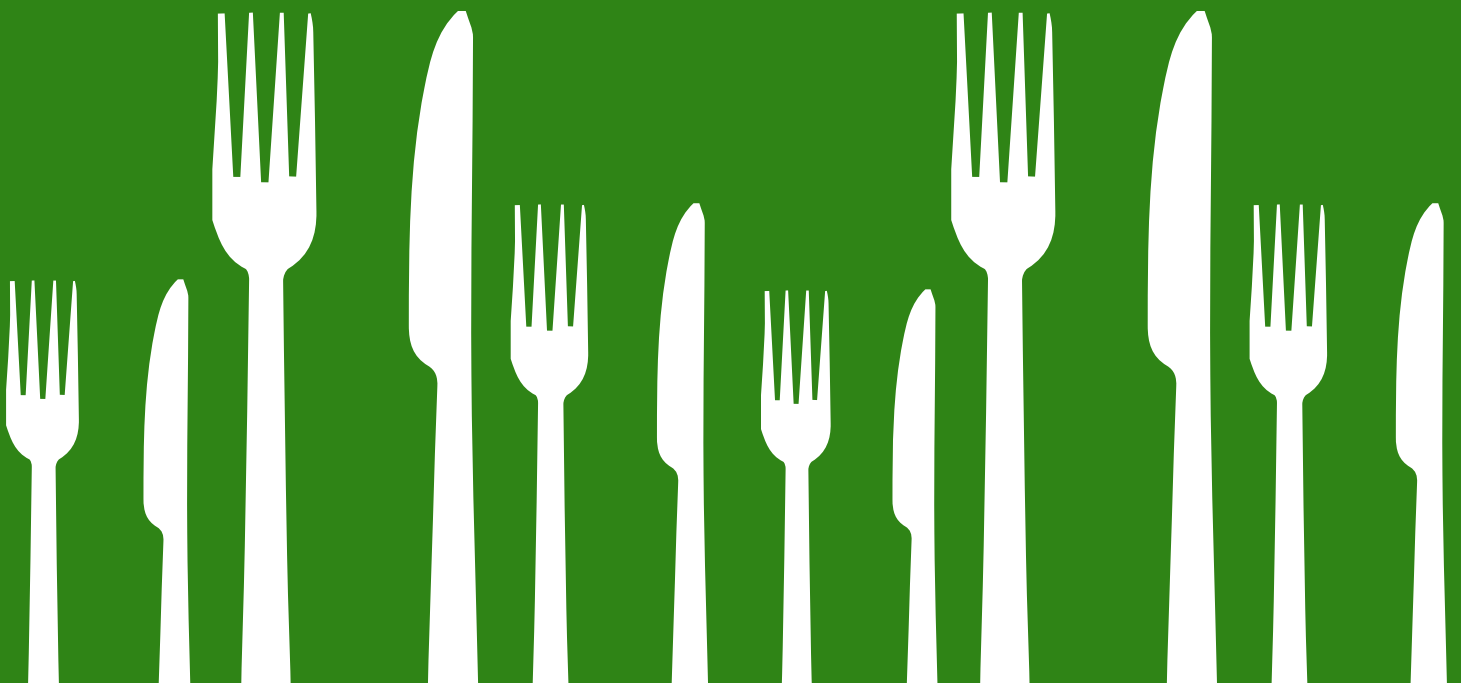


DIETBLY'S GUIDE TO GM DIET

2018 VERSION
(PDF)



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OUR ADVICE

PLEASE, ALWAYS CONSULT EVERYTHING YOU INTEND TO DO OR CHANGE WITH YOUR DOCTOR. THERE IS NO SUCH THING AS A MIRACLE CURE OR SOLUTION. IF SOMETHING SOUNDS TOO GOOD TO BE TRUE, YOU SHOULD BE CAUTIOUS. ALWAYS USE CRITICAL THINKING!

FDA DISCLAIMER

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DAY #1 - RULES



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).

