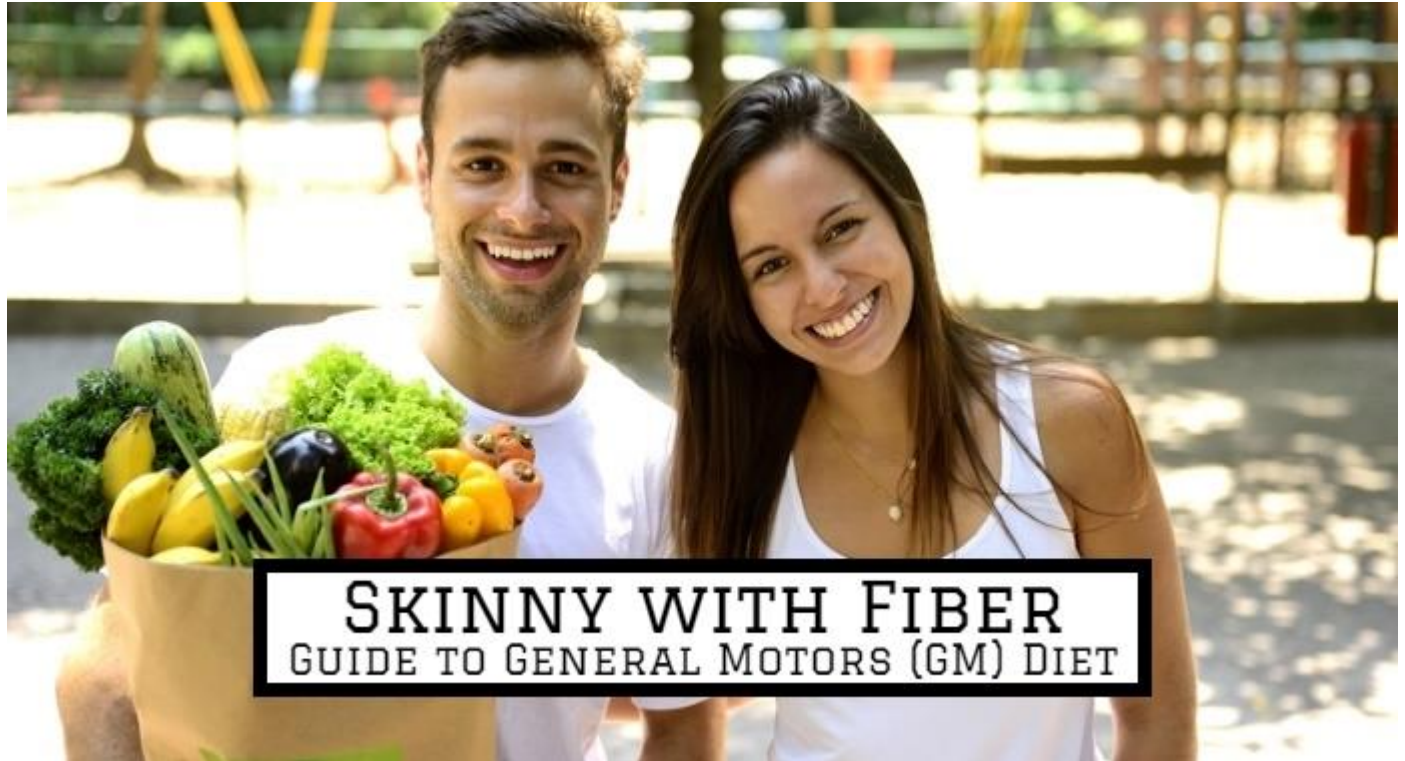


Beginner's Guide to 7 Day GM Diet Plan



REMEMBER: You Will Lose Lots of Weight with This Diet in 7 Days! INCLUDED: What to Eat During Days 1-7, Indian & Vegetarian Version + The “Special” GM Diet Soup! This Guide Helped Over 300,000 Readers of SKINNY WITH FIBER!

If you have been trying to lose **anywhere between 10 to 20 pounds** just as quickly as humanly possible, then you should focus on the General Motors (GM) diet.

