medium bowl)	Tofu Stir Fry (1 serving) with Quinoa (1 bowl)	A handful of dried apricots (5-6)	Kiwi Juice (1 glass)	Bajra Roti (2) with Rajma Curry (1 serving)
16	Mint Coriander Juice (1 glass)	Amaranth Porridge (1 bowl)	A handful of raisins (1 small bowl)	Chickpea Soup (1 bowl)	Bowl of mixed berries (1 medium bowl)	Pomegranate Lemonade (1 glass)	Vegetable Stew with Brown Rice (1 serving)

17	Cinnamon Honey Water (1 glass)	Millet Idli (2 pieces)	A handful of dried figs (5-6)	Vegetable Pulao with Brown Rice (1 serving)	A handful of sunflower seeds (1 small bowl)	Aloe Vera Lemonade (1 glass)	Bajra Khichdi (1 serving) with Cucumber Raita (1 bowl)
18	Ginger Honey Lemon Water (1 glass)	Buckwheat Pancake (2 pieces)	A handful of prunes (5-6)	Black Bean Salad (1 bowl)	Oven Roasted Brussel Sprouts (1 small bowl)	Spinach Juice (1 glass)	Quinoa Soup (1 bowl) with Whole Wheat Bread (2 slices)
19	Turmeric Black Pepper Water (1 glass)	Ragi Roti (2 pieces) with Avocado Dip (1 serving)	Bowl of grapefruit slices (1 medium bowl)	Tofu and Vegetable Stir Fry (1 serving) with Quinoa (1 bowl)	A handful of pumpkin seeds (1 small bowl)	Apple Juice (1 glass)	Chickpea Biryani with Brown Rice (1 serving)
20	Amla Mint Juice (1 glass)	Moong Dal Dhokla (2 pieces)	A handful of hazelnuts (10-12)	Rajma Chawal with Brown Rice (1 serving)	A handful of flaxseeds (1 small bowl)	Pineapple Lemonade (1 glass)	Vegetable Stew with Millets (1 serving)
21	Lemon Honey Water (1 glass)	Puffed Rice Upma (1 serving)	A handful of almonds (10-12)	Dal Tadka (1 serving) with Whole Wheat Chapati (2)	A handful of roasted chana (1 small bowl)	Coconut Water (1 glass)	Vegetable Quinoa Soup (1 bowl)
22	Hibiscus Tea (1 cup)	Buckwheat Upma (1 serving)	Bowl of mixed fruits (1 medium bowl)	Chole Curry (1 serving) with Jowar Roti (2)	A handful of mixed seeds (1 small bowl)	Mint Lemonade (1 glass)	Brown Rice Khichdi (1 serving) with Cucumber



							r Raita (1 bowl)
23	Ginger Tulsi Tea (1 cup)	Oats Khichdi (1 serving)	A handful of cashews (10-12)	Green Peas Pulao with Brown Rice (1 serving)	Oven Roasted Makhana (1 small bowl)	Cucumber Juice (1 glass)	Tofu Curry (1 serving) with Bajra Roti (2)
24	Chamomile Tea (1 cup)	Ragi Idli (2 pieces) with Coriander Chutney (1 small bowl)	Bowl of pineapple chunks (1 medium bowl)	Stuffed Capsicum with Quinoa (1 serving)	A handful of sunflower seeds (1 small bowl)	Pomegranate Juice (1 glass)	Chana Dal Khichdi (1 serving)
25	Matcha Tea (1 cup)	Puffed Rice Poha (1 serving)	A handful of roasted soybeans (1 small bowl)	Moong Sprouts Salad (1 bowl)	A handful of pumpkin seeds (1 small bowl)	Orange Juice (1 glass)	Chickpea Stew (1 serving) with Brown Rice (1 bowl)
26	Fenugreek Lemon Water (1 glass)	Vegetable Dalia (1 bowl)	A handful of pecans (10-12)	Vegetable Pulao with Brown Rice (1 serving)	Bowl of mixed berries (1 medium bowl)	Watermelon Juice (1 glass)	Lauki Soup (1 bowl) with Whole Wheat Bread (2 slices)
27	Fennel Lemon Water (1 glass)	Buckwheat Dosa (2 pieces)	A handful of Brazil nuts (5-6)	Black Eyed Peas Soup (1 bowl)	A handful of sesame seeds (1 small bowl)	Ginger Lemonade (1 glass)	Brown Rice Pulao (1 serving) with Cucumber Salad (1 bowl)
28	Ginger Honey Water (1 glass)	Ragi Porridge (1 bowl)	Bowl of melon balls (1 medium bowl)	Chickpea Soup (1 bowl)	A handful of dried apricots (5-6)	Kiwi Juice (1 glass)	Whole Wheat Chapati (2) with Lauki

							Sabzi (1 serving)
29	Mint Coriander Juice (1 glass)	Amaranth Porridge (1 bowl)	A handful of raisins (1 small bowl)	Tofu Stir Fry (1 serving) with Quinoa (1 bowl)	A handful of dried figs (5-6)	Pomegranate Lemonade (1 glass)	Vegetable Dalia (1 serving)
30	Cinnamon Honey Water (1 glass)	Millet Idli (2 pieces)	A handful of dried figs (5-6)	Vegetable Pulao with Brown Rice (1 serving)	A handful of sunflower seeds (1 small bowl)	Aloe Vera Lemonade (1 glass)	Bajra Khichdi (1 serving) with Cucumber Raita (1 bowl)

## Jharkhandi Cuisine based 30-day Diabetes Diet Plan



Dive into the vibrant heartland of India with the enticingly earthy and invigorating Jharkhandi cuisine, a cuisine that resonates with the rhythm of the land, echoing the richness and diversity of its cultural heritage. Known for its rustic charm, Jharkhandi cuisine combines a variety of grains, fruits, vegetables, and pulses in its dishes, resulting in meals that are wholesome, nutritious, and abundant in flavours.

We embark on this culinary journey with humble yet versatile dishes such as Dhuska, Chilka Roti, and Litti-Chokha, each embedded with an array of beneficial nutrients. Dhuska, shallow-fried pancakes made from rice and lentils, offers a high-protein, fiber-rich start to your day. Similarly, Chilka Roti, enriched with the goodness of whole grains, provides a source of complex carbohydrates that aid in controlling blood glucose levels.

Then there's the beloved Litti-Chokha, a delectable baked dish full of fibre and protein, a powerful duo that can help regulate blood sugar and keep you satiated. The diet plan also features a variety of fresh fruits, salads, and healthy snacks like roasted chana and makhana to maintain a balanced diet throughout the day.

Drinks form an integral part of this plan, with natural juices and herbal teas incorporated to ensure ample hydration and provide essential nutrients. From antioxidant-rich green tea and soothing turmeric tea to the cleansing properties of aloe vera and bottle gourd juice, each beverage has been selected for its unique health-promoting properties.

This beautifully balanced Jharkhandi diet offers a fusion of taste and health, allowing individuals with diabetes to enjoy the pleasures of eating without compromising their health. Each dish, each ingredient, contributes to a symphony of flavours that is as delightful to the palate as it is beneficial for blood sugar control.

Remember, while this plan is designed with diabetes in mind, it's essential to tailor it according to your individual health needs, taking into account any specific dietary

requirements or restrictions you may have. The journey to health and wellness is deeply personal and unique to each individual.

So here's to embarking on this culinary adventure, harnessing the treasures of Jharkhandi cuisine, and creating a diet that not only meets your health needs but also brings joy to your dining table. Enjoy the journey, and savor each flavorful bite along the way. After all, food is not just about sustenance, it's about experiencing the pleasure and joy that comes from eating well.

	Early Morning Drink	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Afternoon Drink	Dinner
Day 1	1 cup of green tea	1 Dhuska (shallow-fried with non-stick pan) with tomato chutney	A small bowl of mixed fruits	Rice with Dal Bhat, 1 serving of mixed vegetable curry	10 soaked almonds	1 glass of amla juice	2 Chilka Rotis with spinach saag
Day 2	1 glass of cucumber juice	1 Chilka Roti with ghugni	1 apple	Kadhi Badi with steamed rice, cucumber salad	1 small bowl of roasted chana	1 glass of lemon water	1 serving of Litti-Chokha (baked Litti)
Day 3	1 glass of bitter gourd juice	1 Pittha (stuffed with mixed vegetables) with coriander chutney	1 cup of diced papaya	Rice with dal, 1 serving of baingan bharta	1 small bowl of roasted makhana	1 glass of coconut water	Dhuska (shallow-fried) with aloo dum
Day 4	1 cup of cinnamon tea	1 serving of Litti-Chokha (baked Litti)	1 bowl of mixed fruits	Chilka Roti with Saag, cucumber salad	1 small bowl of sprouts salad	1 glass of bottle gourd juice	Rice with Kadhi Badi, mixed vegetable curry
Day 5	1 glass of fenugreek water	Aloo Puri (whole wheat puri shallow fried with minimal oil) with aloo sabzi	1 banana	Dal Bhat with steamed rice, lauki curry	1 small bowl of cucumber salad	1 glass of lime juice	2 Chilka Rotis with palak saag

Day 6	1 cup of ginger tea	1 Chilka Roti with ghugni	1 orange	Rice with dal, baingan bharta	1 small bowl of roasted peanuts	1 glass of aloe vera juice	Dhuska (shallow-fried) with aloo dum
Day 7	1 glass of amla juice	1 Pittha (stuffed with mixed vegetables) with coriander chutney	1 bowl of mixed fruits	Dal Bhat with steamed rice, mixed vegetable curry	1 small bowl of roasted makhana	1 glass of watermelon juice	1 serving of Litti-Chokha (baked Litti)

	Early Morning Drink	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Afternoon Drink	Dinner
Day 8	1 glass of spinach juice	1 Dhuska (shallow-fried) with tomato chutney	A small bowl of mixed fruits	Rice with Dal Bhat, and mixed vegetable curry	10 soaked almonds	1 glass of beetroot juice	2 Chilka Rotis with spinach saag
Day 9	1 cup of turmeric tea	1 Chilka Roti with ghugni	1 apple	Kadhi Badi with steamed rice, cucumber salad	1 small bowl of roasted chana	1 glass of lemon water	1 serving of Litti-Chokha (baked Litti)
Day 10	1 glass of wheatgrass juice	1 Pittha (stuffed with mixed vegetables) with coriander chutney	1 cup of diced papaya	Rice with dal, 1 serving of baingan bharta	1 small bowl of roasted makhana	1 glass of coconut water	Dhuska (shallow-fried) with aloo dum
Day 11	1 cup of tulsi tea	1 serving of Litti-Chokha (baked Litti)	1 bowl of mixed fruits	Chilka Roti with Saag, cucumber salad	1 small bowl of sprouts salad	1 glass of bottle gourd juice	Rice with Kadhi Badi, mixed vegetable curry

Day 12	1 glass of neem juice	Aloo Puri (whole wheat puri shallow fried with minimal oil) with aloo sabzi	1 banana	Dal Bhat with steamed rice, lauki curry	1 small bowl of cucumber salad	1 glass of lime juice	2 Chilka Rotis with palak saag
Day 13	1 cup of jasmine tea	1 Chilka Roti with ghugni	1 orange	Rice with dal, baingan bharta	1 small bowl of roasted peanuts	1 glass of aloe vera juice	Dhuska (shallow-fried) with aloo dum
Day 14	1 glass of papaya juice	1 Pittha (stuffed with mixed vegetables ) with coriander chutney	1 bowl of mixed fruits	Dal Bhat with steamed rice, mixed vegetable curry	1 small bowl of roasted makhana	1 glass of guava juice	1 serving of Litti-Chokha (baked Litti)
Day 15	1 glass of green tea	1 Dhuska (shallow-fried) with tomato chutney	1 apple	Rice with Dal Bhat, 1 serving of baingan bharta	10 soaked almonds	1 glass of amla juice	2 Chilka Rotis with spinach saag
Day 16	1 glass of carrot juice	1 Chilka Roti with ghugni	1 cup of diced papaya	Kadhi Badi with steamed rice, cucumber salad	1 small bowl of roasted chana	1 glass of lemon water	1 serving of Litti-Chokha (baked Litti)
Day 17	1 glass of tomato juice	1 Pittha (stuffed with mixed vegetables ) with coriander chutney	1 bowl of mixed fruits	Rice with dal, 1 serving of mixed vegetable curry	1 small bowl of roasted makhana	1 glass of coconut water	Dhuska (shallow-fried) with aloo dum
Day 18	1 cup of mint tea	1 serving of Litti-Chokha	1 banana	Chilka Roti with Saag,	1 small bowl of sprouts salad	1 glass of bottle gourd juice	Rice with Kadhi Badi,

		(baked Litti)		cucumber salad			lauki curry
Day 19	1 glass of pineapple juice	Aloo Puri (whole wheat puri shallow fried with minimal oil) with aloo sabzi	1 orange	Dal Bhat with steamed rice, mixed vegetable curry	1 small bowl of cucumber salad	1 glass of lime juice	2 Chilka Rotis with palak saag
Day 20	1 cup of chamomile tea	1 Chilka Roti with ghugni	1 bowl of mixed fruits	Rice with dal, baingan bharta	1 small bowl of roasted peanuts	1 glass of aloe vera juice	Dhuska (shallow-fried) with aloo dum
Day 21	1 glass of grapefruit juice	1 Pittha (stuffed with mixed vegetables) with coriander chutney	1 apple	Dal Bhat with steamed rice, 1 serving of mixed vegetable curry	1 small bowl of roasted makhana	1 glass of watermelon juice	1 serving of Litti-Chokha (baked Litti)
Day 22	1 glass of beetroot juice	1 Dhuska (shallow-fried) with tomato chutney	1 cup of diced papaya	Rice with Dal Bhat, 1 serving of baingan bharta	10 soaked almonds	1 glass of amla juice	2 Chilka Rotis with spinach saag
Day 23	1 cup of green tea	1 Chilka Roti with ghugni	1 bowl of mixed fruits	Kadhi Badi with steamed rice, cucumber salad	1 small bowl of roasted chana	1 glass of lemon water	1 serving of Litti-Chokha (baked Litti)
Day 24	1 glass of cucumber juice	1 Pittha (stuffed with mixed vegetables) with coriander chutney	1 banana	Rice with dal, 1 serving of mixed vegetable curry	1 small bowl of roasted makhana	1 glass of coconut water	Dhuska (shallow-fried) with aloo dum



Day 25	1 glass of bitter gourd juice	1 serving of Litti-Chokha (baked Litti)	1 orange	Chilka Roti with Saag, cucumber salad	1 small bowl of sprouts salad	1 glass of bottle gourd juice	Rice with Kadhi Badi, lauki curry
Day 26	1 cup of cinnamon tea	Aloo Puri (whole wheat puri shallow fried with minimal oil) with aloo sabzi	1 bowl of mixed fruits	Dal Bhat with steamed rice, mixed vegetable curry	1 small bowl of cucumber salad	1 glass of lime juice	2 Chilka Rotis with palak saag
Day 27	1 glass of fenugreek water	1 Chilka Roti with ghugni	1 apple	Rice with dal, baingan bharta	1 small bowl of roasted peanuts	1 glass of aloe vera juice	Dhuska (shallow-fried) with aloo dum
Day 28	1 cup of ginger tea	1 Pittha (stuffed with mixed vegetables) with coriander chutney	1 cup of diced papaya	Dal Bhat with steamed rice, mixed vegetable curry	1 small bowl of roasted makhana	1 glass of amla juice	1 serving of Litti-Chokha (baked Litti)
Day 29	1 glass of amla juice	1 Dhuska (shallow-fried) with tomato chutney	1 bowl of mixed fruits	Rice with Dal Bhat, 1 serving of baingan bharta	10 soaked almonds	1 glass of watermelon juice	2 Chilka Rotis with spinach saag
Day 30	1 cup of green tea	1 Chilka Roti with ghugni	1 apple	Kadhi Badi with steamed rice, cucumber salad	1 small bowl of roasted chana	1 glass of lemon water	1 serving of Litti-Chokha (baked Litti)

## Karnataka Cuisine based 30-day Diabetes Diet Plan



This 30-day diet plan is inspired by the rich and diverse culinary heritage of Karnataka, designed specifically for those managing diabetes. The menu integrates essential components of a diabetic-friendly diet while celebrating the traditional foods of the region.

A primary element in the menu is the generous use of whole grains like Ragi (Finger Millet), Navane (Foxtail Millet), and Jolada (Sorghum). These grains are high in fiber, have a low glycemic index, and can aid in slow and steady release of sugar into the bloodstream, thus helping control blood glucose levels.

The recipes also incorporate a variety of pulses and lentils such as avarekalu (hyacinth beans) and multiple types of dals, which are great sources of protein and fiber, essential for a balanced diabetic diet.

The plan includes regular consumption of fresh fruits and vegetables, providing a variety of vitamins, minerals, and antioxidants. The use of spices and herbs in traditional Karnataka dishes, such as curry leaves, mustard seeds, turmeric, and tamarind, not only adds flavor but also offers health benefits including anti-inflammatory and antioxidant properties.

Moreover, daily hydration through green tea, warm lemon water, and buttermilk helps in detoxification and aids digestion.

### Day 1

Time	Menu
Early Morning Drink (6 AM)	1 cup of Green Tea
Breakfast (8 AM)	1 cup of Pesarattu (Green Gram Dosa) with Tomato Chutney
Mid-Morning Snack (10:30 AM)	1 medium-sized Apple

Lunch (1 PM)	1 cup of Ragi Roti served with Vegetable Salad
Afternoon Snack (4 PM)	10 Almonds
Afternoon Drink (6 PM)	1 cup of Buttermilk
Dinner (8 PM)	1 cup of Vegetable Saagu with 2 small Jolada Rotis (Jowar Roti)

## Day 2

Time	Menu
Early Morning Drink (6 AM)	1 cup of Warm Lemon Water
Breakfast (8 AM)	1 serving of Mixed Dal Idli with Coconut Chutney
Mid-Morning Snack (10:30 AM)	1 medium-sized Pear
Lunch (1 PM)	1 cup of Navane (Foxtail Millet) Upma served with Cucumber Salad
Afternoon Snack (4 PM)	1 medium-sized Cucumber
Afternoon Drink (6 PM)	1 cup of Green Tea
Dinner (8 PM)	1 cup of Sambar with 2 small Ragi Rotis

## Day 3

Time	Menu
Early Morning Drink (6 AM)	1 cup of Herbal Tea
Breakfast (8 AM)	1 serving of Akki Roti with Dal Curry
Mid-Morning Snack (10:30 AM)	1 medium-sized Guava
Lunch (1 PM)	1 cup of Bassaru (Lentil Soup) with 2 small Jolada Rotis
Afternoon Snack (4 PM)	Handful of Roasted Chana
Afternoon Drink (6 PM)	1 cup of Buttermilk
Dinner (8 PM)	1 cup of Menthya Soppina Palle (Fenugreek Leaves Curry) with 2 small Navane Rotis

## Day 4

Time	Menu
Early Morning Drink (6 AM)	1 cup of Warm Lemon Water
Breakfast (8 AM)	1 serving of Ragi Dosa with Tomato Chutney
Mid-Morning Snack (10:30 AM)	1 medium-sized Orange
Lunch (1 PM)	1 cup of Kosambari (Salad) with 2 small Jolada Rotis
Afternoon Snack (4 PM)	Handful of Roasted Peanuts
Afternoon Drink (6 PM)	1 cup of Green Tea

Dinner (8 PM)	1 cup of Tharkari Saaru with 2 small Ragi Rotis
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### Day 5

Time	Menu
Early Morning Drink (6 AM)	1 cup of Green Tea
Breakfast (8 AM)	1 serving of Navane Idli with Coconut Chutney
Mid-Morning Snack (10:30 AM)	1 medium-sized Apple
Lunch (1 PM)	1 cup of Soppina Palya (Green Leafy Vegetable Curry) with 2 small Jolada Rotis
Afternoon Snack (4 PM)	10 Almonds
Afternoon Drink (6 PM)	1 cup of Buttermilk
Dinner (8 PM)	1 and half cup of Bisi Bele Bath

### Day 6

Time	Menu
Early Morning Drink (6 AM)	1 cup of Warm Lemon Water
Breakfast (8 AM)	1 cup of Pesarattu with Onion Chutney
Mid-Morning Snack (10:30 AM)	1 medium-sized Pear
Lunch (1 PM)	1 cup of Mutton Saaru with 2 small Ragi Rotis
Afternoon Snack (4 PM)	1 medium-sized Cucumber
Afternoon Drink (6 PM)	1 cup of Green Tea
Dinner (8 PM)	1 cup of Motte Saaru with 2 small Jolada Rotis

### Day 7

Time	Menu
Early Morning Drink (6 AM)	1 cup of Herbal Tea
Breakfast (8 AM)	1 serving of Ragi Idli with Kadalekalu Chutney
Mid-Morning Snack (10:30 AM)	1 medium-sized Guava
Lunch (1 PM)	1 cup of Kosambari with 2 small Navane Rotis
Afternoon Snack (4 PM)	Handful of Roasted Chana
Afternoon Drink (6 PM)	1 cup of Buttermilk
Dinner (8 PM)	1 cup of Menthya Soppina Palle with 2 small Ragi Rotis

### Day 8

Time	Menu
Early Morning Drink (6 AM)	1 cup of Green Tea

Breakfast (8 AM)	1 serving of Mixed Dal Dosa with Coconut Chutney
Mid-Morning Snack (10:30 AM)	1 medium-sized Apple
Lunch (1 PM)	1 cup of Menthya Soppina Palle with 2 small Jolada Rotis
Afternoon Snack (4 PM)	Handful of Roasted Peanuts
Afternoon Drink (6 PM)	1 cup of Buttermilk
Dinner (8 PM)	1 cup of Bassaru with 2 small Navane Rotis

### Day 9

Time	Menu
Early Morning Drink (6 AM)	1 cup of Warm Lemon Water
Breakfast (8 AM)	1 serving of Avarekalu Akki Roti with Tomato Chutney
Mid-Morning Snack (10:30 AM)	1 medium-sized Orange
Lunch (1 PM)	1 cup of Jhunka with 2 small Ragi Rotis
Afternoon Snack (4 PM)	10 Almonds
Afternoon Drink (6 PM)	1 cup of Green Tea
Dinner (8 PM)	1 cup of Saaru with 2 small Jolada Rotis

### Day 10

Time	Menu
Early Morning Drink (6 AM)	1 cup of Herbal Tea
Breakfast (8 AM)	1 serving of Pesarattu with Onion Chutney
Mid-Morning Snack (10:30 AM)	1 medium-sized Guava
Lunch (1 PM)	1 cup of Motte Saaru with 2 small Navane Rotis
Afternoon Snack (4 PM)	1 medium-sized Cucumber
Afternoon Drink (6 PM)	1 cup of Buttermilk
Dinner (8 PM)	1 cup of Soppu Saaru with 2 small Ragi Rotis

### Day 11

Time	Menu
Early Morning Drink (6 AM)	1 cup of Green Tea
Breakfast (8 AM)	1 serving of Ragi Idli with Coconut Chutney
Mid-Morning Snack (10:30 AM)	1 medium-sized Pear
Lunch (1 PM)	1 cup of Soppina Palya with 2 small Jolada Rotis
Afternoon Snack (4 PM)	Handful of Roasted Chana
Afternoon Drink (6 PM)	1 cup of Green Tea
Dinner (8 PM)	1 cup of Huli with 2 small Navane Rotis

### Day 12

Time	Menu
Early Morning Drink (6 AM)	1 cup of Warm Lemon Water
Breakfast (8 AM)	1 serving of Navane Dosa with Tomato Chutney
Mid-Morning Snack (10:30 AM)	1 medium-sized Apple
Lunch (1 PM)	1 cup of Menthya Soppina Palle with 2 small Ragi Rotis
Afternoon Snack (4 PM)	10 Almonds
Afternoon Drink (6 PM)	1 cup of Buttermilk
Dinner (8 PM)	1 cup of Bassaru with 2 small Jolada Rotis

### Day 13

Time	Menu
Early Morning Drink (6 AM)	1 cup of Herbal Tea
Breakfast (8 AM)	1 serving of Mixed Dal Idli with Onion Chutney
Mid-Morning Snack (10:30 AM)	1 medium-sized Orange
Lunch (1 PM)	1 cup of Jhunka with 2 small Navane Rotis
Afternoon Snack (4 PM)	1 medium-sized Cucumber
Afternoon Drink (6 PM)	1 cup of Green Tea
Dinner (8 PM)	1 cup of Tharkari Saaru with 2 small Ragi Rotis

### Day 14

Time	Menu
Early Morning Drink (6 AM)	1 cup of Green Tea
Breakfast (8 AM)	1 serving of Pesarattu with Coconut Chutney
Mid-Morning Snack (10:30 AM)	1 medium-sized Guava
Lunch (1 PM)	1 cup of Kosambari with 2 small Jolada Rotis
Afternoon Snack (4 PM)	Handful of Roasted Peanuts
Afternoon Drink (6 PM)	1 cup of Buttermilk
Dinner (8 PM)	1 cup of Mutton Saaru with 2 small Navane Rotis

### Day 15

Time	Menu
Early Morning Drink (6 AM)	1 cup of Warm Lemon Water
Breakfast (8 AM)	1 serving of Avarekalu Akki Roti with Coconut Chutney
Mid-Morning Snack (10:30 AM)	1 medium-sized Apple
Lunch (1 PM)	1 cup of Soppina Palya with 2 small Navane Rotis

Afternoon Snack (4 PM)	Handful of Roasted Chana
Afternoon Drink (6 PM)	1 cup of Green Tea
Dinner (8 PM)	1 cup of Koli Saaru with 2 small Ragi Rotis

### Day 16

Time	Menu
Early Morning Drink (6 AM)	1 cup of Green Tea
Breakfast (8 AM)	1 serving of Ragi Dosa with Onion Chutney
Mid-Morning Snack (10:30 AM)	1 medium-sized Pear
Lunch (1 PM)	1 cup of Menthya Soppina Palle with 2 small Jolada Rotis
Afternoon Snack (4 PM)	10 Almonds
Afternoon Drink (6 PM)	1 cup of Buttermilk
Dinner (8 PM)	1 cup of Bassaru with 2 small Navane Rotis

### Day 17

Time	Menu
Early Morning Drink (6 AM)	1 cup of Herbal Tea
Breakfast (8 AM)	1 serving of Navane Idli with Tomato Chutney
Mid-Morning Snack (10:30 AM)	1 medium-sized Orange
Lunch (1 PM)	1 cup of Jhunka with 2 small Ragi Rotis
Afternoon Snack (4 PM)	1 medium-sized Cucumber
Afternoon Drink (6 PM)	1 cup of Green Tea
Dinner (8 PM)	1 cup of Saaru with 2 small Jolada Rotis

### Day 18

Time	Menu
Early Morning Drink (6 AM)	1 cup of Warm Lemon Water
Breakfast (8 AM)	1 serving of Pesarattu with Coconut Chutney
Mid-Morning Snack (10:30 AM)	1 medium-sized Guava
Lunch (1 PM)	1 cup of Kosambari with 2 small Navane Rotis
Afternoon Snack (4 PM)	Handful of Roasted Peanuts
Afternoon Drink (6 PM)	1 cup of Buttermilk
Dinner (8 PM)	1 cup of Meenu Saaru with 2 small Ragi Mudde

### Day 19

Time	Menu
Early Morning Drink (6 AM)	1 cup of Green Tea
Breakfast (8 AM)	1 serving of Mixed Dal Dosa with Onion Chutney



Mid-Morning Snack (10:30 AM)	1 medium-sized Apple
Lunch (1 PM)	1 cup of Soppina Palya with 2 small Jolada Rotis
Afternoon Snack (4 PM)	Handful of Roasted Chana
Afternoon Drink (6 PM)	1 cup of Green Tea
Dinner (8 PM)	1 cup of Motte Saaru with 2 small Navane Rotis

## Day 20

Time	Menu
Early Morning Drink (6 AM)	1 cup of Warm Lemon Water
Breakfast (8 AM)	1 serving of Avarekalu Akki Roti with Tomato Chutney
Mid-Morning Snack (10:30 AM)	1 medium-sized Pear
Lunch (1 PM)	1 cup of Menthya Soppina Palle with 2 small Ragi Rotis
Afternoon Snack (4 PM)	10 Almonds
Afternoon Drink (6 PM)	1 cup of Buttermilk
Dinner (8 PM)	1 cup of Bassaru with 2 small Jolada Rotis

## Day 21

Time	Menu
Early Morning Drink (6 AM)	1 cup of Herbal Tea
Breakfast (8 AM)	1 serving of Navane Dosa with Onion Chutney
Mid-Morning Snack (10:30 AM)	1 medium-sized Orange
Lunch (1 PM)	1 cup of Jhunka with 2 small Navane Rotis
Afternoon Snack (4 PM)	1 medium-sized Cucumber
Afternoon Drink (6 PM)	1 cup of Green Tea
Dinner (8 PM)	1 cup of Saaru with 2 small Ragi Rotis

## Day 22

Time	Menu
Early Morning Drink (6 AM)	1 cup of Green Tea
Breakfast (8 AM)	1 serving of Ragi Idli with Coconut Chutney
Mid-Morning Snack (10:30 AM)	1 medium-sized Guava
Lunch (1 PM)	1 cup of Kosambari with 2 small Jolada Rotis
Afternoon Snack (4 PM)	Handful of Roasted Peanuts
Afternoon Drink (6 PM)	1 cup of Buttermilk
Dinner (8 PM)	1 cup of Motte Saaru with 2 small Navane Rotis

## Day 23

Time	Menu
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Early Morning Drink (6 AM)	1 cup of Warm Lemon Water
Breakfast (8 AM)	1 serving of Mixed Dal Dosa with Tomato Chutney
Mid-Morning Snack (10:30 AM)	1 medium-sized Apple
Lunch (1 PM)	1 cup of Soppina Palya with 2 small Navane Rotis
Afternoon Snack (4 PM)	Handful of Roasted Chana
Afternoon Drink (6 PM)	1 cup of Green Tea
Dinner (8 PM)	1 cup of Koli Saaru with 2 small Ragi Rotis

### Day 24

Time	Menu
Early Morning Drink (6 AM)	1 cup of Green Tea
Breakfast (8 AM)	1 serving of Avarekalu Akki Roti with Onion Chutney
Mid-Morning Snack (10:30 AM)	1 medium-sized Pear
Lunch (1 PM)	1 cup of Menthya Soppina Palle with 2 small Jolada Rotis
Afternoon Snack (4 PM)	10 Almonds
Afternoon Drink (6 PM)	1 cup of Buttermilk
Dinner (8 PM)	1 cup of Bassaru with 2 small Navane Rotis

### Day 25

Time	Menu
Early Morning Drink (6 AM)	1 cup of Herbal Tea
Breakfast (8 AM)	1 serving of Ragi Dosa with Coconut Chutney
Mid-Morning Snack (10:30 AM)	1 medium-sized Orange
Lunch (1 PM)	1 cup of Jhunka with 2 small Ragi Rotis
Afternoon Snack (4 PM)	1 medium-sized Cucumber
Afternoon Drink (6 PM)	1 cup of Green Tea
Dinner (8 PM)	1 cup of Tharkari Saaru with 2 small Jolada Rotis

### Day 26

Time	Menu
Early Morning Drink (6 AM)	1 cup of Warm Lemon Water
Breakfast (8 AM)	1 serving of Navane Idli with Onion Chutney
Mid-Morning Snack (10:30 AM)	1 medium-sized Guava
Lunch (1 PM)	1 cup of Kosambari with 2 small Navane Rotis
Afternoon Snack (4 PM)	Handful of Roasted Peanuts
Afternoon Drink (6 PM)	1 cup of Buttermilk

Dinner (8 PM)	1 cup of Motte Saaru with 2 small Ragi Rotis
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### Day 27

Time	Menu
Early Morning Drink (6 AM)	1 cup of Green Tea
Breakfast (8 AM)	1 serving of Mixed Dal Idli with Tomato Chutney
Mid-Morning Snack (10:30 AM)	1 medium-sized Apple
Lunch (1 PM)	1 cup of Soppina Palya with 2 small Jolada Rotis
Afternoon Snack (4 PM)	Handful of Roasted Chana
Afternoon Drink (6 PM)	1 cup of Green Tea
Dinner (8 PM)	1 cup of Tharkari Saaru with 2 small Navane Rotis

### Day 28

Time	Menu
Early Morning Drink (6 AM)	1 cup of Warm Lemon Water
Breakfast (8 AM)	1 serving of Avarekalu Akki Roti with Onion Chutney
Mid-Morning Snack (10:30 AM)	1 medium-sized Pear
Lunch (1 PM)	1 cup of Menthya Soppina Palle with 2 small Ragi Rotis
Afternoon Snack (4 PM)	10 Almonds
Afternoon Drink (6 PM)	1 cup of Buttermilk
Dinner (8 PM)	1 cup of Bassaru with 2 small Jolada Rotis

### Day 29

Time	Menu
Early Morning Drink (6 AM)	1 cup of Herbal Tea
Breakfast (8 AM)	1 serving of Ragi Dosa with Coconut Chutney
Mid-Morning Snack (10:30 AM)	1 medium-sized Orange
Lunch (1 PM)	1 cup of Jhunka with 2 small Navane Rotis
Afternoon Snack (4 PM)	1 medium-sized Cucumber
Afternoon Drink (6 PM)	1 cup of Green Tea
Dinner (8 PM)	1 cup of Saaru with 2 small Ragi Rotis

### Day 30

Time	Menu
Early Morning Drink (6 AM)	1 cup of Green Tea
Breakfast (8 AM)	1 serving of Navane Idli with Tomato Chutney

Mid-Morning Snack (10:30 AM)	1 medium-sized Guava
Lunch (1 PM)	1 cup of Kosambari with 2 small Jolada Rotis
Afternoon Snack (4 PM)	Handful of Roasted Peanuts
Afternoon Drink (6 PM)	1 cup of Buttermilk
Dinner (8 PM)	1 cup of Tharkari Saaru with 2 small Navane Rotis

## Kashmiri Cuisine based 30-day Diabetes Diet Plan



Stepping into the enchanting realm of Kashmiri cuisine is akin to embarking on a love affair with gastronomic delights that are as endearing as the land from where they originate. The cuisine of Kashmir, rich in flavours and marked by the distinct aroma of spices, is a reflection of its heritage and the ethos of its people. The food is hearty, warming, and truly a celebration of taste – a characteristic that has always fascinated me.