DAY #1 - MEAL PLAN

BREAKFAST (8:15 - 9:15 AM)

1 bowl of sliced apples
2 glasses of water

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

1 bowl of raw papaya
2 glasses of water

LUNCH (12:00 - 1:30 PM)

1 bowl of watermelon
2 glasses of water

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

1 bowl of raw papaya
2 glasses of water

DINNER (6:00 - 7:00 PM)

1 bowl of watermelon
2 glasses of water

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

1 glass of coconut water

DAY #1 - TIPS & EXERCISE

#1. PREPARE THE DAY BEFORE

Our most important advice for a day #1 of any restriction based diet is to prepare everything in advance. Purchase groceries and get everything you will need even before you start dieting as going shopping when hungry will end badly for your weight loss efforts.

You should load up on various nutrients and minerals for at least several days before you begin with any restriction based diet to counterbalance the future losses.

#3. PREPARE FOR THE WORST

If you want to succeed with the GM diet, you need to adopt the following mindset: “Expect the best, but prepare for the worst.” You will need a strong willpower to fight the food cravings you will experience on day #1 (these will get milder later on).

If your food cravings are really bad, then try to add fruits rich on fiber to your daily menu. These include apples (with peel), strawberries and raspberries.

#2. EXPECT BOREDOM & FOOD CRAVINGS

Trust me when I say that you can easily get bored on day #1. Eating fruits all day long may sound like a fun idea, but it is not. The trick is to prepare each of your meals to have a slightly different taste. That is why you can create your own meal plan following the rules above.

Food is not the only thing you can get bored of on the day #1. You will be drinking a lot of water as well. If you want to improve its taste, you can add lemon or lime juice to it sporadically.

#4. GM DIET DAY ONE & EXERCISES

From what I have heard, only some people manage to do some light stretching, spot jogging, and basic Yoga poses on day #1, ideally early in the morning when you still have energy from the day before.

Just don't do heavy weight workouts. Since you're following a low-calorie diet, you won't be having enough strength/stamina to do heavy workouts. Instead, perform simple Yoga poses while on the GM Diet program.

DAY #2 - RULES



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).

DAY # 2 - MEAL PLAN

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

DAY #2 - TIPS & EXERCISE

#1. PREPARE “WONDER SOUP” IN ADVANCE

My best advice is to prepare “wonder soup” in advance. This is a cabbage/vegetable soup that is easy to cook with our recipe. You can make a bowl in around an hour.

There is a complete recipe you need to follow on page 24 of this pdf file. Trust me that it will come in handy, especially when those hunger pangs will hit you.

#3. PREPARE YOUR MINDSET

If you want to succeed with the GM diet, you need to adopt the following mindset: “Expect the best, but prepare for the worst.” Although you will not need as strong willpower to fight the food cravings as you will need on day #1, it will not be an easy task.

Focus on fiber-rich and starchy vegetables such as cabbage or beets to prevent food cravings.

#2. EXPECT BOREDOM & FOOD CRAVINGS

Even the day #2 can become boring. Although veggies are a welcomed change after the fruit-only day, eating these for the whole day can become challenging.

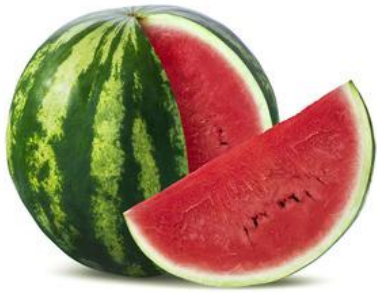
Again, you have to prepare each of your meals to have a slightly different taste. That is why you can create your own meal plan following the rules above.

#4. GM DIET DAY TWO & EXERCISES

In general, exercising during the GM diet is not recommended as you may feel nausea, fatigue, and dizziness. However, on a day #2, you should have more energy thanks to all fiber-rich veggies you will eat.

You can try to do some light stretching, spot jogging, and basic Yoga poses on day #2. If you feel like you have the strength to do more, then go for a short run or walk up some stairs.

DAY #3 - RULES



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.