BTW, You might also want to read these posts for faster weight loss:

- [The 8 Most Effective Exercises for Full Body Weight Loss](#)
- [6 Best Appetite Suppressant Pills for Easier Weight Loss](#)
- [The Ultimate Guide to 3 Day Military Diet](#)

This 7-day weight loss plan was originally **designed by the GM Corporation** to make sure that each and every one of their employees have the information they needed to shed excessive pounds whenever they wanted to!

Surprisingly, this program has quickly gained a global following!

If you've always wanted to be able to lose a crazy amount of weight in just 7-days, then you'll want to pay close attention to all of the information outlined below! There is even a great [GM Diet application for your mobile phone here](#). Make sure you check it out!

Everything You Need to Know About This Program

The General Motors plan is a nutritional guide that is different from just about any other diet out there. However, it incorporates already known aspects of weight loss that have had fantastic results!

For instance, the GM diet 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

Keep in mind: Basically, this entire plan has been designed and developed from the ground up to produce stunning weight loss in a hurry – by helping you eat much more efficiently and in a healthy way! All this is possible without forcing you to do anything that you wouldn't find enjoyable and pleasurable.

The Simple 7-Day GM Meal Plan

Day #1



Read More: [Top 15 Fat Burning Foods You Need to Know](#)

On day one, also known as adjustment day, you should focus on getting down the basics. Your daily menu should be composed only of fruit and water.

Rules you need to follow:

- Drink between 8-10 glasses of pure water.
- You can eat almost any fruit.
- You have to avoid bananas, oils, and fruit juices at all costs.

Sample meal plan for Day 1:

1. **Breakfast** – You can have a bowl of sliced apples (1-2). Don't forget to drink two glasses of water.
2. **Mid morning snack** – I recommend eating a bowl of raw papaya with two glasses of water.
3. **Lunch** – Have a bowl of watermelon with two glasses of water.
4. **Mid afternoon snack** – You can eat a bowl of raw papaya with two glasses of water.
5. **Dinner** – Have a bowl of watermelon with two glasses of water.
6. **Evening snack** – You can have a glass of coconut water rich in potassium.

The aim of the day 1 is to cleanse your body's digestive system and boost your metabolism. Thanks to this detox period your weight loss over next six days will be easier.

Day #2



SKINNY WITH FIBER
GM DIET MEAL PLAN FOR DAY #2

Read More: [6 Really Simple and Effective Ways to Lose Water Weight](#)

On your second day of the General Motors diet, you should focus on eating only vegetables. Trust me that this day will be hard for you. However, it can be done thanks to the tips below.

Rules you need to follow:

- You can eat any vegetable and greens (raw, cooked or baked).
- You have to drink multiple glasses of pure water.
- You have to limit your oil intake as much as possible.
- Baked potatoes can make this day a lot easier.

Sample meal plan for Day 2:

1. **Breakfast** – Eat a bowl of boiled potatoes or sweet potatoes with fresh parsley. Drink at least two glasses of water.
2. **Mid morning snack** – If you feel like snacking, try having a bowl of raw red lettuce or cabbage with a vinegar. You can drink two glasses of water.
3. **Lunch** – Have a bowl of baked potatoes (do not use oil) with a mixed salad that can include Roma tomatoes, cucumbers, lettuce, and beets. You can drink two glasses of water.
4. **Mid afternoon snack** – You can have a cup of cherry tomatoes with two glasses of water.
5. **Dinner** – Eat steamed asparagus, broccoli, cauliflower, and carrots. Drink two glasses of water.

The aim of day 2 is to increase your fiber intake that will help you to regulate the sugar content from all the fruit eaten on day 1.

Day #3



Read More: [The 8 Most Effective Exercises for Full Body Weight Loss](#)

The day 3 is where we begin to mix and tweak previous two meal plans. On this day, you can eat almost any fruit and any vegetable.

Rules you need to follow:

- Drink a lot of water throughout the day.
- Eat fresh fruits and vegetables.
- You can not eat bananas, potatoes, oils, and fruit juices.

Sample meal plan for Day 3:

1. **Breakfast** – For breakfast, try a cup of diced apple or melon. Drink at least two glasses of water.

