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!

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# GM DIET RULES & MEAL PLAN

<table>
<thead>
<tr>
<th>Day #</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>#1</td>
<td>01</td>
</tr>
<tr>
<td>#2</td>
<td>04</td>
</tr>
<tr>
<td>#3</td>
<td>07</td>
</tr>
<tr>
<td>#4</td>
<td>10</td>
</tr>
<tr>
<td>#5</td>
<td>13</td>
</tr>
<tr>
<td>#6</td>
<td>16</td>
</tr>
<tr>
<td>#7</td>
<td>19</td>
</tr>
</tbody>
</table>

# GUIDE TO GM DIET

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basics of GM Diet</td>
<td>22</td>
</tr>
<tr>
<td>Indian &amp; Vegetarian Version</td>
<td>23</td>
</tr>
<tr>
<td>Recipe for &quot;Wonder&quot; Soup</td>
<td>24</td>
</tr>
<tr>
<td>Side-Effects</td>
<td>26</td>
</tr>
<tr>
<td>Frequently Asked Questions</td>
<td>27</td>
</tr>
</tbody>
</table>

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DAY #1 - RULES

**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
#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.

#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.

#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.

#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

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
#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.

#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.

#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.

#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

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

**LUNCH** (12:00 – 1:30 PM)
1 big salad with romaine lettuce, tomatoes, cucumber, peppers & beets
2 glasses of water

**MORNING SNACK** (10:30 – 11:00 AM)
1 bowl of raw cantaloupe & papaya
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
#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

**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 & EXERCISES**

**#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

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
#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

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

AVOID
Tomatoes, and anything else.

DRINK
At least 8-12 glasses of water per day.
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
**#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

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

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#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.

#2. GO FOR HOMEMADE JUICES

Do not forget to stack 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.

#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.

#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.

SNEAK PEEK

23 Indian & Vegetarian Version of GM Diet

24 Recipe For “Special” GM Diet Soup

26 Side-Effects & Cons of GM Diet

27 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 ON DIETBLY.COM
RECIPE FOR “SPECIAL” GM DIET SOUP

PREPARE YOUR BOWL EASILY

YOU WILL NEED THESE INGREDIENTS

22-28 Ounces of water
6 Onions (large)
3 Tomatoes (large)
2 Green peppers
1 Head of cabbage
1 Bunch of celery

1 Red chili pepper (small)
1 Teaspoon of olive oil
1 Carrot (large)
Pink Himalayan salt
Black pepper
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 sauté 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

<table>
<thead>
<tr>
<th>Weakness &amp; Muscle Loss</th>
<th>Dizziness &amp; Headaches</th>
<th>Low Levels of Energy</th>
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<tbody>
<tr>
<td>GM diet restricts intake of protein &amp; so you can expect muscle loss.</td>
<td>First 3 days may be characterized by thirst &amp; dizziness.</td>
<td>Keep in mind that you will be weak from not eating enough food</td>
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</tbody>
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<thead>
<tr>
<th>Slower Metabolism</th>
<th>Eventual Weight Gain</th>
<th>Need Strong Willpower</th>
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<tr>
<td>Lack of protein causes muscle degradation &amp; slower metabolism.</td>
<td>Resuming your regular diet may lead to eventual weight gain.</td>
<td>Eating low amounts of foods &amp; calories is one of the hardest things.</td>
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<thead>
<tr>
<th>Little to No Exercises</th>
<th>Restriction of Nutrients</th>
<th>May Cause Dehydration</th>
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<tr>
<td>Little to no exercise is allowed during this diet as you will feel fatigued.</td>
<td>You are missing some nutrients your body needs to function well.</td>
<td>To flush out toxins stored in fat, your body will use a lot of water.</td>
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[CLICK HERE TO READ MORE ON DIETBLY.COM]
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.
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.
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.
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.
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
(CLICK HERE TO READ ARTICLE ONLINE)

GM DIET SIDE-EFFECTS & CONS
(CLICK HERE TO READ ARTICLE ONLINE)

YOU CAN FIND OUT MORE DETAILS ABOUT THE GM DIET ON WEBSITE DIETBLY.COM
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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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