

# 7-DAY SAMPLE MEAL PLAN

## Low Carb South Asian Meal Plan (Vegetarian)

<130g  
per day

Here is a sample 7-day meal plan inspired by South Asian cuisine for those who are interested in following a low-carbohydrate meal plan. Breakfast, lunch, and dinner meals are listed below with total carbohydrate estimates.



Find these recipes in detail and snack options at [michmed.org/wrKJm](http://michmed.org/wrKJm)

SUNDAY		
Breakfast	Lunch	Dinner
<p><b>Dressed Up Oatmeal</b> made with 1/2 cup rolled oats (can sweeten with sugar substitute)</p> <p>Serve with walnuts or pumpkin seeds for crunch</p> <p>1-2 eggs, cooked any style</p> <p><b>Total carbs: 35g</b></p>	<p><b>Quinoa Upma with vegetables</b> made with 1 cup quinoa, 1½ cups of diced vegetables and spices</p> <p>Serve with fresh chopped coriander</p> <p><b>Total carbs: 37g</b></p>	<p><b>Cauliflower Sabzi</b> made with 4 cups cauliflower, diced onion and tomato, and spices</p> <p>Serve with 1-2 low carb rotis and 1/2 cup lentil dal</p> <p><b>Total carbs: 50g</b></p>
MONDAY		
Breakfast	Lunch	Dinner
<p><b>Egg Bhurji</b> made with 3 eggs, diced onion, tomato, and green bell pepper, and spices</p> <p>Serve with ½ cup sliced mango</p> <p><b>Total carbs: 32g</b></p>	<p><b>Lentil and Vegetable Dal</b> made with 1 cup masoor dal, diced vegetables and a spice blend.</p> <p>Pro tip: prepare the diced veggies and spice blend ahead of time</p> <p>Serve with 2 low carb roti and side salad</p> <p><b>Total carbs: 56g</b></p>	<p><b>Paneer Jalfrezi with Karela stir fry</b> made with 1½ cups of paneer cut into cubes, 2 cups karela, diced vegetables, and spices</p> <p>Serve with 1 cup spiced cauliflower rice</p> <p><b>Total carbs: 32g</b></p>
TUESDAY		
Breakfast	Lunch	Dinner
<p><b>Cucumber and yogurt Raita with 2 Low Carb Roti</b> made with 1 cup plain Greek yogurt, chopped cucumber, and spices</p> <p>Serve with 1-2 eggs, cooked any style</p> <p><b>Total carbs: 25g</b></p>	<p><b>Patta Gobi Matar</b> made with 4 cups shredded cabbage, 1 cup peas, diced vegetables, and an assortment of spices</p> <p>Serve with 2 cup spiced cauliflower rice</p> <p><b>Total carbs: 40g</b></p>	<p><b>Tandoori Gobi with mint yogurt chutney</b> made with cauliflower, 1½ cups plain Greek yogurt, fresh mint leaves, and spices</p> <p><b>Paneer tikka skewers</b> made with 1½ cups paneer and spices</p> <p>Serve with 2 low carb roti</p> <p><b>Total carbs: 38g</b></p>

## WEDNESDAY

### Breakfast

**1 medium Dosa\***, approx. 10-inch  
\*can swap with 2 low-carb rotis for less carbs

**Masala Bhindi** made with 2 cups bhindi/okra, diced vegetables, and spices

Serving with 2 tbsp coriander chutney and 2 tbsp fresh curd

**Total carbs: 46g**

### Lunch

**Masala Bhindi** made with 2 cups bhindi/okra, diced vegetables, and spices

Serve with 2 low carb rotis

**Total carbs: 45g**

### Dinner

**Spicy Paneer and Vegetable Medley** made with 1½ cups diced paneer, diced vegetables, and spices

Serve with 1 cup spiced cauliflower rice

**Total carbs: 38g**

## THURSDAY

### Breakfast

**Masala omelet** made with 2 large eggs, diced vegetables, and spices

Serve with leafy green salad

**1 cup green or black tea** (unsweetened or with sugar substitute)

**Total carbs: 12g**

### Lunch

**Chana Dal** made with 1 cup chana dal, diced vegetables, and spices

**Kachumber salad** (made with diced vegetables, lemon juice, and fresh mint and coriander)

Serve with 1 cup spiced cauliflower rice

**Total carbs: 47g**

### Dinner

**Palak Paneer** made with 1½ cups cubed paneer, 5 cups of spinach, diced vegetables, and spices

Serve with 3 low carb rotis

**Total carbs: 36g**

## FRIDAY

### Breakfast

**Cauliflower Rice Poha** made with 3 cups cauliflower rice, ¼ cup roasted peanuts, diced vegetables, and spices

Serve with masala chai

**Total carbs: 23g**

### Lunch

**Mixed Vegetable Korma** made with masala paste, diced vegetables, and spices

Serve with 2 low carb roti and 1 boiled egg

**Total carbs: 42g**

### Dinner

**Lauki Sabzi** (made with diced vegetables and spices)

Serve with 1 cup cooked quinoa, 1 cup soy milk, unsweetened

**Total carbs: 54g**

## SATURDAY

### Breakfast

**Cracked Wheat Upma/Dalia Upma** made with 1 cup mixed vegetables, ¾ cup dalia (cracked wheat), and spices

Serve with 2 eggs, cooked any style

**Total carbs: 33g**

### Lunch

**Rajma** made with 1 cup rajma (kidney beans), 2 large tomatoes, 1 onion and spices

Serve with 2 low carb roti and leafy green salad

**Total carbs: 53g**

### Dinner

**Paneer Garlic Chili Stir Fry** made with 5 oz cubed paneer and spices

Serve with 1 cup spiced cauliflower rice

**Total carbs: 18g**

**Pro-tip:** Batch cook a few of your favorite recipes and enjoy leftovers throughout the week!

This meal plan was developed in collaboration with Dhaara Antani MPH, RDN, CNSC.

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