

Chef Omer
Age: 55 Years
Height: 180 cm
Starting weight: 75 kgs

2000 Kcal Meal Plan
Diabetics on Oral Medications

GOAL

Reverse Health Problems – Diabetes

Must Read Notes

This meal plan is made for Diabetic patients on oral hypoglycaemic medications or an early stage who need to fix their lifestyle “Including Clinical Nutrition” to reserve their Health Problem.

This is A Healthy Mediterranean Meal Plan

Kindly Note, 1st 7 days you have extra 250 kcal of your choice, but must be a low glycaemic index

I’ve fixed CHO count on daily basis per each meal; this is for the best healthy metabolic and glycaemic control results

Kindly fix your meals timings for the best performance of your digestive tract

Fat content Must be Mainly of Monounsaturated Fatty Acids

Meat prefer to be lean cuts

Spices, Herbs, Garlic and onion should be included in daily meals.

Oils must be Olive oils or Canola oils.

Do not sleep or exercise 2 hours after your last meal.

ENERGY

Total Kcal: 2000 kcal

Comments

Those servings are revised and recommended by in Appendix-3, USDA Food Patterns, U.S – Healthy Style Eating Patterns

Guidelines from: U.S. Food and drug Administration (FDA) and the U.S. Environmental Protection Agency (EPA)

Kindly add Roots 30 grams preferred to be “onion-garlic-ginger” all over the meals

Chef Omer
Age: 55 Years
Height: 180 cm
Starting weight: 75 kgs

2000 Kcal Meal Plan
Diabetics on Oral Medications

General Guidelines Must Follow:

1. Follow strict meal Plan.
2. Walk 30-60 mins daily
3. Drink water 1.5-2 litres daily
4. No added sugars in the food
5. More Vegetables and fruits.
6. More Monounsaturated Fatty acids like Olive oils
7. Fix you eating timings.
8. Sleep 6-8 hours
9. Stretches- Fitness exercises on the morning
10. Switch to free fat or low fat food
11. Use lean cuts of meat
12. Drink 10-12 cup of water daily

BREAKFAST

Food categories

Serving size

Whole grain	30 grams
Refined grains	30 grams
Greens	60 grams
Other Vegetables	60 grams
Low Glycaemic Index Fruits	75 grams
Dairy	250 milligrams
Spices and herbs	2 grams

Comments:

If spices cloves or cardamom use only 1 grams, and preferred to use other herbs instead

Those servings are revised and recommended by in Appendix-3, USDA Food Patterns, U.S – Healthy Style Eating Patterns

Guidelines from: U.S. Food and drug Administration (FDA) and the U.S. Environmental Protection Agency (EPA)

Chef Omer
Age: 55 Years
Height: 180 cm
Starting weight: 75 kgs

2000 Kcal Meal Plan
Diabetics on Oral Medications

LUNCH

Food categories

Serving size

Whole grain	30 grams
Beans	15 grams
Greens	45 grams
Other Vegetables	60 grams
Low Glycaemic Index Fruits	75 grams
Meat	85 grams
Oils	10 grams
Spices and herbs	2 grams

Comments:

Oils must be olive oils but do not heat

Other option is canola oil

If spices cloves or cardamom use only 1 grams, and preferred to use other herbs instead

Those servings are revised and recommended by in Appendix-3, USDA Food Patterns, U.S – Healthy Style Eating Patterns

Guidelines from: U.S. Food and drug Administration (FDA) and the U.S. Environmental Protection Agency (EPA)

DINNER

Food categories

Serving size

Other Vegetables	75 grams
Greens	60 grams
Refined grains	30 grams
Nuts & Seeds	3.5 grams
Meat (Sea Food must)	50 grams
Low Glycaemic Index Fruits	75 grams
Dairy	250 milligrams
Oils	5 grams
Spices and herbs	2 grams

Chef Omer
Age: 55 Years
Height: 180 cm
Starting weight: 75 kgs

2000 Kcal Meal Plan
Diabetics on Oral Medications

Comments:

