



JAIN ENDO & OBESITY CENTER

HORMONES IN BALANCE,
HEALTH IN CONTROL

JEOC

Complete Diabetes Guide

*Evidence-Based Nutrition,
Lifestyle & Diabetes Care*

7 DAYS
SAMPLE DIET | **IN LAST**



SCIENCE.



EXPERIENCE.



TRANSFORMATION.



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Dr. Nishant Jain

MBBS | DNB (General Medicine)
DM (Endocrinology)

FOUNDER, JEOC

SCIENCE. EXPERIENCE. TRANSFORMATION.

A PERSONAL MESSAGE FROM DR. NISHANT JAIN

“

Diabetes management is not about starving yourself or avoiding every food you enjoy.

It is about understanding your body, making informed choices, and building sustainable habits that improve your health over time.

At JEOC, we believe in combining science, clinical experience, and personalized care to help individuals achieve better diabetes control and long-term metabolic health.

This guide has been created to provide practical, evidence-based information that you can apply in your daily life.

Dr. Nishant Jain

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DM Endocrinology
Founder, JEOC



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UNDERSTANDING DIABETES



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WHAT IS DIABETES?

Diabetes is a chronic condition that occurs when your body cannot produce enough insulin or use it properly, leading to high blood sugar levels.



TYPES OF DIABETES

- **Type 1 Diabetes** – The body doesn't produce insulin.
- **Type 2 Diabetes** – The body doesn't use insulin properly.
- **Gestational Diabetes** – Occurs during pregnancy.
- **Prediabetes** – Blood sugar levels are higher than normal but not high enough for diabetes.



COMMON SYMPTOMS



Frequent urination



Increased thirst



Fatigue



Unexplained weight loss



Blurred vision



Slow healing of wounds



WHEN TO CONSULT AN ENDOCRINOLOGIST

If you have high blood sugar, symptoms of diabetes, a family history of diabetes, or any other hormonal concerns, consult an Endocrinologist for proper evaluation and care.

HOW HIGH BLOOD SUGAR AFFECTS YOUR BODY



Brain
Increased risk of stroke and memory problems



Eyes
Can cause retinopathy and vision problems



Heart
Higher risk of heart disease and heart attack



Kidneys
High blood sugar can damage kidneys



Nerves
Can cause nerve damage and numbness



Feet
Poor healing of wounds and risk of infections



Early diagnosis, healthy lifestyle, proper medication and regular monitoring can prevent complications and help you live a healthy life.



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WHY INDIANS DEVELOP DIABETES EARLIER?

Indians are at a higher risk of developing diabetes at an earlier age due to a combination of genetic, lifestyle and environmental factors.



01 GENETIC PREDISPOSITION

Indians have a higher genetic tendency to develop insulin resistance and type 2 diabetes compared to other ethnic groups, even at a lower body weight.



02 VISCERAL FAT

Indians tend to accumulate more fat around the abdomen and internal organs, which increases the risk of insulin resistance and diabetes.



03 INSULIN RESISTANCE

Our body's cells become less responsive to insulin, leading to higher blood sugar levels and increased risk of type 2 diabetes.



04 SEDENTARY LIFESTYLE

Long working hours, sitting for prolonged periods, lack of physical activity and dependence on vehicles contribute significantly to early diabetes.



05 SLEEP DEPRIVATION

Poor sleep quality and less sleep duration disrupt hormones that regulate hunger, stress and blood sugar, increasing the risk of diabetes.



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THE INDIAN REALITY



Diabetes can develop 5–10 years earlier in Indians compared to Western populations.



Even people with normal BMI may have a high risk.



Urbanization, stress, processed foods and changing dietary habits are accelerating the problem.



Early screening, awareness and lifestyle correction can prevent or delay diabetes.



Understanding these risk factors is the first step.
The good news is – you can change what's in your control.



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THE JEOC DIABETES PLATE

Balance is the Key!



