



Vegetarian

7-day Daily meal plan

Supporting your diabetes management

MyWay  Diabetes

South Asian diet



Welcome to our 7-day daily meal plan: South Asian 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 South Asia 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 South Asian-inspired diet, tailored to meet the unique needs of diabetes management.

Vegetarian

Day 1



Monday

7-day Daily meal plan: South Asian vegetarian diet edition

M

T

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Breakfast

Fried egg and paratha

Fried egg (1) and small paratha (70g)

285
Cals

31g
Carbs

13g
Fat



Lunch

Tarka dal

Tarka dal (150g) and roti (60g)

300
Cals

46g
Carbs

8g
Fat



Snack

Mixed fruit

Portion (150g)

89
Cals

21g
Carbs

0g
Fat



Dinner

Vegetable pilau

Vegetable pilau (100g) served with cucumber raita (50g)

178
Cals

35g
Carbs

3g
Fat



Day 2



Tuesday

7-day Daily meal plan: South Asian vegetarian diet edition

M **T** W T F S S

Breakfast

Scrambled egg

Scrambled egg (2) with 1 slice of toast

320
Cals

17g
Carbs

22g
Fat



Lunch

Chickpea salad

Chickpea salad with cucumber, tomatoes and onions (200g) and raita (50g)

288
Cals

34g
Carbs

3g
Fat



Snack

Kheer

Small portion (100g)

151
Cals

29g
Carbs

3g
Fat



Dinner

Matar paneer

Matar paneer (150g) served with chapati (60g), raita (50g) and salad (100g)

287
Cals

30g
Carbs

15g
Fat



Day 3



Wednesday

7-day Daily meal plan: South Asian vegetarian diet edition

M T **W** T F S S

Breakfast

Porridge

Porridge oats made with semi-skimmed milk (150g)

122
Cals

18g
Carbs

3g
Fat



Lunch

Chana dal

Chana dal (80g) served with chapatti (30g) and salad (80g)

350
Cals

35g
Carbs

7g
Fat



Snack

Mango

Mango slices (80g)w

46
Cals

11g
Carbs

0g
Fat



Dinner

Paneer & spinach curry

Paneer and spinach curry (150g) with salad (80g) and khubz (50g)

390
Cals

35g
Carbs

21g
Fat



Day 4



Thursday

7-day Daily meal plan: South Asian vegetarian diet edition

M T W **T** F S S

Breakfast

Masala omelette

Made with 2 eggs and vegetables (mushrooms, peppers, onions) (80g)

248
Cals

3g
Carbs

21g
Fat



Lunch

Bhindi curry

Bhindi curry (100g) served with chappati (60g) and salad (80g)

202
Cals

33g
Carbs

6g
Fat



Snack

Dry chana

Portion (30g)

93
Cals

13g
Carbs

2g
Fat



Dinner

Aloo gobi

Aloo gobi (160g) served with chapatti (60g) and side salad (80g)

251
Cals

45g
Carbs

7g
Fat



Day 5



Friday

7-day Daily meal plan: South Asian vegetarian diet edition

M T W T **F** S S

Breakfast

Boiled eggs

Boiled eggs (2) with 1 slice of seeded bread

257
Cals

15g
Carbs

15g
Fat



Lunch

Vegetable curry

Vegetable curry (200g) served with raita (50g) and a small chapatti (30g)

250
Cals

30g
Carbs

13g
Fat



Snack

Apple

Sliced apple (100g)

43
Cals

10g
Carbs

0g
Fat



Dinner

Khichdi

Khichdi (200g) served with yoghurt (50g) and salad (100g)

330
Cals

55g
Carbs

8g
Fat



Day 6



Saturday

7-day Daily meal plan: South Asian vegetarian diet edition

M T W T F **S** S

Breakfast

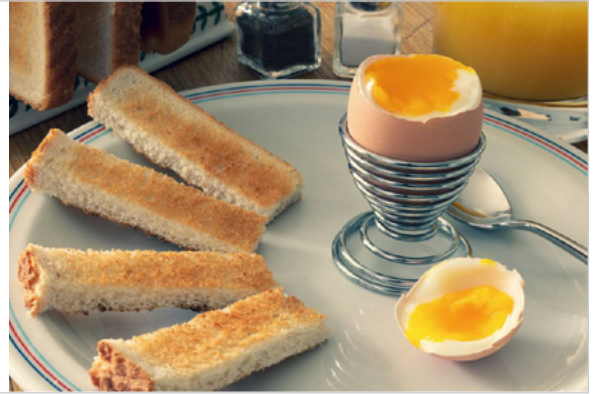
Boiled eggs

Boiled eggs (2) and 1 slice whole meal bread

235
Cals

15g
Carbs

12g
Fat



Lunch

Grilled vegetables

Grilled mixed vegetables (70g) and sweet potatoes (60g)

250
Cals

29g
Carbs

7g
Fat



Snack

Lassi

Glass of unsweetened lassi (250ml)

101
Cals

7g
Carbs

5g
Fat



Dinner

Dal curry

Dal curry (175g) served with a small portion of rice (100g) and salad (80g)

335
Cals

35g
Carbs

14g
Fat



Day 7



Sunday

7-day Daily meal plan: South Asian vegetarian diet edition

M

T

W

T

F

S

S

Breakfast

Chana with paratha

Chana (100g) with small paratha (60g)

386
Cals

49g
Carbs

15g
Fat



Dinner

Vegetable noodles

Vegetable noodles (150g) with peppers and carrots (80g)

171
Cals

32g
Carbs

4g
Fat



Snack

Milk

Glass of semi-skimmed milk (200ml) and portion of mixed nuts (30g)

326
Cals

10g
Carbs

25g
Fat



Dinner

Saag curry

Saag curry (220g) with small chapatti (30g) and salad (50g)

350
Cals

20g
Carbs

11g
Fat





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