

## South Asian 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 vegetarian meal plan

< 130 grams of carbohydrates per day

	Breakfast:	Lunch:	Dinner:	Snacks:
Monday	 <p>Thepla with lady's finger (okra/bindi) curry Curry 150g Thepla (high fibre) 50g</p> <p>33g carbs</p>	 <p>Vegetable curry 200g Chapatti (high fibre) 30g</p> <p>24g carbs</p>	 <p>Kadai mushroom 150g Chapatti (coconut flower) 30g</p> <p>10g carbs</p>	 <p>Spicy dry channa 30g</p> <p>6g carbs</p>
Tuesday	 <p>Plain dosa (coconut flour) 100g</p> <p>20g carbs</p>	 <p>Spicy okra curry 100g Chapatti (high fibre) 30g</p> <p>25g carbs</p>	 <p>Matter paneer 150g Cauliflower rice 100g</p> <p>12g carbs</p>	 <p>Handful of nuts 10g</p> <p>3g carbs</p>
Wednesday	 <p>Cheesy mushroom breakfast with slice of toast (high fibre) 200g</p> <p>18g carbs</p>	 <p>Paneer tikka 200g Raita 50g</p> <p>15g carbs</p>	 <p>Makhni daal 150g Cauliflower rice 100g</p> <p>12g carbs</p>	 <p>Orange 100g</p> <p>10g carbs</p>

	Breakfast:	Lunch:	Dinner:	Snacks:
Thursday	 <p>Thepla with vegetable roti stuffing (100g) Thepla (high fibre) 50g</p> <p>22g carbs</p>	 <p>Aubergine curry 150g Chapatti (high fibre) 30g</p> <p>27g carbs</p>	 <p>Lentil curry 100g</p> <p>15g carbs</p>	 <p>Papaya 140g</p> <p>10g carbs</p>
Friday	 <p>Chia porridge (made with chia seeds, nuts, berries &amp; fruits) 150g Glass of milk 200ml</p> <p>17g carbs</p>	 <p>Paneer salad</p> <p>5g carbs</p>	 <p>Cauliflower curry 175g Chapatti (high fibre) 30g</p> <p>20g carbs</p>	 <p>Handful of seeds 20g</p> <p>2g carbs</p>
Saturday	 <p>Idli sambar</p> <p>Idli 50g Sambar 100g</p> <p>15g carbs</p>	 <p>Avocado salad 300g Sweet potato 100g</p> <p>27g carbs</p>	 <p>Saag paneer 200g Chapatti (coconut flour) 30g</p> <p>5g carbs</p>	 <p>Natural yogurt with fruits 125g</p> <p>12g carbs</p>
Sunday	 <p>Vegetables with curry &amp; chapatti (high fibre)</p> <p>Curry 150g Chapatti 30g</p> <p>21g carbs</p>	 <p>Chickpea salad 200g Raita - cucumber and tomato &amp; yogurt</p> <p>20g carbs</p>	 <p>Mung daal with raita 200g Rice 50g</p> <p>27g carbs</p>	 <p>Lassi 200mls</p> <p>7g carbs</p>