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50%
NON-STARCHY
VEGETABLES

Fill half your plate with a variety of vegetables



25%
PROTEIN

Dal, paneer, eggs, fish, chicken, soyabean

25%
COMPLEX
CARBOHYDRATES

Whole grains, millets, brown rice, rotis, oats, quinoa

50% CHOICES (Uncooked / Raw Weight)

Leafy Greens



Cucumber



Broccoli



Capsicum



Carrot



Beans



25% PROTEIN CHOICES (Per Meal)

Dal



Paneer



Eggs



Chicken



Fish



Tofu



Soyabean



25% COMPLEX CARBOHYDRATES (Cooked Weight)

Brown Rice



Millets



Whole Wheat Roti



Oats



Quinoa



Sweet Potato



A balanced plate at every meal helps in better blood sugar control, weight management and long-term health.



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FOODS TO EAT MORE OFTEN



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Vegetables (High Fiber)

Spinach • Fenugreek • Bottle Gourd
Bitter Gourd • Cauliflower • Cabbage
Beans • Capsicum • Carrot • Cucumber



Protein (Essential for Muscles)

Dal • Rajma • Chana • Paneer • Tofu
Eggs • Fish • Chicken • Soya • Tofu
Low fat curd



Healthy Fats

Almonds • Walnuts • Flaxseeds
Chia Seeds • Pumpkin Seeds
Olive Oil • Mustard Oil



Whole, natural, minimally processed foods help in better blood sugar control, weight management and overall health.



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FOODS TO LIMIT (EAT LESS OFTEN)



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Limiting certain foods can help in better blood sugar control, weight management and overall health.



Sugary Beverages

(soft drinks, packaged juices)



Sweets & Desserts



Refined Carbohydrates

(maida, white bread, bakery items)



Deep Fried & Oily Snacks



Processed & Packaged Foods



Excess Salt & Pickles



Alcohol (if applicable)



Small changes in what you limit today can make a **big difference** in your tomorrow.



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FRUIT GUIDE FOR DIABETES



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Fruits are natural sources of vitamins, minerals, fiber and antioxidants. Choose the right ones in the right portions for **better blood sugar control**.

BEST CHOICES (Low GI)

Apple



GI ~ 36

High in fiber, good for heart

Guava



GI ~ 31

Rich in vitamin C and fiber

Orange



GI ~ 40

Good source of vitamin C

Pear



GI ~ 38

High fiber, low calorie

Papaya



GI ~ 58

Aids digestion and immunity

Berries



GI ~ 25-40

High in antioxidants, low in sugar

CONSUME MINDFULLY (Moderate GI)

Mango



GI ~ 51

Limit to small servings

Chikoo



GI ~ 56

Nutrient dense, watch portion

Banana



GI ~ 51

Eat 1 small banana

Grapes



GI ~ 53

Limit to a small bunch

Pineapple



GI ~ 59

Eat in small portions

LIMIT / AVOID (High Sugar Fruits)

Litchi



GI ~ 66

Watermelon



GI ~ 72

Jackfruit



GI ~ 75

Custard Apple



GI ~ 65

Dates



GI ~ 70+

Dry Fruits (large qty.)



GI ~ 60+



QUICK TIPS

- ✓ Prefer whole fruits over juices.
- ✓ Eat fruits with a source of protein (nuts, seeds, curd).
- ✓ Avoid eating fruits on an empty stomach.
- ✓ Control portion size – even healthy fruits can raise sugar if eaten in excess.



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TOP DIABETES BREAKFAST OPTIONS



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1 Vegetable Poha with Peanuts

Light, easy to digest and rich in fiber.
Add peanuts for healthy fats and protein.



2 Moong Dal Chilla

High in protein and fiber.
Great option to keep you full for longer.



3 Oats Upma

Oats cooked with veggies.
High fiber, low GI and heart healthy.



4 Besan Cheela

Made with gram flour and veggies.
High protein and diabetic friendly.



5 Vegetable Dalia

Broken wheat cooked with vegetables.
High in fiber and keeps sugar steady.



6 Idli with Sambar

Steamed and light.
Balanced with protein and fiber.



7 Sprouts Salad

Rich in protein, vitamins and enzymes.
Add lemon and spices for better taste.



