



*Indian Cuisine
7-Day Meal Plan*

Gestational Diabetes Diet

By Malama Health's Registered Dietitian
The Gestational Diabetes
Tracking App



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Monday

Breakfast

2 egg whites scrambled with veggies +
1 small whole wheat roti + 1/2 cup low-
fat yogurt



Snack

1/2 cup mixed nuts

Lunch

1 cup mixed veg curry + 1 small whole
wheat roti + 1/2 cup brown rice



Snack

1 small apple + 1 oz cheese

Dinner

1 cup mixed dal + 1 small whole wheat
roti + 1 cup mixed veg curry



Tuesday

Breakfast

1 small besan chilla + 1/2 cup low-fat yogurt



Snack

1 small pear + 1 oz almonds

Lunch

1 cup mixed veg curry + 1 small whole wheat roti + 1/2 cup brown rice



Snack

1/2 cup grapes + 1 oz cheese

Dinner

1 cup mixed dal + 1 small whole wheat roti + 1 cup mixed veg curry



Wednesday

Breakfast

1 small vegetable upma + 1/2 cup low-fat yogurt



Snack

1 small orange + 1 oz walnuts

Lunch

1 cup spinach dal + 1 small whole wheat roti + 1/2 cup brown rice



Snack

1 small pear + 1 oz cheese

Dinner

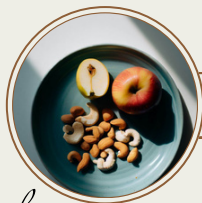
1 cup mixed veg curry + 1 small whole wheat roti + 1/2 cup brown rice



Thursday

Breakfast

1 small moong dal chilla + 1/2 cup low-fat yogurt



Snack

1 small apple + 1 oz cashews

Lunch

1 cup methi matar malai + 1 small whole wheat roti + 1/2 cup brown rice



Snack

1/2 cup strawberries + 1 oz cheese

Dinner

1 cup chana dal + 1 small whole wheat roti + 1 cup mixed veg curry



Friday

Breakfast

1 small dosa with coconut chutney
+ 1/2 cup low-fat yogurt



Snack

1 small banana + 1 oz almonds

Lunch

1 cup bhindi masala + 1 small whole
wheat roti + 1/2 cup brown rice



Snack

1 small apple + 1 oz cheese

Dinner

1 cup mixed dal + 1 small whole wheat
roti + 1 cup mixed veg curry



Saturday

Breakfast

1 small vegetable uttapam +
1/2 cup low-fat yogurt

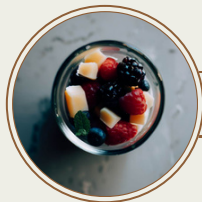


Snack

1 small orange + 1 oz peanuts

Lunch

1 cup paneer bhurji + 1 small whole
wheat roti + 1/2 cup brown rice



Snack

1/2 cup mixed berries + 1 oz cheese

Dinner

1 cup mixed dal + 1 small whole wheat
roti + 1 cup mixed veg curry



Sunday

Breakfast

2 egg whites scrambled with veggies + 1 small whole wheat roti + 1/2 cup low-fat



Snack

1 small apple + 1 oz pistachios

Lunch

1 cup mixed veg curry + 1 small whole wheat



Snack

1/2 cup strawberries + 1 oz cheese

Dinner

1 cup mixed veg curry + 1 small whole wheat roti + 1/2 cup brown rice