2. **Mid morning snack** – If you need that mid-morning snack, go for a bowl with raw cantaloupe and papaya mixture. Again, drink at least two glasses of water.
3. **Lunch** – For lunch, you can have a big salad that includes romaine lettuce, tomatoes (cherry or regular size), cucumber, peppers, and beets (you can add vinegar). Drink two glasses of water.
4. **Mid afternoon snack** – You can have a mango or orange together with two glasses of water.
5. **Dinner** – For dinner, try having a salad with various leafy greens, steamed broccoli, and raw papaya. Again, do not forget to drink two glasses of water.

At the end of this day, you should start to notice some weight loss. I recommend eating a wide variety of fruits and veggies to consume the widest spectrum of vitamins and minerals.

Day #4



Read More: [Top 22 High Protein Foods That Will Banish Your Hunger](#)

On day 4 you will be eating only bananas, milk, water and special GM soup. However, there are rules you have to follow.

Rules you need to follow:

- You should eat 8-10 bananas.
- Have at least 3 glasses of milk.
- There are no limits to amounts of GM soup you can eat.
- Don't forget to drink a lot of water.
- Avoid eating oils and drinking fruit juice.

Sample meal plan for Day 4:

1. **Breakfast** – Have 1 glass of milk with 1 banana. Drink at least 2 glasses of water.
2. **Mid morning snack** – Have 1 glass of milk and 2 bananas. Again, drink at least 2 glasses of water.
3. **Lunch** – Eat a bowl of “*special soup*” (simple recipe is at the end of this article) and drink at least 2 glasses of water with it.
4. **Mid afternoon snack** – Drink a glass of milk with mixed banana (you can make a shake) and drink a 1 glass of water.
5. **Dinner** – Eat a bowl of “*special soup*” with 1 banana. Again you should drink around 2 glasses of water.

This day you are focusing on bananas because this way you will replenish sodium and potassium you were not getting during first three days.

Day #5



Read More: [7 Most Popular Detox Drinks to Boost Your Health](#)

There is cool change on the day 5. You will eat tomatoes (great source of fiber and lycopene). If you are a vegetarian, you will have brown rice, and if you are a meat lover, then you can have a lean meat such as beef (great source of protein and iron).

Rules you need to follow:

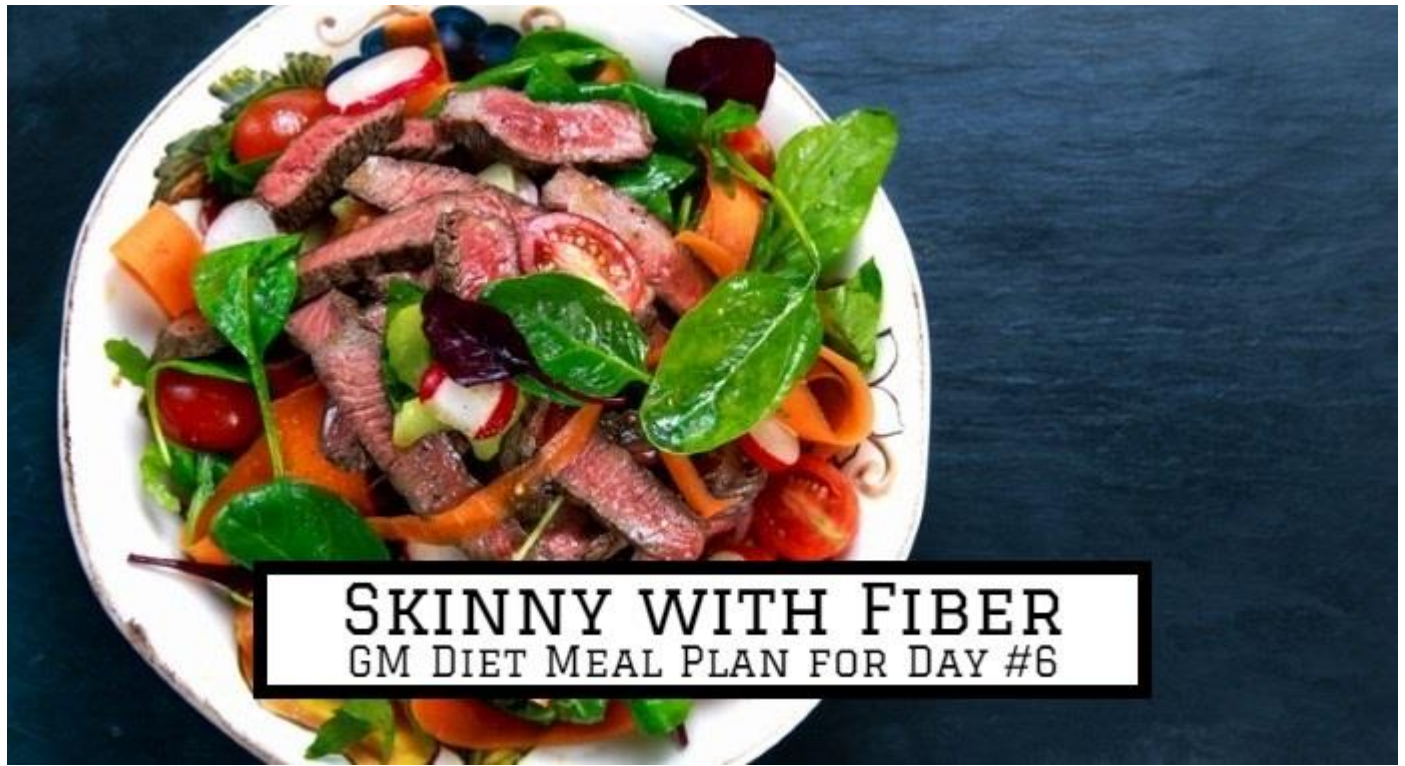
- You can have lean meat (ideally beef for meat lovers) or brown rice (for vegetarians).
- You should eat 6-8 tomatoes (always eat these with your meat).
- You have to drink at least 10-12 glasses of water.
- As always avoid oils and fruit juices.

