

A FREE LOOP/90 PATIENT GUIDE

The Desi Diabetes Plate Guide

Twelve pages of practical portion and pairing guidance for real Pakistani meals — roti, daal, biryani and all — built by the team behind Loop/90's 90-day remission program.

12

PAGES

7

DAY FRAMEWORK

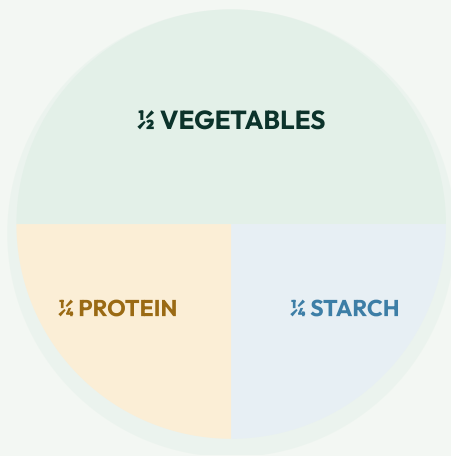
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FOODS BANNED

Inside: the Loop/90 Desi Plate method · hand-portion guide · pairing rules for roti, daal chawal, biryani & more · a 7-day meal framework · a one-page checklist · how Loop/90's 90-day cohort program builds on all of it.

The Desi Diabetes Plate Guide

Practical portion & pairing guidance for everyday Pakistani meals — designed for a kitchen where roti, daal and biryani are normal life.



A visual starting point — personalize with your care team.

1 Build the plate

Vegetables first. Add a clear protein source.

2 Choose the starch

Roti, rice, naan or potato — portion it deliberately.

3 Pair & repeat

Use familiar meals and make the pattern sustainable.

WHY THIS GUIDE EXISTS

You don't need a “diabetes diet.”
You need a desi meal system.

A plate of roti, daal, sabzi, rice or biryani can be part of a diabetes-conscious eating pattern. The challenge is usually portion, pairing and consistency — not whether a food has a Western “healthy” label.

1

Keep the food

Use the foods your family already cooks.

2

Change the structure

Make vegetables and protein visible before starch.

3

Measure the pattern

Repeat the same simple rules often enough to learn what works.

THE LOOP/90 DIFFERENCE

This guide gives you the first layer. The program adds the part a PDF cannot: personalization, accountability and clinical oversight.

THIS FREE GUIDE	LOOP/90
General portion & pairing framework	Personalized plan built around your actual meals
Self-guided meal choices	Meal-photo review, daily logging and coaching
Read and apply at your own pace	Doctor + nutritionist + movement coach + AI support
Educational information	90-day cohort with measurable checkpoints

Want help applying this to your life?

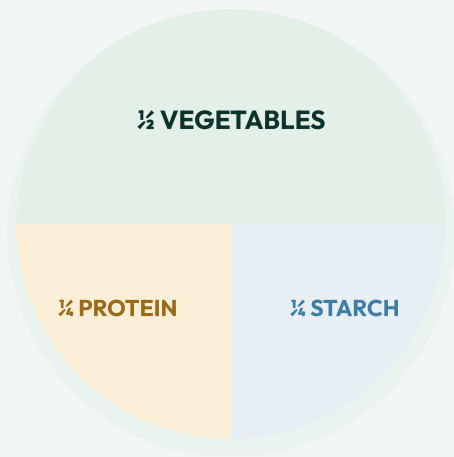
Loop/90 is built for people who want a structured 90-day path rather than another PDF they forget after two days.

GET STARTED WITH LOOP/90

THE CORE METHOD

The Loop/90 Desi Plate

Use this visual before most main meals. It is a starting framework, not a prescription.



A visual starting point — personalize with your care team.

1/2 PLATE	1/4 PLATE	1/4 PLATE
Vegetables Bhindi, tori, lauki, baingan, gobhi, palak, cucumber, salad and mixed vegetables.	Protein Eggs, chicken, fish, lean meat, daal, beans or chana.	Starch Roti, rice, naan, potatoes or another carbohydrate food.

Drink: make water or another unsweetened option your default. Sugary drinks can add a substantial carbohydrate load without the same fullness as food.

PORTION WITHOUT A SCALE

Your hand is a useful measuring tool

You don't need to weigh every roti. Use familiar visual anchors to make portions more consistent.