DAY #3 - MEAL PLAN

BREAKFAST (8:15 - 9:15 AM)

1 cup of diced apples or melons
2 glasses of water



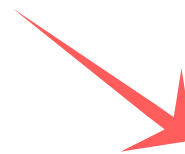
MORNING SNACK (10:30 - 11:00 AM)

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

DAY #3 - TIPS & EXERCISE

#1. KEEP "WONDER SOUP" READY & AT HAND

My best advice is to prepare "wonder soup" in advance. This is a cabbage/vegetable soup that is easy to cook with our recipe. You can make a bowl in around an hour.

There is a complete recipe you need to follow on page 24 of this pdf file. Trust me that it will come in handy, especially when those hunger pangs will hit you.

#2. LESS BOREDOM & FEWER FOOD CRAVINGS

Thanks to the fact that you are allowed to eat both fruits and veggies, your taste buds will not get bored. You can create a wide variety of meals combining various flavors. This way, your dieting during the day #3 is much easier.

Again, my best advice is to prepare each of your meals to have a slightly different taste. That is why you can create your own meal plan following the rules above. Use a lot of different seasonings as well as chili to surprise your taste buds.

#3. GM DIET DAY THREE & EXERCISES

In general, exercising during GM diet is not recommended as you may feel nausea, fatigue, and dizziness. However, on a day #3, you should have enough energy thanks to all that fruits and vegetables you will eat.

Some people feel like they can do much more than a mild exercise on day #3.

However, I do not recommend to do anything more intense than a light stretching, spot jogging, and basic Yoga poses. If you feel like you have the strength to do more, then go for a short run or walk up some stairs.

Just keep in mind that exercising is not recommended as you may easily injure yourself due to lack of nutrients while following this restriction diet.

DAY #4 - RULES



Bananas

+



Milk

+



Vegetable soup

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.

DAY #4 - MEAL PLAN

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

DAY #4 - TIPS & EXERCISE

#1. GET READY, IT WILL BE A TOUGH DAY

Although you have finally the opportunity to indulge in bananas and milk, this will be all that you can eat during the day #4. This way, your taste-buds will become really bored.

Try having banana-milk shakes for breakfast and dinner. For a lunch and dinner, you can have the GM special soup. If you are still fighting your cravings, then try to increase your liquid intake.

Trust me that the monotony of eating bananas and milk can make you feel demotivated and that you may also experience mood swings.

#2. BOOST YOUR METABOLISM

Because both bananas and milk will give you a lot of energy, my advice is to use it to improve your metabolism. Try some basic exercises but pay attention not to injure yourself.

Just keep in mind that on a low calories diet, you may feel fatigue and weakness. If you are dizzy, just avoid exercising altogether.

#3. GM DIET DAY FOUR & EXERCISES

In general, exercising during GM diet is not recommended as you may feel nausea, fatigue, and dizziness especially on a day #4. However, bananas and milk will provide you with a lot of energy.

That is why you may try to either begin or end your day with a mild exercise.

However, I do not recommend to do anything more intense than a light stretching, spot jogging, and basic Yoga poses. If you feel like you have the strength to do more, then go for a short run or walk up some stairs.

Just keep in mind that exercising is not recommended as you may easily injure yourself due to lack of nutrients while following this restriction diet.

DAY #5 - RULES



Apples

+

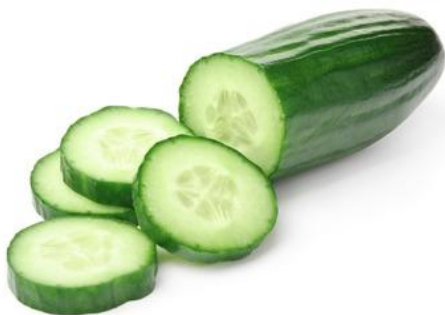


Lean meat

+



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.

DAY #5 - MEAL PLAN

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

DAY #5 - TIPS & EXERCISE

#1. PREPARE FOR A FEAST DAY

When compared to first four days, day #5 is a feast as you are finally allowed some protein in form of a lean beef meat. Not only that, you will have a lot of tomatoes that are rich in lycopene, a potent antioxidant that can help your body fight various systemic diseases.

#2. GO FOR SMALLER PORTIONS

When preparing your meals, rather go for smaller portions of beef as large portions could make your appetite worse and your food cravings may become too intense.

