


South Asian Low Carbohydrate Meal Plans

Non-vegetarian

Breakfast



Scrambled egg x2 (2g carbs) with 1 slice of seeded bread (20g carbs)

Lunch



100g of brown rice (30g carbs), 150g chicken curry (5g carbs) and salad (1.5g carbs).

Evening Meal



1x 6 inch chapatti (12g carbs)
150g serving meat curry (6g carbs)
28g raita (2g carbs)
salad (1.5g carbs)

Snacks



28g (a Handful) of nuts (2g carbs)




80g mango slices (11g carbs)

Total: 93g carbs

Vegetarian

Breakfast



1 cup all bran wheat breakfast cereal (27g carbs)

Lunch




1 small wholemeal chappati (12g carbs), small 30g portion of rice (9g carbs), 150g serving makhani dahl (12g carbs), and salad (1.5g carbs).

Evening Meal



1 x 6 inch chapatti (12g carbs) 150g serving of chickpea curry (22g carbs) 100g okra (3g carbs)

Snacks



1 medium apple (10g carbs)

Total: 121.5g carbs

Top Tip: Choose whole meal carbohydrates: Seeded breads, Brown rice, Sweet potato. 