One of the culinary stars in this diet plan is the Kashmiri Kahwa, a traditional green tea preparation that is not only delightful in taste but also brimming with antioxidants. Green tea is known to help regulate blood sugar levels, making it an excellent inclusion in the daily diet of someone managing diabetes.

The plan extensively features dishes like Haak Saag and Gogji Nadir, shining a spotlight on leafy greens and lotus roots, respectively. These humble ingredients are nutritional powerhouses, low in glycemic index and high in dietary fibre, helping slow down the release of glucose into the bloodstream and making them an integral part of a diabetes-friendly diet.

In this plan, you'll also find dishes like Rogan Josh prepared with lean cuts and Dum Olav, both featuring the judicious use of spices and minimum oil, contributing to a balanced meal that doesn't compromise on taste. We've also incorporated whole grains such as brown rice and whole wheat rotis, which offer the requisite amount of carbohydrates without causing a surge in blood sugar levels.

The snacking options are equally health-conscious. You'll notice a frequent presence of fruits like guava and apple, rich in fibre and packed with vitamins. Nuts like almonds and walnuts, a staple in Kashmiri households, are included for their heart-healthy fats and ability to keep you satiated, preventing overeating.

However, while this diet plan presents a carefully curated blend of taste and health, it is crucial to remember that nutrition is deeply personal. What works for one person may not

work for another. Therefore, take this as a guide and feel free to modify portions or substitute ingredients based on your specific dietary needs and preferences.

As you traverse this culinary journey, my hope is that you savor every bite and nourish not just your body, but also your soul. Here's to a delightful, healthful, and quintessentially Kashmiri culinary experience!

Day	Early Morning Drink	Breakfast	Mid-morning Snack	Lunch	Afternoon Snack	Afternoon Drink	Dinner
1	Warm water with 1 tsp apple cider vinegar (250 ml)	Mooli Ki Thepla (2 small theplas) with 1 cup yogurt	Apple (1 medium)	Muj Gaad (1 small bowl) with 1 cup brown rice	1/2 cup roasted chana	Kashmiri Kahwa (1 cup without sugar)	Tschaman Kaliya (1 small bowl) with 1 Roti (Whole wheat)
2	Warm water with 1/2 squeezed lemon (250 ml)	Shalgam ki Sabzi (1 small bowl) with 2 Rotis (Whole wheat)	Guava (1 medium)	Modur Pulao with steamed vegetables (1 cup)	Handful of almonds and walnuts	Green Tea (1 cup without sugar)	Nadru Yakhni (1 small bowl) with 1 Roti (Whole wheat)
3	Warm water with 1 tsp apple cider vinegar (250 ml)	Dal Chawal Parantha (1 medium parantha) with 1 cup yogurt	Papaya (1 cup cubed)	Dum Olav (1 small bowl) with 1 cup brown rice	1/2 cup roasted makhana	Kashmiri Kahwa (1 cup without sugar)	Khatte Baingan (1 small bowl) with 1 Roti (Whole wheat)
4	Warm water with 1/2 squeezed lemon (250 ml)	Gogji Nadir (1 small bowl) with 2 Rotis (Whole wheat)	Apple (1 medium)	Rogan Josh (lean cuts, 1 small bowl) with 1 cup brown rice	Handful of almonds and walnuts	Green Tea (1 cup without sugar)	Haak Saag (1 small bowl) with 1 Roti (Whole wheat)
5	Warm water with 1	Rajma Chawal (1 small	Guava (1 medium)	Khatte Baingan (1 small	1/2 cup roasted chana	Kashmiri Kahwa (1 cup	Tschaman Kaliya (1 small

	tsp apple cider vinegar (250 ml)	bowl) with 1 cup yogurt		bowl) with 1 cup brown rice		without sugar)	bowl) with 1 Roti (Whole wheat)
6	Warm water with 1/2 squeezed lemon (250 ml)	Shalgam ki Sabzi (1 small bowl) with 2 Rotis (Whole wheat)	Papaya (1 cup cubed)	Nadru Yakhni (1 small bowl) with 1 cup brown rice	Handful of almonds and walnuts	Green Tea (1 cup without sugar)	Dum Olav (1 small bowl) with 1 Roti (Whole wheat)
7	Warm water with 1 tsp apple cider vinegar (250 ml)	Mooli Ki Thepla (2 small theplas) with 1 cup yogurt	Apple (1 medium)	Muj Gaad (1 small bowl) with 1 cup brown rice	1/2 cup roasted makhana	Kashmiri Kahwa (1 cup without sugar)	Rogan Josh (lean cuts, 1 small bowl) with 1 Roti (Whole wheat)

Day	Early Morning Drink	Breakfast	Mid-morning Snack	Lunch	Afternoon Snack	Afternoon Drink	Dinner
8	Warm water with 1/2 squeezed lemon (250 ml)	Dal Chawal Parantha (1 medium parantha) with 1 cup yogurt	Guava (1 medium)	Modur Pulao with steamed vegetables (1 cup)	1/2 cup roasted chana	Kashmiri Kahwa (1 cup without sugar)	Haak Saag (1 small bowl) with 1 Roti (Whole wheat)
9	Warm water with 1 tsp apple cider vinegar (250 ml)	Gogji Nadir (1 small bowl) with 2 Rotis (Whole wheat)	Apple (1 medium)	Tschaman Kaliya (1 small bowl) with 1 cup brown rice	Handful of almonds and walnuts	Green Tea (1 cup without sugar)	Dum Olav (1 small bowl) with 1 Roti (Whole wheat)



10	Warm water with 1/2 squeezed lemon (250 ml)	Rajma Chawal (1 small bowl) with 1 cup yogurt	Papaya (1 cup cubed)	Rogan Josh (lean cuts, 1 small bowl) with 1 cup brown rice	1/2 cup roasted makhana	Kashmiri Kahwa (1 cup without sugar)	Nadru Yakhni (1 small bowl) with 1 Roti (Whole wheat)
11	Warm water with 1 tsp apple cider vinegar (250 ml)	Shalgam ki Sabzi (1 small bowl) with 2 Rotis (Whole wheat)	Apple (1 medium)	Muj Gaad (1 small bowl) with 1 cup brown rice	1/2 cup roasted chana	Green Tea (1 cup without sugar)	Khatte Baingan (1 small bowl) with 1 Roti (Whole wheat)
12	Warm water with 1/2 squeezed lemon (250 ml)	Mooli Ki Thepla (2 small theplas) with 1 cup yogurt	Guava (1 medium)	Dum Olav (1 small bowl) with 1 cup brown rice	Handful of almonds and walnuts	Kashmiri Kahwa (1 cup without sugar)	Tschaman Kaliya (1 small bowl) with 1 Roti (Whole wheat)
13	Warm water with 1 tsp apple cider vinegar (250 ml)	Dal Chawal Parantha (1 medium parantha) with 1 cup yogurt	Apple (1 medium)	Khatte Baingan (1 small bowl) with 1 cup brown rice	1/2 cup roasted makhana	Green Tea (1 cup without sugar)	Haak Saag (1 small bowl) with 1 Roti (Whole wheat)
14	Warm water with 1/2 squeezed lemon (250 ml)	Gogji Nadir (1 small bowl) with 2 Rotis (Whole wheat)	Papaya (1 cup cubed)	Nadru Yakhni (1 small bowl) with 1 cup brown rice	1/2 cup roasted chana	Kashmiri Kahwa (1 cup without sugar)	Rogan Josh (lean cuts, 1 small bowl) with 1 Roti (Whole wheat)
15	Warm water with 1 tsp apple	Rajma Chawal (1 small bowl)	Guava (1 medium)	Muj Gaad (1 small bowl) with	Handful of almonds	Green Tea (1 cup	Dum Olav (1 small bowl) with 1

	cider vinegar (250 ml)	with 1 cup yogurt		1 cup brown rice	and walnuts	without sugar)	Roti (Whole wheat)
16	Warm water with 1/2 squeezed lemon (250 ml)	Shalgam ki Sabzi (1 small bowl) with 2 Rotis (Whole wheat)	Apple (1 medium)	Tschaman Kaliya (1 small bowl) with 1 cup brown rice	1/2 cup roasted makhana	Kashmiri Kahwa (1 cup without sugar)	Khatte Baingan (1 small bowl) with 1 Roti (Whole wheat)
17	Warm water with 1 tsp apple cider vinegar (250 ml)	Mooli Ki Thepla (2 small theplas) with 1 cup yogurt	Papaya (1 cup cubed)	Modur Pulao with steamed vegetables (1 cup)	1/2 cup roasted chana	Green Tea (1 cup without sugar)	Haak Saag (1 small bowl) with 1 Roti (Whole wheat)
18	Warm water with 1/2 squeezed lemon (250 ml)	Dal Chawal Parantha (1 medium parantha) with 1 cup yogurt	Guava (1 medium)	Rogan Josh (lean cuts, 1 small bowl) with 1 cup brown rice	Handful of almonds and walnuts	Kashmiri Kahwa (1 cup without sugar)	Nadru Yakhni (1 small bowl) with 1 Roti (Whole wheat)
19	Warm water with 1 tsp apple cider vinegar (250 ml)	Gogji Nadir (1 small bowl) with 2 Rotis (Whole wheat)	Apple (1 medium)	Muj Gaad (1 small bowl) with 1 cup brown rice	1/2 cup roasted makhana	Green Tea (1 cup without sugar)	Tschaman Kaliya (1 small bowl) with 1 Roti (Whole wheat)
20	Warm water with 1/2 squeezed lemon (250 ml)	Rajma Chawal (1 small bowl) with 1 cup yogurt	Papaya (1 cup cubed)	Dum Olav (1 small bowl) with 1 cup brown rice	1/2 cup roasted chana	Kashmiri Kahwa (1 cup without sugar)	Khatte Baingan (1 small bowl) with 1 Roti (Whole wheat)
21	Warm water	Shalgam ki Sabzi (1	Guava (1 medium)	Nadru Yakhni (1	Handful of almonds	Green Tea (1 cup	Haak Saag (1 small

	with 1 tsp apple cider vinegar (250 ml)	small bowl) with 2 Rotis (Whole wheat)		small bowl) with 1 cup brown rice	and walnuts	without sugar)	bowl) with 1 Roti (Whole wheat)
22	Warm water with 1/2 squeezed lemon (250 ml)	Mooli Ki Thepla (2 small theplas) with 1 cup yogurt	Apple (1 medium)	Modur Pulao with steamed vegetables (1 cup)	1/2 cup roasted makhana	Kashmiri Kahwa (1 cup without sugar)	Rogan Josh (lean cuts, 1 small bowl) with 1 Roti (Whole wheat)
23	Warm water with 1 tsp apple cider vinegar (250 ml)	Dal Chawal Parantha (1 medium parantha) with 1 cup yogurt	Papaya (1 cup cubed)	Tschaman Kaliya (1 small bowl) with 1 cup brown rice	1/2 cup roasted chana	Green Tea (1 cup without sugar)	Dum Olav (1 small bowl) with 1 Roti (Whole wheat)
24	Warm water with 1/2 squeezed lemon (250 ml)	Gogji Nadir (1 small bowl) with 2 Rotis (Whole wheat)	Guava (1 medium)	Muj Gaad (1 small bowl) with 1 cup brown rice	Handful of almonds and walnuts	Kashmiri Kahwa (1 cup without sugar)	Nadru Yakhni (1 small bowl) with 1 Roti (Whole wheat)
25	Warm water with 1 tsp apple cider vinegar (250 ml)	Rajma Chawal (1 small bowl) with 1 cup yogurt	Apple (1 medium)	Rogan Josh (lean cuts, 1 small bowl) with 1 cup brown rice	1/2 cup roasted makhana	Green Tea (1 cup without sugar)	Khatte Baingan (1 small bowl) with 1 Roti (Whole wheat)
26	Warm water with 1/2 squeezed lemon (250 ml)	Shalgam ki Sabzi (1 small bowl) with 2 Rotis	Papaya (1 cup cubed)	Dum Olav (1 small bowl) with 1 cup brown rice	1/2 cup roasted chana	Kashmiri Kahwa (1 cup without sugar)	Haak Saag (1 small bowl) with 1 Roti

		(Whole wheat)					(Whole wheat)
27	Warm water with 1 tsp apple cider vinegar (250 ml)	Mooli Ki Thepla (2 small theplas) with 1 cup yogurt	Guava (1 medium)	Khatte Baingan (1 small bowl) with 1 cup brown rice	Handful of almonds and walnuts	Green Tea (1 cup without sugar)	Tschaman Kaliya (1 small bowl) with 1 Roti (Whole wheat)
28	Warm water with 1/2 squeezed lemon (250 ml)	Dal Chawal Parantha (1 medium parantha) with 1 cup yogurt	Apple (1 medium)	Nadru Yakhni (1 small bowl) with 1 cup brown rice	1/2 cup roasted makhana	Kashmiri Kahwa (1 cup without sugar)	Rogan Josh (lean cuts, 1 small bowl) with 1 Roti (Whole wheat)
29	Warm water with 1 tsp apple cider vinegar (250 ml)	Gogji Nadir (1 small bowl) with 2 Rotis (Whole wheat)	Papaya (1 cup cubed)	Muj Gaad (1 small bowl) with 1 cup brown rice	1/2 cup roasted chana	Green Tea (1 cup without sugar)	Dum Olav (1 small bowl) with 1 Roti (Whole wheat)
30	Warm water with 1/2 squeezed lemon (250 ml)	Rajma Chawal (1 small bowl) with 1 cup yogurt	Guava (1 medium)	Modur Pulao with steamed vegetables (1 cup)	Handful of almonds and walnuts	Kashmiri Kahwa (1 cup without sugar)	Khatte Baingan (1 small bowl) with 1 Roti (Whole wheat)

## Kerala Cuisine based 30-day Diabetes Diet Plan



This 30-day diabetes diet plan is meticulously crafted to incorporate the distinctive flavors and health benefits of Kerala cuisine, while also ensuring it effectively aids in managing diabetes. The cornerstone of this plan is the utilization of fiber-rich, complex carbohydrates like brown rice, oats, quinoa, and ragi (finger millet) which can help control blood sugar levels due to their lower glycemic index. The diet incorporates a multitude of local vegetables, legumes, and lean protein sources such as fish and poultry that provide essential vitamins, minerals, and heart-healthy fats.

Additionally, the plan incorporates common traditional dishes like idli, appam, puttu, sambar, thoran, and pachadi which have been tweaked to better cater to the needs of people with diabetes. Snacks are typically based on roasted or baked legumes and root vegetables, contributing to satiety and preventing unhealthy snacking. The choice of drinks like ginger-infused water, fenugreek water, and buttermilk, which are known for their potential blood sugar lowering effects, are also part of the daily regimen.

Furthermore, this diet does not advocate for the exclusion of certain food groups, rather promotes balance and portion control, to make sure that a wide range of nutrients are being incorporated. It is essential to remember that alongside this dietary plan, regular physical activity and prescribed medications are also integral components of effective diabetes management.

Day	Early Morning Drink	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Afternoon Drink	Dinner
1	Warm water with a squeeze	Whole wheat puttu (1 serving)	A handful of almonds	Kerala matta rice (1 cup)	Roasted Green gram (1/2 cup)	Buttermilk (1 cup)	Vellayappam (2 pieces) with

	of lemon (1 cup)	with kadala curry (1/2 cup)		with vegetable sambar (1 cup), and cucumber pachadi (1/2 cup)			vegetable stew (1 cup)
2	Cinnamon-infused water (1 cup)	Green gram dosa (2) with coriander chutney (1/2 cup)	A medium-sized apple	Vegetable biryani made with brown rice (1.5 cups) and cucumber raita (1/2 cup)	Vattayappam (2 pieces)	Unsweetened black tea (1 cup)	Brown rice and aviyal (1 cup each)
3	Fenugreek water (1 cup)	Ragi dosa (2) with tomato chutney (1/2 cup)	1 cup sliced cucumber	Red rice (1 cup) with fish curry (1 piece), mixed vegetable thoran (1/2 cup)	Parippuvadala (2)	Unsweetened green tea (1 cup)	Oats idli (2 pieces) with sambar (1 cup)
4	Ginger-infused water (1 cup)	Idiyappam (2 pieces) with vegetable kurma (1/2 cup)	A handful of walnuts	Brown rice (1 cup) with chickpea curry (1/2 cup), and beetroot pachadi	Guava (2 pieces)	Buttermilk (1 cup)	Cheera Rice made with brown rice (1.5 cups)

				(1/2 cup)			
5	Warm water with a squeeze of lemon (1 cup)	Ragi puttu (1 serving) with vegetable curry (1/2 cup)	A medium-sized pear	Kerala matta rice (1 cup) with dal curry (1 cup), and vendakka pachadi (1/2 cup)	Roasted Ground Nut (1/2 cup)	Unsweetened iced tea (1 cup)	Quinoa upma (1.5 cups) with mixed vegetables
6	Cinnamon-infused water (1 cup)	Oats dosa (2) with coconut chutney (1/2 cup)	A handful of roasted peanuts	Vegetable pulao made with brown rice (1.5 cups) and pineapple raita (1/2 cup)	Unniyappam (Sweetened with Stevia) - 2	Buttermilk (1 cup)	Mixed vegetable stew (1 cup) with two whole wheat rotis
7	Fenugreek water (1 cup)	Whole wheat appam (2) with vegetable stew (1/2 cup)	1 cup sliced carrots	Brown rice (1 cup) with egg curry (1 piece), and bitter gourd thoran (1/2 cup)	Roasted makhana (fox nuts) (1/2 cup)	Unsweetened black coffee (1 cup)	Brown rice and aviyal khichdi (1.5 cups)

Day	Early Morning Drink	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Afternoon Drink	Dinner
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8	Ginger-infused water (1 cup)	Oats upma (1 serving) with mixed vegetables	A handful of roasted soybeans	Kerala matta rice (1 cup) with prawn curry (3 pieces), and cabbage thoran (1/2 cup)	Achappam -2	Buttermilk (1 cup)	Ragi roti (2 pieces) with mixed vegetable curry (1 cup)
9	Warm water with a squeeze of lemon (1 cup)	Ragi idli (2 pieces) with sambhar (1 cup)	1 cup sliced bell peppers	Quinoa (1 cup) with dal fry (1/2 cup), and tomato onion raita (1/2 cup)	Roasted Green gram (1/2 cup)	Unsweetened iced tea (1 cup)	Brown rice (1 cup) with pumpkin erisery (1/2 cup)
10	Cinnamon-infused water (1 cup)	Brown rice appam (2 pieces) with chickpea curry (1/2 cup)	A medium-sized orange	Kerala matta rice (1 cup) with vegetable curry (1 cup), and pineapple pachadi (1/2 cup)	Roasted black chana (1/2 cup)	Unsweetened green tea (1 cup)	Vegetable pulao made with brown rice (1.5 cups)
11	Fenugreek water (1 cup)	Whole wheat dosa (2 pieces) with mint chutney (1/2 cup)	A handful of mixed nuts	Red rice (1 cup) with fish molly (1 piece), and carrot beans thoran (1/2 cup)	Baked plantain chips (1 small bowl)	Buttermilk (1 cup)	Oats idli (2 pieces) with vegetable sambhar (1 cup)
12	Ginger-infused water (1 cup)	Idiyappam (2 pieces) with peas masala (1/2 cup)	1 cup sliced radish	Brown rice (1 cup) with chicken curry (1 piece), and beetroot pachadi (1/2 cup)	Parippuvad a (2)	Unsweetened black tea (1 cup)	Quinoa biryani (1.5 cups) with cucumber raita (1/2 cup)

13	Warm water with a squeeze of lemon (1 cup)	Ragi puttu (1 serving) with vegetable korma (1/2 cup)	A medium-sized guava	Kerala matta rice (1 cup) with mixed vegetable curry (1 cup), and okra pachadi (1/2 cup)	Guava (2 pieces)	Buttermilk (1 cup)	Brown rice and lentil khichdi (1.5 cups)
14	Cinnamon-infused water (1 cup)	Whole grain bread sandwich with vegetables and low-fat paneer (2 pieces)	A handful of roasted sunflower seeds	Vegetable pulao made with quinoa (1.5 cups) and tomato raita (1/2 cup)	Unniyappam (Sweetened with Stevia) - 2	Unsweetened iced tea (1 cup)	Vegetable stew (1 cup) with two ragi rotis
15	Fenugreek water (1 cup)	Brown rice idli (2 pieces) with sambar (1 cup)	1 cup sliced cucumber	Kerala matta rice (1 cup) with dal curry (1 cup), and bitter gourd pachadi (1/2 cup)	Roasted Green gram (1/2 cup)	Unsweetened black coffee (1 cup)	Mixed vegetable khichdi made with quinoa (1.5 cups)
16	Ginger-infused water (1 cup)	Oats dosa (2 pieces) with coconut chutney (1/2 cup)	A medium-sized pear	Brown rice (1 cup) with mutton curry (1 piece), and pineapple thoran (1/2 cup)	Vattayappam (2 pieces)	Buttermilk (1 cup)	Brown rice and aviyal khichdi (1.5 cups)
17	Warm water with a squeeze of lemon (1 cup)	Ragi puttu (1 serving) with kadala	A handful of almonds	Kerala matta rice (1 cup) with vegetable sambar (1	Roasted Green gram (1/2 cup)	Unsweetened iced tea (1 cup)	Idiyappam (2 pieces) with vegetable

		curry (1/2 cup)		cup), and cucumber pachadi (1/2 cup)			e stew (1 cup)
18	Cinnamon-infused water (1 cup)	Green gram dosa (2) with coriander chutney (1/2 cup)	A medium-sized apple	Vegetable biryani made with brown rice (1.5 cups) and cucumber raita (1/2 cup)	Vattayappam (2 pieces)	Unsweetened black tea (1 cup)	Vegetable khichdi made with brown rice and aviyal (1.5 cups)
19	Fenugreek water (1 cup)	Ragi dosa (2) with tomato chutney (1/2 cup)	1 cup sliced cucumber	Red rice (1 cup) with fish curry (1 piece), mixed vegetable thoran (1/2 cup)	Parippuvadala (2)	Unsweetened green tea (1 cup)	Oats idli (2 pieces) with sambar (1 cup)
20	Ginger-infused water (1 cup)	Idiyappam (2 pieces) with vegetable kurma (1/2 cup)	A handful of walnuts	Brown rice (1 cup) with chickpea curry (1/2 cup), and beetroot pachadi (1/2 cup)	Guava (2 pieces)	Buttermilk (1 cup)	Palak (spinach) khichdi made with brown rice (1.5 cups)
21	Warm water with a squeeze of lemon (1 cup)	Ragi puttlu (1 serving) with vegetable curry (1/2 cup)	A medium-sized pear	Kerala matta rice (1 cup) with dal curry (1 cup), and okra pachadi (1/2 cup)	Roasted Green gram (1/2 cup)	Unsweetened iced tea (1 cup)	Quinoa upma (1.5 cups) with mixed vegetables
22	Cinnamon-infused water (1 cup)	Oats dosa (2) with coconut chutney (1/2 cup)	A handful of roasted peanuts	Vegetable pulao made with brown rice (1.5 cups) and pineapple	Unniyappam (Sweetened with Stevia) - 2	Buttermilk (1 cup)	Mixed vegetable stew (1 cup) with two whole

				raita (1/2 cup)			wheat rotis
23	Fenugreek water (1 cup)	Whole wheat appam (2) with vegetable stew (1/2 cup)	1 cup sliced carrots	Brown rice (1 cup) with egg curry (1 piece), and bitter gourd thoran (1/2 cup)	Roasted makhana (fox nuts) (1/2 cup)	Unsweetened black coffee (1 cup)	Brown rice and aviyal khichdi (1.5 cups)
24	Ginger-infused water (1 cup)	Oats upma (1 serving) with mixed vegetables	A handful of roasted soybeans	Kerala matta rice (1 cup) with prawn curry (3 pieces), and cabbage thoran (1/2 cup)	Achappam -2	Buttermilk (1 cup)	Ragi roti (2 pieces) with mixed vegetable curry (1 cup)
25	Warm water with a squeeze of lemon (1 cup)	Ragi idli (2 pieces) with sambhar (1 cup)	1 cup sliced bell peppers	Quinoa (1 cup) with dal fry (1/2 cup), and tomato onion raita (1/2 cup)	Roasted Green gram (1/2 cup)	Unsweetened iced tea (1 cup)	Brown rice (1 cup) with pumpkin eriserry (1/2 cup)
26	Cinnamon-infused water (1 cup)	Brown rice appam (2 pieces) with chickpea curry (1/2 cup)	A medium-sized orange	Kerala matta rice (1 cup) with vegetable curry (1 cup), and pineapple pachadi (1/2 cup)	Roasted black chana (1/2 cup)	Unsweetened green tea (1 cup)	Vegetable pulao made with brown rice (1.5 cups)
27	Fenugreek water (1 cup)	Whole wheat dosa (2 pieces) with mint chutney (1/2 cup)	A handful of mixed nuts	Red rice (1 cup) with fish molly (1 piece), and carrot beans thoran (1/2 cup)	Baked plantain chips (1 small bowl)	Buttermilk (1 cup)	Oats idli (2 pieces) with vegetable sambhar (1 cup)

28	Ginger-infused water (1 cup)	Idiyappam (2 pieces) with peas masala (1/2 cup)	1 cup sliced radish	Brown rice (1 cup) with chicken curry (1 piece), and beetroot pachadi (1/2 cup)	Parippuvada (2)	Unsweetened black tea (1 cup)	Quinoa biryani (1.5 cups) with cucumber raita (1/2 cup)
29	Warm water with a squeeze of lemon (1 cup)	Ragi puttu (1 serving) with vegetable korma (1/2 cup)	A medium-sized guava	Kerala matta rice (1 cup) with mixed vegetable curry (1 cup), and okra pachadi (1/2 cup)	Guava (2 pieces)	Buttermilk (1 cup)	Brown rice and lentil khichdi (1.5 cups)
30	Cinnamon-infused water (1 cup)	Whole grain bread sandwich with vegetables and low-fat paneer (2 pieces)	A handful of roasted sunflower seeds	Vegetable pulao made with quinoa (1.5 cups) and tomato raita (1/2 cup)	Unniyappam (Sweetened with Stevia) - 2	Unsweetened iced tea (1 cup)	Vegetable stew (1 cup) with two ragi rotis

## Madhya Pradesh Cuisine based 30-day Diabetes Diet Plan



Steeped in flavors that represent the heart of India, Madhya Pradesh cuisine is a rich tapestry of tastes and aromas. Its diverse culinary repertoire has an enticing range of dishes, from robust Malwa Cuisine, the subtly flavored Nimar cuisine, to the comforting Bagelkhand cuisines. What makes it an absolute delight is the array of ingredients that don't just tantalize the palate but also offer an array of health benefits, especially for individuals managing diabetes.

Bajra (Pearl Millet), a key ingredient in this diet, is a high-fiber grain known for its low glycemic index, which aids in controlling blood sugar levels. Our plan includes dishes like Bajra Roti and Bajra Khichdi, staples of Madhya Pradesh, providing you with both nutrients and nostalgia. Dal, whether it's Chana, Rajma or Moong, forms an integral part of this diet. Rich in proteins, these lentils are excellent for maintaining blood sugar levels, and the varied preparation methods keep your palate engaged.

The regional dishes like Bafra Bati, a traditional Malwa dish made with whole wheat that provides energy without spiking glucose levels, or Bhutte Ka Kees from the Nimar region, a delicious grated corn dish prepared with minimal oil, are part of this diet. From Bagelkhand, we have included the healthy and delicious Chana Dal Pancakes.

Sprouts, fruits, and vegetables also feature prominently, not just as main dishes but also as snacks, offering a rich dose of vitamins and antioxidants that are vital for overall health. The inclusion of traditional drinks like Nimbu Pani, Aam Panna, and buttermilk provides the necessary hydration and digestion aid while also acting as natural coolants.

This diet plan is filled with a variety of tastes and textures, reflective of the diversity of Madhya Pradesh cuisine. Remember, while this diet plan is crafted with care, it is essential to customize it according to your personal health needs and preferences, consulting with your healthcare provider if necessary.

So, get ready to embark on a delightful culinary journey that not only caters to your dietary needs but also allows you to explore the rustic flavors of Madhya Pradesh, all while keeping your diabetes under control.

Day	Early Morning Drink	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Afternoon Drink	Dinner
1	Warm Lemon Water with 1 Tsp Honey	Indori Poha (1 Cup)	A handful of roasted chana	Bafla Bati (2 pieces) with Daal (1 bowl)	Cucumber slices (1 cup)	Nimbu Pani (No sugar, 1 glass)	Bhutte ka Kees (1 bowl)
2	Amla Juice (1 glass)	Mixed Dal Handvo (1 piece)	Fruit Salad (1 small bowl)	Mixed Vegetable Sabji (1 bowl) with 2 Bajra Rotis	Roasted Makhana (1 small bowl)	Unsweetened Lassi (1 glass)	Gavarfa li ki Sabzi (1 bowl) with 1 Bajra Roti
3	Green Tea (1 cup)	Chana Dal Pancake (2 pieces)	Sprouts (1 small bowl)	Chakki ki Sabji (1 bowl) with 2 Bajra Rotis	Apple (1 medium size)	Aam Panna (No sugar, 1 glass)	Indori Bhutte ka Pulao (1 bowl)
4	Fenugreek Seeds infused water (1 glass)	Besan Chilla (2 pieces)	A handful of almonds	Sarson ka Saag (1 bowl) with Makki ki Roti (1 piece)	Cucumber slices (1 cup)	Buttermilk (1 glass)	Lauki ki Sabji (1 bowl) with 1 Bajra Roti
5	Cinnamon infused water (1 glass)	Methi Thepla (2 pieces)	A bowl of watermelon	Daal Bafla (2 pieces) with Karela Sabzi (1 bowl)	A handful of roasted peanuts	Fresh Tomato Juice (No sugar, 1 glass)	Soya Methi Garlic Roti (2 pieces) with Curd (1 bowl)
6	Bitter Gourd Juice (1 glass)	Vegetable Upma (1 bowl)	Orange (1 medium size)	Gatte ki Sabzi (1 bowl) with 2	A handful of walnuts	Nimbu Pani (No sugar, 1 glass)	Khichdi (1 bowl) with Curd (1 bowl)



				Bajra Rotis			
7	Fresh Tulsi Leaves Tea (1 cup)	Sprouted Moong and Methi Cheela (2 pieces)	Berries (1 small bowl)	Kadhi (1 bowl) with Rice (1 bowl)	Roasted Makhana (1 small bowl)	Coconut Water (1 glass)	Palak Paneer (1 bowl) with 2 Bajra Rotis

Day	Early Morning Drink	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Afternoon Drink	Dinner
8	Warm Lime Water with 1 Tsp Honey	Vegetable Dalia (1 bowl)	A handful of roasted chana	Matar Paneer (1 bowl) with 2 Bajra Rotis	Carrot sticks (1 cup)	Nimbu Pani (No sugar, 1 glass)	Sabudana Khichdi (1 bowl)
9	Cucumber Juice (1 glass)	Sprouted Moong Dhokla (2 pieces)	A bowl of watermelon	Rajma (1 bowl) with Rice (1 bowl)	A handful of walnuts	Unsweetened Lassi (1 glass)	Chana Dal Khichdi (1 bowl)
10	Herbal Tea (1 cup)	Moong Dal Cheela (2 pieces)	Fruit Salad (1 small bowl)	Baigan Bharta (1 bowl) with 2 Bajra Rotis	Cucumber slices (1 cup)	Aam Panna (No sugar, 1 glass)	Vegetable Pulao (1 bowl)
11	Carrot & Beetroot Juice (1 glass)	Upma (1 bowl)	Sprouts (1 small bowl)	Bhindi Masala (1 bowl) with 2 Bajra Rotis	A handful of roasted peanuts	Buttermilk (1 glass)	Chana Dal Pancake (2 pieces) with Curd (1 bowl)
12	Fresh Mint Tea (1 cup)	Idli (2 pieces) with Sambar (1 bowl)	A handful of almonds	Paneer Tikka Masala (1 bowl) with 1 Bajra Roti	Apple (1 medium size)	Fresh Tomato Juice (No sugar, 1 glass)	Kadhi Chawal (1 bowl)

13	Amla Juice (1 glass)	Bajra Khichdi (1 bowl)	A bowl of watermelon	Daal Makhani (1 bowl) with 1 Bajra Roti	Roasted Makhana (1 small bowl)	Nimbu Pani (No sugar, 1 glass)	Lauki ki Sabji (1 bowl) with 2 Bajra Rotis
14	Fenugreek Seeds infused water (1 glass)	Methi Paratha (2 pieces)	Orange (1 medium size)	Palak Paneer (1 bowl) with 2 Bajra Rotis	A handful of walnuts	Coconut Water (1 glass)	Moong Dal (1 bowl) with Rice (1 bowl)
15	Warm Lemon Water with 1 Tsp Honey	Vegetable Oats (1 bowl)	A handful of roasted chana	Aloo Gobi (1 bowl) with 2 Bajra Rotis	Cucumber slices (1 cup)	Unsweetened Lassi (1 glass)	Quinoa Pulao (1 bowl)
16	Green Tea (1 cup)	Ragi Dosa (2 pieces)	A bowl of watermelon	Chana Masala (1 bowl) with 1 Bajra Roti	A handful of almonds	Aam Panna (No sugar, 1 glass)	Brown Rice Khichdi (1 bowl)
17	Fresh Tulsi Leaves Tea (1 cup)	Vegetable Idli (2 pieces)	Fruit Salad (1 small bowl)	Bafla Bati (2 pieces) with Daal (1 bowl)	Cucumber slices (1 cup)	Buttermilk (1 glass)	Bhindi Sabzi (1 bowl) with 2 Bajra Rotis
18	Bitter Gourd Juice (1 glass)	Paneer Paratha (1 piece)	A handful of roasted peanuts	Kadhi (1 bowl) with Rice (1 bowl)	Apple (1 medium size)	Fresh Tomato Juice (No sugar, 1 glass)	Palak Dal (1 bowl) with 1 Bajra Roti
19	Cinnamon infused water (1 glass)	Moong Dal Dosa (2 pieces)	A bowl of watermelon	Chole Bhature (1 Bhatura) with Curd (1 bowl)	A handful of walnuts	Nimbu Pani (No sugar, 1 glass)	Methi Matar Malai (1 bowl) with 1 Bajra Roti
20	Amla Juice (1 glass)	Vegetable Poha (1 bowl)	Sprouts (1 small bowl)	Paneer Bhurji (1 bowl)	Roasted Makhana	Coconut Water (1 glass)	Sarson ka Saag (1 bowl)

				with 2 Bajra Rotis	(1 small bowl)		with Makki ki Roti (1 piece)
21	Herbal Tea (1 cup)	Vegetable Dalia (1 bowl)	A handful of almonds	Rajma (1 bowl) with Rice (1 bowl)	Cucumber slices (1 cup)	Fresh Tomato Juice (No sugar, 1 glass)	Baigan Bharta (1 bowl) with 1 Bajra Roti
22	Green Tea (1 cup)	Indori Poha (1 Cup)	A handful of roasted chana	Mixed Vegetable Sabji (1 bowl) with 2 Bajra Rotis	Carrot sticks (1 cup)	Aam Panna (No sugar, 1 glass)	Bhutte ka Kees (1 bowl)
23	Warm Lime Water with 1 Tsp Honey	Mixed Dal Handvo (1 piece)	Fruit Salad (1 small bowl)	Chakki ki Sabji (1 bowl) with 2 Bajra Rotis	A handful of roasted peanuts	Unsweetened Lassi (1 glass)	Gavarfali ki Sabzi (1 bowl) with 1 Bajra Roti
24	Fresh Mint Tea (1 cup)	Chana Dal Pancake (2 pieces)	Sprouts (1 small bowl)	Sarson ka Saag (1 bowl) with Makki ki Roti (1 piece)	Cucumber slices (1 cup)	Buttermilk (1 glass)	Lauki ki Sabji (1 bowl) with 1 Bajra Roti
25	Cucumber Juice (1 glass)	Methi Thepla (2 pieces)	A bowl of watermelon	Daal Bafla (2 pieces) with Karela Sabzi (1 bowl)	Apple (1 medium size)	Nimbu Pani (No sugar, 1 glass)	Soya Methi Garlic Roti (2 pieces) with Curd (1 bowl)
26	Bitter Gourd Juice (1 glass)	Vegetable Upma (1 bowl)	Orange (1 medium size)	Gatte ki Sabzi (1 bowl) with 2 Bajra Rotis	A handful of walnuts	Fresh Tomato Juice (No sugar, 1 glass)	Khichdi (1 bowl) with Curd (1 bowl)

27	Carrot & Beetroot Juice (1 glass)	Sprouted Moong and Methi Cheela (2 pieces)	Berries (1 small bowl)	Kadhi (1 bowl) with Rice (1 bowl)	Roasted Makhana (1 small bowl)	Aam Panna (No sugar, 1 glass)	Palak Paneer (1 bowl) with 2 Bajra Rotis
28	Fresh Tulsi Leaves Tea (1 cup)	Vegetable Dalia (1 bowl)	A handful of roasted chana	Matar Paneer (1 bowl) with 2 Bajra Rotis	Cucumber slices (1 cup)	Buttermilk (1 glass)	Sabudana Khichdi (1 bowl)
29	Fenugreek Seeds infused water (1 glass)	Sprouted Moong Dhokla (2 pieces)	A bowl of watermelon	Rajma (1 bowl) with Rice (1 bowl)	A handful of walnuts	Coconut Water (1 glass)	Chana Dal Khichdi (1 bowl)
30	Cinnamon infused water (1 glass)	Moong Dal Cheela (2 pieces)	Fruit Salad (1 small bowl)	Baigan Bharta (1 bowl) with 2 Bajra Rotis	Carrot sticks (1 cup)	Fresh Tomato Juice (No sugar, 1 glass)	Vegetable Pulao (1 bowl)

## Maharashtrian Cuisine based 30-day Diabetes Diet Plan



The rich tapestry of Maharashtrian cuisine, laden with vibrant flavors and diverse ingredients, has always held a special place in my heart. It is a cuisine that has managed to harmoniously blend health and taste, making every meal an exciting journey of culinary delight. From the earthy goodness of Jowar and Bajra, the whole grains extensively used in this cuisine, to the high-fiber content of traditional dishes like Zunka and Bhakri, every bite you take is not just a burst of flavors, but also a step towards healthier living.