#3. DRINK A LOT OF WATER

As you will be ingesting an animal-based protein, your body will produce a lot of uric acids. To combat this, you should increase your water intake significantly. A proper hydration will help your body to expel this acid easily.

#4. GM DIET DAY FIVE & EXERCISES

With regards to exercising, conditions are rather similar to the day #4. Although exercising during GM diet is not recommended in general (you may feel nausea, fatigue, and dizziness), on day #5 your body finally gets a lot of protein.

That is why you may feel a bigger surge of energy so you could try to either begin or end your day with a mild exercise.

However, I do not recommend to do anything more intense than a light stretching, spot jogging, and basic Yoga poses. If you feel like you have the strength to do more, then go for a short run or walk up some stairs.

Just keep in mind that exercising is not recommended as you may easily injure yourself due to lack of nutrients while following this restriction diet.

DAY #6 - RULES



Apples

+

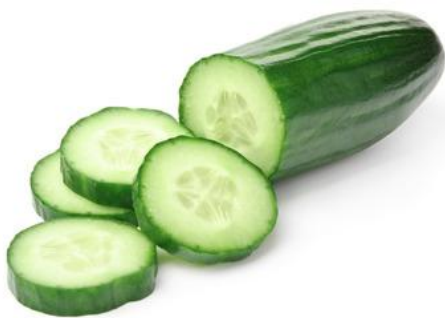


Lean meat

+



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.

DAY #6 - MEAL PLAN

BREAKFAST (8:15 - 9:15 AM)

1 bowl of "special soup" with
lean beef strips
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

LUNCH (12:00 - 1:30 PM)

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

DINNER (6:00 - 7:00 PM)

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

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

1 glass of coconut water

DAY #6 - TIPS & EXERCISE

#1. SECOND FEAST IN A ROW

Similarly as during the day #5, even on the sixth day you will have a feast as you are again allowed some protein in form of a lean beef meat. You can pair it with a lot of veggies as well, but you need to stay away from tomatoes.

#2. GO FOR SMALLER PORTIONS

When preparing your meals, rather go for smaller portions of beef as large portions could make your appetite worse and your food cravings may become too intense.

#3. DRINK A LOT OF WATER

As you will be ingesting an animal-based protein, your body will produce a lot of uric acids. To combat this, you should increase your water intake significantly. A proper hydration will help your body to expel this acid easily.

#4. GM DIET DAY SIX & EXERCISES

With regards to exercising, conditions are almost the same as during the day #5. Although exercising during GM diet is not recommended in general (you may feel nausea, fatigue, and dizziness), on day #6 your body gets a lot of protein.

That is why you may feel a bigger surge of energy so you could try to either begin or end your day with a mild exercise.

However, I do not recommend to do anything more intense than a light stretching, spot jogging, and basic Yoga poses. If you feel like you have the strength to do more, then go for a short run or walk up some stairs.

Just keep in mind that exercising is not recommended as you may easily injure yourself due to lack of nutrients while following this restriction diet.

DAY #7 - RULES



Apples

+

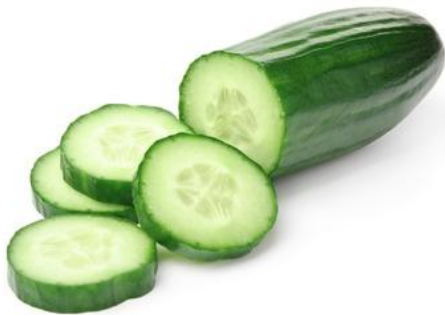


Lean meat

+



Vegetable soup



Cucumber

+



Sprouts

+



Beans

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.

DAY #7 - MEAL PLAN

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

DAY #7 - TIPS & EXERCISE

#1. WEIGHT YOURSELF ON EIGHT DAY MORNING

My first advice is to wait before you measure your weight loss until the morning of day eight as this way you will see a much better result. However, during the seventh day, you should already observe a visual weight loss, better sleep regime, improved digestion, and glowing skin.

#3. TAKE A BREAK FROM THIS DIET

I highly recommend continuing the GM diet until you reach your goal weight if it suits your lifestyle. However, do not do so continually as this could lead to malnutrition, compromised immune system, muscle and bone weakness, and a slower metabolism.

