

# DIABETES-FRIENDLY MEAL PLAN

A 7-Day Guide based on your personal menu and dietary rules

## Core Dietary Rules

- **Meal Spacing:** Eat every 3-4 hours to maintain stable blood sugar levels.
- **Complex Carbohydrates:** Choose Quinoa or Brown Rice as the base for all bowls. Avoid white rice and white flour.
- **High Fiber:** Load up bowls and salads with high-fiber vegetables (Broccoli, carrot, beet, corn, peas, bell peppers, lettuce, onion, tomato).
- **Whole Grains:** Always use whole wheat or multigrain bread for sandwiches and toast.
- **Sugar Restriction:** Strictly avoid white sugar in all meals and drinks.

## The 7-Day Meal Plan

DAY	BREAKFAST	MID-MORNING SNACK	LUNCH	DINNER
Monday	Paneer, Spinach & Mushroom Omelet	Green Juice (Spinach, cucumber, lemon, kale, celery)	Lemon Pepper Chicken Bowl (with Quinoa & Veggies)	Shrimp Salad
Tuesday	Normal Oatmeal (blended with low-sugar fruit)	Amla Ginger Juice	Fish Bowl (with Brown Rice & Veggies)	Paneer Bowl (with Quinoa & Veggies)
Wednesday	Poha (loaded with vegetables)	Ginger Lemon Juice (with Chia seeds)	Honey Mustard Chicken Bowl (with Brown Rice & Veggies)	Fish Bowl (extra veggies, skip rice)
Thursday	Avocado Chicken Toast (on whole wheat bread)	ABC Juice (Apple, Beetroot, Carrot)	Shrimp Salad	Lemon Pepper Chicken Bowl (with Quinoa & Veggies)

DAY	BREAKFAST	MID-MORNING SNACK	LUNCH	DINNER
<b>Friday</b>	Chia Pudding <i>(Yogurt mixed with soaked chia, nuts, and fruits)</i>	Green Juice <i>(Spinach, cucumber, lemon, kale, celery)</i>	Paneer Bowl <i>(with Brown Rice &amp; Veggies)</i>	Honey Mustard Chicken Bowl <i>(extra veggies, skip rice)</i>
<b>Saturday</b>	Paneer, Mushroom & Corn Sandwich <i>(on whole wheat bread)</i>	Pineapple Lemon Juice	Fish Bowl <i>(with Quinoa &amp; Veggies)</i>	Shrimp Salad
<b>Sunday</b>	Paneer, Spinach & Mushroom Omelet	Watermelon & Lemon Juice	Lemon Pepper Chicken Bowl <i>(with Brown Rice &amp; Veggies)</i>	Paneer Bowl <i>(extra veggies, skip rice)</i>

### Important Notes for Success

- **The Green Juice** is explicitly marked on your menu as good for "diabetic, fatty liver," making it an excellent staple.
- **Dinner Portions:** To align with the goal of blood sugar control (low carbs), increase the vegetable mix in your evening bowls and reduce or skip the brown rice/quinoa portions at dinner.
- **Fruit Choices:** For oatmeal and chia puddings, stick to lower-glycemic fruits like apples or berries rather than heavy amounts of banana.