

Arabic low carb meal plan < 130 grams of carbohydrates per day

Reducing weight and maintaining a healthy weight through lifestyle interventions can reduce your risk of developing type 2 diabetes. Evidence suggests that low-carb diets are safe and can improve blood glucose levels in the short term, as well as helping to achieve weight loss and reducing the risk of heart disease.













Common staple carbohydrates such as bread, flatbreads, white rice, white pasta, and potatoes can increase your blood glucose post-meal. These foods should be replaced with high fibre choices such as wholegrain or with increasing portion sizes of vegetables at meal times.

Your healthcare teams can assist you with suitable dietary advice which is culturally tailored and sign post you towards suitable resources.

Find recipes and snacks on our website: www.preventingdiabetes.org.uk



7-day Arabic low carb meal plan < 130 grams of carbohydrates per day

	Breakfast:	Lunch:	Dinner:	Snacks:
Monday	 <p>Fried egg 1 slice of toast (high fibre)</p> <p style="text-align: center;">15g carbs</p>	 <p>Kofta kebab 200g Arabic flat bread 60g Salad 300g</p> <p style="text-align: center;">40g carbs</p>	 <p>Dolma (Stuffed Peppers & aubergine with mince, vegetables) 200g</p> <p style="text-align: center;">15g carbs</p>	 <p>Pomegranate seeds 50g</p> <p style="text-align: center;">7g carbs</p>
Tuesday	 <p>Boiled eggs 100g Gaimar (soft cheese) 50g Arabic flat bread 30g</p> <p style="text-align: center;">23g carbs</p>	 <p>Vine leaves 135g Arabic flat bread 60g Hummus 100g</p> <p style="text-align: center;">44g carbs</p>	 <p>Tashreebah (Mutton stew) 200g Cauliflower rice 100g</p> <p style="text-align: center;">8g carbs</p>	 <p>Watermelon 140g</p> <p style="text-align: center;">10g carbs</p>
Wednesday	 <p>Pancakes with kidney beans 65g</p> <p style="text-align: center;">24g carbs</p>	 <p>Kibbeh 75g Arabic flat bread 60g</p> <p style="text-align: center;">42g carbs</p>	 <p>Lamb Saloona with chillies and peppers 250g Cauliflower rice 100g</p> <p style="text-align: center;">18g carbs</p>	 <p>Orange 100g</p> <p style="text-align: center;">6g carbs</p>

	Breakfast:	Lunch:	Dinner:	Snacks:
Thursday	 <p>Mushroom omelette 200g</p> <p>6g carbs</p>	 <p>Samak mashwi 350g Arabic flat bread 60g Salad 200g</p> <p>37g carbs</p>	 <p>Aubergine and chickpea curry 150g Cauliflower rice 100g</p> <p>22g carbs</p>	 <p>Handful of nuts 10g</p> <p>3g carbs</p>
Friday	 <p>Poached eggs and salmon 200g 1 slice of toast (high fibre)</p> <p>18g carbs</p>	 <p>Fattoush salad (mixed salad) Hummus 50g</p> <p>17g carbs</p>	 <p>Lentil soup 230g Bowl of mixed salad 100g</p> <p>30g carbs</p>	 <p>Handful of seeds 20g</p> <p>2g carbs</p>
Saturday	 <p>Boiled eggs 100g Grilled tomatoes and olives 50g</p> <p>5g carbs</p>	 <p>Falafel 70g Tzatziki 200g Tabbouleh salad 100g</p> <p>17g carbs</p>	 <p>Moussaka with meat and vegetables 250g Cauliflower rice 100g</p> <p>22g carbs</p>	 <p>Labaan drink 250mls</p> <p>7g carbs</p>
Sunday	 <p>Stuffed aubergine with halloumi cheese 200g</p> <p>10g carbs</p>	 <p>Chicken Kebab 200g Salad 100g Arabic flat bread 30g</p> <p>22g carbs</p>	 <p>Bamia (Lady's finger curry) 250g Quinoa 85g</p> <p>24g carbs</p>	 <p>Natural yogurt With fruits 125g</p> <p>12g carbs</p>