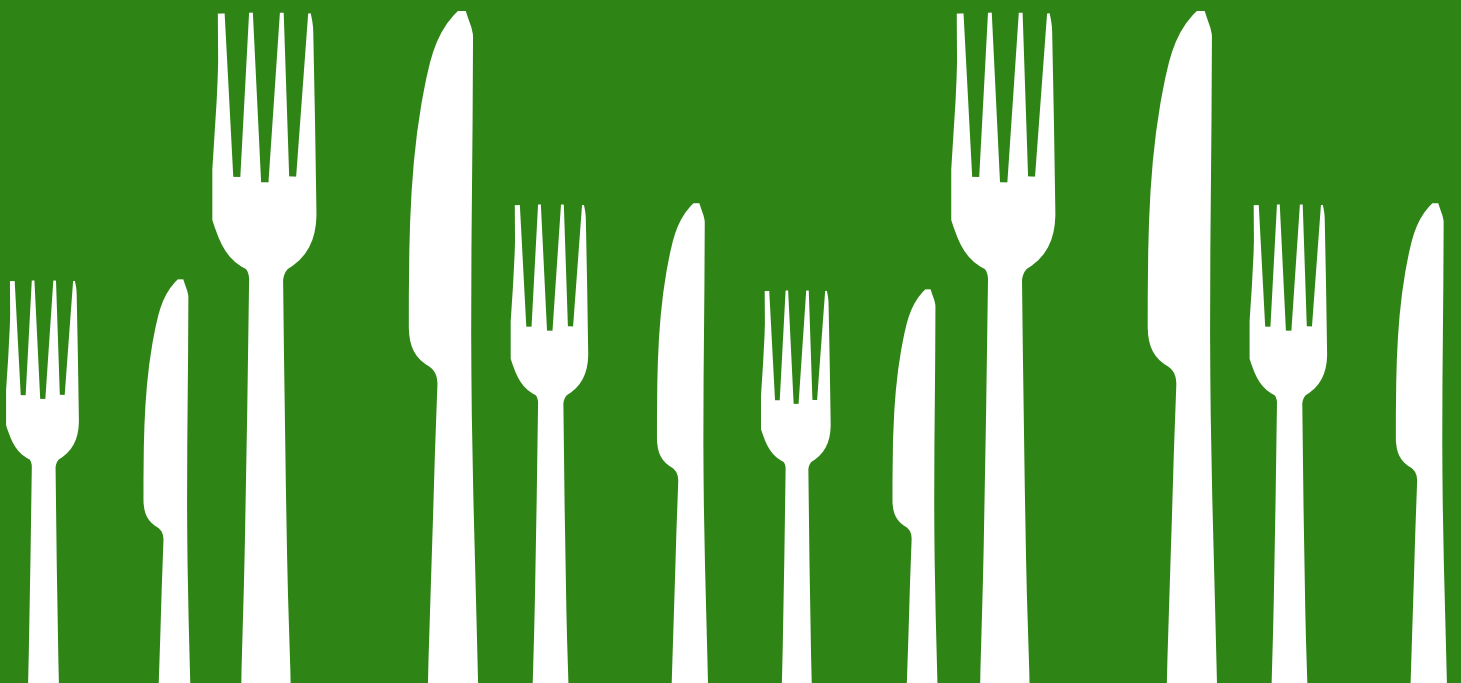


# DIETBLY'S GUIDE TO GM DIET

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2018 VERSION  
(PDF)



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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 #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 #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 #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 #5 - RULES



