

## South Asian non-vegetarian 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.

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. Try swapping white flour with high fibre or coconut flour, or try replacing white rice with cauliflower rice, to reduce the overall carbohydrate content of your meal.

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](http://www.preventingdiabetes.org.uk)**



# 7-day South Asian non-vegetarian low carb meal plan

< 130 grams of carbohydrates per day

	Breakfast:	Lunch:	Dinner:	Snacks:
Monday	 <p>2 fried egg, tomatoes &amp; mushrooms 250g</p> <p>10g carbs</p>	 <p>Grilled chicken and vegetables with raita 200g</p> <p>Chapatti (high fibre) 30g</p> <p>19g carbs</p>	 <p>Makhni daal 150g</p> <p>Bowl of rice 50g</p> <p>Side Salad 100g</p> <p>27g carbs</p>	 <p>Spicy dry channa 30g</p> <p>6g carbs</p>
Tuesday	 <p>Mushroom masala omelette 250g</p> <p>5g carbs</p>	 <p>Lamb kebabs and grilled pepper 200g</p> <p>Chapatti (high fibre) 30g</p> <p>22g carbs</p>	 <p>Chicken curry 200g</p> <p>Rice 50g or Cauliflower rice 200g</p> <p>Side salad 100g</p> <p>27g carbs</p>	 <p>Watermelon 140g</p> <p>10g carbs</p>
Wednesday	 <p>Egg Bhurji 200g</p> <p>6g carbs</p>	 <p>Chicken wings 140g</p> <p>Sweet potato 100g</p> <p>Side salad 100g</p> <p>21g carbs</p>	 <p>Vegetables with curry 150g</p> <p>Chapatti (high fibre) 30g</p> <p>Side salad 100g</p> <p>21g carbs</p>	 <p>Orange 100g</p> <p>5g carbs</p>

	Breakfast:	Lunch:	Dinner:	Snacks:
Thursday	 <p>2 boiled egg, mushrooms and tomatoes 100g</p> <p>6g carbs</p>	 <p>Chickpea salad 200g</p> <p>Raita – cucumber, tomato and yogurt</p> <p>20g carbs</p>	 <p>Saag ghost (spinach and meat curry) 200g Rice 50g or Cauliflower rice 200g Side salad 100g</p> <p>30g carbs</p>	 <p>Handful of nuts 10g</p> <p>3g carbs</p>
Friday	 <p>Vegetable omelette 100g</p> <p>3g carbs</p>	 <p>Masala fish with salad 200g</p> <p>Sweet potato 100g</p> <p>31g carbs</p>	 <p>Karahi gohst (mutton) 200g Chapatti (high fibre) 30g Side salad 100g</p> <p>21g carbs</p>	 <p>Handful of seeds 20g</p> <p>2g carbs</p>
Saturday	 <p>Scrambled egg 250g</p> <p>1 slice of toast (high fibre)</p> <p>18g carbs</p>	 <p>Spicy okra curry 100g</p> <p>Chapatti (high fibre) 30g</p> <p>25g carbs</p>	 <p>Haleem mung daal &amp; meat curry (200g)</p> <p>1 small naan (coconut flour) 50g</p> <p>18g carbs</p>	 <p>Natural yogurt with fruits 125g</p> <p>12g carbs</p>
Sunday	 <p>Fried eggs 100g Paratha (coconut flour) 100g</p> <p>5g carbs</p>	 <p>Lamb roast with grilled mixed veg 200g</p> <p>Chapatti (high fibre) 30g</p> <p>23g carbs</p>	 <p>Keema with peas 200g</p> <p>Chapatti (high fibre) 30g</p> <p>23g carbs</p>	 <p>Papaya 140g</p> <p>10g carbs</p>