



DIABETES NON-VEG PLAN

1200 KCALS

BREAKFAST

MENU	HOME MEASUREMENTS
Egg kathi roll (made with whole wheat flour)	2 no. (6.5") (made of 1 whole egg + 1 egg white)
OR	
Chuda santula (1/2 quantity should be vegetables)	1 bowl
+	
Curd/Boiled egg	150 ml / 1 whole egg + 1 egg white
OR	
Savoury paani pitha (add veggies)	4 no. (small)
+	
Curd/Boiled egg	150 ml / 1 whole egg + 1 egg white
OR	
Chura dahi (no sugar or jaggery)	1.5 bowls

MID-MORNING

Fruit	1 medium / 1 bowl (if big fruit)
+	
Unsalted almonds / walnuts / groundnuts	5-6 no. / 2 halves / 10 no.

LUNCH

Salad (cucumber, tomato, carrot, lettuce, onion, radish)	1 quarter plate
+	
Chapati / Roti / Litti (made with whole wheat flour)	1 no. (6.5" diameter) / 2 no.
OR	
Unpolished rice / Brown rice	1/2 bowl
+	
Xaak aruu bhaji / Chokha Shukto / Vegetable	1 bowl
+	
Baanhgajor Lagot Kukura / Mustard fish Doi Mach / Chicken or fish curry	100g
OR	
Dalma / Dal (medium thick consistency)	1/2 bowl
+	
Curd / Thick buttermilk (unsalted / unsweetened)	1/2 bowl / 1 glass

MID-EVENING

Roasted chana	1/2 bowl
OR	
Steamed momos (made with whole wheat flour, add chicken/egg)	3 no.
OR	
Muri / Jhalmuri	1 bowl
OR	
Ghugni (pulse : veggies = 1:1)	1 bowl

DINNER

Salad (cucumber, tomato, carrot, lettuce, onion, radish)	1 quarter plate
+	
Chapati / Roti / Litti (made with whole wheat flour)	1 no. (6.5" diameter) / 2 no.
OR	
Unpolished rice / Brown rice	1/2 bowl
+	
Xaak aruu bhaji / Chokha Shukto / Vegetable	1 bowl
+	
Baanhgajor Lagot Kukura / Mustard fish Doi Mach / Chicken or fish curry	100g
OR	
Dalma / Dal (medium thick consistency)	1/2 bowl
+	
Curd / Thick buttermilk (unsalted / unsweetened)	1/2 bowl / 1 glass

Total oil consumption/day: 4 tsp

*Preferred oil: Groundnut oil, rice bran oil, canola oil, mustard oil
1 Bowl = 200 ml, 1 Glass = 250 ml, 1 Tablespoon(tbsp) = 15g.

Eat healthy and visit intolife.in for more tips on diabetes management.

This diet chart is basis the details shared by you. Please discuss this with your doctor before proceeding.



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