The joy of crafting a diet plan around this cuisine is incorporating key ingredients that not only control blood sugar levels but also add a multitude of flavors. Ingredients such as Fenugreek (Methi), which is known to lower blood sugar levels due to its high fiber content, are a staple in this diet. Whole grains like Jowar and Bajra, packed with complex carbohydrates and high fiber, ensure a slow release of glucose into the bloodstream, thus managing sudden spikes. The frequent use of pulses and legumes like Moong and Chana Dal also add to the protein quotient, while simultaneously providing the necessary fiber.

This 30-day meal plan encapsulates the heart of Maharashtrian cuisine, celebrating its diverse flavors while keeping health at the forefront. From the warm, comforting Varan Bhaat to the tangy Sol Kadhi, each dish in the plan has been carefully chosen to ensure you receive all the necessary nutrients, without having to compromise on taste.

However, it's important to remember that our bodies are unique and what works for one might not work for another. So, while the ingredients and dishes mentioned in this diet are typically beneficial for people with diabetes, it's vital to modify it as per your personal health needs and preferences.

So here's to a delightful journey of culinary exploration, filled with the comforting, tantalizing, and nutritious flavours of Maharashtra. Enjoy every mouthful, knowing that each bite is contributing to your health. Here's to good food, good health, and good times!

Day	Early Morning Drink	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Afternoon Drink	Dinner
1	Warm Lemon Water (1 glass)	Thalipeeth (2 small size)	Cucumber (1 medium size)	Bhakri (2) with Veg Kolhapuri (1 bowl)	Roasted Chana (1 small bowl)	Buttermilk (1 glass)	Varan Bhaat (1 bowl rice with 1 bowl dal)
2	Tulsi Ginger Tea (1 cup)	Upma (1 bowl)	Guava (1 medium size)	Bhindi Sabzi (1 bowl) with Jowar Roti (2)	Moong Dal Chilla (1)	Green Tea (1 cup)	Sol Kadhi with Brown Rice (1 bowl)
3	Cinnamon Water (1 glass)	Poha (1 bowl)	A handful of Almonds	Zunka (1 bowl) with Bhakri (2)	Kothimbir Vadi (2 pieces)	Coconut Water (1)	Rajma Curry (1 bowl) with Brown Rice (1 bowl)
4	Warm Lemon Water with Honey (1 glass)	Idli Sambhar (2 idli)	Apple (1 medium size)	Paneer Bhurji (1 bowl) with Ragi Roti (2)	Sprouts Salad (1 bowl)	Mint Tea (1 cup)	Methi Paratha (1) with Yogurt (1 bowl)
5	Aloe Vera Juice (1 glass)	Dosa (1) with Sambhar (1 bowl)	Berries (1 small bowl)	Maharashtrian Mix Veg (1 bowl) with Brown Rice (1 bowl)+ Moong rassa	Roasted Makhana (1 small bowl)	Buttermilk (1 glass)	Chana Dal Khichdi (1 bowl)
6	Green Tea (1 cup)	Sprouts Poha (1 bowl)	Pear (1 medium size)	Methi Thepla (2) with Yogurt (1 bowl)	Brown Rice Puffs (1 small bowl)	Kokum Serbat(1 glass)	Veg Pulao (1 bowl)
7	Tulsi Ginger Tea (1 cup)	Ragi Dosa (1) with Chutney (1 small bowl)	A handful of Walnuts	Palak Paneer (1 bowl) with Jowar Roti (2)	Alu Wadi (2 pieces)	Lemonade (1 glass)	Multigrain Khichdi (1 bowl)

Day	Early Morning Drink	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Afternoon Drink	Dinner
8	Warm Lemon Water (1 glass)	Nachni Roti (2) with Veg Raita (1 bowl)	Berries (1 small bowl)	Tendli Sabzi (1 bowl) with Jowar Roti (2)	Roasted Chana (1 small bowl)	Buttermilk (1 glass)	Brown Rice Pulao (1 bowl)
9	Tulsi Ginger Tea (1 cup)	Quinoa Upma (1 bowl)	Apple (1 medium size)	Matki sabji with Meals	Sprouts Salad (1 bowl)	Green Tea (1 cup)	Veg Kolhapuri (1 bowl) with Brown Rice (1 bowl)
10	Cinnamon Water (1 glass)	Moong Dal Dosa (1) with Sambhar (1 bowl)	Guava (1 medium size)	Zunka (1 bowl) with Bhakri (2)	Moong Dal Chilla (1)	Coconut Water (1)	Chana Dal Khichdi (1 bowl)
11	Warm Lemon Water with Honey (1 glass)	Veg Uttapam (1) with Chutney (1 small bowl)	A handful of Almonds	Paneer Bhurji (1 bowl) with Ragi Roti (2)	Kothimbir Vadi (2 pieces)	Mint Tea (1 cup)	Methi Thepla (2) with Yogurt (1 bowl)
12	Aloe Vera Juice (1 glass)	Jowar Upma (1 bowl)	Berries (1 small bowl)	Methi Sabzi (1 bowl) with Jowar Roti (2)	Roasted Makhana (1 small bowl)	Buttermilk (1 glass)	Palak Khichdi (1 bowl)
13	Green Tea (1 cup)	Oats Idli (2) with Sambhar (1 bowl)	Pear (1 medium size)	Bhaakri (2)+ Matki sabji+ thecha	Brown Rice Puffs (1 small bowl)	Kokum Serbat(1 glass)	Veg Pulao (1 bowl)
14	Tulsi Ginger Tea (1 cup)	Pesarattu (1) with Chutney (1 small bowl)	A handful of Walnuts	Sprouts Subzi (1 bowl) with Ragi Roti (2)	Alu Wadi (2 pieces)	Lemonade (1 glass)	Quinoa Biryani (1 bowl)



15	Warm Lemon Water (1 glass)	Misal Pav (low oil & spice; 1 bowl)	Cucumber (1 medium size)	Bhakri (2) with Veg Kolhapuri (1 bowl)	Roasted Chana (1 small bowl)	Buttermilk (1 glass)	Varan Bhaat (1 bowl rice with 1 bowl dal)
16	Tulsi Ginger Tea (1 cup)	Upma (1 bowl)	Guava (1 medium size)	Bhindi Sabzi (1 bowl) with Jowar Roti (2)	Moong Dal Chilla (1)	Green Tea (1 cup)	Sol Kadhi with Brown Rice (1 bowl)
17	Cinnamon Water (1 glass)	Poha (1 bowl)	A handful of Almonds	Zunka (1 bowl) with Bhakri (2)	Kothimbir Vadi (2 pieces)	Coconut Water (1)	Rajma Curry (1 bowl) with Brown Rice (1 bowl)
18	Warm Lemon Water with Honey (1 glass)	Idli Sambhar (2 idli)	Apple (1 medium size)	Paneer Bhurji (1 bowl) with Ragi Roti (2)	Sprouts Salad (1 bowl)	Mint Tea (1 cup)	Methi Paratha (1) with Yogurt (1 bowl)
19	Aloe Vera Juice (1 glass)	Dosa (1) with Sambhar (1 bowl)	Berries (1 small bowl)	Bhaakri (2)+ Baingan bharta+ thecha	Roasted Makhana (1 small bowl)	Buttermilk (1 glass)	Chana Dal Khichdi (1 bowl)
20	Green Tea (1 cup)	Sprouts Poha (1 bowl)	Pear (1 medium size)	Methi Thepla (2) with Yogurt (1 bowl)	Brown Rice Puffs (1 small bowl)	Kokum Serbat(1 glass)	Veg Pulao (1 bowl)
21	Tulsi Ginger Tea (1 cup)	Ragi Dosa (1) with Chutney (1 small bowl)	A handful of Walnuts	Palak Paneer (1 bowl) with Jowar Roti (2)	Alu Wadi (2 pieces)	Lemonade (1 glass)	Multigrain Khichdi (1 bowl)
22	Warm Lemon Water (1 glass)	Jowar Poha (1 bowl)	Berries (1 small bowl)	Methi Sabzi (1 bowl) with Bhakri (2)	Roasted Chana (1 small bowl)	Buttermilk (1 glass)	Brown Rice Pulao (1 bowl)
23	Tulsi Ginger Tea (1 cup)	Bajra Upma (1 bowl)	Apple (1 medium size)	Bhindi Sabzi (1 bowl) with Jowar Roti (2)	Sprouts Salad (1 bowl)	Green Tea (1 cup)	Veg Kolhapuri (1 bowl) with

							Brown Rice (1 bowl)
24	Cinnamon Water (1 glass)	Quinoa Idli (2) with Sambhar (1 bowl)	Guava (1 medium size)	Zunka (1 bowl) with Bhakri (2)	Moong Dal Chilla (1)	Coconut Water (1)	Chana Dal Khichdi (1 bowl)
25	Warm Lemon Water with Honey (1 glass)	Veg Uttapam (1) with Chutney (1 small bowl)	A handful of Almonds	Paneer Bhurji (1 bowl) with Ragi Roti (2)	Kothimbir Vadi (2 pieces)	Mint Tea (1 cup)	Methi Thepla (2) with Yogurt (1 bowl)
26	Aloe Vera Juice (1 glass)	Oats Poha (1 bowl)	Berries (1 small bowl)	Methi Sabzi (1 bowl) with Jowar Roti (2)	Roasted Makhana (1 small bowl)	Buttermilk (1 glass)	Palak Khichdi (1 bowl)
27	Green Tea (1 cup)	Pesarattu (1) with Chutney (1 small bowl)	Pear (1 medium size)	Bhaakri (2)+ Sev tamatar sabji	Brown Rice Puffs (1 small bowl)	Kokum Serbat(1 glass)	Veg Pulao (1 bowl)
28	Tulsi Ginger Tea (1 cup)	Quinoa Dosa (1) with Sambhar (1 bowl)	A handful of Walnuts	Sprouts Subzi (1 bowl) with Ragi Roti (2)	Alu Wadi (2 pieces)	Lemonade (1 glass)	Quinoa Biryani (1 bowl)
29	Warm Lemon Water (1 glass)	Moong Dal Khichdi (1 bowl)	Cucumber (1 medium size)	Bhakri (2) with Veg Kolhapuri (1 bowl)	Roasted Chana (1 small bowl)	Buttermilk (1 glass)	Varan Bhaat (1 bowl rice with 1 bowl dal)
30	Tulsi Ginger Tea (1 cup)	Ragi Idli (2) with Chutney (1 small bowl)	Guava (1 medium size)	Bhindi Sabzi (1 bowl) with Jowar Roti (2)	Moong Dal Chilla (1)	Green Tea (1 cup)	Sol Kadhi with Brown Rice (1 bowl)

## Manipuri Cuisine based 30-day Diabetes Diet Plan



Manipuri cuisine offers a magnificent mix of flavours, marrying the tangy, the spicy, the savoury, and the sweet, in an extraordinary symphony. The rich culinary tradition of Manipur boasts a plethora of nutrient-rich dishes, often simmered with a wealth of herbs and aromatic spices, which not only tantalise your taste buds but also nourish your body.

The foundation of the meal plan revolves around some of the key ingredients of this cuisine, which are celebrated not only for their taste but also for their health benefits. The common use of brown and black rice, for instance, plays a crucial role in our diet plan. These whole grains are packed with fibre that aids digestion and also ensures a slower release of glucose into the bloodstream. Hence, it's a valuable ally for anyone with diabetes. Plus, brown and black rice also present us with the hearty, earthy flavours that make Manipuri cuisine so distinctive and delightful.

Singhju, a traditional salad made of seasonal vegetables, and the various Manipuri curries that employ local fish, rajma, or tofu, provide an array of essential vitamins, minerals, and lean protein. These components not only assist in controlling blood sugar levels but also contribute to overall health and well-being. Herbs and spices like ginger, turmeric, chillies, and the exclusive 'Manipuri eromba' add to the health quotient by acting as antioxidants and anti-inflammatories, while also dialing up the flavour.

Moreover, the assortment of snacks and drinks included in the plan are no less beneficial. Choices like almonds, walnuts, roasted makhana, and steamed sprouts serve as healthy snacks, helping to maintain blood sugar levels between meals. Drinks such as amla juice, bitter melon juice, and herbal teas, known for their anti-diabetic properties, feature as healthy sippers throughout the day.

Remember, while this 30-day diet plan serves as a roadmap to enjoying Manipuri cuisine in a diabetes-friendly way, it's essential to modify it to suit your personal health requirements and preferences. So, adjust the portions, substitute ingredients as needed, and always

consult with a healthcare professional or dietitian for personalised advice. Here's wishing you a delightful and healthful culinary journey through the heart of Manipur. Enjoy every bite, savour every sip, and rejoice in the harmony of flavours and health that is the essence of Manipuri cuisine.

Day	Early Morning Drink	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Afternoon Drink	Dinner
1	Lemon Water (1 glass)	Brown Rice Chak-hao Kheer (1 bowl)	Fruit Salad (1 cup)	Kangsoi with Local Fish (1 bowl) & Brown Rice (1 cup)	Boiled Soybeans (1/2 cup)	Green Tea (1 cup)	Ooti with Boiled Vegetables (1 bowl)
2	Fenugreek Water (1 glass)	Boiled Black Rice (1 cup) with Stir-fried Tofu (100g)	Cucumber (1 medium)	Eromba with Brown Rice (1 cup)	Roasted Chickpeas (1/2 cup)	Herbal Tea (1 cup)	Manipuri Styled Baked Fish (150g) with Brown Rice (1 cup)
3	Bitter Gourd Juice (1 glass)	Singhju (1 bowl)	Carrot Sticks (1 cup)	Brown Rice (1 cup) with Manipuri Rajma Curry (1 bowl)	Steamed Sprouts (1/2 cup)	Aloe Vera Juice (1 glass)	Sana Thongba with Brown Rice (1 cup)
4	Amla Juice (1 glass)	Brown Rice Poha (1 cup)	Mixed Nuts (30g)	Nga Atoiba Thongba with Brown Rice (1 cup)	Boiled Edamame (1/2 cup)	Coconut Water (1 glass)	Chicken Salad with Manipuri Dressing (1 bowl)
5	Ginger Lemon Tea (1 cup)	Chak-hao Kheer (1 bowl)	Apple (1 medium)	Manipuri Dal with Brown Rice (1 cup)	Roasted Makhana (1/2 cup)	Buttermilk (1 glass)	Fried Arbi (150g) with Manipuri Chutney (2 tbsp)

6	Cinnamon Water (1 glass)	Red Rice Idli (2 pieces) with Manipuri Chutney (2 tbsp)	Berries (1 cup)	Nga-Thongba with Brown Rice (1 cup)	Baked Sweet Potato (1 medium)	Cucumber Mint Juice (1 glass)	Ooti with Boiled Vegetables (1 bowl)
7	Green Tea (1 cup)	Singhju (1 bowl)	Guava (1 medium)	Brown Rice (1 cup) with Manipuri Rajma Curry (1 bowl)	Mixed Seeds (30g)	Amla Juice (1 glass)	Chamthong with Brown Rice (1 cup)

Day	Early Morning Drink	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Afternoon Drink	Dinner
8	Tulsi Tea (1 cup)	Brown Rice Poha (1 cup)	Pear (1 medium)	Ooti with Manipuri Salad (1 bowl)	Boiled Chana (1/2 cup)	Aloe Vera Juice (1 glass)	Manipuri Styled Baked Fish (150g) with Brown Rice (1 cup)
9	Cinnamon Water (1 glass)	Chak-hao Kheer (1 bowl)	Almonds (30g)	Kangsoi with Local Fish (1 bowl) & Brown Rice (1 cup)	Roasted Makhana (1/2 cup)	Herbal Tea (1 cup)	Brown Rice (1 cup) with Manipuri Rajma Curry (1 bowl)
10	Amla Juice (1 glass)	Singhju (1 bowl)	Orange (1 medium)	Eromba with Brown Rice (1 cup)	Steamed Sprouts (1/2 cup)	Green Tea (1 cup)	Sana Thongba with Brown Rice (1 cup)
11	Lemon Water (1 glass)	Brown Rice Chak-hao Kheer (1 bowl)	Walnuts (30g)	Manipuri Dal with Brown Rice (1 cup)	Boiled Edamame (1/2 cup)	Coconut Water (1 glass)	Nga Atoiba Thongba with Brown Rice (1 cup)

12	Bitter Gourd Juice (1 glass)	Boiled Black Rice (1 cup) with Stir-fried Tofu (100g)	Fruit Salad (1 cup)	Ooti with Manipuri Salad (1 bowl)	Boiled Soybeans (1/2 cup)	Aloe Vera Juice (1 glass)	Chamthong with Brown Rice (1 cup)
13	Fenugreek Water (1 glass)	Red Rice Idli (2 pieces) with Manipuri Chutney (2 tbsp)	Berries (1 cup)	Nga-Thongba with Brown Rice (1 cup)	Roasted Chickpeas (1/2 cup)	Herbal Tea (1 cup)	Manipuri Styled Baked Fish (150g) with Brown Rice (1 cup)
14	Ginger Lemon Tea (1 cup)	Singhju (1 bowl)	Apple (1 medium)	Kangsoi with Local Fish (1 bowl) & Brown Rice (1 cup)	Steamed Sprouts (1/2 cup)	Buttermilk (1 glass)	Ooti with Boiled Vegetables (1 bowl)
15	Amla Juice (1 glass)	Brown Rice Poha (1 cup)	Mixed Nuts (30g)	Manipuri Dal with Brown Rice (1 cup)	Boiled Chana (1/2 cup)	Coconut Water (1 glass)	Sana Thongba with Brown Rice (1 cup)
16	Bitter Gourd Juice (1 glass)	Chak-hao Kheer (1 bowl)	Carrot Sticks (1 cup)	Nga Atoiba Thongba with Brown Rice (1 cup)	Roasted Makhana (1/2 cup)	Green Tea (1 cup)	Eromba with Brown Rice (1 cup)
17	Lemon Water (1 glass)	Boiled Black Rice (1 cup) with Stir-fried Tofu (100g)	Cucumber (1 medium)	Eromba with Brown Rice (1 cup)	Boiled Soybeans (1/2 cup)	Aloe Vera Juice (1 glass)	Brown Rice (1 cup) with Manipuri Rajma Curry (1 bowl)
18	Tulsi Tea (1 cup)	Singhju (1 bowl)	Mixed Seeds (30g)	Ooti with Manipuri	Boiled Edamame (1/2 cup)	Herbal Tea (1 cup)	Nga-Thongba with

				i Salad (1 bowl)			Brown Rice (1 cup)
19	Cinnamon Water (1 glass)	Brown Rice Chak-hao Kheer (1 bowl)	Berries (1 cup)	Kangsoi with Local Fish (1 bowl) & Brown Rice (1 cup)	Roasted Chickpeas (1/2 cup)	Buttermilk (1 glass)	Manipuri Styled Baked Fish (150g) with Brown Rice (1 cup)
20	Fenugreek Water (1 glass)	Red Rice Idli (2 pieces) with Manipuri Chutney (2 tbsp)	Apple (1 medium)	Nga Atoiba Thongba with Brown Rice (1 cup)	Steamed Sprouts (1/2 cup)	Coconut Water (1 glass)	Sana Thongba with Brown Rice (1 cup)
21	Ginger Lemon Tea (1 cup)	Brown Rice Poha (1 cup)	Mixed Nuts (30g)	Manipuri Dal with Brown Rice (1 cup)	Boiled Chana (1/2 cup)	Aloe Vera Juice (1 glass)	Chamthong with Brown Rice (1 cup)
22	Amla Juice (1 glass)	Chak-hao Kheer (1 bowl)	Pear (1 medium)	Eromba with Brown Rice (1 cup)	Roasted Makhana (1/2 cup)	Green Tea (1 cup)	Ooti with Boiled Vegetables (1 bowl)
23	Lemon Water (1 glass)	Singhju (1 bowl)	Walnuts (30g)	Kangsoi with Local Fish (1 bowl) & Brown Rice (1 cup)	Boiled Soybeans (1/2 cup)	Herbal Tea (1 cup)	Manipuri Styled Baked Fish (150g) with Brown Rice (1 cup)
24	Bitter Gourd Juice (1 glass)	Boiled Black Rice (1 cup) with Stir-fried Tofu (100g)	Fruit Salad (1 cup)	Ooti with Manipuri Salad (1 bowl)	Boiled Edamame (1/2 cup)	Buttermilk (1 glass)	Brown Rice (1 cup) with Manipuri Rajma Curry (1 bowl)

25	Tulsi Tea (1 cup)	Red Rice Idli (2 pieces) with Manipuri Chutney (2 tbsp)	Berries (1 cup)	Nga-Thongba with Brown Rice (1 cup)	Roasted Chickpeas (1/2 cup)	Coconut Water (1 glass)	Sana Thongba with Brown Rice (1 cup)
26	Cinnamon Water (1 glass)	Brown Rice Chak-hao Kheer (1 bowl)	Orange (1 medium)	Manipuri Dal with Brown Rice (1 cup)	Boiled Chana (1/2 cup)	Aloe Vera Juice (1 glass)	Nga Atoiba Thongba with Brown Rice (1 cup)
27	Fenugreek Water (1 glass)	Singhju (1 bowl)	Apple (1 medium)	Eromba with Brown Rice (1 cup)	Steamed Sprouts (1/2 cup)	Green Tea (1 cup)	Chamthong with Brown Rice (1 cup)
28	Ginger Lemon Tea (1 cup)	Brown Rice Poha (1 cup)	Mixed Nuts (30g)	Ooti with Manipuri Salad (1 bowl)	Roasted Makhana (1/2 cup)	Herbal Tea (1 cup)	Manipuri Styled Baked Fish (150g) with Brown Rice (1 cup)
29	Amla Juice (1 glass)	Chak-hao Kheer (1 bowl)	Carrot Sticks (1 cup)	Kangsoi with Local Fish (1 bowl) & Brown Rice (1 cup)	Boiled Soybeans (1/2 cup)	Buttermilk (1 glass)	Ooti with Boiled Vegetables (1 bowl)
30	Lemon Water (1 glass)	Boiled Black Rice (1 cup) with Stir-fried Tofu (100g)	Cucumber (1 medium)	Nga Atoiba Thongba with Brown Rice (1 cup)	Boiled Edamame (1/2 cup)	Coconut Water (1 glass)	Sana Thongba with Brown Rice (1 cup)



## Marathi Cuisine based 30-day Diabetes Diet Plan



Ah, the vibrant and hearty Marathi cuisine! Renowned for its bold flavors and traditional cooking techniques, this cuisine offers a rich palette of ingredients and dishes that are both delightful to the senses and beneficial to health.

A unique aspect of Marathi cuisine is its emphasis on whole grains like jowar, bajra, and ragi. They are featured prominently in this diet plan in the form of bhakri, dosa, and idli. These grains have a low glycemic index, which means they release sugar into the bloodstream gradually, preventing sudden spikes in blood sugar levels—a key factor in managing diabetes.

The wide use of legumes like rajma and moong, celebrated in dishes such as rajma curry and moong dal chilla, provide an excellent source of protein. Chickpeas, too, find their place in the robust chickpea curry, balancing the protein intake while keeping the glycemic index low.

The diet plan also features an array of vibrant vegetables in dishes like aloo gobi sabzi, bharli vangi, and palak sabji. These help ensure you get an abundance of vitamins, minerals, and antioxidants—vital for overall well-being.

The generous use of spices, another hallmark of Marathi cuisine, not only amplifies the flavor but also boosts digestion. The tangy amla juice, refreshing coconut water, and soothing green tea serve as the perfect accompaniment to the meals, providing a spectrum of health benefits.

Remember to savor the flavors while paying attention to portion sizes. Each body is unique, and it's crucial to adjust this diet plan based on your personal health needs and preferences. I wish you a delightful culinary journey exploring these diabetes-friendly Marathi dishes. Enjoy the harmony of taste and health, and remember, food is not just about nutrition; it's an experience of culture, history, and love.

Day	Early Morning Drink	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Afternoon Drink	Dinner
1	Lemon water with a dash of cinnamon (1 glass)	Ragi Dosa (2 medium-sized)	Cucumber (1 medium-sized)	Masala Bhaat with less rice & more vegetables (1 medium bowl), Low fat curd (1 small bowl)	Handful of almonds and walnuts	Buttermilk (1 glass)	Multigrain Bhakri (2), Sprout Salad (1 bowl)
2	Amla Juice (1 glass)	Moong dal chilla (2)	Carrot sticks (1 medium-sized carrot)	Rajma (1 bowl), Quinoa (1 small bowl), Salad (1 bowl)	Sprouted moong salad (1 small bowl)	Green Tea (1 cup)	Nachni Roti (2), Sautéed vegetables (1 bowl)
3	Warm water with 1 tsp fenugreek seeds	Besan Chilla (2)	Bowl of papaya (1 bowl)	Chickpea Curry (1 bowl), Brown Rice (1 small bowl), Cucumber Raita (1 small bowl)	Roasted chana (1 small bowl)	Coconut water (1 glass)	Jowar Bhakri (2), Mixed Veg (1 bowl)
4	Lemon water with a dash of cinnamon (1 glass)	Sprouted Moong Pancake (2)	Apple (1 small)	Bharli Vangi (1 bowl), Bajra Roti (2), Low fat curd (1 small bowl)	Cottage cheese cubes (50 g)	Green Tea (1 cup)	Bhakri (2), Palak Sabji (1 bowl)
5	Amla Juice (1 glass)	Ragi Idli (2) with Sambar	Bowl of watermelon (1 bowl)	Usal (1 bowl), Brown Rice (1	Handful of	Buttermilk (1 glass)	Zunka (1 bowl),

		(1 small bowl)		small bowl), Salad (1 bowl)	roasted peanuts		Nachni Roti (2)
6	Warm water with 1 tsp fenugreek seeds	Thalipecth (2)	Cucumber (1 medium-sized)	Rajgira roti (2), Aloo Gobi Sabzi (1 bowl), Cucumber Raita (1 small bowl)	Sprouted moong salad (1 small bowl)	Coconut water (1 glass)	Bhakri (2), Karela Sabji (1 bowl)
7	Lemon water with a dash of cinnamon (1 glass)	Oats Upma (1 bowl)	Bowl of papaya (1 bowl)	Varan Bhaat with less rice & more dal (1 medium bowl), Low fat curd (1 small bowl)	Roasted chana (1 small bowl)	Green Tea (1 cup)	Nachni Roti (2), Baingan Bharta (1 bowl)

Day	Early Morning Drink	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Afternoon Drink	Dinner
8	Amla Juice (1 glass)	Ragi Dosa (2)	Carrot sticks (1 medium-sized carrot)	Masala Bhaat with less rice & more vegetables (1 bowl), Low fat curd (1 small bowl)	Sprouted moong salad (1 small bowl)	Green Tea (1 cup)	Jowar Bhakri (2), Cabbage Sabji (1 bowl)
9	Lemon water with a dash of	Moong dal chila (2)	Bowl of papaya (1 bowl)	Rajma (1 bowl), Quinoa (1 small	Handful of roasted peanuts	Buttermilk (1 glass)	Multigrain Bhakri (2), Bhindi

	cinnamon (1 glass)			bowl), Salad (1 bowl)			Sabji (1 bowl)
10	Warm water with 1 tsp fenugreek seeds	Besan Chilla (2)	Cucumber (1 medium-sized)	Bharli Vangi (1 bowl), Bajra Roti (2), Low fat curd (1 small bowl)	Cottage cheese cubes (50 g)	Coconut water (1 glass)	Nachni Roti (2), Sauteed vegetables (1 bowl)
11	Amla Juice (1 glass)	Sprouted Moong Pancake (2)	Bowl of watermelon (1 bowl)	Chickpea Curry (1 bowl), Brown Rice (1 small bowl), Cucumber Raita (1 small bowl)	Roasted chana (1 small bowl)	Green Tea (1 cup)	Jowar Bhakri (2), Mixed Veg (1 bowl)
12	Lemon water with a dash of cinnamon (1 glass)	Ragi Idli (2) with Sambar (1 small bowl)	Apple (1 small)	Usal (1 bowl), Brown Rice (1 small bowl), Salad (1 bowl)	Handful of almonds and walnuts	Buttermilk (1 glass)	Bhakri (2), Palak Sabji (1 bowl)
13	Warm water with 1 tsp fenugreek seeds	Thalipeeth (2)	Carrot sticks (1 medium-sized carrot)	Rajgira roti (2), Aloo Gobi Sabzi (1 bowl), Cucumber Raita (1 small bowl)	Sprouted moong salad (1 small bowl)	Coconut water (1 glass)	Zunka (1 bowl), Nachni Roti (2)
14	Amla Juice (1 glass)	Oats Upma (1 bowl)	Bowl of papaya (1 bowl)	Varan Bhaat with less rice & more dal (1 medium	Roasted chana (1 small bowl)	Green Tea (1 cup)	Bhakri (2), Karela Sabji (1 bowl)

				bowl), Low fat curd (1 small bowl)			
15	Lemon water with a dash of cinnamon (1 glass)	Ragi Dosa (2)	Bowl of watermelon (1 bowl)	Masala Bhaat with less rice & more vegetables (1 bowl), Low fat curd (1 small bowl)	Handful of roasted peanuts	Buttermilk (1 glass)	Nachni Roti (2), Baingan Bharta (1 bowl)
16	Warm water with 1 tsp fenugreek seeds	Moong dal chilla (2)	Apple (1 small)	Rajma (1 bowl), Quinoa (1 small bowl), Salad (1 bowl)	Sprouted moong salad (1 small bowl)	Coconut water (1 glass)	Jowar Bhakri (2), Cabbage Sabji (1 bowl)
17	Amla Juice (1 glass)	Besan Chilla (2)	Carrot sticks (1 medium- sized carrot)	Bharli Vangi (1 bowl), Bajra Roti (2), Low fat curd (1 small bowl)	Cottage cheese cubes (50 g)	Green Tea (1 cup)	Multigrain Bhakri (2), Bhindi Sabji (1 bowl)
18	Lemon water with a dash of cinnamon (1 glass)	Sprouted Moong Pancake (2)	Bowl of papaya (1 bowl)	Chickpea Curry (1 bowl), Brown Rice (1 small bowl), Cucumber Raita (1 small bowl)	Roasted chana (1 small bowl)	Buttermilk (1 glass)	Nachni Roti (2), Sauteed vegetables (1 bowl)
19	Warm water with 1	Ragi Idli (2) with Sambar	Cucumber (1	Usal (1 bowl), Brown	Handful of almonds	Coconut water (1 glass)	Bhakri (2), Palak

	tsp fenugreek seeds	(1 small bowl)	medium-sized)	Rice (1 small bowl), Salad (1 bowl)	and walnuts		Sabji (1 bowl)
20	Amla Juice (1 glass)	Thalipeeth (2)	Bowl of watermelon (1 bowl)	Rajgira roti (2), Aloo Gobi Sabzi (1 bowl), Cucumber Raita (1 small bowl)	Sprouted moong salad (1 small bowl)	Green Tea (1 cup)	Zunka (1 bowl), Nachni Roti (2)
21	Lemon water with a dash of cinnamon (1 glass)	Oats Upma (1 bowl)	Apple (1 small)	Varan Bhaat with less rice & more dal (1 medium bowl), Low fat curd (1 small bowl)	Roasted chana (1 small bowl)	Buttermilk (1 glass)	Bhakri (2), Karela Sabji (1 bowl)
22	Warm water with 1 tsp fenugreek seeds	Ragi Dosa (2)	Bowl of papaya (1 bowl)	Masala Bhaat with less rice & more vegetables (1 bowl), Low fat curd (1 small bowl)	Cottage cheese cubes (50 g)	Coconut water (1 glass)	Nachni Roti (2), Baingan Bharta (1 bowl)
23	Amla Juice (1 glass)	Moong dal chila (2)	Carrot sticks (1 medium-sized carrot)	Rajma (1 bowl), Quinoa (1 small bowl), Salad (1 bowl)	Handful of roasted peanuts	Green Tea (1 cup)	Jowar Bhakri (2), Cabbage Sabji (1 bowl)

24	Lemon water with a dash of cinnamon (1 glass)	Besan Chilla (2)	Bowl of watermelon (1 bowl)	Bharli Vangi (1 bowl), Bajra Roti (2), Low fat curd (1 small bowl)	Sprouted moong salad (1 small bowl)	Buttermilk (1 glass)	Multigrain Bhakri (2), Bhindi Sabji (1 bowl)
25	Warm water with 1 tsp fenugreek seeds	Sprouted Moong Pancake (2)	Apple (1 small)	Chickpea Curry (1 bowl), Brown Rice (1 small bowl), Cucumber Raita (1 small bowl)	Roasted chana (1 small bowl)	Coconut water (1 glass)	Nachni Roti (2), Sautéed vegetables (1 bowl)
26	Amla Juice (1 glass)	Ragi Idli (2) with Sambar (1 small bowl)	Cucumber (1 medium-sized)	Usal (1 bowl), Brown Rice (1 small bowl), Salad (1 bowl)	Handful of almonds and walnuts	Green Tea (1 cup)	Bhakri (2), Palak Sabji (1 bowl)
27	Lemon water with a dash of cinnamon (1 glass)	Thalipeeth (2)	Bowl of papaya (1 bowl)	Rajgira roti (2), Aloo Gobi Sabzi (1 bowl), Cucumber Raita (1 small bowl)	Sprouted moong salad (1 small bowl)	Buttermilk (1 glass)	Zunka (1 bowl), Nachni Roti (2)
28	Warm water with 1 tsp fenugreek seeds	Oats Upma (1 bowl)	Carrot sticks (1 medium-sized carrot)	Varan Bhaat with less rice & more dal (1 medium bowl), Low fat curd (1	Cottage cheese cubes (50 g)	Coconut water (1 glass)	Bhakri (2), Karela Sabji (1 bowl)

				small bowl)			
29	Amla Juice (1 glass)	Ragi Dosa (2)	Bowl of watermelon (1 bowl)	Masala Bhaat with less rice & more vegetables (1 bowl), Low fat curd (1 small bowl)	Handful of roasted peanuts	Green Tea (1 cup)	Nachni Roti (2), Baingan Bharta (1 bowl)
30	Lemon water with a dash of cinnamon (1 glass)	Moong dal chila (2)	Apple (1 small)	Rajma (1 bowl), Quinoa (1 small bowl), Salad (1 bowl)	Roasted chana (1 small bowl)	Buttermilk (1 glass)	Jowar Bhakri (2), Cabbage Sabji (1 bowl)



## Mizo Cuisine based 30-day Diabetes Diet Plan



Mizo cuisine, a gem of Northeast India, is a blend of taste and tradition that never ceases to amaze me. Steeped in earthy flavours and wholesome ingredients, the cuisine is both a tribute to the region's rich natural bounty and an embodiment of the Mizo people's harmonious way of life. What really draws me to this cuisine is its simplicity and honesty; it doesn't try to overpower or dazzle, but instead, impresses with its subtle, wholesome flavours.