VISUAL	USE IT FOR	EXAMPLE
PALM	Protein	Chicken, fish or lean meat portion
FIST	Vegetables	Cooked non-starchy vegetables
CUPPED HAND	Starchy foods	A starting visual for cooked rice or similar foods
THUMB	Higher-fat additions	Oils, nut butters and similar calorie-dense additions

DESI STAPLE CHEAT SHEET

FOOD	STARTING IDEA	PAIR IT WITH
Roti / chapati	Start with 1 small-to-medium roti and adjust to your needs.	Protein + 1–2 vegetable dishes + salad
Cooked rice	Start with a measured serving rather than a heaped plate.	Protein + vegetables + salad/raita
Daal	Remember it contributes both protein and carbohydrate.	Vegetables + controlled rice/roti
Potato	Count it as the starch portion.	Protein + non-starchy vegetables
Fruit	Prefer whole fruit to juice.	Protein/fat source when useful for satiety

These are practical starting points, not individualized prescriptions. Your clinician or nutritionist may recommend different portions based on your treatment and goals.

PAIRING GUIDE

Don't ask “Can I eat this?”
Ask “How will I build this meal?”

IF YOU'RE HAVING...	BUILD AROUND IT...	WATCH FOR...
Roti	Chicken/fish/egg + sabzi + salad	Extra roti + sweet chai + biscuits
Daal chawal	More vegetables + measured rice + daal	Unlimited rice because it is homemade
Biryani	Controlled rice + chicken + raita + salad	Large second serving + soft drink
Nihari / qorma	Protein + salad + modest roti/naan	Several breads + sugary drink
Paratha	Egg/protein + vegetables; keep the rest lighter	Large oily paratha + halwa + sweet tea
Chaat	Chana + vegetables + controlled chutney	Fried toppings + sweet sauces + large portion

The goal is not to “cancel out” carbohydrates. Pairing simply helps you build a meal with more balance and a deliberate total carbohydrate portion.

REAL-LIFE MAKEOVERS

Same kitchen. Better structure.

These examples are intentionally familiar. The objective is to make small changes that are realistic enough to repeat.

INSTEAD OF...	TRY THIS...	WHY IT HELPS
2–3 rotis + aloo + sweet chai	1 roti + egg/chicken + non-starchy sabzi + unsweetened tea	More protein/vegetable volume; less reliance on starch and liquid sugar
Large biryani + soft drink	Smaller rice portion + chicken + raita + salad + water	Makes the rice portion intentional and removes liquid sugar
Daal + huge rice plate	Daal + vegetables + measured rice + salad	Keeps a familiar meal while reducing the starch-heavy structure
Paratha + halwa + sweet chai	Smaller paratha + eggs + unsweetened tea; dessert as an occasional small portion	Reduces stacking several energy-dense carbohydrate foods at once
Biscuits with every tea	Unsweetened tea; choose a filling snack if genuinely hungry	Breaks automatic grazing

ONE RULE TO REMEMBER

If the meal is already starch-heavy, don't add another starch by default. Add vegetables and protein instead.

Simple combinations for the whole day

MEAL	OPTIONS
Breakfast	Eggs + roti + vegetables • Plain yogurt + modest whole fruit + nuts • Oats + nuts/seeds + whole fruit • Daal/chana + salad + controlled roti
Snack	Small handful of nuts • Plain yogurt • Whole fruit • Cucumber/carrot • Boiled egg • Measured roasted chana
Drinks	Water • Unsweetened tea • Unsweetened coffee • Other low/no-sugar options

A PRACTICAL TEST

Before reaching for a snack, ask: Am I hungry, thirsty, bored, stressed, or simply following a routine? You don't need to get the answer right every time — noticing the pattern is the skill.

If you use insulin or medicines that can cause low blood glucose, do not make major meal-timing or carbohydrate changes without discussing them with your healthcare professional.

Daawat? Restaurant? Office lunch?
Use the same four questions.

1 Where's my protein?

Find the chicken, fish, eggs, meat, daal or chana.

2 Where are my vegetables?

Salad and cooked vegetables should be visible.

3 What's my starch?

Pick roti, rice, naan or potato — then portion it.

4

Is my drink adding sugar?

SITUATION	PRACTICAL MOVE
Wedding / daawat	One plate. Start with salad/vegetables and protein. Add a modest starch portion. Pause before seconds.
Biryani restaurant	Enjoy the biryani. Make the rice the carbohydrate portion; add raita/salad and choose water.
BBQ	Prioritize grilled protein and salad; keep naan, sauces and sweet drinks controlled.
Office lunch	Keep a simple emergency snack available so extreme hunger doesn't choose the meal for you.

