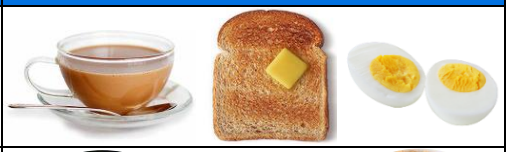
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# South Indian Cuisine, 1500 Calorie, 7-Day Meal Plan

**Kidney and Diabetic Healthy**

| Meal | Day 1 | Menu Picture |
|---|---|---|
| **Breakfast** | • ***Egg & Vegetable Curry:*** 2 eggs, 1/2 cup water, 1/4 cup chopped onion, 1/4 cup mixed vegetables, 1 tsp olive oil, 1/8 tsp salt, garlic, ginger, garam masala<br>• ***1 small Roti:*** 1/4 cup atta whole wheat flour, 1 tsp olive oil, water as needed |  |
| **Lunch** | • ***Sambhar:*** 1 cup water, 1/3 cup dry achar dal, 1/2 cup mixed vegetables, 1/4 cup chopped onion, 1 tsp olive oil, 1 tsp sambar powder, 1 tsp tamarind pulp, 1/8 tsp salt, chili powder, turmeric, asafetida, mustard seeds, curry<br>• ***Steamed Rice:*** 1/2 cup cooked rice, 1/2 Tbsp plant butter<br>• ***Side Salad:*** 1 cup shredded lettuce/carrot/cabbage with 1 tsp olive oil and 1 tsp lemon juice |  |
| **PM Snack** | • 1 small pear |  |
| **Dinner** | • ***Dhal:*** 1 cup water, 1/4 cup dry Mansoor dal, 1/2 Tbsp olive oil, 1/8 tsp salt, turmeric, cumin seeds, lime juice, red chili powder, asafetida<br>• ***Red Rice:*** 1/2 cup cooked red rice, 1 tsp olive oil, 1 tsp low salt soy sauce, and 1 tsp minced garlic<br>• ***Baked Eggplant:*** 1 cup cubed eggplant + 1/2 tsp olive oil |  |
| **Evening Snack** | • ***Spiced Chickpeas:*** 1/4 cup no salt chickpeas, 1 tsp olive oil, 1/8 tsp salt, cumin, paprika, black pepper, chili pepper flakes. Serve with 1 cup sliced cucumbers + carrots. |  |
| **Meal** | **Day 2** | **Menu Picture** |
| **Breakfast** | • ***7 Idli (makes 4 servings):*** 1 cup dry rice, 1/2 cup dry urad dal, 1/4 cup thick poha, 1 tsp salt, 1/4 tsp fenugreek seeds, water as needed for soaking the rice, dal, and poha<br>• 1 cup coffee with 1/2 cup 2% milk<br>• 1 hardboiled egg |  |
| **Lunch** | • ***Lemon Rasam:*** 1/4 cup water, 1 ½ Tbsp lemon juice, 1 Tbsp olive oil, 1 tsp minced garlic, 1/8 tsp salt, 1 curry leaf, asafetida, turmeric, mustard seed, red chili, cumin<br>• ***Andhra Chicken:*** 3oz chicken breast, 1 Tbsp plain nonfat yogurt, 1 tsp ketchup, 1 tsp low sodium soy sauce, 1 tsp garlic and ginger paste, garam masala, chili powder<br>• ***1 small Roti:*** 1/4 cup atta whole wheat flour, 1 tsp olive oil, water as needed |  |
| **PM Snack** | • 1 small apple |  |
| **Dinner** | • ***Lemon Garlic Fish:*** 3oz baked fish, 1 tsp olive oil, 1/2 tsp minced garlic, lemon pepper, 1/8 tsp salt<br>• ***Spinach Curry:*** 1 cup spinach chopped, 1/4 cup chopped onion, 1 tsp olive oil, 1 tsp lemon juice, 1 tsp grated garlic, cumin, turmeric, ginger, garam masala<br>• ***Steamed Rice:*** 2/3 cup cooked rice, 1 Tbsp plant butter |  |
| **Evening Snack** | • 1/2 cup dry unsweetened rice cereal<br>• 1/8 cup unsalted peanuts |  |