Key ingredients of this Diabetes Diet Plan include lean proteins like chicken, fish and Vawksa (smoked pork), as well as a diverse range of local vegetables and fruits, offering a balance of macronutrients that's quite rare to find. Many of these ingredients possess notable health benefits, particularly for those managing diabetes. For instance, lean proteins are slow to digest, prevent blood sugar spikes, and keep you full longer, assisting in weight control. Vegetables, on the other hand, are rich in fibre that slows down glucose absorption, hence regulating blood sugar levels.

Bai, a delightful stew made with seasonal vegetables, is one such dish included in our plan. It's a powerhouse of nutrients and its high fibre content makes it an excellent choice for diabetics. Other dishes like Sanpiau (rice porridge) and Misa Mach Poora (grilled fish) are not just palate pleasers but are also low in glycemic index, which is beneficial for blood sugar management.

The beautiful thing about Mizo cuisine, much like any other, is its adaptability. While the diet plan I've crafted emphasizes diabetes-friendly Mizo dishes, I urge you to use it as a starting point and modify it according to your personal health needs and taste preferences. After all, the best diet is the one you can stick to, and the most memorable meal is the one that makes you smile. Here's to the wonderful journey of exploring Mizo cuisine, one dish at a time. I hope it delights your taste buds and nourishes your health in equal measure. Enjoy the culinary adventure!

Day	Early Morning Drink	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Afternoon Drink	Dinner
1	Warm water with half a lemon squeezed (1 cup)	Vawksa Rep (Pork & Bamboo Shoot - 100g) with two slices of brown bread	Fresh Orange Slices (1 medium orange)	Boiled Rice (1 cup), Sanpiau (Rice Porridge - 1 bowl), and Boiled Vegetables (1 cup)	Mizo Vawksa Bawl (Smoked Pork - 50g)	Herbal Tea (1 cup) with no added sugar	Steamed Fish (100g), Sai Bual (Local Lentin - 1 cup)
2	Green Tea (1 cup) with no added sugar	Mizo Buns (2 small buns)	Mizo Salad (1 bowl - Use cucumber, carrot, lettuce)	Bai (Stew - 1 bowl) with Boiled Rice (1 cup)	Raw Banana Chips (10 chips)	Unsweetened Lemon Juice (1 cup)	Grilled Chicken (100g) with Mixed Veg Salad (1 cup)
3	Warm water with half a lemon squeezed (1 cup)	Brown bread (2 slices) with Boiled Egg (1)	Apple (1 medium)	Vawksa Rep (100g) with Boiled Rice (1 cup)	Mizo Cucumber Salad (1 bowl)	Herbal Tea (1 cup) with no added sugar	Steamed Fish (100g), Misa Mach Poora (Grilled Shrimp - 100g)
4	Green Tea (1 cup) with no added sugar	Mizo Vawksa Bawl (50g) with two slices of brown bread	Guava (1 medium)	Chicken Stew (1 bowl) with Boiled Rice (1 cup)	Raw Banana Chips (10 chips)	Unsweetened Lemon Juice (1 cup)	Sanpiau (1 bowl), Boiled Vegetables (1 cup)
5	Warm water with half a lemon squeezed (1 cup)	Brown bread (2 slices) with Boiled Egg (1)	Fresh Orange Slices (1 medium orange)	Sai Bual (1 cup) with Boiled Rice (1 cup)	Mizo Salad (1 bowl - Use cucumber, carrot, lettuce)	Herbal Tea (1 cup) with no added sugar	Misa Mach Poora (100g), Boiled Vegetables (1 cup)

6	Green Tea (1 cup) with no added sugar	Mizo Buns (2 small buns)	Apple (1 medium)	Vawksa Rep (100g) with Boiled Rice (1 cup)	Mizo Cucumber Salad (1 bowl)	Unsweetened Lemon Juice (1 cup)	Grilled Chicken (100g), Mixed Veg Salad (1 cup)
7	Warm water with half a lemon squeezed (1 cup)	Brown bread (2 slices) with Boiled Egg (1)	Guava (1 medium)	Bai (Stew - 1 bowl) with Boiled Rice (1 cup)	Raw Banana Chips (10 chips)	Herbal Tea (1 cup) with no added sugar	Steamed Fish (100g), Boiled Vegetables (1 cup)

Day	Early Morning Drink	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Afternoon Drink	Dinner
8	Green Tea (1 cup) with no added sugar	Mizo Vawksa Bawl (50g) with two slices of brown bread	Fresh Orange Slices (1 medium orange)	Chicken Stew (1 bowl) with Boiled Rice (1 cup)	Mizo Salad (1 bowl - Use cucumber, carrot, lettuce)	Unsweetened Lemon Juice (1 cup)	Steamed Fish (100g), Sai Bual (Local Lentin - 1 cup)
9	Warm water with half a lemon squeezed (1 cup)	Mizo Buns (2 small buns)	Guava (1 medium)	Vawksa Rep (100g) with Boiled Rice (1 cup)	Raw Banana Chips (10 chips)	Herbal Tea (1 cup) with no added sugar	Misa Mach Poora (100g), Boiled Vegetables (1 cup)
10	Green Tea (1 cup) with no added sugar	Brown bread (2 slices) with Boiled Egg (1)	Apple (1 medium)	Bai (Stew - 1 bowl) with Boiled Rice (1 cup)	Mizo Cucumber Salad (1 bowl)	Unsweetened Lemon Juice (1 cup)	Grilled Chicken (100g), Mixed Veg Salad (1 cup)
11	Warm water with half a lemon squeezed (1 cup)	Mizo Vawksa Bawl (50g) with two slices of	Fresh Orange Slices (1 medium orange)	Sanpiau (Rice Porridge - 1 bowl), and Boiled	Mizo Salad (1 bowl - Use cucumber, carrot, lettuce)	Herbal Tea (1 cup) with no added sugar	Steamed Fish (100g), Sai Bual (Local Lentin - 1 cup)

		brown bread		Vegetables (1 cup)			
12	Green Tea (1 cup) with no added sugar	Mizo Buns (2 small buns)	Guava (1 medium)	Bai (Stew - 1 bowl) with Boiled Rice (1 cup)	Raw Banana Chips (10 chips)	Unsweetened Lemon Juice (1 cup)	Misa Mach Poora (100g), Boiled Vegetables (1 cup)
13	Warm water with half a lemon squeezed (1 cup)	Brown bread (2 slices) with Boiled Egg (1)	Apple (1 medium)	Vawksa Rep (100g) with Boiled Rice (1 cup)	Mizo Cucumber Salad (1 bowl)	Herbal Tea (1 cup) with no added sugar	Grilled Chicken (100g), Mixed Veg Salad (1 cup)
14	Green Tea (1 cup) with no added sugar	Mizo Vawksa Bawl (50g) with two slices of brown bread	Fresh Orange Slices (1 medium orange)	Chicken Stew (1 bowl) with Boiled Rice (1 cup)	Mizo Salad (1 bowl - Use cucumber, carrot, lettuce)	Unsweetened Lemon Juice (1 cup)	Steamed Fish (100g), Sai Bual (Local Lentin - 1 cup)
15	Warm water with half a lemon squeezed (1 cup)	Mizo Buns (2 small buns)	Guava (1 medium)	Vawksa Rep (100g) with Boiled Rice (1 cup)	Raw Banana Chips (10 chips)	Herbal Tea (1 cup) with no added sugar	Misa Mach Poora (100g), Boiled Vegetables (1 cup)
16	Green Tea (1 cup) with no added sugar	Brown bread (2 slices) with Boiled Egg (1)	Apple (1 medium)	Bai (Stew - 1 bowl) with Boiled Rice (1 cup)	Mizo Cucumber Salad (1 bowl)	Unsweetened Lemon Juice (1 cup)	Grilled Chicken (100g), Mixed Veg Salad (1 cup)

17	Warm water with half a lemon squeezed (1 cup)	Mizo Vawksa Bawl (50g) with two slices of brown bread	Fresh Orange Slices (1 medium orange)	Sanpiau (Rice Porridge - 1 bowl), and Boiled Vegetables (1 cup)	Mizo Salad (1 bowl - Use cucumber, carrot, lettuce)	Herbal Tea (1 cup) with no added sugar	Steamed Fish (100g), Sai Bual (Local Lentin - 1 cup)
18	Green Tea (1 cup) with no added sugar	Mizo Buns (2 small buns)	Guava (1 medium)	Bai (Stew - 1 bowl) with Boiled Rice (1 cup)	Raw Banana Chips (10 chips)	Unsweetened Lemon Juice (1 cup)	Misa Mach Poora (100g), Boiled Vegetables (1 cup)
19	Warm water with half a lemon squeezed (1 cup)	Brown bread (2 slices) with Boiled Egg (1)	Apple (1 medium)	Vawksa Rep (100g) with Boiled Rice (1 cup)	Mizo Cucumber Salad (1 bowl)	Herbal Tea (1 cup) with no added sugar	Grilled Chicken (100g), Mixed Veg Salad (1 cup)
20	Green Tea (1 cup) with no added sugar	Mizo Vawksa Bawl (50g) with two slices of brown bread	Fresh Orange Slices (1 medium orange)	Chicken Stew (1 bowl) with Boiled Rice (1 cup)	Mizo Salad (1 bowl - Use cucumber, carrot, lettuce)	Unsweetened Lemon Juice (1 cup)	Steamed Fish (100g), Sai Bual (Local Lentin - 1 cup)
21	Warm water with half a lemon squeezed (1 cup)	Mizo Buns (2 small buns)	Guava (1 medium)	Vawksa Rep (100g) with Boiled Rice (1 cup)	Raw Banana Chips (10 chips)	Herbal Tea (1 cup) with no added sugar	Misa Mach Poora (100g), Boiled Vegetables (1 cup)
22	Green Tea (1 cup) with no added sugar	Brown bread (2 slices) with Boiled Egg (1)	Apple (1 medium)	Bai (Stew - 1 bowl) with Boiled Rice (1 cup)	Mizo Cucumber Salad (1 bowl)	Unsweetened Lemon Juice (1 cup)	Grilled Chicken (100g), Mixed Veg Salad (1 cup)

23	Warm water with half a lemon squeezed (1 cup)	Mizo Vawksa Bawl (50g) with two slices of brown bread	Fresh Orange Slices (1 medium orange)	Sanpiau (Rice Porridge - 1 bowl), and Boiled Vegetables (1 cup)	Mizo Salad (1 bowl - Use cucumber, carrot, lettuce)	Herbal Tea (1 cup) with no added sugar	Steamed Fish (100g), Sai Bual (Local Lentin - 1 cup)
24	Green Tea (1 cup) with no added sugar	Mizo Buns (2 small buns)	Guava (1 medium)	Bai (Stew - 1 bowl) with Boiled Rice (1 cup)	Raw Banana Chips (10 chips)	Unsweetened Lemon Juice (1 cup)	Misa Mach Poora (100g), Boiled Vegetables (1 cup)
25	Warm water with half a lemon squeezed (1 cup)	Brown bread (2 slices) with Boiled Egg (1)	Apple (1 medium)	Vawksa Rep (100g) with Boiled Rice (1 cup)	Mizo Cucumber Salad (1 bowl)	Herbal Tea (1 cup) with no added sugar	Grilled Chicken (100g), Mixed Veg Salad (1 cup)
26	Green Tea (1 cup) with no added sugar	Mizo Vawksa Bawl (50g) with two slices of brown bread	Fresh Orange Slices (1 medium orange)	Chicken Stew (1 bowl) with Boiled Rice (1 cup)	Mizo Salad (1 bowl - Use cucumber, carrot, lettuce)	Unsweetened Lemon Juice (1 cup)	Steamed Fish (100g), Sai Bual (Local Lentin - 1 cup)
27	Warm water with half a lemon squeezed (1 cup)	Mizo Buns (2 small buns)	Guava (1 medium)	Vawksa Rep (100g) with Boiled Rice (1 cup)	Raw Banana Chips (10 chips)	Herbal Tea (1 cup) with no added sugar	Misa Mach Poora (100g), Boiled Vegetables (1 cup)
28	Green Tea (1 cup) with no added sugar	Brown bread (2 slices) with Boiled Egg (1)	Apple (1 medium)	Bai (Stew - 1 bowl) with Boiled Rice (1 cup)	Mizo Cucumber Salad (1 bowl)	Unsweetened Lemon Juice (1 cup)	Grilled Chicken (100g), Mixed Veg Salad (1 cup)

29	Warm water with half a lemon squeezed (1 cup)	Mizo Vawksa Bawl (50g) with two slices of brown bread	Fresh Orange Slices (1 medium orange)	Sanpiau (Rice Porridge - 1 bowl), and Boiled Vegetables (1 cup)	Mizo Salad (1 bowl - Use cucumber, carrot, lettuce)	Herbal Tea (1 cup) with no added sugar	Steamed Fish (100g), Sai Bual (Local Lentin - 1 cup)
30	Green Tea (1 cup) with no added sugar	Mizo Buns (2 small buns)	Guava (1 medium)	Bai (Stew - 1 bowl) with Boiled Rice (1 cup)	Raw Banana Chips (10 chips)	Unsweetened Lemon Juice (1 cup)	Misa Mach Poora (100g), Boiled Vegetables (1 cup)



## Naga Cuisine based 30-day Diabetes Diet Plan



Embarking on a culinary journey through the hilly terrain of Nagaland, I am always intrigued and delighted by the unique blend of flavours that Naga cuisine has to offer. The fiery Naga chillies, the earthy taste of bamboo shoots, and the freshness of local greens, all bring a symphony of flavours that are not just tantalizing to the palate, but also offer an abundance of health benefits. It's this intricate balance of taste and nutrition that makes me fall in love with this cuisine over and over again.

At the heart of our Naga-inspired diabetes-friendly diet plan are key ingredients like bamboo shoots, local greens, fresh vegetables, and lean protein sources like chicken and fish. Bamboo shoots, a staple in Naga cuisine, are known for their low caloric content and high fiber, making them an excellent choice for managing blood sugar levels. Local greens, another star ingredient, are rich in micronutrients, fiber, and antioxidants that help promote overall health. Chicken and fish, as lean sources of protein, aid in maintaining blood sugar balance while providing essential amino acids for the body's functionality.

For those little hunger pangs between meals, we have included snacks like chia seeds, almonds, walnuts, and sunflower seeds that are low in carbohydrates but high in fiber and healthy fats. These small additions help in maintaining a steady glycemic index, reducing the risk of blood sugar spikes. Complementing our meals and snacks, we also have an array of refreshing drinks including warm lemon water, bitter melon juice, and herbal teas, all known to be beneficial for managing diabetes.

As we go through this culinary expedition, it's important to remember that everyone's body responds differently to food. Therefore, feel free to tailor this diet plan according to your personal health needs and preferences. I hope this journey through the flavours of Nagaland offers you not just a means to manage diabetes, but also a delightful and enjoyable culinary experience. So, let's embrace this vibrant cuisine, its profound health benefits, and its potential to transform our relationship with food. Happy dining!



Day	Early Morning Drink	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Afternoon Drink	Dinner
1	1 Glass Warm Lemon Water (200ml)	Smoked Pork Salad (1 serving)	Handful of Roasted Chia Seeds (30g)	Bamboo Shoot Fry with local Greens (1 serving) and Brown Rice (200g)	Sliced Cucumber with a pinch of salt (100g)	Bitter Melon Tea (1 cup, 200ml)	Grilled Fish (150g) with Steamed Veggies (100g)
2	1 Glass Warm Lemon Water (200ml)	Steamed Corn (100g) with Naga Chilli Chutney (1 tablespoon)	Handful of Almonds (30g)	Boiled Mixed Vegetables Salad (1 serving) with Grilled Chicken (150g)	Cherry Tomatoes (100g)	Lemongrass Tea (1 cup, 200ml)	Boiled Beans with Naga Chilli (1 serving) and Brown Rice (200g)
3	1 Glass Bitter Melon Juice (200ml)	Boiled Egg (1) with Grilled Tomatoes (100g)	Handful of Walnuts (30g)	Bamboo Shoot Soup (1 serving) with Smoked Pork (100g)	Sliced Carrots (100g)	Green Tea (1 cup, 200ml)	Stir-fried local Greens (1 serving) with Grilled Fish (150g)
4	1 Glass Warm Lemon Water (200ml)	Grilled Banana (1) with a sprinkle of Cinnamon	Handful of Roasted Pumpkin Seeds (30g)	Boiled Chicken Salad (1 serving) with local Greens (100g)	Sliced Bell Peppers (100g)	Chamomile Tea (1 cup, 200ml)	Smoked Pork (100g) with Steamed Veggies (100g)
5	1 Glass Bitter Melon Juice (200ml)	Brown Rice Poha with Vegetables (200g)	Handful of Sunflower Seeds (30g)	Grilled Fish (150g) with Boiled Mixed	Cherry Tomatoes (100g)	Lemongrass Tea (1 cup, 200ml)	Stir-fried Bamboo Shoot (1 serving) with

				Vegetables Salad (1 serving)			Brown Rice (200g)
6	1 Glass Warm Lemon Water (200ml)	Scrambled Eggs (2) with Sliced Cucumber (100g)	Handful of Almonds (30g)	Smoked Pork (100g) with Boiled Mixed Vegetables Salad (1 serving)	Sliced Carrots (100g)	Green Tea (1 cup, 200ml)	Grilled Chicken (150g) with Steamed Veggies (100g)
7	1 Glass Bitter Melon Juice (200ml)	Steamed Corn (100g) with Naga Chilli Chutney (1 tablespoon)	Handful of Walnuts (30g)	Bamboo Shoot Fry (1 serving) with local Greens (100g)	Sliced Bell Peppers (100g)	Chamomile Tea (1 cup, 200ml)	Boiled Beans with Naga Chilli (1 serving) and Brown Rice (200g)

Day	Early Morning Drink	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Afternoon Drink	Dinner
8	1 Glass Warm Lemon Water (200ml)	Smoked Pork Salad (1 serving)	Handful of Roasted Chia Seeds (30g)	Boiled Chicken Salad (1 serving) with local Greens (100g)	Sliced Cucumber (100g)	Bitter Melon Tea (1 cup, 200ml)	Stir-fried local Greens (1 serving) with Grilled Fish (150g)
9	1 Glass Bitter Melon Juice (200ml)	Brown Rice Poha with Vegetables (200g)	Handful of Almonds (30g)	Grilled Fish (150g) with Boiled Mixed Vegetables Salad (1 serving)	Cherry Tomatoes (100g)	Lemongrass Tea (1 cup, 200ml)	Smoked Pork (100g) with Steamed Veggies (100g)

10	1 Glass Warm Lemon Water (200ml)	Boiled Egg (1) with Grilled Tomatoes (100g)	Handful of Walnuts (30g)	Bamboo Shoot Soup (1 serving) with Smoked Pork (100g)	Sliced Carrots (100g)	Green Tea (1 cup, 200ml)	Boiled Beans with Naga Chilli (1 serving) and Brown Rice (200g)
11	1 Glass Bitter Melon Juice (200ml)	Grilled Banana (1) with a sprinkle of Cinnamon	Handful of Roasted Pumpkin Seeds (30g)	Boiled Mixed Vegetables Salad (1 serving) with Grilled Chicken (150g)	Sliced Bell Peppers (100g)	Chamomile Tea (1 cup, 200ml)	Stir-fried Bamboo Shoot (1 serving) with Brown Rice (200g)
12	1 Glass Warm Lemon Water (200ml)	Steamed Corn (100g) with Naga Chilli Chutney (1 tablespoon)	Handful of Sunflower Seeds (30g)	Bamboo Shoot Fry with local Greens (1 serving) and Brown Rice (200g)	Sliced Cucumber (100g)	Bitter Melon Tea (1 cup, 200ml)	Grilled Chicken (150g) with Steamed Veggies (100g)
13	1 Glass Bitter Melon Juice (200ml)	Scrambled Eggs (2) with Sliced Cucumber (100g)	Handful of Almonds (30g)	Grilled Fish (150g) with Boiled Mixed Vegetables Salad (1 serving)	Cherry Tomatoes (100g)	Lemongrass Tea (1 cup, 200ml)	Smoked Pork (100g) with Steamed Veggies (100g)
14	1 Glass Warm Lemon Water (200ml)	Brown Rice Poha with Vegetables (200g)	Handful of Walnuts (30g)	Boiled Chicken Salad (1 serving) with local Greens (100g)	Sliced Carrots (100g)	Green Tea (1 cup, 200ml)	Boiled Beans with Naga Chilli (1 serving) and Brown

							Rice (200g)
15	1 Glass Bitter Melon Juice (200ml)	Smoked Pork Salad (1 serving)	Handful of Roasted Chia Seeds (30g)	Bamboo Shoot Soup (1 serving) with Smoked Pork (100g)	Sliced Bell Peppers (100g)	Chamomile Tea (1 cup, 200ml)	Stir-fried local Greens (1 serving) with Grilled Fish (150g)
16	1 Glass Warm Lemon Water (200ml)	Steamed Corn (100g) with Naga Chilli Chutney (1 tablespoon)	Handful of Roasted Pumpkin Seeds (30g)	Boiled Mixed Vegetables Salad (1 serving) with Grilled Chicken (150g)	Sliced Cucumber (100g)	Bitter Melon Tea (1 cup, 200ml)	Stir-fried Bamboo Shoot (1 serving) with Brown Rice (200g)
17	1 Glass Bitter Melon Juice (200ml)	Boiled Egg (1) with Grilled Tomatoes (100g)	Handful of Sunflower Seeds (30g)	Grilled Fish (150g) with Boiled Mixed Vegetables Salad (1 serving)	Cherry Tomatoes (100g)	Lemongrass Tea (1 cup, 200ml)	Smoked Pork (100g) with Steamed Veggies (100g)
18	1 Glass Warm Lemon Water (200ml)	Grilled Banana (1) with a sprinkle of Cinnamon	Handful of Almonds (30g)	Bamboo Shoot Fry with local Greens (1 serving) and Brown Rice (200g)	Sliced Carrots (100g)	Green Tea (1 cup, 200ml)	Grilled Chicken (150g) with Steamed Veggies (100g)
19	1 Glass Bitter Melon Juice (200ml)	Scrambled Eggs (2) with Sliced Cucumber (100g)	Handful of Walnuts (30g)	Boiled Chicken Salad (1 serving) with local Greens (100g)	Sliced Bell Peppers (100g)	Chamomile Tea (1 cup, 200ml)	Boiled Beans with Naga Chilli (1 serving) and

							Brown Rice (200g)
20	1 Glass Warm Lemon Water (200ml)	Brown Rice Poha with Vegetables (200g)	Handful of Roasted Chia Seeds (30g)	Bamboo Shoot Soup (1 serving) with Smoked Pork (100g)	Sliced Cucumber (100g)	Bitter Melon Tea (1 cup, 200ml)	Stir-fried local Greens (1 serving) with Grilled Fish (150g)
21	1 Glass Bitter Melon Juice (200ml)	Smoked Pork Salad (1 serving)	Handful of Roasted Pumpkin Seeds (30g)	Grilled Fish (150g) with Boiled Mixed Vegetables Salad (1 serving)	Cherry Tomatoes (100g)	Lemongrass Tea (1 cup, 200ml)	Smoked Pork (100g) with Steamed Veggies (100g)
22	1 Glass Warm Lemon Water (200ml)	Steamed Corn (100g) with Naga Chilli Chutney (1 tablespoon)	Handful of Sunflower Seeds (30g)	Boiled Mixed Vegetables Salad (1 serving) with Grilled Chicken (150g)	Sliced Carrots (100g)	Green Tea (1 cup, 200ml)	Stir-fried Bamboo Shoot (1 serving) with Brown Rice (200g)
23	1 Glass Bitter Melon Juice (200ml)	Boiled Egg (1) with Grilled Tomatoes (100g)	Handful of Almonds (30g)	Bamboo Shoot Fry with local Greens (1 serving) and Brown Rice (200g)	Sliced Bell Peppers (100g)	Chamomile Tea (1 cup, 200ml)	Grilled Chicken (150g) with Steamed Veggies (100g)
24	1 Glass Warm Lemon Water (200ml)	Grilled Banana (1) with a sprinkle of Cinnamon	Handful of Walnuts (30g)	Grilled Fish (150g) with Boiled Mixed	Sliced Cucumber (100g)	Bitter Melon Tea (1 cup, 200ml)	Smoked Pork (100g) with Steamed

				Vegetables Salad (1 serving)			Veggies (100g)
25	1 Glass Bitter Melon Juice (200ml)	Scrambled Eggs (2) with Sliced Cucumber (100g)	Handful of Roasted Chia Seeds (30g)	Boiled Chicken Salad (1 serving) with local Greens (100g)	Cherry Tomatoes (100g)	Lemongrass Tea (1 cup, 200ml)	Boiled Beans with Naga Chilli (1 serving) and Brown Rice (200g)
26	1 Glass Warm Lemon Water (200ml)	Brown Rice Poha with Vegetables (200g)	Handful of Roasted Pumpkin Seeds (30g)	Bamboo Shoot Soup (1 serving) with Smoked Pork (100g)	Sliced Carrots (100g)	Green Tea (1 cup, 200ml)	Stir-fried local Greens (1 serving) with Grilled Fish (150g)
27	1 Glass Bitter Melon Juice (200ml)	Smoked Pork Salad (1 serving)	Handful of Sunflower Seeds (30g)	Boiled Mixed Vegetables Salad (1 serving) with Grilled Chicken (150g)	Sliced Bell Peppers (100g)	Chamomile Tea (1 cup, 200ml)	Stir-fried Bamboo Shoot (1 serving) with Brown Rice (200g)
28	1 Glass Warm Lemon Water (200ml)	Steamed Corn (100g) with Naga Chilli Chutney (1 tablespoon)	Handful of Almonds (30g)	Grilled Fish (150g) with Boiled Mixed Vegetables Salad (1 serving)	Sliced Cucumber (100g)	Bitter Melon Tea (1 cup, 200ml)	Smoked Pork (100g) with Steamed Veggies (100g)
29	1 Glass Bitter Melon Juice (200ml)	Boiled Egg (1) with Grilled Tomatoes (100g)	Handful of Walnuts (30g)	Bamboo Shoot Fry with local Greens (1 serving)	Cherry Tomatoes (100g)	Lemongrass Tea (1 cup, 200ml)	Grilled Chicken (150g) with Steamed

				and Brown Rice (200g)			d Veggies (100g)
30	1 Glass Warm Lemon Water (200ml)	Grilled Banana (1) with a sprinkle of Cinnamon	Handful of Roasted Chia Seeds (30g)	Boiled Chicken Salad (1 serving) with local Greens (100g)	Sliced Carrots (100g)	Green Tea (1 cup, 200ml)	Boiled Beans with Naga Chilli (1 serving) and Brown Rice (200g)

## Odia Cuisine based 30-day Diabetes Diet Plan



With an extraordinary blend of subtlety, spice, and everything nice, Odia cuisine stands out in the vast landscape of Indian culinary arts. The distinct flavors from the eastern coastline, the humble earthiness of its core ingredients, and the finesse in balancing nutritious value with taste make this cuisine a personal favorite. It's this love and appreciation for Odia cuisine that led me to carefully curate this diet plan, with an aim to empower those managing diabetes, allowing them to savor the richness of this culinary heritage without compromising on their health.

At the heart of this diet plan are some of Odia's signature dishes, such as Dalma, Chuda Ghasa, and Santula, each carrying the flavors of the region while being rich in fiber, complex carbohydrates, and lean proteins. The frequent use of lentils like moong dal, not only reduces blood sugar levels but also regulates digestion and cholesterol. Similarly, dishes like Enduri Pitha, crafted with fenugreek seeds and rice flour, bring in the natural goodness of these ingredients known to control blood sugar spikes.

Keeping snacking delightful yet healthy, the plan includes options like roasted Makhana and mixed nuts, rich in fiber and healthy fats. Fish and chicken, prepared in a traditional Odia style, offer lean protein which is essential for managing diabetes. The regular inclusion of various vegetables, both in curry and salad form, ensures an ample supply of vitamins, minerals, and dietary fiber.

While every effort has been made to ensure this plan suits the needs of individuals with diabetes, remember that every body is unique. Your nutritional needs may vary, hence, feel free to modify portions or substitute ingredients as required. Now, dive into this delightful journey of taste, health, and culture. May every meal bring joy to your palate and wellness to your being!



