

MEAL PLAN PER DAY

DIABETIC

DAY 1

Breakfast



Ragi Porridge



Methi Khichdi Moong Dal & Veg

DAY 2

Lunch



Oats Upma



Foxtail Millet Pu Dal & Veg

DAY 3

Lunch



Oats Idli



Barnyard Millet Up Bottle Gourd & Moon

DAY 4

Lunch



Ragi Idli



Quinoa Upma Moong Dal & Veg

DAY 5

Breakfast



Ragi Porridge



Foxtail Millet & Veg Oats & Vegetable

MEAL PLAN PER DAY

DIABETIC

DAY 1

Breakfast



Ragi Porridge



Methi Khichdi Moong Dal & Veg

DAY 2

Lunch



Oats Upma



Foxtail Millet Pu Dal & Veg

DAY 3

Lunch



Oats Idli



Barnyard Millet Up Bottle Gourd & Moon

DAY 4

Lunch



Ragi Idli



Quinoa Upma Moong Dal & Veg

DAY 5

Breakfast



Oats & Vegetable



Foxtail Millet & Veg



Lauki & Moong