



7-day

Daily meal plan

Supporting your diabetes management

MyWay  Diabetes

Arabic diet



Welcome to our 7-day daily meal plan: Arabic diet edition

Specially designed with individuals living with diabetes in mind. Delve into a flavourful journey that embraces the vibrant and nutritious culinary traditions of Arab world while prioritising balanced meals.

Each day brings you a delightful assortment of dishes, rich in wholesome grains, lean proteins, colourful vegetables, and a variety of spices, ensuring a delicious and well-rounded meal plan that supports your health goals.

Let's embark on this culinary adventure together and savour the goodness of an Arabic-inspired diet, tailored to meet the unique needs of diabetes management.

Day 1



Monday

7-day Daily meal plan: Arabic diet edition

M

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Breakfast

Scrambled eggs, halloumi and tomato

Scrambled eggs, halloumi and tomato (300g) with khubz (50g)

453
Cals

20g
Carbs

30g
Fat



Lunch

Kofta and salad

Koftas (150g) with salad (50g) and khubz (50g)

322
Cals

17g
Carbs

16g
Fat



Snack

Laban

Laban (250ml)

83
Cals

7g
Carbs

4g
Fat



Dinner

Tashreeb

Tashreeb (200g) with rice (50g)

393
Cals

38g
Carbs

8g
Fat



Day 2



Tuesday

7-day Daily meal plan: Arabic diet edition

M

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Breakfast

Jereesh

Jereesh (200g) and flatbread (50g)

426
Cals

45g
Carbs

18g
Fat



Lunch

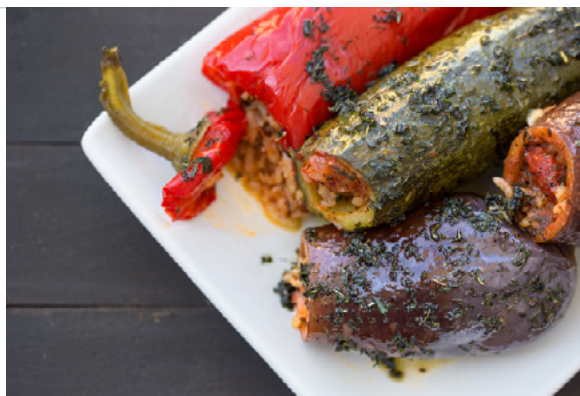
Dolma

Stuffed peppers & aubergine with mince, rice, vegetables (200g)

299
Cals

29g
Carbs

18g
Fat



Snack

Dates

Dates (3 pieces)

68
Cals

15g
Carbs

0g
Fat



Dinner

Hashweh

Hashweh (200g)

337
Cals

44g
Carbs

14g
Fat



Day 3



Wednesday

7-day Daily meal plan: Arabic diet edition

M

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Breakfast

Poached eggs

Eggs (2) with khubz (50g)

300
Cals

28g
Carbs

12g
Fat



Lunch

Samak mashwi

Samak mashwi (350g) with rice (100g)

574
Cals

32g
Carbs

17g
Fat



Snack

Peaches

Peach (medium sized)

46
Cals

10g
Carbs

0g
Fat



Dinner

Koftas

Koftas (140g) with salad (80g) and khubz (50g)

564
Cals

30g
Carbs

29g
Fat



Day 4



Thursday

7-day Daily meal plan: Arabic diet edition

M T W **T** F S S

Breakfast

Pancake with beans

Pancake (60g) with beans (89g). Serve with Labaan (250ml)

283
Cals

35g
Carbs

9g
Fat



Lunch

Aubergine & halloumi

Stir-fried aubergine (100g) and halloumi (50g)

495
Cals

30g
Carbs

35g
Fat



Snack

Greek yoghurt & berries

Greek yoghurt (40g) and mixed berries (70g)

51
Cals

8g
Carbs

1g
Fat



Dinner

Kibbeh, tabbouleh salad & vine leaves

Kibbeh (75g), tabbouleh salad (150g) and vine leaves stuffed with rice (125g)

296
Cals

30g
Carbs

17g
Fat



Day 5



Friday

7-day Daily meal plan: Arabic diet edition

M T W T **F** S S

Breakfast

Shakshuka eggs

Shakshuka eggs (200g) with khubz (35g)

395
Cals

25g
Carbs

25g
Fat



Lunch

Moussaka

Moussaka with meat and vegetables (150g) and rice (100g)

318
Cals

42g
Carbs

11g
Fat



Snack

Umm Ali pudding

Umm Ali pudding (70g)

197
Cals

19g
Carbs

11g
Fat



Dinner

Chicken curry

Chicken curry (250g) and rice (100g)

294
Cals

35g
Carbs

7g
Fat



Day 6



Saturday

7-day Daily meal plan: Arabic diet edition

M T W T F **S** S

Breakfast

Mushroom omelette

Made with 2 eggs and mushrooms (40g). Serve with khubz (50g)

254
Cals

32g
Carbs

20g
Fat



Lunch

Falafel salad

Falafel (100g) served with salad (70g), tzatziki (200g) and khubz (50g)

376
Cals

37g
Carbs

20g
Fat



Snack

Mahalabia

Mahalabia (80g)

121
Cals

23g
Carbs

2g
Fat



Dinner

Lamb chops & salad

Lamb chops (150g) with quinoa (200g) and fattoush salad (100g)

750
Cals

40g
Carbs

40g
Fat



Day 7



Sunday

7-day Daily meal plan: Arabic diet edition

M

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Breakfast

Salmon with eggs & feta

Salmon (60g) with eggs (2), feta cheese (25g) and khubz (50g)

390
Cals

28g
Carbs

18g
Fat



Dinner

Lentil soup with kubba burghul and kibbeh

Lentil soup (200g) with kubbat burghul (80g) and kibbeh (80g)

496
Cals

46g
Carbs

30g
Fat



Snack

Mixed fruit

Portion (150g)

89
Cals

21g
Carbs

0g
Fat



Dinner

Bamia and rice

Bamia curry (150g) with rice (100g)

285
Cals

30g
Carbs

7g
Fat





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