

GM DIET CHART: DAY #1



Watermelon



Strawberries



Cantaloupe



Citrus fruits



Pomegranates



Apples

DRINK

At least 8-12 glasses of water per day.

EAT

Eat preferably watermelons/melons, cantaloupe, lime, oranges, apples, pomegranates & strawberries.

AVOID

Bananas, grapes, litchi, mangoes & other fruit rich in carbs and potassium (also avoid oils, and fruit juices at all costs).

BREAKFAST (8:15 - 9:15 AM)

1 bowl of sliced apples
2 glasses of water

LUNCH (12:00 - 1:30 PM)

1 bowl of watermelon
2 glasses of water

DINNER (6:00 - 7:00 PM)

1 bowl of watermelon
2 glasses of water

MORNING SNACK (10:30 - 11:00 AM)

1 bowl of raw papaya
2 glasses of water

AFTERNOON SNACK (4:00 - 4:30 PM)

1 bowl of raw papaya
2 glasses of water

EVENING SNACK (8:00 - 8:30 PM)

1 glass of coconut water

GM DIET CHART: DAY #2



Tomatoes



Broccoli



Carrots



Cabbage



Beets



Green beans

DRINK

At least 8-12 glasses of water per day.

EAT

Large boiled potato, lettuce, cabbage, beets, beans, carrot, cucumber, tomatoes, peppers, onion, broccoli & cauliflower.

AVOID

Potatoes (breakfast in the morning is the only allowed exception).

BREAKFAST (8:15 - 9:15 AM)

1 bowl of boiled potatoes
2 glasses of water

MORNING SNACK (10:30 - 11:00 AM)

1 bowl of raw red cabbage
2 glasses of water

LUNCH (12:00 - 1:30 PM)

1 bowl of vegetable salad
2 glasses of water

AFTERNOON SNACK (4:00 - 4:30 PM)

1 cup of cherry tomatoes
2 glasses of water

DINNER (6:00 - 7:00 PM)

1 cup of steamed asparagus,
broccoli, cauliflower & carrots
2 glasses of water

EVENING SNACK (8:00 - 8:30 PM)

1 cup of cherry tomatoes
2 glasses of water

GM DIET CHART: DAY #3



Watermelon



Strawberries



Apples



Cabbage



Beets



Green beans

DRINK

At least 8-12 glasses of water per day.

EAT

Watermelons, cantaloupe, lime, oranges, apples, pomegranates, strawberries, lettuce, cabbage, beets, beans, carrot, cucumber, tomatoes, peppers, onion, broccoli & cauliflower.

AVOID

Potatoes, bananas, grapes, litchi, mangoes & other fruit rich in carbs and potassium.

BREAKFAST (8:15 - 9:15 AM)

1 cup of diced apples or melons
2 glasses of water

MORNING SNACK (10:30 - 11:00 AM)

1 bowl of raw cantaloupe
& papaya
2 glasses of water

LUNCH (12:00 - 1:30 PM)

1 big salad with romaine
lettuce, tomatoes, cucumber,
peppers & beets
2 glasses of water

AFTERNOON SNACK (4:00 - 4:30 PM)

1 mango or orange
2 glasses of water

DINNER (6:00 - 7:00 PM)

1 salad with leafy greens,
steamed broccoli, raw papaya
2 glasses of water

EVENING SNACK (8:00 - 8:30 PM)

1 glass of coconut water

GM DIET CHART: DAY #4



Bananas



Vegetable soup



Milk

DRINK

At least 8-12 glasses of water per day.

EAT

Bananas (up to 8-10), milk (4 glasses) & GM special vegetable soup (1-2 bowls).

AVOID

Anything else.



BREAKFAST (8:15 - 9:15 AM)

1 glass of milk
1 medium-sized banana
2 glasses of water

MORNING SNACK (10:30 - 11:00 AM)

1 glass of milk
2 medium-sized bananas
2 glasses of water

LUNCH (12:00 - 1:30 PM)

1 bowl of "GM special soup"
2 glasses of water

AFTERNOON SNACK (4:00 - 4:30 PM)

1 glass of milk & banana shake
1 glass of water

DINNER (6:00 - 7:00 PM)

1 bowl of "special soup"
1 medium-sized banana
2 glasses of water

EVENING SNACK (8:00 - 8:30 PM)

