



THE 7-DAY STARTER KIT

7-DAY DIABETES SUGAR CONTROL STARTER KIT Your First Step Toward Reversing Type-2 Diabetes Naturally

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Inside This Kit:

- ✓ The Diacure Metabolic Reset Method™
- ✓ 7-Day Meal Plan (Veg & Non-Veg Options)
- ✓ The "Sugar-Swap" Food List
- ✓ Morning Routine for Stable Sugar
- ✓ Daily Blood Sugar Tracker

(Disclaimer at bottom): *IMPORTANT: This guide is for educational purposes only. If you are on medication (especially insulin or sulfonylureas), consult a qualified medical or nutrition expert before making changes — sudden sugar drops may cause hypoglycemia.*





Welcome to Your Reset

Dear Reader,

If you're newly diagnosed, struggling with rising sugar, or worried about medications, you're in the right place. This guide will help you understand what causes high sugar and start stabilising it naturally.

Why Sugar Goes High: The Simple Science Type-2 Diabetes is not a "blood sugar problem." It's an **insulin resistance problem**. When your cells stop responding to insulin, sugar stays in the blood. To fix this, we must:

1. Eat Low-GI food.
2. Reduce total carbs & increase protein.
3. Improve meal timing & add simple movement.

The Diacure Metabolic Reset Method™ This kit uses the same principles taught inside my personalised clinic programs:

- **Low-GI Choices:** Foods that spike sugar slower.
- **Moderate Low-Carb:** Safe for beginners.
- **Protein in Every Meal:** Crucial for stability.
- **Food Sequence Rule:** Veggies first → Protein second → Carbs last.

Let's begin your journey.

Warm regards, **Hrishikesh Shanghvi**

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Daily Protocols for Success

1. Morning Routine

- Hydrate: Drink 400–500 ml water immediately upon waking.
- Movement: 3–5 minutes of light movement (arm circles, ankle mobility).
- Breakfast Rule: NO Poha, Upma, Bread, or Oats. Eat High-Protein (Eggs, Paneer, Tofu).

2. The 3 Sugar Control Hacks

- Hack #1: Apple Cider Vinegar (ACV) Mix 1–2 tsp in a full glass of water. Drink 10–15 mins before Lunch & Dinner.
- Hack #2: The "Calf Raise" Trick Do 30–40 calf raises (or walk 10 mins) immediately after eating. This forces muscles to soak up sugar.
- Hack #3: Food Sequence Eat in this order: 1. Salad/Fiber → 2. Protein → 3. Roti/Rice/Carbs.



The Food Swap List

Category	✗ AVOID / LIMIT	✓ EAT (BEST CHOICE)
Carbohydrates	White Rice, Regular Roti, Wheat Atta	Cauliflower Rice, Low-Carb Atta, Veggie Poha
Snacks	Biscuits, Chips, Namkeen	Nuts, Greek Yogurt, Roasted Chana, Keto Nachos
Fruits	Banana, Mango, Chikoo, Grapes	Berries, Guava, Small Apple, Pear
Drinks	Fruit Juice, Milk Tea (Chai)	Black Coffee, Lemon Water, Green Tea

Protein Source List

Vegetarian Sources:

- Paneer / Tofu
- Greek Yogurt / Hung Curd
- Soya Chunks
- Dal / Legumes (Portion Controlled)
- Whey Isolate (Optional)

Non-Vegetarian Sources:

- Eggs (Whole)
- Chicken (Breast/Thigh)
- Fish / Prawns
- Lean Mutton (Occasional)



7-Day Sugar Control Meal Plan

Note: Remember to eat your Salad/Veggies FIRST for every lunch and dinner.

DAY 1

- **Breakfast:** 2-Egg Omelette **OR** Paneer Bhurji
- **Lunch:** 1 Low-Carb Roti + Dal + Veggies (**Non-Veg: Chicken Curry + 1 Roti**)
- **Dinner:** Tofu Stir Fry (**Non-Veg: Grilled Chicken + Veggies**)

DAY 2

- **Breakfast:** Moong Chilla + Hung Curd (**Non-Veg: Boiled Eggs**)
- **Lunch:** Low-Carb Veg Khichdi + Curd (**Non-Veg: Chicken Stir Fry**)
- **Dinner:** Paneer Curry + Sautéed Veggies (**Non-Veg: Chicken Soup**)

DAY 3

- **Breakfast:** Greek Yogurt + Nuts (**Non-Veg: Scrambled Eggs**)
- **Lunch:** High-Protein Pasta + Veggies (**Non-Veg: Add Chicken**)
- **Dinner:** Moong Dal + Sautéed Veggies (**Non-Veg: Fish/Prawns**)

DAY 4

- **Breakfast:** Veggie Omelette **OR** Tofu Scramble
- **Lunch:** 1 Low-Carb Roti + Paneer Sabzi (**Non-Veg: Chicken Curry**)
- **Dinner:** Veggie Soup + Paneer Tikka (**Non-Veg: Grilled Chicken**)

DAY 5

- **Breakfast:** Moong Dal Dosa (**Non-Veg: 2 Boiled Eggs**)

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- **Lunch:** Low-Carb Khichdi + Curd
- **Dinner:** Stir-fried Tofu + Veggies (**Non-Veg: Chicken/Fish Stir fry**)

DAY 6

- **Breakfast:** Egg Bhurji **OR** Paneer Bhurji
- **Lunch:** 1 Low-Carb Roti + Veggies + Dal (**Non-Veg: Chicken + Roti**)
- **Dinner:** Veg Sauté + Paneer (**Non-Veg: Grilled Chicken**)

DAY 7

- **Breakfast:** Greek Yogurt Bowl (w/ Nuts & Seeds)
- **Lunch:** High-Protein Pasta + Veggies (**Non-Veg: Add Chicken**)
- **Dinner:** Tofu Curry + Veggies (**Non-Veg: Chicken Curry**)





7-DAY BLOOD SUGAR TRACKER

Date	Fasting Sugar	Post-Meal (PP) Sugar	Notes (Sleep, Stress, Cheats)
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			

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Ready for a Full Reversal?

This starter kit is just the beginning. True reversal requires a plan personalised to your blood sugar triggers, medication history, and lifestyle.

If you want to speed up your results: Book a Free 15-Minute Discovery Call with Diacure.
(Limited to 15 new clients/month)

[Book Appointment](#)