My recommendation is to have at least a one-week interval of regular, healthy diet before returning to the GM diet.

#2. GO FOR HOMEMADE JUICES

Do not forget to stock up on a lot of fresh seasonal fruits to make your juices if you have a juicer at home. In case you do not have one, then I highly recommend to stay away from juices made out of a concentrate or that include added sugar. Ideally, choose 100%, fresh and cold-pressed juices.

#4. GM DIET DAY SEVEN & EXERCISES

Conditions are almost the same as during the day #6. Although exercising during GM diet is not recommended in general (you may feel nausea, fatigue, and dizziness), on the last day of GM diet your body gets a lot of fiber and carbohydrates.

That is why you may feel a bigger surge of energy so you could try to either begin or end your day with a mild exercise.

GM DIET

Lose your weight in just 7 days



BASICS OF GM DIET

BY DIETBLY

This 7-day weight loss plan called GM diet was originally designed to produce stunning weight loss in a hurry – by helping you eat much more efficiently and in a healthy way.

It incorporates already known aspects of weight loss that have had fantastic results. For instance, it is broken down into a meal schedule for just one week.

It was built on the back of weekly programs that both Atkins and South Beach dieters used to great success in the past. It is a great way to lose a significant amount of weight in just 7-days.

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Frequently Asked
Questions

INDIAN & VEGETARIAN VERSION OF GM DIET

BY DIETBLY

If you would like to move forward with this diet without adding any meat to the program whatsoever, then feel free to do so. All you need to do is to follow these simple rules.

RULE #1

Do not make a change on days that do not require meat. This is covering days #1-4 & #7.

RULE #2

Make sure that you increase your daily caloric intake on days that originally include meat. This is covering days #5 & #6.



"It is crucial to keep the same amount of protein as well as increase the number of calories eaten on "meat" days."

RULE #3

You can substitute meat for Indian cheese, cottage cheese, soybeans, soya chunks, brown rice or legumes.

RULE #4

Try to keep the same amount of protein as in the meat portion of regular GM diet

it is crucial to keep the same amount of protein as well as increase the number of calories eaten on "meat" days. Otherwise you may notice a major drop in energy.

[CLICK HERE TO READ MORE](https://www.dietbly.com)
[ON DIETBLY.COM](https://www.dietbly.com)

RECIPE FOR "SPECIAL" GM DIET SOUP

PREPARE YOUR BOWL EASILY



YOU WILL NEED THESE INGREDIENTS

- | | |
|-----------------------|----------------------------|
| 22-28 Ounces of water | 1 Red chili pepper (small) |
| 6 Onions (large) | 1 Teaspoon of olive oil |
| 3 Tomatoes (large) | 1 Carrot (large) |
| 2 Green peppers | Pink Himalayan salt |
| 1 Head of cabbage | Black pepper |
| 1 Bunch of celery | Lemon juice |

DIRECTIONS YOU HAVE TO FOLLOW

STEP #1

Rinse & clean all vegetables.

STEP #2

Peel onions, tomatoes & carrot.

STEP #3

Chop onions, cabbage, carrot, tomatoes, green pepper & celery into small pieces.

STEP #4

Place a pot on the stove & add one teaspoon of olive oil.

STEP #5

Heat it up and lightly saute onions and green peppers with a few drops of olive oil until they turn a light brown.

STEP #6

Add other vegetables you have chopped in step three & sauté it only for an additional minute.

STEP #7

Add water to this mixture of vegetables & bring it to boil on a slow flame.

STEP #8

Cut up one small chili pepper & add it to the pot (optional).

STEP #9

Add salt, black pepper, dried herbs of your choice & season according to your taste.