Day	Early Morning Drink	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Afternoon Drink	Dinner
1	Warm water with lemon (1 glass)	Chaula Bara (4 small) made from black gram with unsweetened yogurt	Handful of mixed nuts	Odia style mixed vegetable curry (1 cup), brown rice (1 cup), dal (1 cup)	Cucumber (1 cup)	Sugar-free lassi (1 glass)	Grilled fish (150 grams), steamed vegetables (1 cup)
2	Warm water with lemon (1 glass)	Chudha ghasa (1 cup) - Poha with skimmed milk, nuts, and seeds	Cucumber and carrots (1 cup)	Rohu fish curry (150 grams), brown rice (1 cup), green leafy vegetable stir-fry (1 cup)	Mixed fruits (1 cup)	Green tea (1 cup)	Moong dal khichdi (1 cup), mixed vegetable raita (1 cup)
3	Warm water with lemon (1 glass)	Sprouted moong dal chilla (2 medium)	Fruit salad (1 cup)	Chicken curry Odia style (150 grams), brown rice (1 cup), stir fried ladies finger (1 cup)	A bowl of popcorn without butter	Iced tea without sugar (1 glass)	Paneer stir fry (100 grams), quinoa (1 cup)
4	Warm water with lemon (1 glass)	Enduri pitha (2 small) made with fenugreek seeds and rice flour	Makhana (fox nuts) roasted (1 cup)	Dalma (1 cup) with brown rice (1 cup), and mixed vegetable salad	Roasted chickpeas (1 cup)	Buttermilk (1 glass)	Grilled chicken (150 grams), steamed vegetables (1 cup)

5	Warm water with lemon (1 glass)	Moong dal idli (3 small) with tomato chutney	Fruit yogurt (1 cup) - unsweetened	Mutton curry (150 grams), brown rice (1 cup), stir fried beans (1 cup)	Boiled corn (1 cob)	Coconut water (1 glass)	Vegetable pulao with brown rice (1 cup), cucumber raita (1 cup)
6	Warm water with lemon (1 glass)	Santula (1 cup) with 2 small multigrain rotis	A bowl of mixed fruits	Fish curry (150 grams), brown rice (1 cup), saag bhaja (1 cup)	Roasted makhana (1 cup)	Green tea (1 cup)	Dal khichdi (1 cup), mixed vegetable raita (1 cup)
7	Warm water with lemon (1 glass)	Vegetable upma (1 cup)	Vegetable salad (1 cup)	Chicken curry (150 grams), brown rice (1 cup), stir fried mixed vegetables (1 cup)	Almonds and walnuts (1 handful)	Sugar-free lassi (1 glass)	Grilled fish (150 grams), steamed vegetables (1 cup)

Day	Early Morning Drink	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Afternoon Drink	Dinner
8	Warm water with lemon (1 glass)	Chaula Bara (4 small) made from black gram with unsweetened yogurt	Handful of mixed nuts	Dalma (1 cup) with brown rice (1 cup), and mixed vegetable salad	Cucumber (1 cup)	Sugar-free lassi (1 glass)	Grilled chicken (150 grams), steamed vegetables (1 cup)
9	Warm water with	Chudha ghasa (1 cup) - Poha	Cucumber and carrots (1 cup)	Fish curry (150 grams),	Mixed fruits (1 cup)	Green tea (1 cup)	Moong dal khichdi (1

	lemon (1 glass)	with skimmed milk, nuts, and seeds		brown rice (1 cup), saag bhaja (1 cup)			cup), mixed vegetable raita (1 cup)
10	Warm water with lemon (1 glass)	Sprouted moong dal chilla (2 medium)	Fruit salad (1 cup)	Chicken curry Odia style (150 grams), brown rice (1 cup), stir fried ladies finger (1 cup)	A bowl of popcorn without butter	Iced tea without sugar (1 glass)	Paneer stir fry (100 grams), quinoa (1 cup)
11	Warm water with lemon (1 glass)	Enduri pitha (2 small) made with fenugreek seeds and rice flour	Makhana (fox nuts) roasted (1 cup)	Odia style mixed vegetable curry (1 cup), brown rice (1 cup), dal (1 cup)	Roasted chickpeas (1 cup)	Buttermilk (1 glass)	Grilled fish (150 grams), steamed vegetables (1 cup)
12	Warm water with lemon (1 glass)	Moong dal idli (3 small) with tomato chutney	Fruit yogurt (1 cup) - unsweetened	Mutton curry (150 grams), brown rice (1 cup), stir fried beans (1 cup)	Boiled corn (1 cob)	Coconut water (1 glass)	Vegetable pulao with brown rice (1 cup), cucumber raita (1 cup)
13	Warm water with lemon (1 glass)	Santula (1 cup) with 2 small multigrain rotis	A bowl of mixed fruits	Rohu fish curry (150 grams), brown rice (1 cup), green	Roasted makhana (1 cup)	Green tea (1 cup)	Dal khichdi (1 cup), mixed vegetable raita (1 cup)

				leafy vegetable stir-fry (1 cup)			
14	Warm water with lemon (1 glass)	Vegetable upma (1 cup)	Vegetable salad (1 cup)	Chicken curry (150 grams), brown rice (1 cup), stir fried mixed vegetables (1 cup)	Almonds and walnuts (1 handful)	Sugar-free lassi (1 glass)	Grilled fish (150 grams), steamed vegetables (1 cup)
15	Warm water with lemon (1 glass)	Chaula Bara (4 small) made from black gram with unsweetened yogurt	Handful of mixed nuts	Dalma (1 cup) with brown rice (1 cup), and mixed vegetable salad	Cucumber (1 cup)	Sugar-free lassi (1 glass)	Grilled chicken (150 grams), steamed vegetables (1 cup)
16	Warm water with lemon (1 glass)	Chudha ghasa (1 cup) - Poha with skimmed milk, nuts, and seeds	Cucumber and carrots (1 cup)	Fish curry (150 grams), brown rice (1 cup), saag bhaja (1 cup)	Mixed fruits (1 cup)	Green tea (1 cup)	Moong dal khichdi (1 cup), mixed vegetable raita (1 cup)
17	Warm water with lemon (1 glass)	Sprouted moong dal chilla (2 medium)	Fruit salad (1 cup)	Chicken curry Odia style (150 grams), brown rice (1 cup), stir fried ladies finger (1 cup)	A bowl of popcorn without butter	Iced tea without sugar (1 glass)	Paneer stir fry (100 grams), quinoa (1 cup)

18	Warm water with lemon (1 glass)	Enduri pitha (2 small) made with fenugreek seeds and rice flour	Makhana (fox nuts) roasted (1 cup)	Odia style mixed vegetable curry (1 cup), brown rice (1 cup), dal (1 cup)	Roasted chickpeas (1 cup)	Buttermilk (1 glass)	Grilled fish (150 grams), steamed vegetables (1 cup)
19	Warm water with lemon (1 glass)	Moong dal idli (3 small) with tomato chutney	Fruit yogurt (1 cup) - unsweetened	Mutton curry (150 grams), brown rice (1 cup), stir fried beans (1 cup)	Boiled corn (1 cob)	Coconut water (1 glass)	Vegetable pulao with brown rice (1 cup), cucumber raita (1 cup)
20	Warm water with lemon (1 glass)	Santula (1 cup) with 2 small multigrain rotis	A bowl of mixed fruits	Rohu fish curry (150 grams), brown rice (1 cup), green leafy vegetable stir-fry (1 cup)	Roasted makhana (1 cup)	Green tea (1 cup)	Dal khichdi (1 cup), mixed vegetable raita (1 cup)
21	Warm water with lemon (1 glass)	Vegetable upma (1 cup)	Vegetable salad (1 cup)	Chicken curry (150 grams), brown rice (1 cup), stir fried mixed vegetables (1 cup)	Almonds and walnuts (1 handful)	Sugar-free lassi (1 glass)	Grilled fish (150 grams), steamed vegetables (1 cup)
22	Warm water with	Chaula Bara (4 small) made from	Handful of mixed nuts	Dalma (1 cup) with brown	Cucumber (1 cup)	Sugar-free lassi (1 glass)	Grilled chicken (150

	lemon (1 glass)	black gram with unsweetened yogurt		rice (1 cup), and mixed vegetable salad			grams), steamed vegetables (1 cup)
23	Warm water with lemon (1 glass)	Chuda ghasa (1 cup) - Poha with skimmed milk, nuts, and seeds	Cucumber and carrots (1 cup)	Fish curry (150 grams), brown rice (1 cup), saag bhaja (1 cup)	Mixed fruits (1 cup)	Green tea (1 cup)	Moong dal khichdi (1 cup), mixed vegetable raita (1 cup)
24	Warm water with lemon (1 glass)	Sprouted moong dal chilla (2 medium)	Fruit salad (1 cup)	Chicken curry Odia style (150 grams), brown rice (1 cup), stir fried ladies finger (1 cup)	A bowl of popcorn without butter	Iced tea without sugar (1 glass)	Paneer stir fry (100 grams), quinoa (1 cup)
25	Warm water with lemon (1 glass)	Enduri pitha (2 small) made with fenugreek seeds and rice flour	Makhana (fox nuts) roasted (1 cup)	Odia style mixed vegetable curry (1 cup), brown rice (1 cup), dal (1 cup)	Roasted chickpeas (1 cup)	Buttermilk (1 glass)	Grilled fish (150 grams), steamed vegetables (1 cup)
26	Warm water with lemon (1 glass)	Moong dal idli (3 small) with tomato chutney	Fruit yogurt (1 cup) - unsweetened	Mutton curry (150 grams), brown rice (1 cup), stir fried beans (1 cup)	Boiled corn (1 cob)	Coconut water (1 glass)	Vegetable pulao with brown rice (1 cup), cucumber raita (1 cup)

27	Warm water with lemon (1 glass)	Santula (1 cup) with 2 small multigrain rotis	A bowl of mixed fruits	Rohu fish curry (150 grams), brown rice (1 cup), green leafy vegetable stir-fry (1 cup)	Roasted makhana (1 cup)	Green tea (1 cup)	Dal khichdi (1 cup), mixed vegetable raita (1 cup)
28	Warm water with lemon (1 glass)	Vegetable upma (1 cup)	Vegetable salad (1 cup)	Chicken curry (150 grams), brown rice (1 cup), stir fried mixed vegetables (1 cup)	Almonds and walnuts (1 handful)	Sugar-free lassi (1 glass)	Grilled fish (150 grams), steamed vegetables (1 cup)
29	Warm water with lemon (1 glass)	Chaula Bara (4 small) made from black gram with unsweetened yogurt	Handful of mixed nuts	Dalma (1 cup) with brown rice (1 cup), and mixed vegetable salad	Cucumber (1 cup)	Sugar-free lassi (1 glass)	Grilled chicken (150 grams), steamed vegetables (1 cup)
30	Warm water with lemon (1 glass)	Chudha ghasa (1 cup) - Poha with skimmed milk, nuts, and seeds	Cucumber and carrots (1 cup)	Fish curry (150 grams), brown rice (1 cup), saag bhaja (1 cup)	Mixed fruits (1 cup)	Green tea (1 cup)	Moong dal khichdi (1 cup), mixed vegetable raita (1 cup)

## Punjabi Cuisine based 30-day Diabetes Diet Plan



The aroma of simmering lentils, the sizzle of fresh vegetables sautéed with turmeric and cumin, the distinctive fragrance of freshly baked whole grain rotis - this is the essence of Punjabi cuisine that I so deeply cherish. Originating from the fertile lands of Punjab, this vibrant cuisine is not only rich in flavor but also packed with nutrition, making it an incredible ally in managing and preventing diseases like diabetes.

Each morsel of Punjabi food tells a tale of its roots. The variety of lentils used, from mung to masoor, are a treasure trove of protein and fiber, regulating blood sugar levels. Their comforting daals, prepared with minimal oil, feature prominently in our diet plan, often paired with Bajra or Jawar roti - traditional Indian breads made from millets and sorghum. These are rich in complex carbohydrates and fiber, which ensure a slow release of glucose into the bloodstream.

Punjabi cuisine is also known for its diverse vegetable dishes, like Bhindi Masala, Aloo Gobi, and Sarson ka Saag. The way these vegetables are prepared helps to retain their nutritional value, providing essential vitamins and minerals without a surge in blood sugar levels. A myriad of such dishes feature in our diet plan, including Tofu Makhani and Soya Keema, which incorporate tofu and soy, a great source of protein that doesn't impact blood glucose levels significantly.

Not to forget the delightful array of healthy drinks in our diet plan, from soothing herbal teas to rejuvenating vegetable juices, which provide hydration, antioxidants, and vital nutrients. Finally, our plan doesn't miss out on the enjoyment of mid-meal snacks, offering fruits and nuts to satiate cravings in a healthy manner.

Remember, this plan is a guide and while it offers the inherent benefits of Punjabi cuisine, it should be adapted to your personal health needs. So, take this as an invitation to the colorful world of Punjabi cuisine. May this journey bring you not just better health, but also an enriched understanding of food, flavor, and wellness.



Day	Early Morning Drink	Breakfast (8:00 AM)	Mid-Morning Snack (10:30 AM)	Lunch (1:00 PM)	Afternoon Snack (3:30 PM)	Afternoon Drink (5:00 PM)	Dinner (8:00 PM)
1	1 cup Green Tea	2 Besan Cheela (made with minimal oil) with Mint Chutney	10-12 Almonds	1 cup Sarson Ka Saag with 2 Bajra Roti and Salad	1 Apple	1 cup Buttermilk	1 cup Rajma with 1 cup Brown Rice
2	1 glass Bitter Gourd Juice	1 bowl Oats with Milk and Stevia	1 bowl Papaya	1 cup Palak Paneer with 2 Jawar Roti and Salad	1 cup Cucumber Slices	1 cup Lemon Tea	1 cup Tofu Bhurji with 1 Bajra Roti
3	1 glass Amla Juice	2 Moong Dal Cheela with Mint Chutney	1 Orange	1 cup Chole with 2 Bajra Roti and Salad	1 cup Carrot Sticks	1 cup Green Tea	Makki di roti (2) with sarson ka saag (1 cup)
4	1 cup Chamomile Tea	1 bowl Dalia with Milk and Stevia	Handful of Walnuts	1 cup Baingan Bharta with 2 Jawar Roti and Salad	1 Pear	1 cup Buttermilk	1 cup Daal Makhani (made with minimal oil and cream) with 1 cup Brown Rice
5	1 glass Cucumber Juice	2 Spinach and Paneer Cheela with Mint Chutney	1 bowl Watermelon	1 cup Bhindi Masala with 2 Bajra Roti and Salad	1 cup Cherry Tomatoes	1 cup Lemon Tea	1 cup Methi Chaman with 1 Bajra Roti

6	1 cup Fenugreek Seeds soaked in Water	1 bowl Poha with Peanuts and Peas	1 Guava	1 cup Kadhi with 1 cup Brown Rice and Salad	1 Peach	1 cup Green Tea	1 cup Soya Keema with 2 Jawar Roti
7	1 cup Ginger-Lemon Water	1 bowl Vegetable Upma	Handful of Roasted Chana	1 cup Matar Paneer with 2 Bajra Roti and Salad	1 Apple	1 cup Buttermilk	1 cup Dal Palak with 1 cup Brown Rice
8	1 cup Fennel Seed Water	2 Stuffed Paratha (with minimal oil and stuffed with paneer or dal)	10-12 Almonds	1 cup Saag Paneer with 2 Jawar Roti and Salad	1 Orange	1 cup Lemon Tea	1 cup Lauki Chana Dal with 1 Bajra Roti
9	1 glass Wheatgrass Juice	1 bowl Quinoa with Milk and Stevia	1 bowl Papaya	1 cup Mixed Vegetable Curry with 2 Bajra Roti and Salad	1 cup Cucumber Slices	1 cup Green Tea	1 cup Chana Dal with 1 cup Brown Rice
10	1 glass Lemon Water	2 Moong Dal and Onion Cheela with Mint Chutney	Handful of Walnuts	1 cup Aloo Gobi with 2 Jawar Roti and Salad	1 Pear	1 cup Buttermilk	1 cup Mushroom Matar with 1 Bajra Roti

Day	Early Morning Drink	Breakfast (8:00 AM)	Mid-Morning Snack (10:30 AM)	Lunch (1:00 PM)	Afternoon Snack (3:30 PM)	Afternoon Drink (5:00 PM)	Dinner (8:00 PM)
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11	1 glass Aloe Vera Juice	1 bowl Millets with Milk and Stevia	1 bowl Pineapple	1 cup Dal Fry with 2 Bajra Roti and Salad	1 Apple	1 cup Lemon Tea	1 cup Soya Curry with 1 cup Brown Rice
12	1 glass Bottle Gourd Juice	2 Palak Cheela with Mint Chutney	10-12 Almonds	1 cup Kadhi Pakoda with 2 Jawar Roti and Salad	1 Orange	1 cup Green Tea	1 cup Tofu Makhani (made with minimal oil and cream) with 1 Bajra Roti
13	1 cup Black Tea (with no sugar)	1 bowl Vegetable Dalia	1 Guava	1 cup Chole with 2 Bajra Roti and Salad	1 cup Carrot Sticks	1 cup Lemon Tea	1 cup Lauki Sabji with 1 cup Brown Rice
14	1 glass Carrot-Beetroot Juice	1 bowl Vegetable Upma	Handful of Walnuts	1 cup Baingan Bharta with 2 Jawar Roti and Salad	1 Pear	1 cup Buttermilk	1 cup Rajma with 1 Bajra Roti
15	1 cup Tulsi Tea	2 Stuffed Paratha (with minimal oil and stuffed with paneer or dal)	1 bowl Watermelon	1 cup Mixed Vegetable Curry with 2 Bajra Roti and Salad	1 Apple	1 cup Green Tea	1 cup Palak Chana with 1 cup Brown Rice
16	1 cup Cinnamon Water	1 bowl Poha with Peanuts and Peas	1 bowl Papaya	1 cup Matar Paneer with 2 Jawar	1 cup Cucumber Slices	1 cup Lemon Tea	1 cup Daal Makhani (made with minimal oil and

				Roti and Salad			cream) with 1 Bajra Roti
17	1 glass Giloy Juice	2 Besan Cheela (made with minimal oil) with Mint Chutney	Handful of Roasted Chana	1 cup Aloo Gobi with 2 Bajra Roti and Salad	1 Orange	1 cup Buttermilk	1 cup Mushroom Matar with 1 cup Brown Rice
18	1 cup Turmeric Ginger Tea	1 bowl Oats with Milk and Stevia	10-12 Almonds	1 cup Chana Dal with 2 Jawar Roti and Salad	1 Pear	1 cup Green Tea	1 cup Bhindi Masala with 1 Bajra Roti
19	1 glass Lemon-Mint Water	2 Moong Dal and Onion Cheela with Mint Chutney	1 bowl Pineapple	1 cup Soya Keema with 2 Bajra Roti and Salad	1 Apple	1 cup Lemon Tea	1 cup Lauki Chana Dal with 1 cup Brown Rice
20	1 glass Coconut Water	1 bowl Quinoa with Milk and Stevia	1 Guava	1 cup Sarson Ka Saag with 2 Jawar Roti and Salad	1 cup Carrot Sticks	1 cup Buttermilk	1 cup Tofu Bhurji with 1 Bajra Roti
21	1 cup Lemongrass Tea	2 Spinach and Paneer Cheela with Mint Chutney	Handful of Walnuts	1 cup Bhindi Masala with 2 Bajra Roti and Salad	1 Orange	1 cup Lemon Tea	1 cup Dal Palak with 1 cup Brown Rice
22	1 glass Neem Juice	1 bowl Dalia with Milk and Stevia	1 bowl Watermelon	1 cup Kadhi with 1 cup Brown	1 Pear	1 cup Green Tea	1 cup Methi Chaman with 1 Bajra Roti

				Rice and Salad			
23	1 cup Peppermint Tea	1 bowl Poha with Peanuts and Peas	1 bowl Papaya	1 cup Rajma with 2 Bajra Roti and Salad	1 Apple	1 cup Buttermilk	1 cup Soya Curry with 1 cup Brown Rice
24	1 cup Hibiscus Tea	2 Moong Dal Cheela with Mint Chutney	10-12 Almonds	1 cup Palak Paneer with 2 Jawar Roti and Salad	1 Orange	1 cup Lemon Tea	1 cup Chole with 1 Bajra Roti
25	1 glass Karela (Bitter Gourd) and Cucumber Juice	2 Stuffed Paratha (with minimal oil and stuffed with paneer or dal)	1 Guava	1 cup Aloo Gobi with 2 Bajra Roti and Salad	1 cup Cucumber Slices	1 cup Green Tea	1 cup Dal Fry with 1 cup Brown Rice
26	1 cup Moringa Tea	1 bowl Vegetable Upma	Handful of Roasted Chana	1 cup Matar Paneer with 2 Jawar Roti and Salad	1 Pear	1 cup Lemon Tea	1 cup Baingan Bharta with 1 Bajra Roti
27	1 cup Apple Cider Vinegar with Water	1 bowl Millets with Milk and Stevia	1 bowl Pineapple	1 cup Bhindi Masala with 2 Bajra Roti and Salad	1 Apple	1 cup Buttermilk	1 cup Chana Dal with 1 cup Brown Rice
28	1 cup Jasmine Tea	2 Palak Cheela with Mint Chutney	1 bowl Watermelon	1 cup Kadhi Pakoda with 2 Jawar	1 Orange	1 cup Lemon Tea	1 cup Tofu Makhani (made with minimal

				Roti and Salad			oil and cream) with 1 Bajra Roti
29	1 glass Cinnamon and Honey Water	1 bowl Vegetable Dalia	10-12 Almonds	1 cup Soya Keema with 2 Bajra Roti and Salad	1 cup Carrot Sticks	1 cup Green Tea	1 cup Lauki Sabji with 1 cup Brown Rice
30	1 cup Lemon Verbena Tea	1 bowl Quinoa with Milk and Stevia	1 Guava	1 cup Sarson Ka Saag with 2 Jawar Roti and Salad	1 Pear	1 cup Buttermilk	1 cup Rajma with 1 Bajra Roti

## Rajasthani Cuisine based 30-day Diabetes Diet Plan



Unraveling the rich tapestry of Rajasthani cuisine, it's impossible not to be enamored by its unique flavors and nourishing fare. The arid terrains of Rajasthan have cultivated a culinary tradition that's both ingenious and robust, mirroring the resilient spirit of its people. I've always been drawn to the simplicity of this cuisine, the comforting warmth of bajra roti, or the tangy delights of ker sangri. Beyond just their tantalizing tastes, these dishes carry significant health benefits, making them perfect for a diabetic-friendly diet plan.

Rajasthan's gastronomic legacy celebrates ingredients that are naturally low on the glycemic index, promoting steady blood sugar levels. Take for instance, the humble bajra (pearl millet), a staple in the state's diet. It's a wonderful source of complex carbohydrates, allowing for slow release of energy, which aids in better diabetes management. The diet plan features bajra in various forms – from rotis to khichdi, offering a wholesome, fibre-rich start to your day.

We also delve into the bounty of legumes, with dishes like the moong dal dosa and kala chana khakhra, both excellent sources of protein and fiber, keeping hunger pangs at bay and blood sugar levels stable. Not to forget the vibrant medley of vegetables used in Rajasthani dishes such as lauki sabzi and palak sabzi, loaded with essential vitamins and minerals, providing low-calorie nourishment.

Rajasthani cuisine also integrates the use of healing herbs and spices, something that particularly resonates with me. The diet plan includes various health-boosting drinks with ginger, tulsi, aloe vera, and amla, known for their anti-inflammatory and antioxidant properties, supporting overall health while helping to regulate blood glucose levels.

However, as much as this cuisine has to offer, it's essential to remember that everyone's body responds differently to food. Therefore, while the dishes selected in this plan cater to general diabetic needs, do take time to observe how your body reacts and make necessary adjustments to fit your individual health requirements.

So, embark on this gastronomic journey through the arid yet flavor-abundant landscapes of Rajasthan. Enjoy not just the taste but also the myriad health benefits it provides. Here's to a healthier, delightful culinary experience!

Day	Early Morning Drink	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Afternoon Drink	Dinner
1	Warm lemon water with a pinch of turmeric (1 glass)	Moong Dal Cheela (2 pieces)	Cucumber (1 medium-sized)	Pearl Millet (Bajra) Roti (2) with Panchmel Dal (1 bowl)	Roasted Chana (1/2 cup)	Buttermilk (1 glass)	Methi Pulao (1 bowl)
2	Fenugreek (Methi) water (1 glass)	Bajra Upma (1 bowl)	Watermelon (1 cup cubed)	Jowar Roti (2) with Gatte ki Sabzi (1 bowl)	Sprouted Moong Salad (1 bowl)	Unsweetened Lassi (1 glass)	Rajasthani Kaddu ki Sabzi (1 bowl) with Chapati (2)
3	Amla (Indian gooseberry) juice (1 glass)	Besan (Gram Flour) Chilla (2 pieces)	Apple (1 medium-sized)	Missi Roti (2) with Rajasthani Kadhi (1 bowl)	Almonds and Walnuts (10 each)	Green Tea (1 cup)	Vegetable Quinoa (1 bowl)
4	Bitter gourd (Karela) juice (1 glass)	Jowar and Bajra Vegetable Roti (2)	Berries (1 cup)	Whole Wheat Roti (2) with Lauki (Bottle gourd) Sabzi (1 bowl)	Boiled Chickpea Salad (1 bowl)	Aloe Vera Juice (1 glass)	Rajasthani Bhindi (1 bowl) with Chapati (2)
5	Giloy Juice (1 glass)	Sprouted Moong Dal Dosa (2 pieces)	Guava (1 medium-sized)	Multigrain Roti (2) with Kersangri (1 bowl)	Makhana (Fox nuts) (1/2 cup)	Coconut Water (1 glass)	Brown Rice Pulao (1 bowl)
6	Aloe Vera and Amla Juice (1 glass)	Dalia Upma (1 bowl)	Orange (1 medium-sized)	Ragi Roti (2) with Rajasthani Mixed	Paneer Tikka (100 gms)	Herbal Tea (1 cup)	Bajra Khichdi (1 bowl)



				Vegetable (1 bowl)			
7	Cucumber and Lemon Water (1 glass)	Rajasthani Kala Chana Khakhra (2 pieces)	Kiwi (1 medium-sized)	Pearl Millet (Bajra) Roti (2) with Rajasthani Palak Subzi (1 bowl)	Sprouted Moong Chaat (1 bowl)	Wheatgrass Juice (1 glass)	Masala Chana (1 bowl) with Quinoa Roti (2)

Day	Early Morning Drink	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Afternoon Drink	Dinner
8	Tulsi (Holy Basil) Water (1 glass)	Sprouted Moong and Methi Cheela (2 pieces)	Pear (1 medium-sized)	Multigrain Roti (2) with Rajasthani Kaddu (Pumpkin) Sabzi (1 bowl)	Mixed Seeds (1/4 cup)	Herbal Tea (1 cup)	Vegetable Dalia (1 bowl)
9	Ginger Lemon Honey Tea (1 cup)	Bajra and Moong Dal Khichdi (1 bowl)	Papaya (1 cup cubed)	Whole Wheat Roti (2) with Rajasthani Baingan (Eggplant) Sabzi (1 bowl)	Baked Sweet Potato (1 medium-sized)	Buttermilk (1 glass)	Rajma (Kidney Beans) Pulao (1 bowl)
10	Cinnamon Water (1 glass)	Quinoa Upma (1 bowl)	Peach (1 medium-sized)	Pearl Millet (Bajra) Roti (2) with Rajasthani Lauki (Bottle Gourd) Sabzi (1 bowl)	Roasted Makhan (Fox Nuts) (1/2 cup)	Green Tea (1 cup)	Rajasthani Moong Dal (1 bowl) with Chapati (2)

11	Green Tea (1 cup)	Rajasthani Mung Dal Dosa (2 pieces)	Plum (2 medium-sized)	Jowar Roti (2) with Rajasthani Palak (Spinach) Sabzi (1 bowl)	Air-popped Popcorn (1 bowl)	Aloe Vera Juice (1 glass)	Vegetable Quinoa (1 bowl)
12	Warm water with Apple Cider Vinegar (1 glass)	Rajasthani Bajra Rotla (2 pieces)	Muskmelon (1 cup cubed)	Whole Wheat Roti (2) with Rajasthani Gatte Ki Sabzi (1 bowl)	Almonds and Walnuts (10 each)	Unsweetened Lassi (1 glass)	Rajasthani Mixed Vegetable (1 bowl) with Chapati (2)
13	Warm Lemon Honey Water (1 glass)	Jowar and Bajra Vegetable Roti (2)	Mixed Berries (1 cup)	Multigrain Roti (2) with Rajasthani Bhindi (Okra) Sabzi (1 bowl)	Roasted Chana (1/2 cup)	Coconut Water (1 glass)	Methi Pulao (1 bowl)
14	Herbal Tea (1 cup)	Bajra Upma (1 bowl)	Cherry (1 cup)	Pearl Millet (Bajra) Roti (2) with Rajasthani Kaddu (Pumpkin) Sabzi (1 bowl)	Paneer Tikka (100 gms)	Amla (Indian gooseberry) Juice (1 glass)	Rajasthani Palak (Spinach) Sabzi (1 bowl) with Chapati (2)
15	Aloe Vera Juice (1 glass)	Besan (Gram Flour) Chilla (2 pieces)	Apricot (4 pieces)	Whole Wheat Roti (2) with Rajasthani Ker Sangri (1 bowl)	Boiled Chickpea Salad (1 bowl)	Wheatgrass Juice (1 glass)	Rajasthani Moong Dal (1 bowl) with Chapati (2)
16	Cucumber and Lemon	Sprouted Moong Dal Dosa	Kiwi (1 medium-sized)	Jowar Roti (2) with Rajasthani	Makhana (Fox	Buttermilk (1 glass)	Rajasthani Mixed Vegetable (1

	Water (1 glass)	(2 pieces)		ni Gatte Ki Sabzi (1 bowl)	nuts) (1/2 cup)		bowl) with Quinoa Roti (2)
17	Amla (Indian gooseberry) Juice (1 glass)	Rajasthani Kala Chana Khakhra (2 pieces)	Apple (1 medium-sized)	Multigrain Roti (2) with Rajasthani Kadhi (1 bowl)	Mixed Seeds (1/4 cup)	Coconut Water (1 glass)	Rajasthani Bhindi (1 bowl) with Chapati (2)
18	Ginger Lemon Honey Tea (1 cup)	Moong Dal Cheela (2 pieces)	Watermelon (1 cup cubed)	Pearl Millet (Bajra) Roti (2) with Panchmel Dal (1 bowl)	Sprouted Moong Salad (1 bowl)	Green Tea (1 cup)	Methi Pulao (1 bowl)
19	Warm Lemon Water with a pinch of Turmeric (1 glass)	Bajra Upma (1 bowl)	Cucumber (1 medium-sized)	Whole Wheat Roti (2) with Rajasthani Kaddu (Pumpkin) Sabzi (1 bowl)	Roasted Chana (1/2 cup)	Unsweetened Lassi (1 glass)	Vegetable Quinoa (1 bowl)
20	Fenugreek (Methi) Water (1 glass)	Besan (Gram Flour) Chilla (2 pieces)	Orange (1 medium-sized)	Jowar Roti (2) with Rajasthani Bhindi (Okra) Sabzi (1 bowl)	Almonds and Walnuts (10 each)	Aloe Vera Juice (1 glass)	Rajasthani Kaddu Ki Sabzi (1 bowl) with Chapati (2)
21	Amla (Indian gooseberry) Juice (1 glass)	Jowar and Bajra Vegetable Roti (2)	Berries (1 cup)	Multigrain Roti (2) with Lauki (Bottle gourd) Sabzi (1 bowl)	Boiled Chickpea Salad (1 bowl)	Green Tea (1 cup)	Rajasthani Bhindi (1 bowl) with Chapati (2)

22	Bitter Gourd (Karela) Juice (1 glass)	Sprouted Moong Dal Dosa (2 pieces)	Guava (1 medium-sized)	Pearl Millet (Bajra) Roti (2) with Ker Sangri (1 bowl)	Makhan a (Fox nuts) (1/2 cup)	Coconut Water (1 glass)	Brown Rice Pulao (1 bowl)
23	Giloy Juice (1 glass)	Dalia Upma (1 bowl)	Kiwi (1 medium-sized)	Jowar Roti (2) with Rajasthani Mixed Vegetable (1 bowl)	Paneer Tikka (100 gms)	Herbal Tea (1 cup)	Bajra Khichdi (1 bowl)
24	Aloe Vera and Amla Juice (1 glass)	Rajasthani Kala Chana Khakhra (2 pieces)	Muskmelon (1 cup cubed)	Multigrain Roti (2) with Rajasthani Palak Subzi (1 bowl)	Sprouted Moong Chaat (1 bowl)	Wheatgrass Juice (1 glass)	Masala Chana (1 bowl) with Quinoa Roti (2)
25	Cucumber and Lemon Water (1 glass)	Sprouted Moong and Methi Cheela (2 pieces)	Papaya (1 cup cubed)	Whole Wheat Roti (2) with Rajasthani Baingan (Eggplant) Sabzi (1 bowl)	Mixed Seeds (1/4 cup)	Buttermilk (1 glass)	Vegetable Dalia (1 bowl)
26	Tulsi (Holy Basil) Water (1 glass)	Bajra and Moong Dal Khichdi (1 bowl)	Peach (1 medium-sized)	Pearl Millet (Bajra) Roti (2) with Rajasthani Lauki (Bottle Gourd) Sabzi (1 bowl)	Roasted Makhan a (Fox Nuts) (1/2 cup)	Green Tea (1 cup)	Rajma (Kidney Beans) Pulao (1 bowl)

27	Ginger Lemon Honey Tea (1 cup)	Quinoa Upma (1 bowl)	Plum (2 medium-sized)	Jowar Roti (2) with Rajasthani Palak (Spinach) Sabzi (1 bowl)	Almonds and Walnuts (10 each)	Aloe Vera Juice (1 glass)	Vegetable Quinoa (1 bowl)
28	Cinnamon Water (1 glass)	Rajasthani Mung Dal Dosa (2 pieces)	Mixed Berries (1 cup)	Whole Wheat Roti (2) with Rajasthani Gatte Ki Sabzi (1 bowl)	Roasted Chana (1/2 cup)	Unsweetened Lassi (1 glass)	Rajasthani Mixed Vegetable (1 bowl) with Chapati (2)
29	Green Tea (1 cup)	Rajasthani Bajra Rotla (2 pieces)	Cherry (1 cup)	Multigrain Roti (2) with Rajasthani Bhindi (Okra) Sabzi (1 bowl)	Paneer Tikka (100 gms)	Coconut Water (1 glass)	Methi Pulao (1 bowl)
30	Warm water with Apple Cider Vinegar (1 glass)	Jowar and Bajra Vegetable Roti (2)	Apricot (4 pieces)	Pearl Millet (Bajra) Roti (2) with Rajasthani Kaddu (Pumpkin) Sabzi (1 bowl)	Boiled Chickpea Salad (1 bowl)	Amla (Indian gooseberry) Juice (1 glass)	Rajasthani Palak (Spinach) Sabzi (1 bowl) with Chapati (2)

## Sikkimese Cuisine based 30-day Diabetes Diet Plan



Nestled in the foothills of the mighty Himalayas, the beautiful state of Sikkim is not just a geographical wonder but also a treasure trove of culinary delight, and it is this cuisine I have the pleasure to introduce you to in our diabetes-friendly meal plan. The love I bear for this cuisine is nurtured by its harmony with nature, its balance of flavors, and most importantly, the simplicity and wholesomeness of its ingredients. A perfect blend of Tibetan, Nepalese and indigenous tribal influences, the Sikkimese cuisine is a beautiful tapestry of rich flavors, vibrant textures, and healthful ingredients, each playing their unique part in weaving the grandeur that this cuisine is.