Apples

+

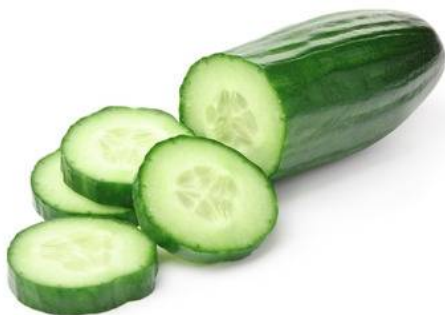


Lean meat

+



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 #6 - RULES



Apples

+

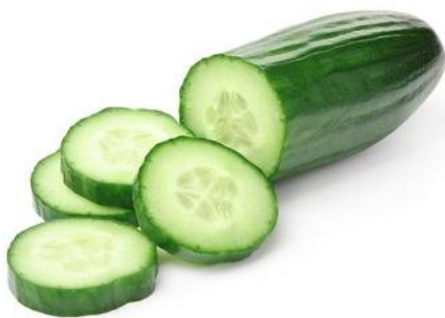


Lean meat

+



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 #7 - RULES



Apples

+

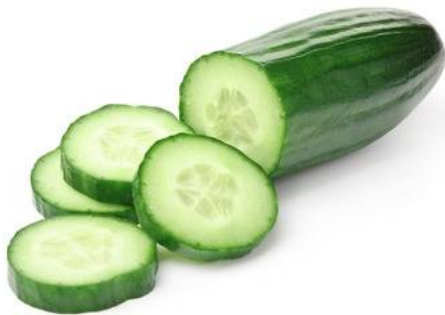


Lean meat

+



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

# 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

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# 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 | 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).

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## STEP #9

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

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## STEP #10

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

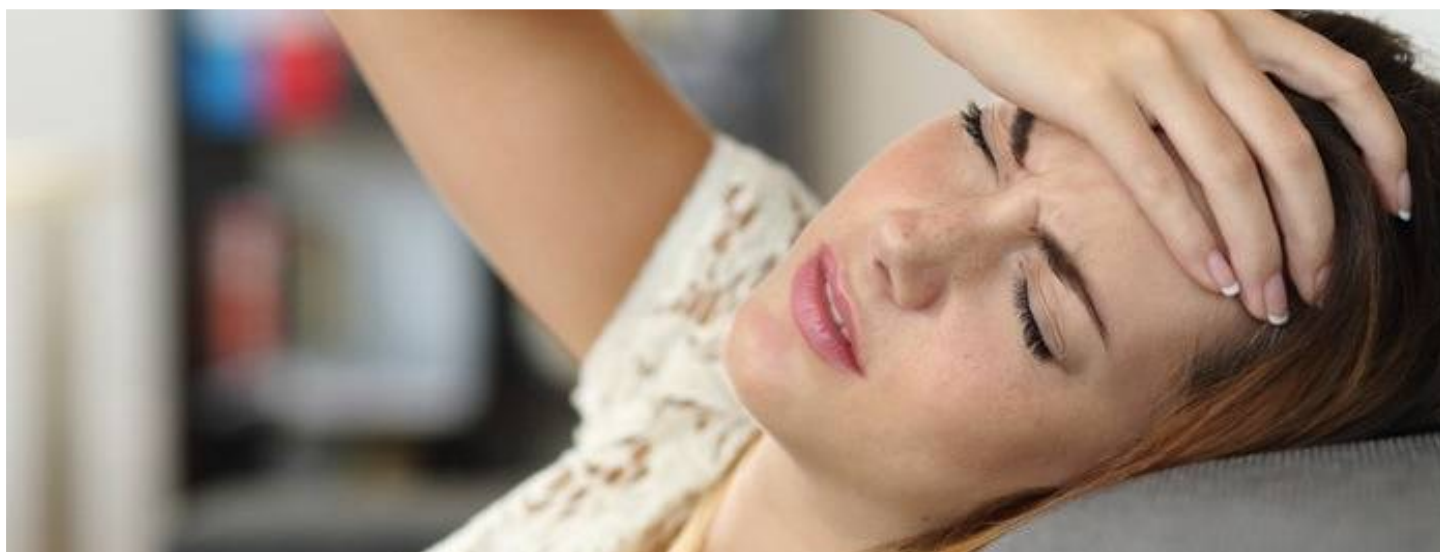
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## STEP #11

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?

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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)

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## **GM DIET INDIAN & VEGETARIAN PLAN**

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

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## **THE GM DIET WONDER SOUP RECIPE**

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

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## **GM DIET SIDE-EFFECTS & CONS**

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

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

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