

**Cyclic Menus for Diabetes with obesity for an adult Gujarati female**

Meal & Time	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7		Day 8	
	Food	Quantity	Food	Quantity	Food	Quantity	Food	Quantity	Food	Quantity	Food	Quantity	Food	Quantity	Food	Quantity
Early Morning (7 am)	Methi seeds + Almond	1 tsp 5 pieces	Methi seeds + Almond	1 tsp 5 pieces	Methi seeds + Almond	1 tsp 5 pieces	Methi seeds + Almond	1 tsp 5 pieces	Methi seeds + Almond	1 tsp 5 pieces	Methi seeds + Almond	1 tsp 5 pieces	Methi seeds + Almond	1 tsp 5 pieces	Methi seeds + Almond	1 tsp 5 pieces
Breakfast (8 am)	Peas Poha	1 bowl	Veg wheat bread sandwich (no butter)	3 slice	Milk + Oats	1 bowl	Boiled moong	1 bowl	Porridge	1 bowl	Oats Upma	1 bowl	Methi roti	2	Veg Daliya	1 bowl
Mid Day (10.30 am)	Orange	1	Buttermilk	1 glass	Papaya	1 bowl	Apple	1	Peach or Plum	2	Pomegranate	½ bowl	Boiled chana chat	¾ <sup>th</sup> bowl	Buttermilk	1 glass
Lunch (1 pm)	Wheat Roti + Dudhi chana + Salad	2 1 bowl ½ bowl	Brown Rice + Moong dal + Mix Sabji	¾ <sup>th</sup> bowl 1 bowl 1 bowl	Bajra roti + Brinjal sabji + Udad dal	1 1bowl 1 bowl	Wheat roti + Cabbage sabji + Tuver dal	2 1 bowl 1 bowl	Makai roti + Spinach sabji + Masoor dal	1 ½ 1 bowl 1 bowl	Wheat roti + Bhindi Sabji + Rajma	2 1 bowl 1 bowl	Veg Brown rice with soya nuggets + Cucumber raita	1 bowl 1 bowl	Jowar bajra roti + Methi mutter sabji + Mix Dal	1 ½ 1 bowl 1 bowl
Snack (4pm)	Carrot tomato soup	1 bowl or more	Jamuns	12 -15	Dudhi Soup	1 bowl or more	Orange	1	Drumstick soup	1 bowl or more	Buttermilk or curd	1 glass/ 1 bowl or more	Musambi	1 big	Guava	1 big
Dinner (7 pm)	Steamed Idli + Veg Sambhar	3-4 2 bowl	Wheat roti + Turia sabji	2 1 bowl	Veg Khichdi + Curd	1 bowl 1 bowl	Veg Besan Chilla + carrot raita	2 1 bowl	Stuff paneer paratha + Apple raita	2 1 bowl	Baked veg cutlets + Mix veg soup	2 1 bowl	Wheat roti + peas Cauliflower sabji	2 1 bowl	Veg Khichdi + galka sabji	1 bowl 1 bowl

Oil – 5 teaspoon per day

1 bowl = 150 ml approximately

1 glass = 200 ml approximately