1 glass of coconut water

GM DIET CHART: DAY #5



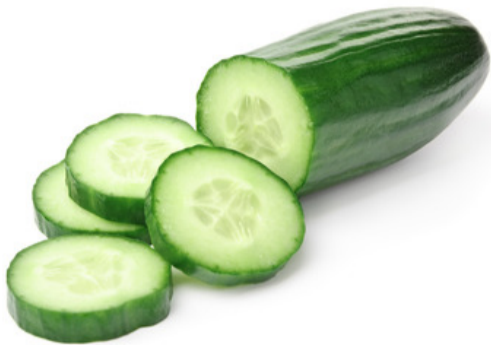
Apples



Lean meat



Vegetable soup



Cucumber



Sprouts



Beans

DRINK

At least 8-12 glasses of water per day.

EAT

Tomatoes (6), sprouts, cucumber, GM vegetable soup, lean meat (chicken breast, pork loin, beef tenderloin or fish).

AVOID

Anything else.

BREAKFAST (8:15 – 9:15 AM)

1 braised beef
2 sliced tomatoes
3 glasses of water

MORNING SNACK (10:30 – 11:00 AM)

1 turkey patty with a tomato
3 glasses of water

LUNCH (12:00 – 1:30 PM)

1 hamburger patty with a sliced
tomato
3 glasses of water

AFTERNOON SNACK (4:00 – 4:30 PM)

1 turkey patty with a tomato
2 glasses of water

DINNER (6:00 – 7:00 PM)

1 hamburger patty
2 fresh tomatoes
2 glasses of water

EVENING SNACK (8:00 – 8:30 PM)

1 glass of coconut water

GM DIET CHART: DAY #6



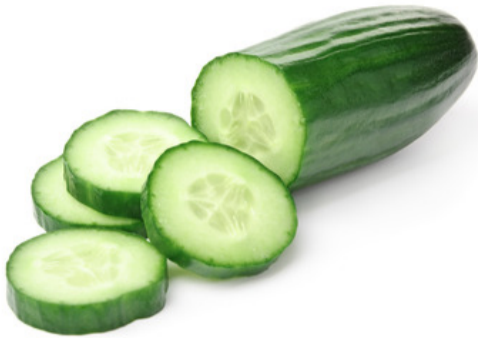
Apples



Lean meat



Vegetable soup



Cucumber



Sprouts



Beans

DRINK

At least 8-12 glasses of water per day.

EAT

Apples, sprouts, cucumber, GM vegetable soup, lean meat (chicken breast, pork loin, beef tenderloin or fish).

AVOID

Tomatoes, and anything else.

BREAKFAST (8:15 - 9:15 AM)

1 bowl of "special soup" with
lean beef strips
2 glasses of water

LUNCH (12:00 - 1:30 PM)

1 cooked beef with a lot of
vegetables (no potatoes)
3 glasses of water

DINNER (6:00 - 7:00 PM)

1 beef patty
1 bowl of "GM special soup"
2 glasses of water

MORNING SNACK (10:30 - 11:00 AM)

1 salad with green leafy
vegetables, cooked lean beef
& chicken strips
2 glasses of water

AFTERNOON SNACK (4:00 - 4:30 PM)

1 salad with green leafy
vegetables, cooked lean beef &
chicken strips
2 glasses of water

EVENING SNACK (8:00 - 8:30 PM)

1 glass of coconut water

GM DIET CHART: DAY #7



Watermelon



Cabbage



Strawberries



Brown rice



Beans



Broccoli

DRINK

At least 8-12 glasses of water per day.

EAT

Brown rice, watermelon, strawberries, cabbage, broccoli, fruit juice (orange or pineapple) & legumes.

AVOID

Bananas, and anything else.

BREAKFAST (8:15 - 9:15 AM)

1 cup of brown rice or oatmeal
together with the melon
2 glasses of water

MORNING SNACK (10:30 - 11:00 AM)

1 bowl of sliced strawberries
2 glasses of water

LUNCH (12:00 - 1:30 PM)

1 big salad made from
vegetables of your choice
mixed with raw mango
2 glasses of water

AFTERNOON SNACK (4:00 - 4:30 PM)

1 bowl of blueberries
& raspberries
2 glasses of water

DINNER (6:00 - 7:00 PM)

1 bowl of brown rice with a lot
of vegetables
2 glasses of water

EVENING SNACK (8:00 - 8:30 PM)

1 bowl of strawberries