



JUPITER CARE CLINIC

Neuro-Diabetes Care
Compassion | Commitment | Cognizance

7-Day Diabetes-Friendly Low GI Meal Plan

This meal plan is designed for people with diabetes. All meals are based on low GI foods to help maintain steady blood sugar levels throughout the day.

Day	Breakfast ■	Lunch ■	Snack ■	Dinner ■
Day 1	Vegetable oats + 1 egg / paneer	2 chapati + dal + lauki sabzi + salad	Guava slices or almonds	Dal soup + 2 chapatis + sabzi
Day 2	Moong dal chilla + curd	Brown rice + rajma + cucumber salad	Papaya bowl	Chapati + paneer bhurji + salad
Day 3	2 idlis (small) + sambar (no potato)	2 chapati + chole + bhindi	Roasted chana	Vegetable khichdi (moong dal)
Day 4	Oats upma + nuts	Quinoa + dal + mixed veg	Fruit + nuts	Soup + chapati + veg
Day 5	Brown bread veg sandwich	2 chapati + moong dal + tinda	Buttermilk	Grilled chicken / paneer + veg
Day 6	Poha (sprouts added)	Brown rice + sambar + carrot salad	Sprouts chaat	Chapati + lauki sabzi
Day 7	Oat dosa + mint chutney	2 chapati + masoor dal + spinach	Peanuts (handful)	Light dosa + sambhar

General Dietary Guidelines

- Eat at regular intervals — do not skip meals.
- Drink 8–12 glasses of water daily.
- Include plenty of vegetables and fiber in every meal.
- Avoid sugary drinks, white rice, and processed foods.
- Use healthy fats (olive oil, nuts) and avoid trans fats.
- Keep portion sizes moderate — do not overeat even healthy foods.
- Pair high GI foods with protein or fiber to reduce glycemic impact.

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