

7-DAY SAMPLE MEAL PLAN

Low Carb South Asian Meal Plan (Non-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

SUNDAY		
Breakfast	Lunch	Dinner
<p>Egg Bhurji made with 3 eggs, diced onion, tomato, and green bell pepper, and spices</p> <p>Serve with ½ cup sliced mango</p> <p>Total carbs: 32g</p>	<p>Rohu Fish Curry made with 1lb fish, diced onion, tomatoes and spices</p> <p>Serve with 2 low carb rotis</p> <p>Total carbs: 20g</p>	<p>Patta Gobi Matar made with 4 cups shredded cauliflower, 1 cup green peas, diced onion and tomato, and spices</p> <p>Serve with 2 low carb roti</p> <p>Total carbs: 45g</p>
MONDAY		
Breakfast	Lunch	Dinner
<p>Low Carb Uttapam x3 made with 1¼ cups almond flour, 1 cup coconut milk, ½ cup diced onion, ¼ cup diced tomato, ¼ cup green chili, and spices</p> <p>Rasam made with 3 chopped tomatoes, 3 cups of water, and an assortment of spices</p> <p>Total carbs: 34g</p>	<p>Masala Bhindi made with 2 cups bhindi/okra, diced vegetables, and spices</p> <p>Serve with 2 low carb roti</p> <p>Total carbs: 45g</p>	<p>Chicken and cauliflower rice biryani made with 1½ lbs boneless chicken, ¼ cup Greek yogurt, 6 cups cauliflower rice, and spices</p> <p>Kachumber salad made with ½ cup diced cucumber, ½ cup diced tomato, ¼ cup diced onion, and fresh herbs</p> <p>Total carbs: 20g</p>
TUESDAY		
Breakfast	Lunch	Dinner
<p>1 medium Dosa*, approx. 10-inch *can swap with 2 low-carb rotis for less carbs</p> <p>Masala Bhindi made with 2 cups bhindi/okra, diced vegetables, and spices</p> <p>Serving with 2 tbsp coriander chutney and 2 tbsp fresh curd</p> <p>Total carbs: 46g</p>	<p>Egg Curry made with 5 eggs, 1 onion cut into quarters, 2 tomatoes cut into quarters, 1 green chili, and spices</p> <p>Serve with 2 low carb roti</p> <p>Total carbs: 32g</p>	<p>Chicken Tikka Skewers made with 1½ lbs boneless chicken, 1 green bell pepper, 1 red bell pepper, 1 onion, and a tikka spice blend</p> <p>Paneer tikka skewers made with 1½ cups paneer and spices</p> <p>Serve with 2 cup spiced cauliflower rice and mint chutney</p> <p>Total carbs: 31g</p>

WEDNESDAY		
<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>
<p>Cracked Wheat Upma/Dalia Upma made with 1 cup mixed vegetables, ¾ cup dalia (cracked wheat), and spices</p> <p>Serving with 2 eggs cooked any style</p> <p>Total carbs: 33g</p>	<p>Moong Dal Khichdi made with ⅓ cup moong dal, ¼ cup brown rice, ½ cup diced onion, finely diced ½ cup tomato, ½ cup diced carrots, ½ cup diced green beans, and spices</p> <p>Serve with ½ cup plain greek yogurt and mango pickles</p> <p>Total carbs: 35g</p>	<p>Shrimp curry made with 1lb fresh shrimp, shelled and deveined, 2 diced tomatoes, ½ large diced onion, 1 green chili, and spices</p> <p>Serve with 2 cups spiced cauliflower rice and kachumber salad</p> <p>Total carbs: 30g</p>
THURSDAY		
<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>
<p>Dressed Up Oatmeal 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>Total carbs: 35g</p>	<p>Mixed Vegetable Korma made with masala paste, diced vegetables, and spices</p> <p>Serve with 2 low carb rotis and 1 boiled egg</p> <p>Total carbs: 42g</p>	<p>Butter Chicken made with 1lb chicken, 3 tomatoes cut into quarters, 1 onion cut into quarters, 2 tbsp butter, ½ heavy cream and spices</p> <p>Serve with 2 cups spiced cauliflower rice</p> <p>Total carbs: 21g</p>
FRIDAY		
<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>
<p>Cauliflower Rice Poha made with 3 cups cauliflower rice, ¼ cup roasted peanuts, diced vegetables, and spices</p> <p>Serve with masala chai</p> <p>Total carbs: 23g</p>	<p>Mutton Keema (Mutton Sukka) made with 1lb ground lamb, 2 tomatoes cut into quarters, 1 onion cut into quarters, and spices</p> <p>Serve with 2 cups spiced cauliflower rice and kachumber salad</p> <p>Total carbs: 26g</p>	<p>Tandoori Fish made with 1lb fish (any white fish), ½ cup plain Greek yogurt, ½ chopped onion, and spices</p> <p>Serve with mint chutney, 3 low carb rotis, and fresh green salad</p> <p>Total carbs: 35g</p>
SATURDAY		
<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>
<p>Masala omelet made with 2 large eggs, diced vegetables, and spices</p> <p>Serve with leafy green salad</p> <p>1 cup green or black tea (unsweetened or with sugar substitute)</p> <p>Total carbs: 12g</p>	<p>Chana dal made with 1 cup chana dal, diced vegetables, and spices</p> <p>Serve with kachumber salad and 2 low carb rotis</p> <p>Total carbs: 58g</p>	<p>Mutton Keema (Mutton Sukka) made with 1lb ground lamb, 2 tomatoes cut into quarters, 1 onion cut into quarters, and spices</p> <p>Serve with 2 cups spiced cauliflower rice and side salad</p> <p>Total carbs: 25g</p>

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.