Oils must be olive oils but do not heat
Other option is canola oil

If spices cloves or cardamom use only 1 grams, and preferred to use other herbs instead

Those servings are revised and recommended by in Appendix-3, USDA Food Patterns, U.S – Healthy Style Eating Patterns

Guidelines from: U.S. Food and drug Administration (FDA) and the U.S. Environmental Protection Agency (EPA)

SNACKS

Food categories

Serving size

Whole grain	30 grams
Refined grains	30 grams
Low Glycaemic Index Fruits	45 grams
Dried fruits	30 grams
Nuts & Seeds	15 grams
Spices and herbs	2 grams

Comments:

If spices cloves or cardamom use only 1 grams, and preferred to use other herbs instead

Those servings are revised and recommended by in Appendix-3, USDA Food Patterns, U.S – Healthy Style Eating Patterns

Guidelines from: U.S. Food and drug Administration (FDA) and the U.S. Environmental Protection Agency (EPA)

DRINKS

Chef Omer
Age: 55 Years
Height: 180 cm
Starting weight: 75 kgs

2000 Kcal Meal Plan
Diabetics on Oral Medications

Drink Categories

Serving Size

Water	2500 ml/day
Green Tea	250 ml
Herbal Tea	250 ml

Comments:

You are allowed to have 1 cup of coffee per day.

Don't use added sugars or sweeteners, if needed, use natural sweeteners

EXERCISE

Exercise Categories

Duration

Recommended Kcal Burnt

Moderate activity	30 – 90 mins	300 – 500
-------------------	--------------	-----------

Comments:

Kindly go for 20-30 mins walking per day, at least for 6 days per week

Along with some early morning stretches

Daily walk for 30 minutes in the early morning is preferred.

Do not do any physical activity for 2 hours after meals, so as not to affect the full digestion of your meal.

Please do not do any vigorous exercise without checking your blood glucose level
1st

SLEEP

7 – 9 hours

Chef Omer
Age: 55 Years
Height: 180 cm
Starting weight: 75 kgs

2000 Kcal Meal Plan
Diabetics on Oral Medications

Comments:

Food Categories

Whole Grains:

“Brown rice- brown bread- brown toast- Quinoa”

Beans

Black beans
Black-eye peas
Butter beans
Chickpeas
English peas
Kidney beans
Lentils
Splits peas
Fava bean
Soybeans
Green beans
Mung beans
Peas
Pinto beans

Greens

Spinach
Lettuce
Parsley
Cilantro
Kale
Collards
Chards
Arugula
Agathi
Alligator weed
Amaranth, leaves, spiney, raw

Chef Omer
Age: 55 Years
Height: 180 cm
Starting weight: 75 kgs

2000 Kcal Meal Plan
Diabetics on Oral Medications

Amaranth, leaves, red, raw
Amaranth, leaves, green, raw
Dock leaves
Beet greens leaves
Bengal dayflower, leaves
Bitter gourd leaves, green
Bottle gourd leaves
Bugleweed
Cassava, leaves
Colocasia leaves, black
Colocasia leaves, green, raw
Cowpea, leaves
Dima leaves
Drumstick, leaves
Fern, leaves
Pumpkin leaves, raw
Radish leaves, raw
Slender amaranth leaves, raw
Sweet potato leaves, raw

Other Vegetables

Amaranth, stem, raw
Bean, scarlet runner, raw
Brinjal - all varieties
Cowpea, white
Cucumber, peeled
Drumstick, pods
Gourd, ash
Okra/ladies finger, raw
Papaya, unripe, raw
Cauliflower
Cabbage
Mushroom
Tomato
Bitter gourd
Gourd

Chef Omer
Age: 55 Years
Height: 180 cm
Starting weight: 75 kgs

2000 Kcal Meal Plan
Diabetics on Oral Medications

Squash
Celery
Brussel sprouts
Asparagus
Zucchini
Peppers(Hot Chilli)

Low Glycaemic Index fruits