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| Meal | Day 3 | Menu Picture |
|---|---|---|
| **Breakfast** | • ***Cracked Wheat Upma:*** 1/4 cup water, 1/4 cup chopped onion, 2 Tbsp dry chana dal, 2 Tbsp dry urad dal, 1/2 Tbsp olive oil, 1/4 tsp sugar, 1/8 tsp salt, 1 curry leaf, lemon juice, red chili, mustard seed, cumin, grated ginger<br>• ***Red Chutney:*** 1/4 cup chopped onion, 1 Tbsp roasted chana dal, 1/2 Tbsp olive oil, 1 dry Kashmiri red chili, 1/8 tsp salt, garlic, tamarind, water as needed |  |
| **Lunch** | • ***Sprouted Mung Dhal & Rice:*** 1/3 cup cooked rice, 1/3 cup cooked mung dal, 1/4 cup chopped onion, 2 tsp olive oil, 1 curry leaf, 1/8 tsp salt, lemon juice, cumin, ginger, garlic, turmeric, garam masala, red chili powder, asafetida<br>• ***Lemon Garlic Green Beans:*** 1 cup fresh green cut green beans, 1 tsp olive oil, 1/8 tsp salt, garlic, lemon pepper |  |
| **PM Snack** | • ***Raita with Cucumber:*** 1/2 cup plain nonfat yogurt, 1/3 cup grated cucumber, 1/2 tsp olive oil, 1/8 tsp salt, cumin. Serve with 1 cup carrot sticks. |  |
| **Dinner** | • ***Pan-fried Fish with Masala:*** 3oz white fish, 1 tsp olive oil, 1/8 tsp of salt, garlic, lemon pepper, garam masala<br>• ***Cabbage Curry:*** 1/2 cup chopped cabbage, 1/4 cup chopped onion, 1/4 cup chopped carrots, 2 tsp olive oil, lemon juice, cumin, turmeric, garlic, ginger, garam masala<br>• ***1 small Roti:*** 1/4 cup atta whole wheat flour, 1 tsp olive oil, water as needed |  |
| **Evening Snack** | • 1 cup mixed fruit – grapes + pineapple + watermelon<br>• 1/4 cup unsalted mixed nuts |  |
| **Meal** | **Day 4** | **Menu Picture** |
| **Breakfast** | • 1 cup coffee with 1/2 cup 2% milk<br>• 2 slices toast with 1 Tbsp plant-based butter<br>• 2 hardboiled eggs |  |
| **Lunch** | • ***Dhal & Red Rice:*** 1 cup water, 1/4 cup dry Mansoor dal, 1/2 Tbsp olive oil, 1/8 tsp salt, lime juice, cumin, red chili powder, asafetida, turmeric. With 2/3 cup cooked rice, 1 tsp low salt soy sauce, 1 tsp olive oil, 1 tsp minced garlic<br>• ***Seasoned Spinach:*** 1 cup fresh chopped spinach, 1/4 cup chopped onion, 1 tsp olive oil, 1 tsp minced garlic, cumin, turmeric, ginger, garam masala, lemon juice |  |
| **PM Snack** | • 2 cups unsalted popcorn with chili powder + cumin |  |
| **Dinner** | • ***Chicken Keema & Rice (makes 2 servings):*** 4oz minced chicken, 1 cup cooked rice, 1/2 cup low sodium tomato puree, 1/2 cup chopped onion, 1 ½ Tbsp olive oil, 1/4 tsp salt, garlic, chili, coriander, cumin, turmeric, garam masala<br>• ***Mixed Vegetable Curry (makes 2 servings):*** 2 cups mixed carrots/green beans/bell peppers, 1/4 cup plain nonfat yogurt, 1/4 cup lite unsweet coconut milk, 1 Tbsp olive oil, 1/4 tsp salt, curry leaves, turmeric, cumin, green chili |  |
| **Evening Snack** | • 15 grapes |  |