8 Daliya / Oats Porridge

Warm, filling and heart healthy.
Add nuts and seeds for extra nutrition.



9 Boiled Eggs with Veggies

Excellent source of protein.
Pair with veggies for a complete meal.



10 Paneer Bhurji with 2 Multigrain Rotis

High protein and fiber rich.
Keeps you full and supports muscle health.



A healthy breakfast every day helps in better blood sugar control,
improves energy and supports weight management.



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SAMPLE FULL-DAY MEAL PLAN (VEGETARIAN)



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A balanced meal plan helps in better blood sugar control, sustained energy and effective weight management.

 <p>EARLY MORNING (6:00 – 6:30 AM)</p>	<ul style="list-style-type: none"> • 1 glass lukewarm water • 5 soaked almonds 	
 <p>BREAKFAST (7:30 – 8:30 AM)</p>	<ul style="list-style-type: none"> • Vegetable Poha • 1 cup low fat curd 	
 <p>MID-MORNING (10:30 – 11:00 AM)</p>	<ul style="list-style-type: none"> • 1 fruit (apple / guava) • 1 small handful of nuts 	
 <p>LUNCH (1:00 – 2:00 PM)</p>	<ul style="list-style-type: none"> • 2 multigrain rotis • 1 bowl dal • 1 bowl sabzi + salad + curd 	
 <p>EVENING SNACK (4:30 – 5:00 PM)</p>	<ul style="list-style-type: none"> • Roasted chana / sprouts / buttermilk 	
 <p>DINNER (7:30 – 8:30 PM)</p>	<ul style="list-style-type: none"> • 1 bowl dal • 1 bowl sabzi • 1 multigrain roti / brown rice • Salad 	
 <p>BEDTIME (9:30 – 10:00 PM)</p>	<ul style="list-style-type: none"> • 1 cup low fat milk / herbal tea (no sugar) 	



Note: Portion sizes may vary based on individual needs, medical conditions and activity levels.
Always consult your doctor for personalized advice.

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SAMPLE FULL-DAY MEAL PLAN (NON-VEGETARIAN)



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 <p>EARLY MORNING (6:00 – 6:30 AM)</p>	<ul style="list-style-type: none"> • 1 glass lukewarm water • 5 soaked almonds 	
 <p>BREAKFAST (7:30 – 8:30 AM)</p>	<ul style="list-style-type: none"> • Oats / Besan Chilla / Vegetable Upma • 1 boiled egg 	
 <p>MID-MORNING (10:30 – 11:00 AM)</p>	<ul style="list-style-type: none"> • 1 fruit (papaya / orange) 	
 <p>LUNCH (1:00 – 2:00 PM)</p>	<ul style="list-style-type: none"> • 2 multigrain rotis / brown rice • 1 bowl dal • Grilled fish / chicken • Salad + curd 	
 <p>EVENING SNACK (4:30 – 5:00 PM)</p>	<ul style="list-style-type: none"> • Buttermilk / Green tea • Roasted nuts 	
 <p>DINNER (7:30 – 8:30 PM)</p>	<ul style="list-style-type: none"> • Grilled chicken / Fish • Steamed vegetables • Salad 	
 <p>BEDTIME (9:30 – 10:00 PM)</p>	<ul style="list-style-type: none"> • 1 cup low-fat milk / Herbal tea 	



Note: Portion sizes may vary based on individual needs, medical conditions and activity levels.

Always consult your doctor for personalized advice.











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COMMON DIABETES MYTHS VS FACTS



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✘ MYTH	✔ FACT
 <p>Diabetes patients cannot eat rice.</p>	 <p>Rice can be eaten in controlled portions.</p>
 <p>Fruits should be completely avoided.</p>	 <p>Fruits can be eaten in moderation. Choose low GI fruits.</p>
 <p>Honey is safer than sugar.</p>	 <p>Honey also raises blood sugar.</p>
 <p>Insulin is harmful and addictive.</p>	 <p>Insulin is a life-saving hormone, not addictive.</p>
 <p>Diabetes cannot be reversed.</p>	 <p>Type 2 diabetes can be controlled and even reversed with lifestyle changes.</p>



Remember: Right knowledge empowers better choices and a healthier life.