MAKE IT REPEATABLE

A 7-day desi meal framework

Swap foods based on your household, budget and preferences. The point is the structure, not culinary perfection.

DAY	BREAKFAST	LUNCH	DINNER
1	Eggs + roti + vegetables	Chicken + sabzi + roti + salad	Daal + vegetables + measured rice
2	Plain yogurt + fruit + nuts	Fish + salad + roti	Chicken curry + gobhi/bhindi + roti
3	Oats + nuts + fruit	Daal + sabzi + measured rice	Grilled chicken + salad + small roti
4	Eggs + vegetable side	Chana + salad + roti	Fish + mixed vegetables + measured rice
5	Plain yogurt + fruit	Chicken + lauki/tori + roti	Daal + palak + small roti
6	Oats + nuts	Biryani + raita + salad	Egg/chicken + vegetables + roti
7	Eggs + roti + salad	BBQ/grilled protein + salad + small naan/roti	Daal/chana + vegetables + measured rice

Don't chase perfection. Your aim is to create a meal pattern you can repeat long enough to learn from your glucose, hunger, energy and progress.

YOUR ONE-PAGE CHECKLIST

Build your next meal in 60 seconds

1. PROTEIN

- ☐ Eggs
- ☐ Chicken
- ☐ Fish
- ☐ Lean meat
- ☐ Daal / beans / chana

2. VEGETABLES

- ☐ Salad
- ☐ Bhindi
- ☐ Tori / lauki
- ☐ Baingan
- ☐ Gobhi
- ☐ Palak / greens

3. ONE MAIN STARCH

- ☐ Roti
- ☐ Rice
- ☐ Naan
- ☐ Potato
- ☐ Other measured grain

4. DRINK

- ☐ Water
- ☐ Unsweetened tea
- ☐ Unsweetened coffee
- ☐ Low/no-sugar option

Before you eat, ask:

- Where is my protein?
- Did vegetables become the largest part?
- What is my main carbohydrate portion?
- Am I drinking sugar with this meal?
- Do I actually need another serving?

ONE MEAL DOESN'T DEFINE YOU

The real win is not having a “perfect” lunch today. It's learning how to make the next meal a little more intentional — again and again.

IF THIS GUIDE HELPED...

Imagine having this level of structure built around you.

A PDF can show you the framework. It can't see your meal photo, review your glucose trend, adjust the plan with your clinician, or keep you accountable when motivation drops.

WHAT YOU GET IN LOOP/90
✓ 90-day cohort-based program
✓ Doctor-led clinical oversight and medication decisions remain with your doctor
✓ Nutrition plan built around Pakistani food
✓ Movement coaching and practical daily targets
✓ Always-on AI coach for education, logging and nudges — never medication changes
✓ Meal-photo analysis and swap suggestions
✓ Day-0 and day-90 HbA1c checkpoints
✓ Cohort accountability, challenges and support

Ready for a structured 90-day path?

Loop/90 is designed for Pakistani adults with type-2 diabetes who want a practical, supervised lifestyle program. Individual results vary; remission is not guaranteed.

RESERVE YOUR LOOP/90 SPOT

Program investment shown on the website: PKR 25,000 one-time, or 3 monthly installments of PKR 8,500. Confirm current availability and eligibility with the Loop/90 team.

READ THIS BEFORE YOU CHANGE YOUR PLAN

Important clinical notes

- This guide is educational and does not diagnose, treat or cure diabetes.
- Diabetes care is individual. Medication use, insulin, activity, glucose patterns, kidney health and other factors can change the right approach.
- If you use insulin or medicines that can cause low blood glucose, discuss major changes in carbohydrate intake or meal timing with your healthcare professional.
- Do not stop, reduce or change medication based on this guide or an AI recommendation.
- “Diabetes remission” is not the same as a cure. It can be measured clinically and diabetes can return.

A FINAL THOUGHT

You don't need to become a different person to start eating differently. Start with one plate, one meal, one repeatable rule. Then build from there.

Loop/90

A 90-day cohort-based lifestyle medicine program for type-2 diabetes remission.
Built in Pakistan, for Pakistan.

Learn more / reserve your spot: sehat90-claude-code-handoff1.vercel.app

Clinical references used for the program's remission framing include the ADA/EASD consensus report and the DiRECT trial. The website's evidence section provides the program-specific references.

This guide intentionally avoids promising a specific outcome. Your results depend on individual factors and clinical supervision.