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| Meal | Day 5 | Menu Picture |
|---|---|---|
| **Breakfast** | • 1 cup coffee with 1/2 cup 2% milk<br>• 1 ½ cup unsweetened rice cereal with 1 cup 2% milk |  |
| **Lunch** | • ***Pongal (makes 2 servings):*** 2 cups water, 1/3 cup dry rice, 1/2 cup dry moong dal, 1/4 cup raw cashews, 1 Tbsp plant butter, 1/8 tsp salt, curry, ginger, cumin, pepper<br>• ***Kale Poriyal (makes 2 servings):*** 4 cups chopped kale, 1/2 cup chopped onion, 1/4 cup water, 1 Tbsp unsweet grated coconut, 2 tsp olive oil, 2 tsp minced garlic, 1/4 tsp salt, mustard seeds |  |
| **PM Snack** | • 1 cup fresh mixed berries |  |
| **Dinner** | • ***Chicken Ishtu with Rice:*** 3oz chicken, 2/3 cup cooked rice, 1/2 cup lite unsweet coconut milk, 1/4 cup chopped onion, 1 tsp olive oil, 1/2 green chili diced, 2 curry leaves, 1 cardamon pod, 1/8 tsp salt, garlic, pepper<br>• ***Lemon Rasam:*** 1/4 cup water, 1 ½ Tbsp lemon juice, 1 tsp olive oil, 1 tsp minced garlic, 1/8 tsp salt, 1 curry leaf, asafetida, turmeric, mustard seed, red chili powder, cumin |  |
| **Evening Snack** | • 1/4 cup unsalted mixed nuts |  |
| **Meal** | **Day 6** | **Menu Picture** |
| **Breakfast** | • 1 cup coffee with 1/2 cup 2% milk<br>• ***Lemon Urad Dal (makes 2 servings):*** 2 cups water, 1/2 cup dry urad dal, 1/3 cup dry rice, 2 Tbsp lemon juice, 1 Tbsp olive oil, 1/4 tsp salt, green chili, dried red chili, turmeric, mustard seeds, cumin seeds, fenugreek seeds, asafetida |  |
| **Lunch** | • ***Chicken Masala:*** 3oz chicken, 1 tsp minced garlic, 1/8 tsp salt, lemon pepper, lemon zest, garam masala<br>• ***Green Bean Curry:*** 1 cup fresh cut green beans, 1 tsp minced garlic, 1/2 Tbsp olive oil, 1/8 tsp salt<br>• ***1 small Roti:*** 1/4 cup atta whole wheat flour, 1 tsp olive oil, water as needed |  |
| **PM Snack** | • 1/2 cup fresh pineapple<br>• 1/2 cup plain nonfat yogurt |  |
| **Dinner** | • ***Sambhar:*** 1 cup water, 1/4 cup dry achar dal, 1/2 cup mixed vegetables, 1/4 cup chopped onion, 2 tsp olive oil, 1 tsp sambar powder, 1 tsp tamarind pulp, 1/8 tsp salt, red chili, turmeric, asafetida, mustard seeds, curry leaves<br>• ***Cauliflower Curry:*** 1 cup chopped cauliflower, 1/4 cup chopped onion, 1 tsp olive oil, 1/8 tsp salt, garlic, cumin, turmeric, ginger, garam masala, lemon juice<br>• ***Steamed Rice:*** 1/3 cup cooked rice, 1 tsp plant butter |  |
| **Evening Snack** | • 1 small peach<br>• 1/8 cup unsalted cashews |  |