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FULL EXERCISE GUIDE FOR BETTER CONTROL



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Regular physical activity improves insulin sensitivity, helps in weight management, reduces stress and improves overall well-being. Consistency is the key to long-term results.



1. BRISK WALKING

Daily

- Aim for 10,000 steps every day
- Improves heart health, stamina and blood sugar control
- Can be done indoors or outdoors



2. MODERATE INTENSITY AEROBIC EXERCISE

150 minutes per week

- Examples: Brisk walking, cycling, swimming, dancing
- Spread over 5–6 days a week
- At least 30 minutes per session



3. RESISTANCE TRAINING

30 minutes per day,
5 times a week

- Use body weight, resistance bands or weights
- Helps build muscle mass, improves insulin sensitivity
- Focus on all major muscle groups



4. STRETCHING & YOGA

10–20 minutes daily

- Improves flexibility and posture
- Reduces stress and muscle tension
- Yoga also supports better sleep and hormonal balance

DAILY ACTIVITY GOALS



**10,000
STEPS
EVERY DAY**

Aim for active movement throughout the day.



**150
MINUTES
PER WEEK**

Moderate intensity exercise (brisk walking, cycling, swimming etc.)



**30
MINUTES
PER DAY**

Resistance training 5 times a week

BENEFITS OF REGULAR EXERCISE



Better Blood Sugar Control



Weight Management



Improved Heart Health



Reduces Stress & Anxiety



Better Sleep Quality

IMPORTANT TIPS

- ✓ Warm up for 5–10 minutes before exercise.
- ✓ Stay hydrated before, during and after exercise.
- ✓ Wear comfortable clothes and shoes.
- ✓ Listen to your body and avoid overexertion.
- ✓ Consult your doctor before starting any new exercise program.



Consistency is more important than intensity. Small steps every day lead to big changes over time.

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HYPOGLYCEMIA GUIDE (LOW BLOOD SUGAR)



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SYMPTOMS



Sweating



Shakiness



Dizziness



Hunger



Irritability

15-16 RULE

Take 15g of fast acting sugar
or carbohydrates if symptoms occur



3-4 glucose tabs

OR



1/2 cup fruit juice

OR



1 tbsp sugar / honey

WHEN TO SEEK HELP

- If symptoms don't improve after 2 cycles
- If you become unconscious
- If seizures occur



Seek immediate
medical attention



Always carry a fast acting sugar source with you
and inform your family or friends.

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DIABETES MONITORING SCHEDULE





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Regular monitoring helps in early detection of complications and better management of diabetes.


- 

HbA1c Test
Every 3 months
- 

Blood Pressure
Every visit
- 

Kidney Function Test
Every 6–12 months
- 

Lipid Profile
Once a year
- 

Eye Check-up
Once a year
- 

Foot Examination
Every visit




Consistent monitoring helps you stay ahead and prevents complications.
Early detection. Better control. Healthier life.

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JEOC SERVICES












Comprehensive Endocrine
& Metabolic Care



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-  Diabetes Care
-  Obesity & Weight Management
-  Thyroid Disorders
-  PCOS & Hormonal Imbalances
-  Pituitary & Adrenal Disorders
-  Osteoporosis & Bone Health
-  Metabolic Health
-  Tall & Short Stature
-  Infertility
-  Post Menopausal Syndrome
-  Pediatric Endocrinology



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7 DAYS SAMPLE DIET PLAN

Healthy Eating. Better Living.



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DM (Endocrinology)
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DAY 1



MORNING DRINK

6:30 – 7:00 AM

Warm water
with soaked
fenugreek seeds



BENEFITS

Helps in blood sugar control and improves insulin sensitivity.



BREAKFAST

8:00 – 9:00 AM

Vegetable
oats upma



BENEFITS

High in fiber and keeps you full for longer. Supports stable energy levels.



MID MORNING

11:00 AM

Apple
or guava



BENEFITS

Rich in vitamins, antioxidants and fiber. Helps in weight management.