STEP #10

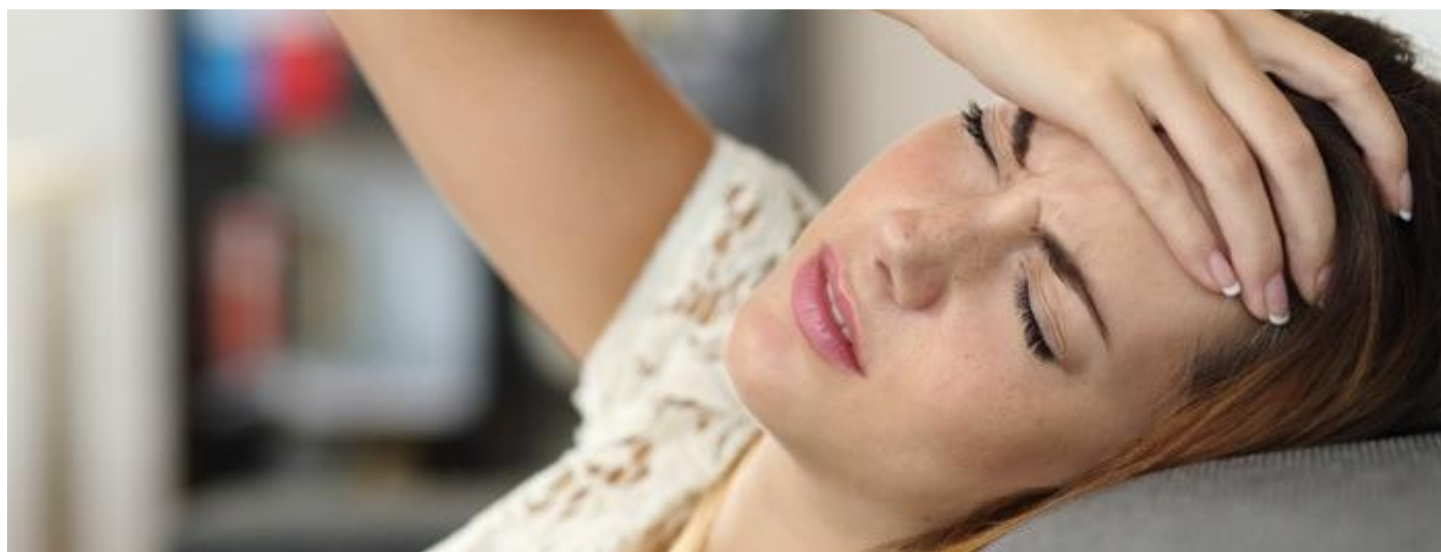
Slow cook it till everything is tender (between 45-90 minutes, stir it occasionally).

STEP #11

Serve hot & add few drops of freshly squeezed lemon juice to your bowl for extra flavor.

[CLICK HERE TO READ MORE
ON DIETBLY.COM](#)

GM DIET SIDE-EFFECTS



THIS DIET COMES WITH A PRICE

WEAKNESS & MUSCLE LOSS

GM diet restricts intake of protein & so you can expect muscle loss.

DIZZINESS & HEADACHES

First 3 days may be characterized by thirst & dizziness.

LOW LEVELS OF ENERGY

Keep in mind that you will be weak from not eating enough food

SLOWER METABOLISM

Lack of protein causes muscle degradation & slower metabolism.

EVENTUAL WEIGHT GAIN

Resuming your regular diet may lead to eventual weight gain.

NEED STRONG WILLPOWER

Eating low amounts of foods & calories is one of the hardest things.

LITTLE TO NO EXERCISES

Little to no exercise is allowed during this diet as you will feel fatigued.

RESTRICTION OF NUTRIENTS

You are missing some nutrients your body needs to function well.

MAY CAUSE DEHYDRATION

To flush out toxins stored in fat, your body will use a lot of water.

[CLICK HERE](https://www.dietbly.com) TO READ MORE ON [DIETBLY.COM](https://www.dietbly.com)

FREQUENTLY ASKED QUESTIONS

FAQ #1: WILL I LOSE WATER WEIGHT ONLY?

Not really. While, the majority of your results will be achieved through loss of water weight, thanks to the reduced caloric intake you will lose some of your body fat.

FAQ #2: CAN I FOLLOW THIS DIET CONTINUOUSLY?

No, you should not use this diet as a continuous lifestyle. It is meant to be a kick-start for a better way of eating. Ideally, once you finish your seven-day cycle, you should take at least a week or two off before you start again.