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| Meal | Day 7 | Menu Picture |
|---|---|---|
| **Breakfast** | • 1 hardboiled egg<br>• ***1 Puttu (makes 6 servings):*** 1 cup rice flour, 1 cup ragi flour (finger millet), 1 cup unsweet grated coconut, 1/4 cup water, 1 tsp salt |  |
| **Lunch** | • ***Andhra Chicken:*** 3oz chicken breast, 2 tsp plain nonfat yogurt, 1 tsp ketchup, 1 tsp low sodium soy sauce, 1 tsp garlic and ginger paste, garam masala, chili powder<br>• ***1 small Roti:*** 1/4 cup atta whole wheat flour, 1 tsp olive oil, water as needed<br>• ***Capsicum Curry:*** 1/2 cup chopped bell pepper, 1/4 cup chopped onion, 1 tsp olive oil, 1/8 tsp salt, garlic, cumin, turmeric, ginger, garam masala, lemon juice |  |
| **PM Snack** | • 1/2 cup plain nonfat yogurt with 1 small plum (chopped), and 1 Tbsp unsalted slivered almonds |  |
| **Dinner** | • ***Shrimp Vindaloo:*** 3oz shrimp, 1/2 cup low sodium broth, 1/4 cup chopped onions, 2 tsp olive oil, garlic, ginger, coriander, cumin, turmeric, chili powder, cinnamon<br>• ***Steamed Rice:*** 2/3 cup cooked rice, 1 Tbsp plant butter<br>• ***Zucchini Sabzi:*** 1 ½ cups chopped zucchini, 1/4 cup chopped onion, 1 tsp olive oil, 1/8 tsp salt, green chili, coriander, garlic, ginger, turmeric, garam masala, cumin |  |
| **Evening Snack** | • 1 small apple |  |

| Meal | Calories | Protein | Carbs | Fat | Sodium |
|---|---|---|---|---|---|
| B | 375 | 18 | 34 | 20 | 450 |
| L | 520 | 20 | 43 | 14 | 365 |
| D | 430 | 15 | 59 | 16 | 470 |
| S1 | 50 | 1 | 13 | 0 | 0 |
| S2 | 135 | 4 | 20 | 6 | 310 |
| **Day 1** | **1510** | **58g** | **169g** | **56g** | **1595mg** |
| B | 405 | 20 | 51 | 8 | 710 |
| L | 400 | 25 | 27 | 21 | 630 |
| D | 420 | 21 | 38 | 20 | 490 |
| S1 | 85 | 0 | 22 | 0 | 0 |
| S2 | 190 | 8 | 20 | 10 | 135 |
| **Day 2** | **1500** | **74g** | **158g** | **59g** | **1965mg** |
| B | 360 | 14 | 43 | 15 | 630 |
| L | 375 | 15 | 50 | 14 | 590 |
| D | 405 | 21 | 36 | 21 | 395 |
| S1 | 120 | 7 | 19 | 3 | 435 |
| S2 | 240 | 6 | 28 | 14 | 0 |
| **Day 3** | **1500** | **63g** | **176g** | **67g** | **2050mg** |
| B | 420 | 20 | 36 | 24 | 490 |
| L | 500 | 18 | 45 | 17 | 510 |
| D | 450 | 21 | 45 | 21 | 720 |
| S1 | 60 | 2 | 13 | 0 | 0 |
| S2 | 70 | 1 | 19 | 0 | 0 |
| **Day 4** | **1500** | **62g** | **158g** | **62g** | **1720mg** |

| Meal | Calories | Protein | Carbs | Fat | Sodium |
|---|---|---|---|---|---|
| B | 335 | 14 | 51 | 8 | 410 |
| L | 520 | 20 | 47 | 17 | 515 |
| D | 425 | 23 | 37 | 19 | 710 |
| S1 | 70 | 1 | 17 | 0 | 0 |
| S2 | 160 | 5 | 7 | 14 | 0 |
| **Day 5** | **1510** | **63g** | **159g** | **58g** | **1635mg** |
| B | 410 | 19 | 37 | 10 | 350 |
| L | 355 | 26 | 32 | 14 | 695 |
| D | 500 | 19 | 41 | 18 | 665 |
| S1 | 90 | 6 | 18 | 0 | 75 |
| S2 | 145 | 3 | 19 | 6 | 0 |
| **Day 6** | **1500** | **73g** | **147g** | **48g** | **1785mg** |
| B | 430 | 10 | 65 | 13 | 470 |
| L | 395 | 27 | 35 | 16 | 625 |
| D | 470 | 18 | 46 | 24 | 950 |
| S1 | 120 | 7 | 16 | 4 | 75 |
| S2 | 85 | 0 | 22 | 0 | 0 |
| **Day 7** | **1500** | **62g** | **184g** | **57g** | **2120mg** |

Feel free to mix and match different meals and snacks together!
Add up the individual meal and snack amounts from this table to keep track of your total daily intake.

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