The meal plan I've crafted from this exquisite cuisine keeps at its heart key ingredients like buckwheat, barley, millets, and quinoa. These are not just robust and earthy flavors to your palate but also excellent sources of complex carbohydrates with a low glycemic index, making them ideal for maintaining steady blood sugar levels. Alongside, the frequent use of a wide array of vegetables ensures you're not compromising on your daily fiber and micronutrient needs. Ingredients like fenugreek, ginger, turmeric, and cinnamon that frequently make their appearance in these recipes are renowned for their potent anti-inflammatory and blood sugar lowering properties.

Intriguing dishes like Thukpa, a noodle soup and Gundruk, fermented leafy greens, represent the heart of Sikkimese cuisine. Rich in fiber and packed with nutrients, they offer a wholesome meal while keeping your calorie count in check. Simultaneously, the unique flavors and textures they introduce will make your dietary journey a far cry from monotonous.

While we have crafted this plan with utmost care, please consider it as a template rather than a prescription. Adjust the serving sizes, substitute ingredients as per availability and preference, and always consult with a healthcare provider or a dietitian to tailor it as per your personal health needs. I hope this exploration of Sikkimese cuisine opens a new and delightful chapter in your gastronomic adventures while helping you maintain robust health.

Day	Early Morning Drink	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Afternoon Drink	Dinner
1	Warm Lemon Water (1 cup)	Churpi Soup (1 bowl), Buckwheat Chapati (2)	Handful of Almonds (10 pieces)	Kodo Ko Roti (2), Tomato Achaar (1 small bowl)	Cucumber slices (1 cup)	Green Tea (1 cup)	Gundruk ko Jhol (1 bowl), Mixed Veg Salad (1 bowl)
2	Fenugreek Seeds infused Water (1 cup)	Thukpa with vegetables (1 bowl)	Walnut halves (8 halves)	Phapar Ko Roti (2), Vegetable Curry (1 bowl)	Sikkimese Barley Soup (1 cup)	Herbal Tea (1 cup)	Dal Bhaat with Buckwheat Rice (1 small plate), Sautéed Greens (1 bowl)
3	Cinnamon Water (1 cup)	Buckwheat Pancakes (2), Mint Chutney (1 small bowl)	Carrot Sticks (1 cup)	Tama Curry (1 bowl), Brown Rice (1 small bowl)	Roasted Chia Seeds (1 tablespoon)	Chamomile Tea (1 cup)	Kinema Soup (1 bowl), Kodo Millet Roti (2)
4	Aloe Vera Juice (1 cup)	Buckwheat Noodles (1 small plate)	Cherry Tomatoes (1 cup)	Dal Bhaat with Buckwheat Rice (1 small plate), Cabbage Curry (1 bowl)	Pumpkin Seeds (1 tablespoon)	Hibiscus Tea (1 cup)	Gundruk and Soyabean Bhaat (1 small bowl), Steamed Broccoli (1 bowl)
5	Green Tea with Ginger (1 cup)	Sael Roti (2), Tomato Chutney (1 small bowl)	Roasted Makhana (Fox Nuts) (1 cup)	Phing Soup with Vegetables (1 bowl)	Steamed Edamame (1 cup)	Lemon Grass Tea (1 cup)	Sishnu Soup (1 bowl), Quinoa Roti (2)
6	Detox Water (1 cup)	Mixed Veg Buckwheat Upma	Handful of Pumpkin Seeds (1)	Phapar Bara (2), Cucumber Raita (1)	Sliced Avocado (1/2 an avocado)	Iced Green Tea (1 cup)	Millet Khichdi (1 small bowl),

		(1 small bowl)	tablespoon)	small bowl)			Steamed Carrots (1 bowl)
7	Giloy Juice (1 cup)	Mixed Veg Thenthuk (1 bowl)	Celery Sticks (1 cup)	Buckwheat Rice with Gundruk ko Jhol (1 small bowl each)	Roasted Flax Seeds (1 tablespoon)	White Tea (1 cup)	Yomari (1 piece), Sauteed Veggies (1 bowl)

Day	Early Morning Drink	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Afternoon Drink	Dinner
8	Apple Cider Vinegar in water (1 cup)	Mixed Veg Kinema Soup (1 bowl)	Roasted Sunflower Seeds (1 tablespoon)	Sel Roti (2), Tomato Achaar (1 small bowl)	Boiled Edamame (1 cup)	Herbal Tea (1 cup)	Churpi Curry (1 bowl), Brown Rice (1 small bowl)
9	Lemon Ginger Water (1 cup)	Buckwheat Dhokla (2 pieces)	Cucumber Sticks (1 cup)	Dal Bhaat with Quinoa (1 small bowl), Sauteed Greens (1 bowl)	Roasted Chia Seeds (1 tablespoon)	Green Tea (1 cup)	Gundruk and Bittergourd Curry (1 bowl), Barley Roti (2)
10	Warm Lemon Water (1 cup)	Phapar Ko Dhido (1 small bowl)	Cherry Tomatoes (1 cup)	Thukpa with Tofu (1 bowl)	Handful of Almonds (10 pieces)	Chamomile Tea (1 cup)	Sishnu Dal (1 bowl), Millet Roti (2)
11	Fenugreek Seeds infused Water (1 cup)	Ragi Idli with Mint Chutney (2 idlis, 1 small bowl)	Carrot Sticks (1 cup)	Mixed Veg Phing Soup (1 bowl)	Walnut halves (8 halves)	Hibiscus Tea (1 cup)	Gundruk ko Jhol, Buckwheat Rice (1 small bowl each)



12	Cinnamon Water (1 cup)	Quinoa Upma (1 small bowl)	Handful of Pumpkin Seeds (1 tablespoon)	Dal Bhaat with Buckwheat Rice (1 small bowl), Carrot and Peas Curry (1 bowl)	Roasted Flax Seeds (1 tablespoon)	Herbal Tea (1 cup)	Tofu and Vegetable Curry (1 bowl), Kodo Millet Roti (2)
13	Aloe Vera Juice (1 cup)	Buckwheat Pancakes (2), Tomato Chutney (1 small bowl)	Celery Sticks (1 cup)	Churpi Soup (1 bowl), Phapar Ko Roti (2)	Sikkimese Barley Soup (1 cup)	Green Tea (1 cup)	Dal Bhaat with Quinoa (1 small bowl), Steamed Veggies (1 bowl)
14	Green Tea with Ginger (1 cup)	Sael Roti (2), Mint Chutney (1 small bowl)	Roasted Makhana (Fox Nuts) (1 cup)	Thenthuk with Vegetables (1 bowl)	Boiled Edamame (1 cup)	Chamomile Tea (1 cup)	Gundruk and Mushroom Curry (1 bowl), Brown Rice (1 small bowl)
15	Detox Water (1 cup)	Mixed Veg Buckwheat Upma (1 small bowl)	Handful of Almonds (10 pieces)	Phapar Bara (2), Tomato Achaar (1 small bowl)	Roasted Sunflower Seeds (1 tablespoon)	Hibiscus Tea (1 cup)	Kinema Soup (1 bowl), Barley Roti (2)
16	Giloy Juice (1 cup)	Thukpa with vegetables (1 bowl)	Walnut halves (8 halves)	Dal Bhaat with Buckwheat Rice (1 small bowl), Mixed Veg Curry (1 bowl)	Cucumber slices (1 cup)	Green Tea (1 cup)	Gundruk ko Jhol (1 bowl), Quinoa Roti (2)
17	Warm Lemon	Buckwheat Chapati (2),	Carrot Sticks (1 cup)	Kodo Ko Roti (2), Tomato Achaar (1	Roasted Chia Seeds (1	Chamomile Tea (1 cup)	Tama Curry (1 bowl), Brown

	Water (1 cup)	Churpi Soup (1 bowl)		small bowl)	tablespoon)		Rice (1 small bowl)
18	Fenugreek Seeds infused Water (1 cup)	Phapar Ko Roti (2), Vegetable Curry (1 bowl)	Celery Sticks (1 cup)	Thukpa with Tofu (1 bowl)	Roasted Flax Seeds (1 tablespoon)	Herbal Tea (1 cup)	Dal Bhaat with Buckwheat Rice (1 small plate), Sautéed Greens (1 bowl)
19	Cinnamon Water (1 cup)	Buckwheat Pancakes (2), Mint Chutney (1 small bowl)	Handful of Pumpkin Seeds (1 tablespoon)	Phing Soup with Vegetables (1 bowl)	Sikkimese Barley Soup (1 cup)	Hibiscus Tea (1 cup)	Gundruk and Soyabean Bhaat (1 small bowl), Steamed Broccoli (1 bowl)
20	Aloe Vera Juice (1 cup)	Buckwheat Noodles (1 small plate)	Cherry Tomatoes (1 cup)	Dal Bhaat with Quinoa (1 small bowl), Cabbage Curry (1 bowl)	Roasted Sunflower Seeds (1 tablespoon)	Chamomile Tea (1 cup)	Sishnu Soup (1 bowl), Kodo Millet Roti (2)
21	Green Tea with Ginger (1 cup)	Sael Roti (2), Tomato Chutney (1 small bowl)	Roasted Makhana (Fox Nuts) (1 cup)	Phapar Bara (2), Cucumber Raita (1 small bowl)	Boiled Edamame (1 cup)	Green Tea (1 cup)	Millet Khichdi (1 small bowl), Steamed Carrots (1 bowl)
22	Detox Water (1 cup)	Mixed Veg Thenthuk (1 bowl)	Handful of Almonds (10 pieces)	Buckwheat Rice with Gundruk ko Jhol (1 small bowl each)	Cucumber slices (1 cup)	Herbal Tea (1 cup)	Yomari (1 piece), Sautéed Veggies (1 bowl)

23	Giloy Juice (1 cup)	Mixed Veg Kinema Soup (1 bowl)	Walnut halves (8 halves)	Sel Roti (2), Tomato Achaar (1 small bowl)	Roasted Chia Seeds (1 tablespoon)	Chamomile Tea (1 cup)	Churpi Curry (1 bowl), Quinoa Roti (2)
24	Apple Cider Vinegar in water (1 cup)	Buckwheat Dhokla (2 pieces)	Carrot Sticks (1 cup)	Thukpa with Tofu (1 bowl)	Roasted Flax Seeds (1 tablespoon)	Hibiscus Tea (1 cup)	Gundruk and Bittergourd Curry (1 bowl), Barley Roti (2)
25	Lemon Ginger Water (1 cup)	Phapar Ko Dhido (1 small bowl)	Cherry Tomatoes (1 cup)	Mixed Veg Phing Soup (1 bowl)	Roasted Sunflower Seeds (1 tablespoon)	Green Tea (1 cup)	Sishnu Dal (1 bowl), Millet Roti (2)
26	Warm Lemon Water (1 cup)	Quinoa Upma (1 small bowl)	Celery Sticks (1 cup)	Dal Bhaat with Buckwheat Rice (1 small bowl), Carrot and Peas Curry (1 bowl)	Sikkimese Barley Soup (1 cup)	Chamomile Tea (1 cup)	Gundruk ko Jhol, Buckwheat Rice (1 small bowl each)
27	Fenugreek Seeds infused Water (1 cup)	Buckwheat Pancakes (2), Tomato Chutney (1 small bowl)	Roasted Makhana (Fox Nuts) (1 cup)	Churpi Soup (1 bowl), Phapar Ko Roti (2)	Boiled Edamame (1 cup)	Hibiscus Tea (1 cup)	Dal Bhaat with Quinoa (1 small bowl), Steamed Veggies (1 bowl)
28	Cinnamon Water (1 cup)	Sael Roti (2), Mint Chutney (1 small bowl)	Handful of Almonds (10 pieces)	Thenthuk with Vegetables (1 bowl)	Roasted Chia Seeds (1 tablespoon)	Herbal Tea (1 cup)	Gundruk and Mushroom Curry (1 bowl), Brown Rice (1 small bowl)

29	Aloe Vera Juice (1 cup)	Mixed Veg Buckwheat Upma (1 small bowl)	Walnut halves (8 halves)	Phapar Bara (2), Tomato Achaar (1 small bowl)	Cucumber slices (1 cup)	Green Tea (1 cup)	Kinema Soup (1 bowl), Barley Roti (2)
30	Green Tea with Ginger (1 cup)	Thukpa with vegetables (1 bowl)	Carrot Sticks (1 cup)	Dal Bhaat with Buckwheat Rice (1 small bowl), Mixed Veg Curry (1 bowl)	Roasted Flax Seeds (1 tablespoon)	Chamomile Tea (1 cup)	Gundrukko Jhol (1 bowl), Quinoa Roti (2)

## Tamil Cuisine based 30-day Diabetes Diet Plan



This 30-day diet plan is crafted with a meticulous focus on Tamil cuisine that not only titillates your taste buds but is also designed to assist in controlling diabetes. The foods selected are rich in fiber, protein, and healthy fats while being low on the glycemic index, thus ensuring they don't spike your blood sugar levels rapidly. Whole grains such as millets, brown rice, and oats make up a large portion of this diet plan, replacing the refined grains often found in our diets.

Lentils and legumes, an integral part of Tamil cuisine, feature prominently throughout the diet plan, offering a steady source of complex carbohydrates and protein, essential for maintaining stable blood sugar levels. Vegetables and fruits, packed with fiber, vitamins, and antioxidants, are also included in each meal and snack. Regular inclusion of protein in the form of eggs, chicken, fish, or paneer provides satiety and aids in better glycemic control.

The early morning routine starts with powerful herbal concoctions such as fenugreek soaked water, amla juice, or lemon water, known for their potential to manage blood sugar levels. Afternoon drinks with buttermilk or green tea offer hydration along with their individual health benefits.

While the diet plan is designed keeping in mind the needs of a diabetic patient, it is essential to pair it with regular exercise and follow medical advice tailored to individual health conditions. Always consult your healthcare provider before starting any new diet regimen.

Day	Early Morning Drink	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Afternoon Drink	Dinner
<b>Day 1</b>	Warm water with 1 tsp fenugreek seeds soaked overnight	Ragi Idli (2 pcs) with Sambar	Fox tail millet laddu with jaggery or honey (thinai laddu)	Vazhakkai (Raw Banana) Curry with 2 multigrain rotis	A handful of Roasted Chana	ButterMilk with a pinch of turmeric	Millet Khichdi (1 bowl)
<b>Day 2</b>	A glass of bitter gourd juice	Millet Pongal (1 bowl) with Tomato chutney	A small Apple	Chettinad Chicken with 2 multigrain rotis	10-12 Soaked Almonds	Green tea (1 cup)	Quinoa Salad (1 bowl)
<b>Day 3</b>	Lemon water (1 glass)	Chola Paniyaram (4 pcs) with Coriander chutney	Moong daal laddu with jaggery or honey	Vatha Kuzhambu with Brown rice (1 bowl)	A handful of Roasted peanuts	Cucumber juice (1 glass)	Brown rice Idli (2 pcs) with Sambhar
<b>Day 4</b>	A glass of Amla juice	Vegetable Upma (1 bowl)	A small bowl of Cucumber salad	Thakkali Rasam with Brown rice (1 bowl)	1 small bowl of Sprouts	ButterMilk with a pinch of turmeric	Vegetable Stew with 2 multigrain rotis
<b>Day 5</b>	Warm water with 1 tsp fenugreek seeds soaked overnight	Adai Dosa (1 pc) with Coconut chutney	A small Orange	Kollu (horse gram) rasam with rice	A handful of Roasted Chana	Green tea (1 cup)	Palak Dal (1 bowl) with Brown rice

<b>Day 6</b>	A glass of bitter gourd juice	Oats Idli (2 pcs) with Sambhar	Pearl millet laddu (Kambu laddu) with jaggery or honey	Kollu thovayal with rice	10-12 Soaked Almonds	Cucumber juice (1 glass)	Ragi Roti (2 pcs) with Kurma
<b>Day 7</b>	Lemon water (1 glass)	Aval Upma (1 bowl)	A small bowl of jamun fruit (Naga pazham)	Sambar Sadam with curd (1 bowl)	A handful of Roasted peanuts	Buttermilk with a pinch of turmeric	Chana Dal Khichdi (1 bowl)

Day	Early Morning Drink	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Afternoon Drink	Dinner
<b>Day 8</b>	Warm water with 1 tsp fenugreek seeds soaked overnight	Millet Dosa (1 pc) with Sambhar	A small bowl of Pear	Bottle gourd Curry with 2 multigrain rotis	A handful of Roasted Chana	Green tea (1 cup)	Spinach and Moong Dal (1 bowl) with Brown rice
<b>Day 9</b>	A glass of bitter gourd juice	Pesarattu (1 pc) with Ginger Chutney	Moong daal laddu with jaggery or honey	Tomato Rasam with Brown rice (1 bowl)	10-12 Soaked Almonds	ButterMilk with a pinch of turmeric	Ragi Chapati (2 pcs) with Vegetable Jalfrezi
<b>Day 10</b>	Lemon water (1 glass)	Rava Upma (1 bowl)	Pearl millet laddu (Kambu laddu) with jaggery or honey	Vendakkai Puli Kuzhambu with 2 multigrain rotis	A handful of Roasted peanuts	Cucumber juice (1 glass)	Brown Rice Pulao (1 bowl)

<b>Day 11</b>	A glass of Amla juice	Masala sevai	A small Apple	Kollu (horse gram) rasam with rice	1 small bowl of Sprouts	Green tea (1 cup)	Mixed Vegetable Curry with 2 multigrain rotis
<b>Day 12</b>	Warm water with 1 tsp fenugreek seeds soaked overnight	Vermicelli Upma (1 bowl)	A small Orange	Chicken Pepper Fry with Brown Rice (1 bowl)	A handful of Roasted Chana	ButterMilk with a pinch of turmeric	Quinoa Upma (1 bowl)
<b>Day 13</b>	A glass of bitter gourd juice	Godhumai Dosa (1 pc) with Tomato Onion Chutney	Fox tail millet laddu with jaggery or honey (thinai laddu)	Mutton Kuzhambu with 2 multigrain rotis	10-12 Soaked Almonds	Cucumber juice (1 glass)	Vegetable Biryani with Raita (1 bowl)
<b>Day 14</b>	Lemon water (1 glass)	Ragi Roti (2 pcs) with Yogurt	A small bowl of Watermelon	Egg Curry with 2 multigrain rotis	A handful of Roasted peanuts	Green tea (1 cup)	Tomato Rice (1 bowl) with Cucumber Raita
<b>Day 15</b>	A glass of Amla juice	Masala Idli (2 pcs) with Sambar	A small bowl of Cucumber salad	Kootu Curry with Brown rice (1 bowl)	1 small bowl of Sprouts	ButterMilk with a pinch of turmeric	Paruppu Rasam (1 bowl) with Brown rice
<b>Day 16</b>	Warm water with 1 tsp fenugreek seeds soaked overnight	Ven Pongal (1 bowl) with Sambar	A small bowl of Pomegranate seeds	Kollu thovayal with rice	A handful of Roasted Chana	Cucumber juice (1 glass)	Vegetable Stew with 2 multigrain rotis



<b>Day 17</b>	A glass of bitter gourd juice	Kambu Dosa (1 pc) with Coconut Chutney	A small bowl of Grapes	Keerai Sambar with Brown rice (1 bowl)	10-12 Soaked Almonds	Green tea (1 cup)	Ragi Mudde (2 pcs) with Tomato Chutney
<b>Day 18</b>	Lemon water (1 glass)	Varagu Arisi Upma (1 bowl)	Pearl millet laddu (Kambu laddu) with jaggery or honey	Veg kurma and rice	A handful of Roasted peanuts	ButterMilk with a pinch of turmeric	Brown Rice Payasam (1 bowl)
<b>Day 19</b>	A glass of Amla juice	Instant Oats Dosa (1 pc) with Mint Chutney	A small Apple	Kollu (horse gram) rasam with rice	1 small bowl of Sprouts	Cucumber juice (1 glass)	Brown Rice Bisi Bele Bath (1 bowl)
<b>Day 20</b>	Warm water with 1 tsp fenugreek seeds soaked overnight	Ragi Semiya Upma (1 bowl)	A small Orange	Paneer Butter Masala with 2 multigrain rotis	A handful of Roasted Chana	Green tea (1 cup)	Millet Pulao (1 bowl)
<b>Day 21</b>	A glass of bitter gourd juice	Mappilai samba rice idli(3 pcs) with Sambar	A small bowl of jamun fruit (Naga pazham)	Mutton Chukka with 2 multigrain rotis	10-12 Soaked Almonds	ButterMilk with a pinch of turmeric	Keerai Masiyal with Brown rice (1 bowl)
<b>Day 22</b>	Lemon water (1 glass)	Quinoa Pongal (1 bowl) with Tomato Chutney	A small bowl of Cucumber salad	Fish Fry with Brown rice (1 bowl)	A handful of Roasted peanuts	Cucumber juice (1 glass)	Ragi Koozh with Pickle (1 bowl)

<b>Day 23</b>	A glass of Amla juice	Broken Wheat Upma (1 bowl)	A small bowl of Guava	Chettinad Chicken Curry with 2 multigrain rotis	1 small bowl of Sprouts	Green tea (1 cup)	Vegetable Sambar with Brown rice (1 bowl)
<b>Day 24</b>	Warm water with 1 tsp fenugreek seeds soaked overnight	Kuli Paniyaram (4 pcs) with Coriander Chutney	Moong daal laddu with jaggery or honey	Prawn Masala with 2 multigrain rotis	A handful of Roasted Chana	ButterMilk with a pinch of turmeric	Chana Dal Khichdi with Curd (1 bowl)
<b>Day 25</b>	A glass of bitter gourd juice	Tomato sevai	Fox tail millet laddu with jaggery or honey (thinai laddu)	Kollu thovayal with rice	10-12 Soaked Almonds	Cucumber juice (1 glass)	Quinoa Salad with Lemon Dressing (1 bowl)
<b>Day 26</b>	Lemon water (1 glass)	Jowar Idli (2 pcs) with Sambar	A small bowl of Grapes	Kuzhambu with Brown rice (1 bowl)	A handful of Roasted peanuts	Green tea (1 cup)	Moong Dal Khichdi (1 bowl)
<b>Day 27</b>	A glass of Amla juice	Sprouted Green Gram Dosai (1 pc) with Mint Chutney	A small Apple	Egg Roast with 2 multigrain rotis	1 small bowl of Sprouts	ButterMilk with a pinch of turmeric	Vegetable Stew with Brown rice (1 bowl)
<b>Day 28</b>	Warm water with 1 tsp fenugreek seeds soaked overnight	Oats Pongal (1 bowl) with Sambar	A small bowl of jamun fruit (Naga pazham)	Vazhakkai Podimas with 2 multigrain rotis	A handful of Roasted Chana	Cucumber juice (1 glass)	Veg kurma and rice
<b>Day 29</b>	A glass of bitter	Lemon sevai	A small Orange	Kollu (horse gram)	10-12 Soaked Almonds	Green tea (1 cup)	Vegetable Pulao

	gourd juice			rasam with rice			with Raita (1 bowl)
<b>Day 30</b>	Lemon water (1 glass)	Kambu Idli (2 pcs) with Sambar	A small bowl of Pomegranate seeds	Chettinad Prawn Curry with 2 multigrain rotis	A handful of Roasted peanuts	ButterMilk with a pinch of turmeric	Tomato and Moong Dal Rasam with Brown rice (1 bowl)

## Telangana Cuisine based 30-day Diabetes Diet Plan



This 30-day diet plan is specifically designed for individuals with diabetes, taking into consideration the rich and diverse Telangana cuisine. Central to the diet are whole grains like Jowar, Bajra, Ragi, Amaranth, Buckwheat, Quinoa, and Brown Rice. These grains have a low glycemic index, meaning they are digested slowly and help maintain steady blood sugar levels. They are also rich in dietary fiber, which can further help regulate blood glucose. A variety of legumes and lentils are incorporated into this plan, which are excellent sources of protein and fiber. Protein aids in satiety and helps maintain muscle mass, while fiber aids in blood sugar control.

The diet plan also emphasizes the importance of a high intake of fruits and vegetables, which provide essential vitamins, minerals, and fiber. Regular consumption of fenugreek water, amla juice, green tea, and turmeric in warm water can offer additional benefits. These are known to have anti-diabetic properties, helping in maintaining good glycemic control. The diet also includes healthy fats from mixed nuts and olive or canola oil, which can help in managing cholesterol levels.

Furthermore, this meal plan focuses on portion control to prevent overeating, a common risk factor for blood sugar spikes. Snacks are included to avoid long gaps between meals and to ensure that the blood glucose levels are steady. Remember, it's not just what you eat but also how much and when you eat that matters in diabetes management. This dietary plan aims to provide a balanced intake of carbohydrates, proteins, and fats throughout the day, which is the key to managing diabetes effectively.

Early Morning Drink	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Afternoon Drink	Dinner
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Day 1	Warm water with lemon and a pinch of turmeric (1 glass)	Korra (Foxtail millet) idli (2 pieces) with tomato pachadi	Cucumber slices (1 cup)	Pesarattu (moong dal dosa) (2 pieces) with low fat yoghurt	Mixed nuts (10-12 pieces)	Buttermilk (1 glass)	Jowar roti (2 pieces) with Palakura Pappu (spinach dal) and cucumber salad
Day 2	Fenugreek water (1 glass)	Oats upma (1 small bowl) with green chilli chutney	Mixed berries (1 cup)	Kandi Pappu (toor dal) with brown rice (1 small bowl) and carrot salad	Roasted chickpeas (1 small bowl)	Green tea (1 cup)	Bajra roti (2 pieces) with Tomatoes and Tamarind gravy (Tamata Charu) and raw papaya salad
Day 3	Amla juice (1 glass)	Multigrain roti (1 piece) with mixed vegetable curry	Apple slices (1 cup)	Chepala Pulusu (fish curry) with brown rice (1 small bowl) and mixed vegetable salad	Sprouted moong salad (1 small bowl)	Buttermilk (1 glass)	Ragi dosa (2 pieces) with ginger chutney and sauteed bottle gourd
Day 4	Warm water with cinnamon (1 glass)	Quinoa dosa (1 piece) with mint chutney	Mixed nuts (10-12 pieces)	Kodiguddu Tomato (egg and tomato) curry with brown rice (1 small bowl) and raw mango salad	Roasted chana (1 small bowl)	Green tea (1 cup)	Jowar roti (2 pieces) with gutti vankaya (stuffed brinjal curry) and beetroot salad

Day 5	Warm water with lemon and a pinch of turmeric (1 glass)	Ragulu (Finger millet) upma (1 small bowl) with coriander chutney	Cucumber slices (1 cup)	Gongura chicken with brown rice (1 small bowl) and cabbage salad	Mixed nuts (10-12 pieces)	Buttermilk (1 glass)	Bajra roti (2 pieces) with dosakaya pappu (cucumber dal) and radish salad
Day 6	Fenugreek water (1 glass)	Oats idli (2 pieces) with onion chutney	Mixed berries (1 cup)	Pachi Pulusu with brown rice (1 small bowl) and mixed vegetable salad	Roasted chickpeas (1 small bowl)	Green tea (1 cup)	Ragi dosa (2 pieces) with tomato chutney and sauteed spinach
Day 7	Amla juice (1 glass)	Sajjalu (Pearl millet) idli (2 pieces) with curry leaves chutney	Apple slices (1 cup)	Methi chicken with brown rice (1 small bowl) and cucumber salad	Sprouted moong salad (1 small bowl)	Buttermilk (1 glass)	Jowar roti (2 pieces) with bendakaya fry (okra fry) and carrot salad

	Early Morning Drink	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Afternoon Drink	Dinner
Day 8	Warm water with lemon and a pinch of turmeric (1 glass)	Buckwheat dosa (1 piece) with tomato chutney	Cucumber slices (1 cup)	Tindora Curry (ivy gourd curry) with brown rice (1 small bowl) and radish salad	Mixed nuts (10-12 pieces)	Buttermilk (1 glass)	Bajra roti (2 pieces) with mango dal and mixed vegetable salad
Day 9	Fenugreek water (1 glass)	Jowar idli (2 pieces) with curry	Mixed berries (1 cup)	Aloo Methi (potato and fenugreek leaves) with	Roasted chickpeas (1 small bowl)	Green tea (1 cup)	Ragi dosa (2 pieces) with

		leaves chutney		brown rice (1 small bowl) and cabbage salad			onion chutney and sauteed bottle gourd
Day 10	Amla juice (1 glass)	Amaranth roti (1 piece) with mixed vegetable curry	Apple slices (1 cup)	Palakura Pulusu (spinach and tamarind stew) with brown rice (1 small bowl) and cucumber salad	Sprouted moong salad (1 small bowl)	Buttermilk (1 glass)	Jowar roti (2 pieces) with beetroot palya and raw papaya salad
Day 11	Warm water with cinnamon (1 glass)	Ragi dosa (1 piece) with mint chutney	Mixed nuts (10-12 pieces)	Mamidikaya Pappu (mango and lentils) with brown rice (1 small bowl) and carrot salad	Roasted chana (1 small bowl)	Green tea (1 cup)	Bajra roti (2 pieces) with egg curry and mixed vegetable salad
Day 12	Warm water with lemon and a pinch of turmeric (1 glass)	Sorghum pancakes (2 pieces) with coriander chutney	Cucumber slices (1 cup)	Fish curry with brown rice (1 small bowl) and raw mango salad	Mixed nuts (10-12 pieces)	Buttermilk (1 glass)	Ragi dosa (2 pieces) with brinjal chutney and sauteed spinach
Day 13	Fenugreek water (1 glass)	Foxtail millet idli (2 pieces) with tomato pachadi	Mixed berries (1 cup)	Chikkudukaya Vepudu (broad beans curry) with brown rice (1 small bowl) and raw papaya salad	Roasted chickpeas (1 small bowl)	Green tea (1 cup)	Jowar roti (2 pieces) with mixed dal and cucumber salad
Day 14	Amla juice (1 glass)	Quinoa dosa (1 piece)	Apple slices (1 cup)	Prawns curry with brown rice	Sprouted moong salad (1	Buttermilk (1 glass)	Bajra roti (2 pieces)

		with onion chutney		(1 small bowl) and mixed vegetable salad	small bowl)		with ridge gourd curry and carrot salad
Day 15	Warm water with lemon and a pinch of turmeric (1 glass)	Ragi idli (2 pieces) with mint chutney	Cucumber slices (1 cup)	Egg curry with brown rice (1 small bowl) and cabbage salad	Mixed nuts (10-12 pieces)	Buttermilk (1 glass)	Ragi dosa (2 pieces) with tomato chutney and sauteed bottle gourd
Day 16	Fenugreek water (1 glass)	Pearl millet upma (1 small bowl) with curry leaves chutney	Mixed berries (1 cup)	Chana dal with brown rice (1 small bowl) and radish salad	Roasted chickpeas (1 small bowl)	Green tea (1 cup)	Jowar roti (2 pieces) with palak paneer and raw mango salad
Day 17	Amla juice (1 glass)	Bajra idli (2 pieces) with coriander chutney	Apple slices (1 cup)	Chicken curry with brown rice (1 small bowl) and mixed vegetable salad	Sprouted moong salad (1 small bowl)	Buttermilk (1 glass)	Bajra roti (2 pieces) with ladyfinger curry and cucumber salad
Day 18	Warm water with cinnamon (1 glass)	Amaranth dosa (1 piece) with ginger chutney	Mixed nuts (10-12 pieces)	Okra curry with brown rice (1 small bowl) and carrot salad	Roasted chana (1 small bowl)	Green tea (1 cup)	Ragi dosa (2 pieces) with tamarind chutney and sauteed spinach



Day 19	Warm water with lemon and a pinch of turmeric (1 glass)	Quinoa upma (1 small bowl) with mint chutney	Cucumber slices (1 cup)	Fish fry with brown rice (1 small bowl) and raw papaya salad	Mixed nuts (10-12 pieces)	Buttermilk (1 glass)	Jowar roti (2 pieces) with beans curry and mixed vegetable salad
Day 20	Fenugreek water (1 glass)	Ragi dosa (1 piece) with tomato pachadi	Mixed berries (1 cup)	Aloo Gobi with brown rice (1 small bowl) and cabbage salad	Roasted chickpeas (1 small bowl)	Green tea (1 cup)	Bajra roti (2 pieces) with eggplant curry and radish salad
Day 21	Amla juice (1 glass)	Foxtail millet dosa (1 piece) with curry leaves chutney	Apple slices (1 cup)	Prawn curry with brown rice (1 small bowl) and raw mango salad	Sprouted moong salad (1 small bowl)	Buttermilk (1 glass)	Ragi dosa (2 pieces) with onion chutney and sauteed bottle gourd
Day 22	Warm water with cinnamon (1 glass)	Amaranth idli (2 pieces) with coriander chutney	Mixed nuts (10-12 pieces)	Dal palak with brown rice (1 small bowl) and mixed vegetable salad	Roasted chana (1 small bowl)	Green tea (1 cup)	Jowar roti (2 pieces) with mutton curry and cucumber salad
Day 23	Warm water with lemon and a pinch of turmeric (1 glass)	Buckwheat upma (1 small bowl) with green chilli chutney	Cucumber slices (1 cup)	Sorakaya Pulusu (Bottle gourd stew) with brown rice (1 small bowl) and carrot salad	Mixed nuts (10-12 pieces)	Buttermilk (1 glass)	Bajra roti (2 pieces) with panchmel dal and mixed

							vegetable salad
Day 24	Fenugreek water (1 glass)	Jowar dosa (1 piece) with mint chutney	Mixed berries (1 cup)	Gongura Mutton with brown rice (1 small bowl) and raw papaya salad	Roasted chickpeas (1 small bowl)	Green tea (1 cup)	Ragi dosa (2 pieces) with tomato chutney and sauteed spinach
Day 25	Amla juice (1 glass)	Sajjalu (Pearl millet) upma (1 small bowl) with ginger chutney	Apple slices (1 cup)	Brinjal and Drumstick Curry with brown rice (1 small bowl) and raw mango salad	Sprouted moong salad (1 small bowl)	Buttermilk (1 glass)	Jowar roti (2 pieces) with mixed vegetable curry and cucumber salad
Day 26	Warm water with cinnamon (1 glass)	Ragi idli (2 pieces) with curry leaves chutney	Mixed nuts (10-12 pieces)	Chicken Tomato Curry with brown rice (1 small bowl) and mixed vegetable salad	Roasted chana (1 small bowl)	Green tea (1 cup)	Bajra roti (2 pieces) with methi dal and carrot salad
Day 27	Warm water with lemon and a pinch of turmeric (1 glass)	Korra (Foxtail millet) dosa (1 piece) with coriander chutney	Cucumber slices (1 cup)	Fish curry with brown rice (1 small bowl) and radish salad	Mixed nuts (10-12 pieces)	Buttermilk (1 glass)	Ragi dosa (2 pieces) with onion chutney and sauteed bottle gourd
Day 28	Fenugreek water (1 glass)	Bajra dosa (1 piece) with tomato pachadi	Mixed berries (1 cup)	Palakura Pappu (spinach dal) with brown rice (1 small bowl) and	Roasted chickpeas (1 small bowl)	Green tea (1 cup)	Jowar roti (2 pieces) with aloo methi

				raw papaya salad			and cabbage salad
Day 29	Amla juice (1 glass)	Sorghum pancakes (2 pieces) with green chilli chutney	Apple slices (1 cup)	Prawn curry with brown rice (1 small bowl) and cucumber salad	Sprouted moong salad (1 small bowl)	Buttermilk (1 glass)	Bajra roti (2 pieces) with tomato dal and mixed vegetable salad
Day 30	Warm water with cinnamon (1 glass)	Amaranth idli (2 pieces) with mint chutney	Mixed nuts (10-12 pieces)	Chicken curry with brown rice (1 small bowl) and carrot salad	Roasted chana (1 small bowl)	Green tea (1 cup)	Ragi dosa (2 pieces) with coriander chutney and sauteed spinach

## Tripuri Cuisine based 30-day Diabetes Diet Plan



Tripuri cuisine, a gastronomic delight hailing from the picturesque land of Tripura, echoes a compelling blend of tantalizing flavors and wholesome ingredients. It sings of a culture where the bounty of nature fuses with traditional cooking techniques to craft dishes that are as healthy as they are delicious.

