

7-Day South Asian Meal Plan

These delicious and healthy meals represent dishes from various South Asian kitchens. The carbohydrates are balanced throughout each day, with each meal containing 40-60 grams of net carbohydrates. Snack options contain around 15 grams of carbohydrate each. Depending on your goals and lifestyle, your calories and carbohydrates may need to be higher; adjust the number of snacks or portion sizes accordingly.



Recipes are hyperlinked throughout the meal plan and are also listed at the end.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	2 slices whole-wheat bread Grandma's Indian-Style Omelette 1 cup (250 mL) plain 2% yogurt	2 small idlis (2 inch/5 cm) 1 cup (250 mL) sambhar 1 cup (250 mL) papaya Filter coffee with ½ cup (125 mL) milk and Splenda	1 cup (250 mL) oatmeal 2 tbsp (30 mL) chopped walnuts or almonds 1 cup (250 mL) skim milk 1 cup (250 mL) blueberries	2 whole-wheat roti's (6 inch/15 cm) Methi Anda Bhurji 1 medium-sized orange 1 cup (250 mL) 2% milk	1½ cups (375 mL) upma with nuts, and carrots and peas 1 small peach Chai with ½ cup (125 mL) milk and Splenda	2 chickpea-flour savoury pancakes (6 inch/15 cm) with veggies 1 cup (250 mL) Greek yogurt and ½ cup (125 mL) mixed berries Tea/Coffee	Bombay Egg Breakfast Sandwich 1 cup (250 mL) cantaloupe Tea/Coffee
Calories	498	305	524	491	385	648	457
Carbs (g)	52	56	62	63	43	64	43
Fibre (g)	6	10	11	8	6	18	2
Net carb (g)	46	46	51	55	37	46	41

Lunch	1 cup (250 mL) khichdi	1 cup (250 mL) Home-Style Chicken Curry	2 whole-wheat roti's (6 inch/15 cm)	1 cup (250 mL) brown basmati rice	1 Egg Kati Roll	2 whole-wheat chapatis (6 inch/15 cm)	1½ cups (375 mL) vegetable pulao
	Tossed salad with lettuce, cucumbers, tomatoes and radishes	½ cup (125 mL) okra sabji	1 cup Zucchini Curry	1 cup (250 mL) saag with tofu	2 cups (500 mL) tomato, cucumber and lettuce salad	1 cup (250 mL) gobi sabzi (cauliflower and vegetables, no potato)	1 cup (250 mL) Palak with tofu
	½ cup (125 mL) plain 2% yogurt	2 whole wheat rotis (6 inch/15 cm)	½ cup (125 mL) plain 2% yogurt	Tomato, cucumber and radish salad	1 small guava	1 cup (250 mL) dhal	1 cup (250 mL) chaas
	1 cup (250 mL) blueberries	1 cup (250 mL) 2% raita	1 clementine			1 cup (250 mL) green salad	
Calories	326	561	451	355	555	340	545
Carbs (g)	61	55	64	56	61	56	65
Fibre (g)	7	5	8	8	8	12	13
Net carb (g)	54	50	56	48	53	44	52
Dinner	2 whole-wheat roti's (6 inch/15 cm)	1 cup (250 mL) Chicken Biryani	1 cup (250 mL) brown basmati rice	2 whole-wheat roti's (6 inch/15 cm)	½ cup (250 mL) parboiled rice	1½ cups (375 mL) khichdi with lentils and vegetables	2 whole-wheat roti's (6 inch/15 cm)
	1 cup Chana Masala	½ cup (125 mL) raita	½ cup (125 mL) dhal	1 cup Indian Spiced Potatoes and Cauliflower	1 cup (250 mL) rajma	1 cup (250 mL) tomato rasam	Kerala Coconut Egg Curry
	1 cup (250 mL) eggplant curry	Salad with lettuce, red onion, tomato, and cucumbers	Masala Egg Kachumber Salad	½ cup (125 mL) plain 2% yogurt	1 cup (250 mL) cooked eggplant	1 cup (250 mL) spinach raita	Green salad with berries
					Half mango		

Calories	383	440	497	339	409	497	538
Carbs (g)	53	47	70	58	75	56	51
Fibre (g)	9	4	9	5	12	7	2
Net carb (g)	44	43	61	53	63	49	49

Snack options: Each of the following options provides approximately 15 g carbohydrate and 100-150 calories. **Include 1 of these snacks per day.**

- 1 serving (3 small 2-inch squares) khaman dhokla (made from black gram flour, yogurts, and fat, then steamed and topped with a mixture of oil and spices for a steamed cake.)
- 1 cup (250 mL) sprouted moon salad (with onion, tomato, lemon and chaat masala)
- [Sattu drink](#)
- ½ cup (125 mL) roasted chickpeas
- 1 cup (250 mL) moong beans sprout
- ¼ cup (60 mL) soy nuts with 1 clementine
- 1 medium-sized fruit
- ½ cup (125 mL) plain yogurt with seasonal fruits
- 5 whole-grain crackers with unsalted nuts
- 1 slice whole-grain bread with cheese or nut butter

Recipes for this week:

- [Grandma's Indian-Style Omelette](#)
- [Methi Anda Bhurji](#)
- [Bombay Egg Breakfast Sandwich](#)
- [Home-Style Chicken Curry](#)
- [Zucchini Curry](#)
- [Egg Kati Roll](#)
- [Chana Masala](#)
- [Chicken Biryani](#)
- [Masala Egg Kachumber Salad](#)
- [Indian Spiced Potatoes and Cauliflower](#)
- [Kerala Coconut Egg Curry](#)