LUNCH

1:00 – 2:00 PM

Multigrain roti,
moong dal and
sautéed spinach



BENEFITS

Balanced meal with complex carbs, protein and iron. Excellent for blood sugar control.



EVENING SNACK

4:30 – 5:00 PM

Handful of
roasted chana



BENEFITS

High in protein and fiber. Helps curb hunger and supports weight management.



DINNER

7:00 – 8:00 PM

Vegetable dalia
with mixed
vegetables



BENEFITS

Light, nutritious and easy to digest. Keeps you satisfied through the night.



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DAY 2



**MORNING
 DRINK**

6:30 – 7:00 AM

Cinnamon
 water



BENEFITS

Helps regulate blood sugar levels and improves insulin sensitivity.



BREAKFAST

8:30 – 9:00 AM

Besan chilla
 with mint
 chutney



BENEFITS

High in protein and fiber. Keeps you full longer and supports stable energy.



MID MORNING

11:00 AM

A small bowl
 of papaya



BENEFITS

Rich in vitamins and antioxidants. Aids digestion and supports immunity.



LUNCH

1:00 – 2:00 PM

Brown rice,
 rajma and
 cucumber salad



BENEFITS

High in protein, fiber and complex carbs. Supports heart health and blood sugar control.



EVENING SNACK

4:30 – 5:00 PM

Buttermilk
 (unsweetened)



BENEFITS

Aids digestion, probiotics support gut health and help in hydration.



DINNER

7:00 – 8:00 PM

Grilled paneer
 and stir-fried
 beans



BENEFITS

High in protein and low in carbs. Supports muscle health and keeps blood sugar steady.



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DAY 3



**MORNING
 DRINK**

6:30 – 7:00 AM

Warm
 lemon water



BENEFITS

Helps detox the body,
 boosts metabolism and
 supports digestion.
 Aids in blood sugar
 management.



BREAKFAST

8:00 – 9:00 AM

Poha with
 vegetables



BENEFITS

Light, easy to digest
 and rich in fiber.
 Provides sustained
 energy and helps
 control appetite.



MID MORNING

11:00 AM

A handful
 of nuts



BENEFITS

Good source of healthy
 fats, protein and
 antioxidants.
 Keeps hunger in check
 and supports heart health.



LUNCH

1:00 – 2:00 PM

Whole wheat roti,
 chole and
 steamed lauki



BENEFITS

High in protein, fiber
 and essential nutrients.
 Supports digestion,
 weight management
 and stable blood sugar.



EVENING SNACK

4:30 – 5:00 PM

Green tea



BENEFITS

Rich in antioxidants,
 boosts metabolism and
 helps reduce sugar
 cravings.



DINNER

7:00 – 8:00 PM

Quinoa khichdi



BENEFITS

High in protein and fiber.
 Easy to digest and
 supports gut health.
 Keeps you full and
 supports blood sugar
 control.



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DAY 4



**MORNING
 DRINK**

6:30 – 7:00 AM

Tulsi and
 ginger water



BENEFITS

Boosts immunity,
 improves digestion
 and helps reduce
 inflammation.



BREAKFAST

8:00 – 9:00 AM

Idli
 with sambar



BENEFITS

Light, low in calories
 and high in protein.
 Supports gut health
 and keeps you
 energized.



MID MORNING

11:00 AM

Pear



BENEFITS

High in fiber,
 vitamins and
 antioxidants.
 Supports digestion
 and heart health.



LUNCH

1:00 – 2:00 PM

Millet roti,
 tur dal and
 cabbage sabzi



BENEFITS

High in fiber and
 plant protein.
 Supports blood
 sugar control and
 weight management.



EVENING SNACK

4:30 – 5:00 PM

Roasted
 lotus seeds



BENEFITS

Low in calories and
 rich in minerals.
 Helps curb cravings
 and improves satiety.



DINNER

7:00 – 8:00 PM

Vegetable soup
 with paneer
 cubes



BENEFITS

Low calorie, nutritious
 and easy to digest.
 Paneer adds protein
 for muscle health
 and satiety.