Our journey into this distinctive cuisine embarks on the banks of Mui Borok, a fermented fish delicacy rich in omega-3 fatty acids, essential for heart health and regulating blood sugar levels. Simmering gently alongside are various dishes featuring bamboo shoots, another prime ingredient in the Tripuri culinary repertoire. Known for their low calorie and high fiber content, bamboo shoots are remarkable for maintaining stable blood sugar levels, thereby making them an indispensable part of our diet plan.

Cruising further into this delightful cuisine, we encounter brown rice and whole grain dishes like poha and upma, interspersed with lean protein sources such as grilled chicken and fish. The inclusion of these ingredients ensures a low glycemic index, keeping blood sugar levels in check. We also spice things up with an assortment of herbs and spices, each carrying their unique health benefits, such as cinnamon, which is known to improve insulin sensitivity.

To complement our meals, we've incorporated refreshing and health-boosting early morning and afternoon drinks, from herbal tea to Bael fruit juice, and Amla juice, each laden with antioxidants and beneficial compounds for blood sugar control.

However, every individual is unique, and so are their nutritional needs. Therefore, feel free to adapt this diet plan to suit your personal health requirements. Remember, it's not just about eating the right foods, but also enjoying them. So, here's wishing you a delectable culinary experience and better health, as you embark on this journey through the enchanting realm of Tripuri cuisine with a diabetic-friendly twist.

Day	Early Morning Drink	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Afternoon Drink	Dinner
1	Warm water with squeezed lemon (1 glass)	Mui Borok (fermented fish) with boiled rice (1 bowl, 150g)	Mixed nuts (10-12 pieces)	Boiled chicken with bamboo shoots (1 bowl, 150g)	Rice flakes (1 small bowl)	Herbal tea without sugar (1 cup)	Grilled fish with herbs (1 piece, 100g)
2	Bael fruit juice without sugar (1 glass)	Mixed vegetable stew with boiled rice (1 bowl, 150g)	Fruit salad without high GI fruits (1 small bowl)	Steamed fish with herbs (1 piece, 100g)	Roasted chickpeas (1 small bowl)	Black coffee without sugar (1 cup)	Chicken soup with vegetables (1 bowl, 200g)
3	Amla juice without sugar (1 glass)	Bamboo shoot and tofu stir fry (1 plate)	Whole grain crackers (2 pieces)	Grilled chicken with lemon and herbs (1 piece, 100g)	Boiled black gram (1 small bowl)	Green tea without sugar (1 cup)	Steamed fish with vegetables (1 plate)
4	Black coffee without sugar (1 cup)	Boiled rice with gudok (bamboo shoot and berma paste) (1 bowl, 150g)	Makhan a (fox nuts) lightly salted and roasted (1 small bowl)	Mui Borok (fermented fish) with boiled vegetables (1 bowl, 150g)	Baked kale chips (1 small bowl)	Bael fruit juice without sugar (1 glass)	Mixed vegetable soup (1 bowl, 200g)
5	Green tea without sugar (1 cup)	Brown rice poha (1 bowl, 150g)	Boiled egg white (1 piece)	Steamed fish with herbs (1 piece, 100g)	Mashed banana with a sprinkle of cinnamon (1 banana)	Amla juice without sugar (1 glass)	Chicken stew with vegetables (1 bowl, 200g)
6	Cinnamon water (1 glass)	Mixed vegetable upma (1	Mixed nuts (10-12 pieces)	Grilled chicken with lemon and	Rice flakes (1 small bowl)	Bael fruit juice without	Steamed fish with vegetables (1 plate)

		bowl, 150g)		herbs (1 piece, 100g)		sugar (1 glass)	
7	Herbal tea without sugar (1 cup)	Mui Borok (fermente d fish) with boiled rice (1 bowl, 150g)	Fruit salad without high GI fruits (1 small bowl)	Boiled chicken with bamboo shoots (1 bowl, 150g)	Roasted chickpeas (1 small bowl)	Green tea without sugar (1 cup)	Grilled fish with herbs (1 piece, 100g)

Day	Early Morning Drink	Breakfast	Mid- Morning Snack	Lunch	Afternoon Snack	Afternoon Drink	Dinner
8	Bael fruit juice without sugar (1 glass)	Mui Borok with brown rice (1 bowl, 150g)	Mixed nuts (10- 12 pieces)	Grilled fish with herbs (1 piece, 100g)	Rice flakes (1 small bowl)	Herbal tea without sugar (1 cup)	Steamed chicken with vegetables (1 plate)
9	Warm water with squeezed lemon (1 glass)	Mixed vegetable upma (1 bowl, 150g)	Makhana (fox nuts) lightly salted and roasted (1 small bowl)	Boiled chicken with bamboo shoots (1 bowl, 150g)	Boiled black gram (1 small bowl)	Black coffee without sugar (1 cup)	Grilled fish with herbs (1 piece, 100g)
10	Green tea without sugar (1 cup)	Bamboo shoot and tofu stir fry (1 plate)	Fruit salad without high GI fruits (1 small bowl)	Steamed chicken with vegetables (1 plate)	Roasted chickpeas (1 small bowl)	Amla juice without sugar (1 glass)	Mixed vegetable soup (1 bowl, 200g)
11	Black coffee without sugar (1 cup)	Gudok with boiled rice (1 bowl, 150g)	Whole grain crackers (2 pieces)	Mui Borok with boiled vegetables (1 bowl, 150g)	Rice flakes (1 small bowl)	Bael fruit juice without sugar (1 glass)	Grilled chicken with lemon and herbs (1 piece, 100g)

12	Amla juice without sugar (1 glass)	Brown rice poha (1 bowl, 150g)	Boiled egg white (1 piece)	Grilled fish with herbs (1 piece, 100g)	Mashed banana with a sprinkle of cinnamon (1 banana)	Green tea without sugar (1 cup)	Steamed chicken with vegetables (1 plate)
13	Cinnamon water (1 glass)	Mui Borok with boiled rice (1 bowl, 150g)	Mixed nuts (10-12 pieces)	Steamed chicken with vegetables (1 plate)	Rice flakes (1 small bowl)	Bael fruit juice without sugar (1 glass)	Mixed vegetable soup (1 bowl, 200g)
14	Herbal tea without sugar (1 cup)	Mixed vegetable upma (1 bowl, 150g)	Makhana (fox nuts) lightly salted and roasted (1 small bowl)	Boiled chicken with bamboo shoots (1 bowl, 150g)	Boiled black gram (1 small bowl)	Black coffee without sugar (1 cup)	Grilled fish with herbs (1 piece, 100g)
15	Bael fruit juice without sugar (1 glass)	Bamboo shoot and tofu stir fry (1 plate)	Fruit salad without high GI fruits (1 small bowl)	Grilled fish with herbs (1 piece, 100g)	Roasted chickpeas (1 small bowl)	Herbal tea without sugar (1 cup)	Steamed chicken with vegetables (1 plate)
16	Warm water with squeezed lemon (1 glass)	Gudok with boiled rice (1 bowl, 150g)	Whole grain crackers (2 pieces)	Mui Borok with boiled vegetables (1 bowl, 150g)	Rice flakes (1 small bowl)	Green tea without sugar (1 cup)	Grilled chicken with lemon and herbs (1 piece, 100g)
17	Green tea without sugar (1 cup)	Brown rice poha (1 bowl, 150g)	Boiled egg white (1 piece)	Steamed chicken with vegetables (1 plate)	Mashed banana with a sprinkle of cinnamon (1 banana)	Bael fruit juice without sugar (1 glass)	Mixed vegetable soup (1 bowl, 200g)
18	Black coffee without	Mui Borok with boiled	Mixed nuts (10-12 pieces)	Boiled chicken with bamboo	Rice flakes (1 small bowl)	Amla juice without sugar (1 glass)	Grilled fish with herbs (1 piece, 100g)

	sugar (1 cup)	rice (1 bowl, 150g)		shoots (1 bowl, 150g)			
19	Amla juice without sugar (1 glass)	Mixed vegetable upma (1 bowl, 150g)	Makhana (fox nuts) lightly salted and roasted (1 small bowl)	Grilled fish with herbs (1 piece, 100g)	Boiled black gram (1 small bowl)	Black coffee without sugar (1 cup)	Steamed chicken with vegetables (1 plate)
20	Cinnamon water (1 glass)	Bamboo shoot and tofu stir fry (1 plate)	Fruit salad without high GI fruits (1 small bowl)	Mui Borok with boiled vegetables (1 bowl, 150g)	Roasted chickpeas (1 small bowl)	Herbal tea without sugar (1 cup)	Grilled chicken with lemon and herbs (1 piece, 100g)
21	Herbal tea without sugar (1 cup)	Gudok with boiled rice (1 bowl, 150g)	Whole grain crackers (2 pieces)	Steamed chicken with vegetables (1 plate)	Rice flakes (1 small bowl)	Green tea without sugar (1 cup)	Mixed vegetable soup (1 bowl, 200g)
22	Bael fruit juice without sugar (1 glass)	Brown rice poha (1 bowl, 150g)	Boiled egg white (1 piece)	Boiled chicken with bamboo shoots (1 bowl, 150g)	Mashed banana with a sprinkle of cinnamon (1 banana)	Bael fruit juice without sugar (1 glass)	Grilled fish with herbs (1 piece, 100g)
23	Warm water with squeezed lemon (1 glass)	Mui Borok with boiled rice (1 bowl, 150g)	Mixed nuts (10-12 pieces)	Grilled fish with herbs (1 piece, 100g)	Rice flakes (1 small bowl)	Amla juice without sugar (1 glass)	Steamed chicken with vegetables (1 plate)
24	Green tea without sugar (1 cup)	Mixed vegetable upma (1 bowl, 150g)	Makhana (fox nuts) lightly salted and roasted	Mui Borok with boiled vegetables (1 bowl, 150g)	Boiled black gram (1 small bowl)	Black coffee without sugar (1 cup)	Grilled chicken with lemon and herbs (1 piece, 100g)



			(1 small bowl)				
25	Black coffee without sugar (1 cup)	Bamboo shoot and tofu stir fry (1 plate)	Fruit salad without high GI fruits (1 small bowl)	Boiled chicken with bamboo shoots (1 bowl, 150g)	Roasted chickpeas (1 small bowl)	Herbal tea without sugar (1 cup)	Mixed vegetable soup (1 bowl, 200g)
26	Amla juice without sugar (1 glass)	Gudok with boiled rice (1 bowl, 150g)	Whole grain crackers (2 pieces)	Grilled fish with herbs (1 piece, 100g)	Rice flakes (1 small bowl)	Green tea without sugar (1 cup)	Steamed chicken with vegetables (1 plate)
27	Cinnamon water (1 glass)	Brown rice poha (1 bowl, 150g)	Boiled egg white (1 piece)	Mui Borok with boiled vegetables (1 bowl, 150g)	Mashed banana with a sprinkle of cinnamon (1 banana)	Bael fruit juice without sugar (1 glass)	Grilled fish with herbs (1 piece, 100g)
28	Herbal tea without sugar (1 cup)	Mui Borok with boiled rice (1 bowl, 150g)	Mixed nuts (10-12 pieces)	Steamed chicken with vegetables (1 plate)	Rice flakes (1 small bowl)	Amla juice without sugar (1 glass)	Boiled chicken with bamboo shoots (1 bowl, 150g)
29	Bael fruit juice without sugar (1 glass)	Mixed vegetable upma (1 bowl, 150g)	Makhana (fox nuts) lightly salted and roasted (1 small bowl)	Grilled fish with herbs (1 piece, 100g)	Boiled black gram (1 small bowl)	Black coffee without sugar (1 cup)	Grilled chicken with lemon and herbs (1 piece, 100g)
30	Warm water with squeezed lemon (1 glass)	Bamboo shoot and tofu stir fry (1 plate)	Fruit salad without high GI fruits (1 small bowl)	Boiled chicken with bamboo shoots (1 bowl, 150g)	Roasted chickpeas (1 small bowl)	Herbal tea without sugar (1 cup)	Mixed vegetable soup (1 bowl, 200g)

## Uttar Pradesh Cuisine based 30-day Diabetes Diet Plan



Uttar Pradesh, often referred to as the heartland of India, is a region renowned for its rich culinary heritage, brimming with a plethora of delectable dishes that have enticed food connoisseurs for centuries. The cuisine, a captivating medley of distinct flavors and unique recipes, holds a special place in my heart, as it masterfully intertwines the cultural history and the traditional agrarian habits of the region. It's this intriguing blend of taste and tradition that makes Uttar Pradesh's cuisine not only delicious but also packed with nutritional goodness.

A hallmark of this cuisine is the judicious use of whole grains and pulses like bajra, ragi, and various types of lentils. These ingredients, featured in dishes such as Bajra Rotis and Moong Dal Cheela in the diet plan, are rich in complex carbohydrates and fiber. This makes them an excellent choice for individuals with diabetes, as they can help manage blood sugar levels while ensuring satiety. The assortment of vegetables used in regional delicacies, such as Bhindi Masala and Karela Sabzi, contribute to a high fiber and antioxidant intake, vital for a balanced diabetic diet.

Furthermore, the traditional Uttar Pradesh kitchen incorporates an abundance of spices, like turmeric and fenugreek, both of which have potent anti-inflammatory and blood sugar controlling properties. Adding to the healthful goodness, I have included superfoods like Quinoa and Oats, prepared in local styles like Poha and Upma, to provide the much-needed proteins and vitamins for managing diabetes effectively.

Uttar Pradesh's love affair with dairy is well-known, and it manifests brilliantly in this meal plan through dishes like Paneer Bhurji and Buttermilk. These foods offer a significant amount of calcium and other nutrients, while the proteins in them help control the rate at which sugar is absorbed into the bloodstream.

In designing this diet, I've carefully chosen recipes that align with a low-glycemic index, crucial for managing diabetes. It's a labor of love, reflecting my passion for Uttar Pradesh's cuisine and the desire to make its delights accessible to those with health restrictions.

Remember, every individual's health needs and tastes are unique, and so should be their diet plan. Feel free to adjust and modify this plan to suit your personal dietary requirements and preferences. And now, without further ado, I invite you to embark on a gastronomic journey through the plains of Uttar Pradesh, savoring its culinary wonders, while confidently managing your diabetes.

Day	Early Morning Drink	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Afternoon Drink	Dinner
1	Warm Lemon Water (1 glass)	Moong Dal Cheela (2 medium sized) with Mint Chutney	Handful of Roasted Chana	Mixed Vegetable Pahadi (1 cup) with 2 small Multigrain Rotis	Cucumber Slices (1 cup)	Sugarless Chai (1 cup)	Paneer Bhurji (1 cup) with Quinoa (1/2 cup)
2	Herbal Tea (1 cup)	Oats Idli (2 pieces) with Coriander Chutney	Handful of Almonds	Palak Methi Chaman (1 cup) with 2 small Jowar Rotis	Apple (1 medium sized)	Fresh Lime Soda (without sugar) (1 glass)	Sprout Salad (1 cup)
3	Amla Juice (1 glass)	Sprouted Moong Salad (1 cup)	Handful of Walnuts	Lauki Sabzi (1 cup) with Brown Rice (1/2 cup)	Carrot Sticks (1 cup)	Green Tea (1 cup)	Grilled Fish (150g) with Stir Fried Veggies (1 cup)
4	Bitter Gourd Juice (1 glass)	Besan Chilla (2 medium sized) with Tomato Chutney	Handful of Roasted Makhana	Methi Aloo (1 cup) with 2 small Bajra Rotis	Guava (1 medium sized)	Buttermilk (1 glass)	Grilled Chicken (150g) with Steamed Broccoli (1 cup)
5	Cucumber Water (1 glass)	Oats Upma (1 cup)	Handful of	Baingan Bharta (1 cup) with	Cherry Tomatoes (1 cup)	Coconut Water (1 glass)	Tofu Stir Fry (1 cup) with

			Sunflower Seeds	2 small Ragi Rotis			Quinoa (1/2 cup)
6	Green Tea (1 cup)	Paneer Bhurji (1 cup)	Handful of Pumpkin Seeds	Bhindi Masala (1 cup) with 2 small Multigrain Rotis	Orange (1 medium sized)	Sugarcane Juice (1 glass)	Fish Curry (1 cup) with Brown Rice (1/2 cup)
7	Fenugreek Water (1 glass)	Ragi Idli (2 pieces) with Mint Chutney	Handful of Pistachios	Rajma (1 cup) with 2 small Jowar Rotis	Bell Pepper Slices (1 cup)	Aloe Vera Juice (1 glass)	Vegetable Stir Fry (1 cup) with Quinoa (1/2 cup)

Day	Early Morning Drink	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Afternoon Drink	Dinner
8	Tulsi Tea (1 cup)	Quinoa Poha (1 cup)	Handful of Cashews	Ghiya Chana Dal (1 cup) with 2 small Multigrain Rotis	Kiwi (1 medium sized)	Lemon Mint Cooler (1 glass)	Mushroom and Green Peas (1 cup) with Quinoa (1/2 cup)
9	Wheatgrass Juice (1 glass)	Buckwheat Dhokla (2 pieces) with Coriander Chutney	Handful of Roasted Peanuts	Karela Sabzi (1 cup) with 2 small Bajra Rotis	Pear (1 medium sized)	Fresh Lime Juice (1 glass)	Chana Salad (1 cup)
10	Aloe Vera Juice (1 glass)	Whole Moong Dal Dosa (2 medium sized) with Tomato Chutney	Handful of Flaxseeds	Tofu Palak (1 cup) with Brown Rice (1/2 cup)	Berries Mix (1 cup)	Buttermilk (1 glass)	Grilled Chicken (150g) with Steamed Cauliflower (1 cup)

11	Neem Juice (1 glass)	Oats Uttapam (2 pieces) with Mint Chutney	Handful of Almonds and Walnuts	Arbi Masala (1 cup) with 2 small Ragi Rotis	Peach (1 medium sized)	Hibiscus Tea (1 cup)	Egg Salad (1 cup)
12	Lemon Ginger Tea (1 cup)	Sprouts Sandwich (2 small slices of multigrain bread)	Handful of Sunflower Seeds	Paneer Bhurji (1 cup) with 2 small Jowar Rotis	Plum (1 medium sized)	Cucumber Juice (1 glass)	Grilled Fish (150g) with Stir Fried Zucchini (1 cup)
13	Apple Cider Vinegar Water (1 glass)	Oats Khichdi (1 cup)	Handful of Pumpkin Seeds	Lauki Chana Dal (1 cup) with 2 small Multigrain Rotis	Watermelon Slices (1 cup)	Green Tea (1 cup)	Tofu Stir Fry (1 cup) with Quinoa (1/2 cup)
14	Giloy Juice (1 glass)	Ragi Dosa (2 medium sized) with Coriander Chutney	Handful of Pistachios	Bhindi Masala (1 cup) with 2 small Bajra Rotis	Papaya Cubes (1 cup)	Pomegranate Juice (1 glass)	Paneer and Vegetable Salad (1 cup)
15	Ginger Turmeric Tea (1 cup)	Quinoa Upma (1 cup)	Handful of Cashews and Almonds	Aloo Methi (1 cup) with Brown Rice (1/2 cup)	Grapefruit (1 medium sized)	Sugarcane Juice (1 glass)	Grilled Chicken (150g) with Stir Fried Bell Peppers (1 cup)
16	Green Tea (1 cup)	Moong Dal Cheela (2 medium sized) with Mint Chutney	Handful of Walnuts	Palak Tofu (1 cup) with 2 small Ragi Rotis	Cucumber Slices (1 cup)	Coconut Water (1 glass)	Sprout Salad (1 cup)

17	Mint Tea (1 cup)	Oats Idli (2 pieces) with Coriander Chutney	Handful of Roasted Chana	Lauki Sabzi (1 cup) with 2 small Jowar Rotis	Apple (1 medium sized)	Lemon Water (1 glass)	Grilled Fish (150g) with Stir Fried Veggies (1 cup)
18	Lemon Water (1 glass)	Besan Chilla (2 medium sized) with Tomato Chutney	Handful of Roasted Makhan a	Methi Aloo (1 cup) with 2 small Multigrain Rotis	Guava (1 medium sized)	Chamomile Tea (1 cup)	Grilled Chicken (150g) with Steamed Broccoli (1 cup)
19	Cucumber Water (1 glass)	Oats Upma (1 cup)	Handful of Sunflower Seeds	Baingan Bharta (1 cup) with 2 small Bajra Rotis	Cherry Tomatoes (1 cup)	Amla Juice (1 glass)	Tofu Stir Fry (1 cup) with Quinoa (1/2 cup)
20	Amla Juice (1 glass)	Paneer Bhurji (1 cup)	Handful of Pumpkin Seeds	Bhindi Masala (1 cup) with 2 small Ragi Rotis	Orange (1 medium sized)	Sugarcane Juice (1 glass)	Fish Curry (1 cup) with Brown Rice (1/2 cup)
21	Bitter Gourd Juice (1 glass)	Ragi Idli (2 pieces) with Mint Chutney	Handful of Pistachios	Rajma (1 cup) with 2 small Jowar Rotis	Bell Pepper Slices (1 cup)	Aloe Vera Juice (1 glass)	Vegetable Stir Fry (1 cup) with Quinoa (1/2 cup)
22	Fenugreek Water (1 glass)	Quinoa Poha (1 cup)	Handful of Cashews	Ghiya Chana Dal (1 cup) with 2 small Multigrain Rotis	Kiwi (1 medium sized)	Lemon Mint Cooler (1 glass)	Mushroom and Green Peas (1 cup) with Quinoa (1/2 cup)
23	Tulsi Tea (1 cup)	Buckwheat Dhokla (2 pieces)	Handful of	Karela Sabzi (1 cup)	Pear (1 medium sized)	Fresh Lime Juice (1 glass)	Chana Salad (1 cup)

		with Coriander Chutney	Roasted Peanuts	with 2 small Bajra Rotis			
24	Wheatgrass Juice (1 glass)	Whole Moong Dal Dosa (2 medium sized) with Tomato Chutney	Handful of Flaxseeds	Tofu Palak (1 cup) with Brown Rice (1/2 cup)	Berries Mix (1 cup)	Buttermilk (1 glass)	Grilled Chicken (150g) with Steamed Cauliflower (1 cup)
25	Aloe Vera Juice (1 glass)	Oats Uttapam (2 pieces) with Mint Chutney	Handful of Almonds and Walnuts	Arbi Masala (1 cup) with 2 small Ragi Rotis	Peach (1 medium sized)	Hibiscus Tea (1 cup)	Egg Salad (1 cup)
26	Neem Juice (1 glass)	Sprouts Sandwich (2 small slices of multigrain bread)	Handful of Sunflower Seeds	Paneer Bhurji (1 cup) with 2 small Jowar Rotis	Plum (1 medium sized)	Cucumber Juice (1 glass)	Grilled Fish (150g) with Stir Fried Zucchini (1 cup)
27	Lemon Ginger Tea (1 cup)	Oats Khichdi (1 cup)	Handful of Pumpkin Seeds	Lauki Chana Dal (1 cup) with 2 small Multigrain Rotis	Watermelon Slices (1 cup)	Green Tea (1 cup)	Tofu Stir Fry (1 cup) with Quinoa (1/2 cup)
28	Apple Cider Vinegar Water (1 glass)	Ragi Dosa (2 medium sized) with Coriander Chutney	Handful of Pistachios	Bhindi Masala (1 cup) with 2 small Bajra Rotis	Papaya Cubes (1 cup)	Pomegranate Juice (1 glass)	Paneer and Vegetable Salad (1 cup)

29	Giloy Juice (1 glass)	Quinoa Upma (1 cup)	Handful of Cashews and Almonds	Aloo Methi (1 cup) with Brown Rice (1/2 cup)	Grapefruit (1 medium sized)	Sugarcane Juice (1 glass)	Grilled Chicken (150g) with Stir Fried Bell Peppers (1 cup)
30	Ginger Turmeric Tea (1 cup)	Moong Dal Cheela (2 medium sized) with Mint Chutney	Handful of Walnuts	Palak Tofu (1 cup) with 2 small Ragi Rotis	Cucumber Slices (1 cup)	Coconut Water (1 glass)	Sprout Salad (1 cup)



## Uttarakhand Cuisine based 30-day Diabetes Diet Plan



Nestled in the pristine lap of the Himalayas, Uttarakhand cuisine offers an exquisite gastronomic journey that effortlessly intertwines health with flavor. The dishes that define this regional fare are typically brimming with nutrient-dense, locally sourced ingredients.

In this 30-day diabetes-friendly diet plan, I have aimed to highlight these star elements, each chosen not just for their delightful flavors but also for their profound health benefits, especially for individuals with diabetes. Take, for example, the hearty grains that are a staple of Uttarakhand — Mandua (Finger Millet), Jhangora (Barnyard Millet), and Bhatt (Black Soybean). High in fiber, these grains ensure a slower digestion process and a steady release of glucose into the bloodstream, aiding in maintaining stable blood sugar levels.

The diet plan also celebrates the vibrant bounty of local vegetables and herbs like Kafuli (Spinach), Bhaang ki Chutney (Hemp Seeds), Chainsoo (Black Gram), and Sisunak Saag (Nettle Leaves). Packed with essential nutrients and antioxidants, these ingredients help improve insulin sensitivity, thus offering significant benefits for those managing diabetes.

Incorporated into this plan are also various sources of healthy fats and proteins such as walnuts, almonds, and dairy products. These not only provide essential omega-3 fatty acids and probiotics but also contribute to the robust flavors and textures unique to this cuisine.

To ensure hydration, we have refreshing drinks like unsweetened herbal tea, warm water with lemon, buttermilk, and lassi, each bringing their unique detoxifying and health-promoting properties to the table. As you embark on this culinary journey, remember that every individual's nutritional needs are unique. I encourage you to adapt this plan to suit your specific health status and lifestyle.

I wish you a delightful and wholesome culinary experience, as you savor the diverse flavors of Uttarakhand, discovering the joy of meals that nourish the body and spirit alike.

Day	Early Morning Drink	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Afternoon Drink	Dinner
1	Warm water with lemon (1 glass)	Mandua ki roti (2 pieces) with homemade dahi (1 bowl)	Fruit Salad (1 small bowl)	Gahat Dal (1 bowl) with rice (1/2 cup) and mixed vegetable salad (1 bowl)	Roasted Makhanas (1 small bowl)	Green tea (1 cup)	Jhangora ki kheer (made with a sugar substitute , 1 bowl)
2	1 cup of Amla Juice	Mix Veg Thalipeeth (2 pieces) with mint chutney (2 tablespoons)	Sliced cucumber with lemon (1 small bowl)	Kafuli (1 bowl) with brown rice (1/2 cup)	Handful of almonds	Herbal tea (1 cup)	Phaanu (1 bowl) with Millet Roti (1 piece)
3	Green tea (1 cup)	Chidwa (Poha made from brown rice, 1 bowl)	Apple (1 medium)	Ras (1 bowl) with Barnyard Millet Rice (1/2 cup)	Sprouted Moong Salad (1 bowl)	Buttermilk (1 glass)	Aloo ke Gutke (1 bowl) with Jowar Roti (1 piece)
4	1 cup of Amla Juice	Bhaat ki Churdhani (1 bowl)	Sliced tomatoes (1 small bowl)	Madua (Finger Millet) Roti (1 piece) with Palak ki Sabzi (1 bowl)	Roasted Chana (1 small bowl)	Cinnamon tea (1 cup)	Badi (Urad Dal pakoras, 2 pieces) with Jowar Roti (1 piece)
5	Warm water with lemon (1 glass)	Kafuli (1 bowl) with Jowar Roti (1 piece)	Orange (1 medium)	Gahat (Horse Gram) Soup (1 bowl) with brown rice (1/2 cup)	Makhana Kheer (made with a sugar substitute , 1 bowl)	Lemon water (1 glass)	Aloo ke Gutke (1 bowl) with Bajra Roti (1 piece)

6	1 cup of Amla Juice	Barnyard Millet Idli (2 pieces) with Sambar (1 bowl)	Sliced cucumber with lemon (1 small bowl)	Chainsoo (1 bowl) with brown rice (1/2 cup)	Handful of Walnuts	Green tea (1 cup)	Jhangora ki kheer (made with a sugar substitute, 1 bowl)
7	Green tea (1 cup)	Gahat ke Paranthe (1 piece) with Mint Chutney (2 tablespoons)	Fruit Salad (1 small bowl)	Aloo Tamatar ka Jhol (1 bowl) with Millet Roti (1 piece)	Sprouted Moong Salad (1 bowl)	Buttermilk (1 glass)	Madua (Finger Millet) Roti (1 piece) with Palak ki Sabzi (1 bowl)

Day	Early Morning Drink	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Afternoon Drink	Dinner
8	Herbal tea (1 cup)	Ragi Idli (2 pieces) with Sambhar (1 bowl)	Apple (1 medium)	Madua (Finger Millet) Roti (1 piece) with Palak ki Sabzi (1 bowl)	Handful of Almonds	Buttermilk (1 glass)	Chainsoo (1 bowl) with Jowar Roti (1 piece)
9	Green tea with lemon (1 cup)	Kafuli (1 bowl) with Bajra Roti (1 piece)	Sliced cucumber with lemon (1 small bowl)	Jhangora (Barnyard Millet) Khichdi (1 bowl) with Mixed Vegetable Salad (1 bowl)	Roasted Makhana (1 small bowl)	Green tea (1 cup)	Gahat Dal (1 bowl) with Rice (1/2 cup)
10	Turmeric and ginger tea (1 cup)	Gahat ke Paranthe (1 piece) with Dahi (1 bowl)	Orange (1 medium)	Aloo ke Gutke (1 bowl) with Jowar Roti (1 piece)	Makhana Kheer (made with a sugar substitute)	Lemon water (1 glass)	Phaanu (1 bowl) with Jowar Roti (1 piece)

					e, 1 bowl)		
11	Aloe vera and lemon water (1 glass)	Bhaat ki Churdhani (1 bowl)	Sliced tomatoes (1 small bowl)	Gahat (Horse Gram) Soup (1 bowl) with Brown Rice (1/2 cup)	Sprouted Moong Salad (1 bowl)	Herbal tea (1 cup)	Chainsoo (1 bowl) with Bajra Roti (1 piece)
12	Amla juice (1 glass)	Mix Veg Thalipeeth (2 pieces) with Mint Chutney (2 tablespoons)	Fruit Salad (1 small bowl)	Ras (1 bowl) with Millet Rice (1/2 cup)	Handful of Walnuts	Green tea (1 cup)	Aloo Tamatar ka Jhol (1 bowl) with Jowar Roti (1 piece)
13	Cucumber water (1 glass)	Chidwa (Poha made from brown rice, 1 bowl)	Apple (1 medium)	Kafuli (1 bowl) with brown rice (1/2 cup)	Roasted Chana (1 small bowl)	Buttermilk (1 glass)	Badi (Urad Dal pakoras, 2 pieces) with Bajra Roti (1 piece)
14	Fenugreek water (1 glass)	Gahat ke Paranthi (1 piece) with Mint Chutney (2 tablespoons)	Sliced cucumber with lemon (1 small bowl)	Gahat Dal (1 bowl) with Millet Roti (1 piece)	Makhana Kheer (made with a sugar substitute, 1 bowl)	Lemon water (1 glass)	Jhangora ki kheer (made with a sugar substitute, 1 bowl)
15	Ginger tea (1 cup)	Barnyard Millet Idli (2 pieces) with Sambar (1 bowl)	Fruit Salad (1 small bowl)	Madua (Finger Millet) Roti (1 piece) with Palak ki Sabzi (1 bowl)	Handful of Almonds	Herbal tea (1 cup)	Chainsoo (1 bowl) with Jowar Roti (1 piece)