FAQ #3: HOW OFTEN CAN I REPEAT THE 7-DAY CYCLE?

Luckily, there is no minimal or maximal limit on the number of cycles you can do.

FREQUENTLY ASKED QUESTIONS

FAQ #4: WHAT SHOULD I EAT AFTER THE GM CYCLE TO CONTINUE LOSING WEIGHT?

To make sure that a kick-start weight loss achieved thanks to GM diet will continue, you shouldn't return to your old eating habits you followed before. If you have not exercised before, then start slowly. Gradually increase the difficulty of your physical activities to not injure yourself in the process.

FAQ #5: ARE THERE ANY HEALTH CONDITIONS THAT WILL PREVENT ME FROM GM DIET?

I do not feel educated enough to answer this question. You should always consult dietary changes you want to take with your medical professional first. From what I know, I can say that it is not suitable for diabetics, as well as pregnant & breastfeeding women.

FREQUENTLY ASKED QUESTIONS

FAQ #6: CAN I DRINK COFFEE OR GREEN TEA?

Sadly, you can not drink coffee while on this diet. In fact, you should not drink it even on your days off as it is not very healthy for your body (makes your body much more acidic). On the contrary, herbal as well as green teas are fine. If you need to use any sweetener for your hot beverages, then go for dried stevia leaves as they include zero calories.

FAQ #7: CAN I ADD HONEY & LEMON TO MY WATER IN THE MORNING?

With regards to lemon, sure, you can add it to your water you drink daily. Just pay attention that lemon makes the environment of your stomach less acidic. With regards to honey, you should not sweeten your water. While it is one of the healthiest sweeteners in the world, it adds a lot of calories to your daily menu.

FREQUENTLY ASKED QUESTIONS

FAQ #8: CAN I DRINK ALCOHOL?

You are not allowed to drink any alcohol during GM diet. It is full of empty calories and can cause serious harm to your organism. This is the reason why you should not drink alcohol even after you are finished with this diet. There are no health benefits of alcohol that would justify the need to drink it.

FAQ #9: CAN I USE OIL TO COOK VEGETABLES & MEAT?

Sadly, you should not use any oil when cooking your meat or veggies if it is not explicitly stated.

FAQ #10: CAN I ADD SALT, PEPPER & OTHER SPICES TO MY MEALS?

Yes, these are allowed as long as you don't overdo it. You should add a dash of unprocessed salt into your drink.

FREQUENTLY ASKED QUESTIONS

FAQ #11: CAN I MUNCH ON DRY FRUITS OR NUTS?

All dried nuts & fruits are not allowed because these foods provide you with highly concentrated nutrients & energy that you do not need. You can have these as healthy snacks during your week off but only in small quantities.

FAQ #12: CAN I ADD HONEY & LEMON TO MY WATER IN THE MORNING?

Sadly, you can not eat these because they include a substance called gluten. The GM diet, on the contrary, aims to be gluten-free. Remember that there are many claims that wheat full of gluten is bad for your body. It can even cause weight gain with other health issues & if your regular diet is based mainly on it, you will likely not be able to maintain your weight loss after this diet!

WANT TO LEARN MORE?

BEGINNER'S GUIDE TO 7 DAY GM DIET

([CLICK HERE](#) TO READ ARTICLE ONLINE)

GM DIET INDIAN & VEGETARIAN PLAN

([CLICK HERE](#) TO READ ARTICLE ONLINE)

THE GM DIET WONDER SOUP RECIPE

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GM DIET SIDE-EFFECTS & CONS

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**YOU CAN FIND OUT MORE DETAILS
ABOUT THE GM DIET ON WEBSITE**

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OUR ADVICE

PLEASE, ALWAYS CONSULT EVERYTHING YOU INTEND TO DO OR CHANGE WITH YOUR DOCTOR. THERE IS NO SUCH THING AS A MIRACLE CURE OR SOLUTION. IF SOMETHING SOUNDS TOO GOOD TO BE TRUE, YOU SHOULD BE CAUTIOUS. ALWAYS USE CRITICAL THINKING!

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