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BENEFITS

- ✓ Hydrates the body
- ✓ Supports digestion
- ✓ Helps flush out toxins

BENEFITS

- ✓ Rich in fiber
- ✓ Keeps you full longer
- ✓ Supports steady energy levels

BENEFITS

- ✓ High in antioxidants
- ✓ Low in calories
- ✓ Good for heart health & skin

BENEFITS

- ✓ High in protein & fiber
- ✓ Supports digestion
- ✓ Helps control blood sugar

BENEFITS

- ✓ Hydrating & refreshing
- ✓ Healthy fats
- ✓ Good for skin & digestion

BENEFITS

- ✓ High in protein
- ✓ Low in carbs
- ✓ Supports weight management



MORNING DRINK

6:30 – 7:00 AM

Plain warm water



BREAKFAST

8:00 – 9:00 AM

Vegetable upma



MID MORNING

11:00 AM

Berries (if available)



LUNCH

1:00 – 2:00 PM

Brown rice, masoor dal and okra



EVENING SNACK

4:30 – 5:00 PM

Fresh coconut slices



DINNER

7:00 – 8:00 PM

Moong dal cheela with vegetables



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DAY 6



**MORNING
 DRINK**

6:30 – 7:00 AM

Jeera
 water



BENEFITS

Aids digestion, reduces bloating and supports metabolism. Helps in detoxification and gut health.



BREAKFAST

8:00 – 9:00 AM

Scrambled
 eggs or tofu
 with vegetables



BENEFITS

High in protein and essential nutrients. Keeps you full longer and supports muscle health.



MID MORNING

11:00 AM

Small bowl
 of watermelon



BENEFITS

Hydrating and low in calories. Rich in antioxidants and supports skin health.



LUNCH

1:00 – 2:00 PM

Multigrain roti,
 mixed dal and
 beans poriyal



BENEFITS

High in protein, fiber and complex carbs. Supports satiety, stable blood sugar and digestive health.



EVENING SNACK

4:30 – 5:00 PM

Unsalted
 peanuts



BENEFITS

Good source of healthy fats and plant protein. Helps control hunger and supports heart health.



DINNER

7:00 – 8:00 PM

Vegetable
 stew



BENEFITS

Low calorie, high fiber and nutrient dense. Easy to digest and supports weight management.



Kailash Deepak Hospital,
 Karkardooma, Delhi – 110092



MONDAY – SATURDAY
 9 AM – 5 PM



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JEOC
**JAIN ENDO &
 OBESITY CENTER**
 HORMONES IN BALANCE,
 — HEALTH IN CONTROL —

7 DAYS

SAMPLE DIET PLAN

Healthy Eating. Better Living.



Dr. Nishant Jain

MBBS

DNB (General Medicine)

DM (Endocrinology)

— FOUNDER, JEOC —

DAY 7



**MORNING
 DRINK**

6:30 – 7:00 AM

Warm water
 with lemon



BENEFITS

Aids detoxification,
 supports digestion
 and helps boost
 metabolism.



BREAKFAST

8:00 – 9:00 AM

2 small besan
 chillas with
 mint chutney



BENEFITS

High in protein and fiber.
 Keeps you full longer
 and helps maintain
 stable blood sugar.



MID MORNING

11:00 AM

1 small wedge
 papaya



BENEFITS

Rich in vitamins A & C,
 fiber and antioxidants.
 Supports immunity
 and healthy digestion.



LUNCH

1:00 – 2:00 PM

Brown rice,
 rajma and
 cauliflower



BENEFITS

High in protein, fiber
 and complex carbs.
 Supports gut health
 and keeps energy
 levels steady.



EVENING SNACK

4:30 – 5:00 PM

Buttermilk
 with 2–3
 almonds



BENEFITS

Aids digestion, cools
 the body and almonds
 provide healthy fats
 and satiety.



DINNER

7:00 – 8:00 PM

2 ragi rotis,
 mixed vegetable
 curry and
 mixed vegetable



BENEFITS

High in fiber and nutrients.
 Supports weight
 management and
 provides balanced
 nutrition.



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