16	Hibiscus tea (1 cup)	Mix Veg Thalipeeth (2 pieces) with Mint Chutney (2 tablespoons)	Orange (1 medium)	Jhangora (Barnyard Millet) Khichdi (1 bowl) with Mixed Vegetable Salad (1 bowl)	Sprouted Moong Salad (1 bowl)	Buttermilk (1 glass)	Gahat Dal (1 bowl) with Rice (1/2 cup)
17	Chamomile tea (1 cup)	Mandua ki roti (2 pieces) with homemade dahi (1 bowl)	Apple (1 medium)	Aloo ke Gutke (1 bowl) with Bajra Roti (1 piece)	Roasted Makhana (1 small bowl)	Green tea (1 cup)	Phaanu (1 bowl) with Millet Roti (1 piece)
18	Coconut water (1 glass)	Bhaat ki Churdhani (1 bowl)	Sliced cucumber with lemon (1 small bowl)	Gahat (Horse Gram) Soup (1 bowl) with Brown Rice (1/2 cup)	Handful of Walnuts	Herbal tea (1 cup)	Chainsoo (1 bowl) with Jowar Roti (1 piece)
19	Lemon and honey water (1 glass)	Chidwa (Poha made from brown rice, 1 bowl)	Fruit Salad (1 small bowl)	Ras (1 bowl) with Barnyard Millet Rice (1/2 cup)	Roasted Chana (1 small bowl)	Lemon water (1 glass)	Aloo Tamatar ka Jhol (1 bowl) with Bajra Roti (1 piece)
20	Mint tea (1 cup)	Ragi Idli (2 pieces) with Sambhar (1 bowl)	Apple (1 medium)	Kafuli (1 bowl) with Brown Rice (1/2 cup)	Makhana Kheer (made with a sugar substitute, 1 bowl)	Buttermilk (1 glass)	Badi (Urad Dal pakoras, 2 pieces) with Jowar Roti (1 piece)
21	Warm water with apple cider	Mix Veg Thalipeeth (2 pieces) with Mint	Sliced cucumber with lemon (1	Gahat Dal (1 bowl) with	Handful of Almonds	Herbal tea (1 cup)	Jhangora ki kheer (made with a

	vinegar (1 glass)	Chutney (2 tablespoons)	small bowl)	Millet Roti (1 piece)			sugar substitute, 1 bowl)
22	Ginger tea (1 cup)	Barnyard Millet Idli (2 pieces) with Sambar (1 bowl)	Orange (1 medium)	Aloo ke Gutke (1 bowl) with Jowar Roti (1 piece)	Sprouted Moong Salad (1 bowl)	Herbal tea (1 cup)	Chainsoo (1 bowl) with Bajra Roti (1 piece)
23	1 cup of Amla Juice	Mix Veg Thalipeeth (2 pieces) with Mint Chutney (2 tablespoons)	Apple (1 medium)	Jhangora (Barnyard Millet) Khichdi (1 bowl) with Mixed Vegetable Salad (1 bowl)	Roasted Chana (1 small bowl)	Green tea (1 cup)	Gahat Dal (1 bowl) with Rice (1/2 cup)
24	Cucumber water (1 glass)	Barnyard Millet Idli (2 pieces) with Sambar (1 bowl)	Sliced cucumber with lemon (1 small bowl)	Madua (Finger Millet) Roti (1 piece) with Palak ki Sabzi (1 bowl)	Makhana Kheer (made with a sugar substitute, 1 bowl)	Buttermilk (1 glass)	Phaanu (1 bowl) with Millet Roti (1 piece)
25	Spinach and cucumber juice (1 glass)	Ragi Idli (2 pieces) with Sambhar (1 bowl)	Fruit Salad (1 small bowl)	Gahat (Horse Gram) Soup (1 bowl) with Brown Rice (1/2 cup)	Handful of Walnuts	Lemon water (1 glass)	Aloo Tamatar ka Jhol (1 bowl) with Jowar Roti (1 piece)
26	Warm water with cinnamon (1 cup)	Kafuli (1 bowl) with Bajra Roti (1 piece)	Orange (1 medium)	Ras (1 bowl) with Barnyard Millet Rice (1/2 cup)	Sprouted Moong Salad (1 bowl)	Herbal tea (1 cup)	Badi (Urad Dal pakoras, 2 pieces) with Millet

							Roti (1 piece)
27	Cumin water (1 glass)	Chidwa (Poha made from brown rice, 1 bowl)	Apple (1 medium)	Kafuli (1 bowl) with Brown Rice (1/2 cup)	Roasted Makhana s (1 small bowl)	Buttermilk (1 glass)	Chainsoo (1 bowl) with Jowar Roti (1 piece)
28	Fennel water (1 glass)	Gahat ke Paranthe (1 piece) with Dahi (1 bowl)	Sliced cucumber with lemon (1 small bowl)	Gahat Dal (1 bowl) with Millet Roti (1 piece)	Makhana Kheer (made with a sugar substitute, 1 bowl)	Green tea (1 cup)	Jhangora ki kheer (made with a sugar substitute, 1 bowl)
29	Carrot and ginger juice (1 glass)	Bhaat ki Churdhani (1 bowl)	Fruit Salad (1 small bowl)	Aloo ke Gutke (1 bowl) with Bajra Roti (1 piece)	Handful of Almonds	Lemon water (1 glass)	Gahat Dal (1 bowl) with Rice (1/2 cup)
30	Pomegranate juice (1 glass)	Mix Veg Thalipeeth (2 pieces) with Mint Chutney (2 tablespoons)	Orange (1 medium)	Jhangora (Barnyard Millet) Khichdi (1 bowl) with Mixed Vegetable Salad (1 bowl)	Roasted Chana (1 small bowl)	Buttermilk (1 glass)	Phaanu (1 bowl) with Millet Roti (1 piece)



## Vegetarian Cuisine based 30-day Diabetes Diet Plan



This 30-day diabetes diet plan is designed around North Indian vegetarian cuisine, focusing on foods with a low glycemic index (GI) that are beneficial for controlling blood sugar levels. The plan incorporates a variety of whole grains, legumes, vegetables, and healthy fats, all of which are staples in North Indian vegetarian cuisine.

Whole grains like brown rice, quinoa, and whole wheat are used in place of refined grains, providing a steady release of energy and helping to maintain stable blood sugar levels. Legumes such as lentils, chickpeas, and kidney beans are high in fiber and protein, which can slow the absorption of sugar into the bloodstream and prevent spikes in blood glucose.

Vegetables are a key part of every meal, providing essential vitamins, minerals, and fiber. Healthy fats from sources like almonds, walnuts, and avocados are included to help increase satiety and provide heart-healthy monounsaturated and polyunsaturated fats.

The plan also includes regular consumption of fenugreek seeds and green tea, both of which have been shown to have potential benefits for blood sugar control. Fenugreek seeds are high in soluble fiber, which can slow down digestion and absorption of carbohydrates, helping to prevent spikes in blood sugar. Green tea is rich in polyphenols, which may improve insulin sensitivity and help regulate blood sugar levels.

This diet plan is not only nutritious but also flavorful and satisfying, making it easier to stick to and enjoy. As always, it's important to consult with a healthcare provider before starting any new diet plan, especially if you have any health conditions.

Day	Early Morning Drink (6:00 AM - 9:00 AM)	Breakfast (8:00 AM - 9:00 AM)	Mid-Morning Snack (10:30 AM - 2:00 PM)	Lunch (1:00 PM - 2:00 PM)	Afternoon Snack (4:00 PM - 5:00 PM)	Afternoon Drink (5:30 PM - 6:30 PM)	Dinner (7:30 PM - 8:30 PM)
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- 7:00 AM)		11:30 AM)					
1	Warm water with lemon and 1 tsp fenugreek seeds soaked overnight	1 bowl of Oats Idli with Mint Chutney	1 Apple	1 bowl of Quinoa Pulao with Raita	1 Cucumber with Hummus	1 cup of Green Tea	1 serving of Paneer Bhurji with 2 Whole Wheat Rotis
2	Warm water with lemon and 1 tsp fenugreek seeds soaked overnight	1 serving of Moong Dal Chilla with Green Chutney	1 Orange	1 bowl of Brown Rice Khichdi with Curd	10 Almonds	1 cup of Green Tea	1 serving of Veg Jalfrezi with 2 Whole Wheat Rotis
3	Warm water with lemon and 1 tsp fenugreek seeds soaked overnight	2 Whole Wheat Vegetable Parathas with Curd	1 Guava	1 bowl of Rajma with Brown Rice	1 cup of Roasted Chana	1 cup of Green Tea	1 serving of Tofu Tikka Masala with 2 Whole Wheat Rotis
4	Warm water with lemon and 1 tsp fenugreek seeds soaked overnight	1 bowl of Poha with Sprouts	1 Pear	1 bowl of Vegetable Biryani with Raita	1 cup of Roasted Makhana	1 cup of Green Tea	1 serving of Palak Paneer with 2 Whole Wheat Rotis
5	Warm water with lemon and 1 tsp fenugreek seeds	1 serving of Besan Chilla with Green Chutney	1 Apple	1 bowl of Dal Tadka with Brown Rice	10 Walnuts	1 cup of Green Tea	1 serving of Mushroom Matar with 2 Whole Wheat Rotis

	soaked overnight						
6	Warm water with lemon and 1 tsp fenugreek seeds soaked overnight	1 bowl of Vegetable Upma	1 Orange	1 bowl of Chana Masala with Brown Rice	1 Cucumber with Hummus	1 cup of Green Tea	1 serving of Baingan Bharta with 2 Whole Wheat Rotis
7	Warm water with lemon and 1 tsp fenugreek seeds soaked overnight	1 serving of Dalia with Milk	1 Guava	1 bowl of Vegetable Pulao with Raita	1 cup of Roasted Chana	1 cup of Green Tea	1 serving of Kadai Paneer with 2 Whole Wheat Rotis

Day	Early Morning Drink (6:00 AM - 7:00 AM)	Breakfast (8:00 AM - 9:00 AM)	Mid-Morning Snack (10:30 AM - 11:30 AM)	Lunch (1:00 PM - 2:00 PM)	Afternoon Snack (4:00 PM - 5:00 PM)	Afternoon Drink (5:30 PM - 6:30 PM)	Dinner (7:30 PM - 8:30 PM)
8	Warm water with lemon and 1 tsp fenugreek seeds soaked overnight	1 bowl of Vegetable Dalia	1 Apple	1 bowl of Brown Rice Biryani with Raita	10 Almonds	1 cup of Green Tea	1 serving of Methi Malai Paneer with 2 Whole Wheat Rotis
9	Warm water with lemon and 1 tsp fenugreek seeds	1 serving of Ragi Dosa with Sambar	1 Orange	1 bowl of Vegetable Khichdi with Curd	1 Cucumber with Hummus	1 cup of Green Tea	1 serving of Veg Kolhapuri with 2 Whole Wheat Rotis

	soaked overnight						
10	Warm water with lemon and 1 tsp fenugreek seeds soaked overnight	2 Whole Wheat Rotis with Veggie Scramble	1 Guava	1 bowl of Chole with Brown Rice	1 cup of Roasted Makhana	1 cup of Green Tea	1 serving of Soya Chunks Curry with 2 Whole Wheat Rotis
11	Warm water with lemon and 1 tsp fenugreek seeds soaked overnight	1 bowl of Sprouts Poha	1 Pear	1 bowl of Dal Palak with Brown Rice	10 Walnuts	1 cup of Green Tea	1 serving of Veg Makhanwala with 2 Whole Wheat Rotis
12	Warm water with lemon and 1 tsp fenugreek seeds soaked overnight	1 serving of Mixed Dal Dosa with Coconut Chutney	1 Apple	1 bowl of Vegetable Pulao with Raita	1 Cucumber with Hummus	1 cup of Green Tea	1 serving of Aloo Gobi with 2 Whole Wheat Rotis
13	Warm water with lemon and 1 tsp fenugreek seeds soaked overnight	1 bowl of Upma with Coconut Chutney	1 Orange	1 bowl of Rajma with Brown Rice	1 cup of Roasted Chana	1 cup of Green Tea	1 serving of Bhindi Masala with 2 Whole Wheat Rotis
14	Warm water with lemon and 1 tsp fenugreek seeds	1 serving of Vegetable Uttapam with Sambar	1 Guava	1 bowl of Chana Masala with Brown Rice	10 Almonds	1 cup of Green Tea	1 serving of Palak Tofu with 2 Whole Wheat Rotis

	soaked overnight						
15	Warm water with lemon and 1 tsp fenugreek seeds soaked overnight	1 bowl of Oats Upma	1 Apple	1 bowl of Vegetable Biryani with Raita	1 Cucumber with Hummus	1 cup of Green Tea	1 serving of Kadai Mushroom with 2 Whole Wheat Rotis
16	Warm water with lemon and 1 tsp fenugreek seeds soaked overnight	1 serving of Moong Dal Dosa with Green Chutney	1 Orange	1 bowl of Brown Rice Pulao with Curd	10 Walnuts	1 cup of Green Tea	1 serving of Veg Korma with 2 Whole Wheat Rotis
17	Warm water with lemon and 1 tsp fenugreek seeds soaked overnight	2 Whole Wheat Rotis with Veggie Scramble	1 Guava	1 bowl of Dal Fry with Brown Rice	1 cup of Roasted Makhana	1 cup of Green Tea	1 serving of Paneer Tikka Masala with 2 Whole Wheat Rotis
18	Warm water with lemon and 1 tsp fenugreek seeds soaked overnight	1 bowl of Vegetable Dalia	1 Pear	1 bowl of Chole with Brown Rice	1 Cucumber with Hummus	1 cup of Green Tea	1 serving of Veg Kadai with 2 Whole Wheat Rotis
19	Warm water with lemon and 1 tsp fenugreek seeds	1 serving of Ragi Idli with Sambar	1 Apple	1 bowl of Vegetable Khichdi with Curd	10 Almonds	1 cup of Green Tea	1 serving of Mushroom Do Pyaza with 2 Whole Wheat Rotis

	soaked overnight						
20	Warm water with lemon and 1 tsp fenugreek seeds soaked overnight	1 bowl of Poha with Sprouts	1 Orange	1 bowl of Rajma with Brown Rice	1 cup of Roasted Chana	1 cup of Green Tea	1 serving of Aloo Methi with 2 Whole Wheat Rotis
21	Warm water with lemon and 1 tsp fenugreek seeds soaked overnight	1 serving of Vegetable Uttapam with Coconut Chutney	1 Guava	1 bowl of Chana Masala with Brown Rice	10 Walnuts	1 cup of Green Tea	1 serving of Palak Paneer with 2 Whole Wheat Rotis

Day	Early Morning Drink (6:00 AM - 7:00 AM)	Breakfast (8:00 AM - 9:00 AM)	Mid-Morning Snack (10:30 AM - 11:30 AM)	Lunch (1:00 PM - 2:00 PM)	Afternoon Snack (4:00 PM - 5:00 PM)	Afternoon Drink (5:30 PM - 6:30 PM)	Dinner (7:30 PM - 8:30 PM)
22	Warm water with lemon and 1 tsp fenugreek seeds soaked overnight	1 bowl of Oats Idli with Mint Chutney	1 Apple	1 bowl of Quinoa Pulao with Raita	1 Cucumber with Hummus	1 cup of Green Tea	1 serving of Paneer Bhurji with 2 Whole Wheat Rotis
23	Warm water with lemon and 1 tsp fenugreek seeds	1 serving of Moong Dal Chilla with Green Chutney	1 Orange	1 bowl of Brown Rice Khichdi with Curd	10 Almonds	1 cup of Green Tea	1 serving of Veg Jalfrezi with 2 Whole Wheat Rotis

Day	Early Morning Drink (6:00 AM - 7:00 AM)	Breakfast (8:00 AM - 9:00 AM)	Mid-Morning Snack (10:30 AM - 11:30 AM)	Lunch (1:00 PM - 2:00 PM)	Afternoon Snack (4:00 PM - 5:00 PM)	Afternoon Drink (5:30 PM - 6:30 PM)	Dinner (7:30 PM - 8:30 PM)
	soaked overnight						
24	Warm water with lemon and 1 tsp fenugreek seeds soaked overnight	2 Whole Wheat Vegetable Parathas with Curd	1 Guava	1 bowl of Rajma with Brown Rice	1 cup of Roasted Chana	1 cup of Green Tea	1 serving of Tofu Tikka Masala with 2 Whole Wheat Rotis
25	Warm water with lemon and 1 tsp fenugreek seeds soaked overnight	1 bowl of Poha with Sprouts	1 Pear	1 bowl of Vegetable Biryani with Raita	1 cup of Roasted Makhana	1 cup of Green Tea	1 serving of Palak Paneer with 2 Whole Wheat Rotis
26	Warm water with lemon and 1 tsp fenugreek seeds soaked overnight	1 serving of Besan Chilla with Green Chutney	1 Apple	1 bowl of Dal Tadka with Brown Rice	10 Walnuts	1 cup of Green Tea	1 serving of Mushroom Matar with 2 Whole Wheat Rotis
27	Warm water with lemon and 1 tsp fenugreek seeds soaked overnight	1 bowl of Vegetable Upma	1 Orange	1 bowl of Chana Masala with Brown Rice	1 Cucumber with Hummus	1 cup of Green Tea	1 serving of Baingan Bharta with 2 Whole Wheat Rotis

Day	Early Morning Drink (6:00 AM - 7:00 AM)	Breakfast (8:00 AM - 9:00 AM)	Mid-Morning Snack (10:30 AM - 11:30 AM)	Lunch (1:00 PM - 2:00 PM)	Afternoon Snack (4:00 PM - 5:00 PM)	Afternoon Drink (5:30 PM - 6:30 PM)	Dinner (7:30 PM - 8:30 PM)
28	Warm water with lemon and 1 tsp fenugreek seeds soaked overnight	1 serving of Dalia with Milk	1 Guava	1 bowl of Vegetable Pulao with Raita	1 cup of Roasted Chana	1 cup of Green Tea	1 serving of Kadai Paneer with 2 Whole Wheat Rotis
29	Warm water with lemon and 1 tsp fenugreek seeds soaked overnight	1 bowl of Vegetable Dalia	1 Apple	1 bowl of Brown Rice Biryani with Raita	10 Almonds	1 cup of Green Tea	1 serving of Methi Malai Paneer with 2 Whole Wheat Rotis
30	Warm water with lemon and 1 tsp fenugreek seeds soaked overnight	1 serving of Ragi Dosa with Sambar	1 Orange	1 bowl of Vegetable Khichdi with Curd	1 Cucumber with Hummus	1 cup of Green Tea	1 serving of Veg Kolhapuri with 2 Whole Wheat Rotis

## Glycemic Index and Glycemic Load Chart of Indian Foods

The Glycemic Index (GI) is a numerical system that ranks carbohydrate-rich foods by how much they raise blood glucose levels compared to a standard food. The standard food is either glucose or white bread. **Foods are classified as low (55 or less), medium (56-69), and high GI (70 or more).**

On the other hand, Glycemic Load (GL) is a measure that takes into account the amount of carbohydrate in a portion of food along with how quickly it raises blood glucose levels. It's calculated by multiplying the GI of a food item by the amount of carbohydrate in grams provided by a food portion and then dividing by 100. Foods are classified as low (10 or less), medium (11-19), and high GL (20 or more).

Now, why are these important for a diabetic diet? Well, managing blood sugar levels is crucial for individuals with diabetes, and that's where GI and GL come into play. Foods with a low GI or GL can help maintain more stable blood sugar levels, reducing the risk of spikes and crashes. This can help manage symptoms, prevent complications, and improve overall quality of life for individuals with diabetes. So, as you navigate through this chart of common Indian foods, keep an eye on the GI and GL values to make informed dietary choices. We have added a remarks column to help you to pick the right foods.

Sl No	Food	Glycemic Index (GI)	Glycemic Load (GL)	Remarks
1	Almonds	15	0	Safe to Eat for Diabetes
2	Aloo gobi	50	10	Eat only in Moderation
3	Aloo Matar	55	14	Eat only in Moderation
4	Aloo paratha	65	20	Eat only in Moderation
5	Aloo Tikki	70	20	Eat only in Moderation
6	Apple	36	5	Safe to Eat for Diabetes
7	Apricots	34	3	Safe to Eat for Diabetes
8	Asparagus	15	0	Safe to Eat for Diabetes
9	Baingan Bharta	40	9	Safe to Eat for Diabetes
10	Bajra roti	55	12	Eat only in Moderation
11	Banana	51	13	Eat only in Moderation
12	Basmati rice	58	22	Eat only in Moderation
13	Beef, lean	0	0	Safe to Eat for Diabetes
14	Beer	66	14	Eat only in Moderation
15	Beetroot	64	5	Eat only in Moderation
16	Bell pepper	15	0	Safe to Eat for Diabetes
17	Besan Ladoo	70	20	Eat only in Moderation
18	Bhatura	75	22	Should be avoided in Diabetes



19	Bhelpuri	65	15	Eat only in Moderation
20	Bhindi Fry	40	6	Safe to Eat for Diabetes
21	Bhindi Masala	40	9	Safe to Eat for Diabetes
22	Biryani	60	24	Eat only in Moderation
23	Biscuit	62	8	Eat only in Moderation
24	Black beans	30	7	Safe to Eat for Diabetes
25	Blackberries	25	2	Safe to Eat for Diabetes
26	Blueberries	53	6	Safe to Eat for Diabetes
27	Boysenberries	25	3	Safe to Eat for Diabetes
28	Bread Pakoda	70	25	Eat only in Moderation
29	Broccoli	10	0	Safe to Eat for Diabetes
30	Brown rice, boiled	68	16	Eat only in Moderation
31	Brussels sprouts	15	0	Safe to Eat for Diabetes
32	Bulgur	48	12	Eat only in Moderation
33	Burger	30	8	Safe to Eat for Diabetes
34	Butter	0	0	Safe to Eat for Diabetes
35	Butter chicken	55	12	Eat only in Moderation
36	Cabbage	10	0	Safe to Eat for Diabetes
37	Canola oil	0	0	Safe to Eat for Diabetes
38	Capsicum Masala	45	11	Eat only in Moderation
39	Carrots	39	2	Safe to Eat for Diabetes
40	Cashews	22	3	Safe to Eat for Diabetes
41	Cauliflower	15	1	Safe to Eat for Diabetes
42	Celery	15	0	Safe to Eat for Diabetes
43	Chana Bhature	65	20	Eat only in Moderation
44	Chana dal	8	1	Safe to Eat for Diabetes
45	Chana Masala	30	8	Safe to Eat for Diabetes
46	Chapati	62	15	Eat only in Moderation
47	Chawli Masala	45	11	Eat only in Moderation
48	Cheese, cheddar	0	0	Safe to Eat for Diabetes
49	Cheese, cottage	0	0	Safe to Eat for Diabetes
50	Cheese, mozzarella	0	0	Safe to Eat for Diabetes
51	Cheese, swiss	0	0	Safe to Eat for Diabetes
52	Cherries	22	3	Safe to Eat for Diabetes
53	Chicken Biryani	65	22	Eat only in Moderation
54	Chicken soup	25	3	Safe to Eat for Diabetes
55	Chicken tikka masala	50	10	Eat only in Moderation
56	Chickpeas	28	8	Safe to Eat for Diabetes
57	Chilli	15	0	Safe to Eat for Diabetes
58	Chole bhature	60	15	Eat only in Moderation

59	Coconut	45	5	Safe to Eat for Diabetes
60	Coconut milk	41	2	Safe to Eat for Diabetes
61	Cod	0	0	Safe to Eat for Diabetes
62	Coffee (without sugar)	0	0	Safe to Eat for Diabetes
63	Coke	63	16	Eat only in Moderation
64	Corn	55	9	Eat only in Moderation
65	Corn chips	42	11	Eat only in Moderation
66	Corn flakes	81	20	Eat only in Moderation
67	Couscous	65	15	Eat only in Moderation
68	Cranberries	45	3	Safe to Eat for Diabetes
69	Cucumber	15	1	Safe to Eat for Diabetes
70	Dal	29	5	Safe to Eat for Diabetes
71	Dal Fry	50	13	Eat only in Moderation
72	Dal makhani	40	9	Safe to Eat for Diabetes
73	Dark chocolate	23	10	Safe to Eat for Diabetes
74	Dates	42	18	Eat only in Moderation
75	Dhokla	70	18	Eat only in Moderation
76	Dosa	76	15	Eat only in Moderation
77	Egg Biryani	60	21	Eat only in Moderation
78	Egg, boiled	0	0	Safe to Eat for Diabetes
79	Egg, white	0	0	Safe to Eat for Diabetes
80	Eggplant	15	1	Safe to Eat for Diabetes
81	Fish Curry	45	10	Safe to Eat for Diabetes
82	French fries	75	22	Should be avoided in Diabetes
83	Full cream milk	39	4	Safe to Eat for Diabetes
84	Gajar ka Halwa	65	18	Eat only in Moderation
85	Gajar Matar	45	11	Eat only in Moderation
86	Garlic	15	0	Safe to Eat for Diabetes
87	Ghee	0	0	Safe to Eat for Diabetes
88	Ghee Rice	70	25	Eat only in Moderation
89	Ginger	15	0	Safe to Eat for Diabetes
90	Gooseberries	25	2	Safe to Eat for Diabetes
91	Grapes	59	8	Eat only in Moderation
92	Green beans	15	0	Safe to Eat for Diabetes
93	Grilled fish	0	0	Safe to Eat for Diabetes
94	Guava	33	3	Safe to Eat for Diabetes
95	Gulab Jamun	65	20	Eat only in Moderation
96	Haddock	0	0	Safe to Eat for Diabetes
97	Halibut	0	0	Safe to Eat for Diabetes
98	Honey	61	12	Eat only in Moderation

99	Ice cream	57	16	Eat only in Moderation
100	Idli	75	14	Eat only in Moderation
101	Instant noodles	57	15	Eat only in Moderation
102	Jalebi	75	22	Should be avoided in Diabetes
103	Jam	65	10	Eat only in Moderation
104	Jowar roti	70	15	Eat only in Moderation
105	Kadi Pakoda	55	16	Eat only in Moderation
106	Kale	15	0	Safe to Eat for Diabetes
107	Kheer	60	15	Eat only in Moderation
108	Khichdi (rice and lentils)	55	14	Eat only in Moderation
109	Kidney beans	29	7	Safe to Eat for Diabetes
110	Kiwi	52	4	Safe to Eat for Diabetes
111	Kofta Curry	60	20	Eat only in Moderation
112	Kulfi	60	16	Eat only in Moderation
113	Lamb, lean	0	0	Safe to Eat for Diabetes
114	Lassi, sweet	60	15	Eat only in Moderation
115	Lemon Rice	65	22	Eat only in Moderation
116	Lettuce	10	0	Safe to Eat for Diabetes
117	Lima beans	32	7	Safe to Eat for Diabetes
118	Lychee	50	6	Safe to Eat for Diabetes
119	Mackerel	0	0	Safe to Eat for Diabetes
120	Makki ki Roti	70	22	Eat only in Moderation
121	Malai Kofta	60	15	Eat only in Moderation
122	Maltitol	35	0	Safe to Eat for Diabetes
123	Mango	51	8	Safe to Eat for Diabetes
124	Mango lassi	52	16	Eat only in Moderation
125	Masala dosa	70	18	Eat only in Moderation
126	Matar Paneer	45	12	Eat only in Moderation
127	Matar Paneer	40	9	Safe to Eat for Diabetes
128	Methi Malai Matar	50	13	Eat only in Moderation
129	Methi Thepla	55	13	Eat only in Moderation
130	Milk chocolate	42	24	Should be avoided in Diabetes
131	Milk, skim	32	4	Safe to Eat for Diabetes
132	Milk, whole	41	4	Safe to Eat for Diabetes
133	Moong Dal	35	6	Safe to Eat for Diabetes
134	Mushroom	10	0	Safe to Eat for Diabetes
135	Mutton Biryani	65	23	Eat only in Moderation
136	Naan	67	18	Eat only in Moderation
137	Navratan Korma	55	16	Eat only in Moderation

138	Oat milk	69	9	Eat only in Moderation
139	Oats	55	13	Eat only in Moderation
140	Okra	20	1	Safe to Eat for Diabetes
141	Olive oil	0	0	Safe to Eat for Diabetes
142	Onion	10	1	Safe to Eat for Diabetes
143	Orange	43	4	Safe to Eat for Diabetes
144	Pakora	60	17	Eat only in Moderation
145	Palak paneer	30	5	Safe to Eat for Diabetes
146	Paneer	55	2	Safe to Eat for Diabetes
147	Paneer Biryani	60	21	Eat only in Moderation
148	Paneer Butter Masala	50	14	Eat only in Moderation
149	Paneer Tikka	45	11	Eat only in Moderation
150	Papaya	59	6	Eat only in Moderation
151	Parboiled rice	50	14	Eat only in Moderation
152	Passion fruit	30	3	Safe to Eat for Diabetes
153	Pav Bhaji	65	20	Eat only in Moderation
154	Peach	42	5	Safe to Eat for Diabetes
155	Peanuts	14	1	Safe to Eat for Diabetes
156	Pear	38	4	Safe to Eat for Diabetes
157	Peas Pulao	60	21	Eat only in Moderation
158	Pesarattu	55	15	Eat only in Moderation
159	Pineapple	59	7	Eat only in Moderation
160	Pinto beans	39	10	Safe to Eat for Diabetes
161	Pizza	60	22	Eat only in Moderation
162	Plum	39	3	Safe to Eat for Diabetes
163	Poha	70	20	Eat only in Moderation
164	Pomegranate	53	4	Safe to Eat for Diabetes
165	Poori	80	23	Should be avoided in Diabetes
166	Popcorn	65	7	Eat only in Moderation
167	Pork, lean	0	0	Safe to Eat for Diabetes
168	Pork, lean	0	0	Safe to Eat for Diabetes
169	Potato chips	56	12	Eat only in Moderation
170	Potato, boiled	78	21	Should be avoided in Diabetes
171	Pretzels	83	16	Eat only in Moderation
172	Prunes	29	10	Safe to Eat for Diabetes
173	Pumpkin	75	3	Should be avoided in Diabetes
174	Puri	80	23	Should be avoided in Diabetes
175	Quinoa	53	13	Eat only in Moderation

176	Radish	15	0	Safe to Eat for Diabetes
177	Ragi roti	85	20	Eat only in Moderation
178	Rajma	29	7	Safe to Eat for Diabetes
179	Rajma Rice	55	16	Eat only in Moderation
180	Rambutan	42	9	Safe to Eat for Diabetes
181	Rasgulla	65	18	Eat only in Moderation
182	Raspberries	32	2	Safe to Eat for Diabetes
183	Raspberries	32	2	Safe to Eat for Diabetes
184	Rava Idli	65	15	Eat only in Moderation
185	Rava Upma	60	19	Eat only in Moderation
186	Rice milk	86	14	Eat only in Moderation
187	Roasted chicken	0	0	Safe to Eat for Diabetes
188	Salmon	0	0	Safe to Eat for Diabetes
189	Sambar	30	8	Safe to Eat for Diabetes
190	Samosa	70	35	Eat only in Moderation
191	Sardines	0	0	Safe to Eat for Diabetes
192	Sev Puri	70	20	Eat only in Moderation
193	Shahi Paneer	50	14	Eat only in Moderation
194	Shrimp Biryani	65	22	Eat only in Moderation
195	Skimmed milk	37	4	Safe to Eat for Diabetes
196	Sooji Halwa	65	20	Eat only in Moderation
197	Sorbitol	9	0	Safe to Eat for Diabetes
198	Soy milk	34	4	Safe to Eat for Diabetes
199	Soybeans	15	1	Safe to Eat for Diabetes
200	Spinach	15	0	Safe to Eat for Diabetes
201	Spinach Dal	45	10	Safe to Eat for Diabetes
202	Stevia	0	0	Safe to Eat for Diabetes
203	Strawberry	41	1	Safe to Eat for Diabetes
204	Sugar (sucrose)	65	10	Eat only in Moderation
205	Sunflower oil	0	0	Safe to Eat for Diabetes
206	Sushi rice	85	23	Should be avoided in Diabetes
207	Sweet potato	70	22	Eat only in Moderation
208	Tandoori chicken	0	0	Safe to Eat for Diabetes
209	Tandoori Roti	60	15	Eat only in Moderation
210	Tea (without sugar)	0	0	Safe to Eat for Diabetes
211	Tofu Curry	40	9	Safe to Eat for Diabetes
212	Tomato	15	1	Safe to Eat for Diabetes
213	Tomato Rice	65	22	Eat only in Moderation
214	Tomato soup	38	4	Safe to Eat for Diabetes
215	Trout	0	0	Safe to Eat for Diabetes

216	Tuna	0	0	Safe to Eat for Diabetes
217	Turkey, lean	0	0	Safe to Eat for Diabetes
218	Turnip	62	2	Eat only in Moderation
219	Upma	60	16	Eat only in Moderation
220	Uttapam	70	20	Eat only in Moderation
221	Vada	75	20	Eat only in Moderation
222	Vada Pav	70	22	Eat only in Moderation
223	Veg Biryani	60	20	Eat only in Moderation
224	Veg Cutlet	60	20	Eat only in Moderation
225	Veg Fried Rice	70	25	Eat only in Moderation
226	Veg Handi	50	14	Eat only in Moderation
227	Veg Kofta	60	20	Eat only in Moderation
228	Veg Kurma	50	14	Eat only in Moderation
229	Veg Manchurian	65	22	Eat only in Moderation
230	Veg Pulao	55	17	Eat only in Moderation
231	Veg Samosa	70	23	Eat only in Moderation
232	Veg Spring Roll	70	23	Eat only in Moderation
233	Vegetable Biryani	60	20	Eat only in Moderation
234	Vegetable Thali	55	15	Eat only in Moderation
235	Veggie Burger	60	20	Eat only in Moderation
236	Vodka	0	0	Safe to Eat for Diabetes
237	Walnuts	15	0	Safe to Eat for Diabetes
238	Watermelon	76	4	Should be avoided in Diabetes
239	Wheat bread	71	10	Should be avoided in Diabetes
240	White pasta	45	23	Should be avoided in Diabetes
241	White rice, boiled	73	29	Should be avoided in Diabetes
242	Whole Green Moong Dal	45	10	Safe to Eat for Diabetes
243	Whole wheat pasta	37	15	Eat only in Moderation
244	Wine	0	0	Safe to Eat for Diabetes
245	Xylitol	13	0	Safe to Eat for Diabetes
246	Yellow Dal Tadka	50	13	Eat only in Moderation
247	Yoghurt, low fat	33	3	Safe to Eat for Diabetes
248	Yogurt, plain	14	1	Safe to Eat for Diabetes
249	Zeera Aloo	55	16	Eat only in Moderation
250	Zucchini	15	1	Safe to Eat for Diabetes