Sample meal plan for Day 5:

1. **Breakfast** – You can have braised beef with two sliced tomatoes. Do not forget to use basic seasonings like black pepper, lemon zest, fresh parsley/coriander, or pink Himalayan salt. Drink three glasses of water.
2. **Mid morning snack** – Eat turkey patty with a tomato for a good source of protein. Drink three glasses of water.
3. **Lunch** – Prepare a hamburger patty (use seasonings) together with sliced tomato. Drink three glasses of water.
4. **Mid afternoon snack** – Have a turkey patty (with seasonings) and a tomato. Drink two glasses of water.
5. **Dinner** – Again, you need to prepare a hamburger patty with two fresh tomatoes. Drink two glasses of water.

You need to flush out the uric acid your body will produce from digesting all that meat.

Day #6



Read More: [The Beginner's Guide to 30 Day Ab Challenge](#)

You are near the end of this diet and day six is approaching. You should get ready to eat a lot of veggies with small portions of protein.

Rules you need to follow:

- You can eat unlimited quantities of vegetables.
- Again, you will lean meat (if you are meat lover) or brown rice (in case you are a vegetarian).
- You should drink a lot of water.
- You should avoid potatoes, bread, oils, and fruit juices at all costs.

Sample meal plan for Day 6:

1. **Breakfast** – The first meal on day 6 should be a bowl of “*special soup*” with lean beef strips. Drink two glasses of water.
2. **Mid morning snack** – As a snack, you can have a salad from green leafy vegetables with cooked lean beef and chicken strips on the top.
3. **Lunch** – You can have cooked beef with a lot of vegetables (avoid bread and potatoes).
4. **Mid afternoon snack** – Again, as a snack you should eat a salad from green leafy vegetables with cooked lean beef and chicken strips on the top.
5. **Dinner** – As the last meal on Day 6 you can have a beef patty (with seasonings) or chicken breast together with a bowl of “*special soup*”. Do not forget to drink two glasses of water.

During this day, you need to eliminate as much of the fruits and glucose as possible before you hit the “*homestretch*”. You can enjoy meat as well!

Day #7



Read More: [8 Best Ways to Lose Belly Fat Naturally](#)

Get ready for the grand finale! On the last day, you can eat a lot of food. At the same time, you should observe a significant weight loss.

Rules you need to follow:

- You can eat brown rice and combine it with vast amounts of vegetables.
- You should drink a lot of water.
- You can have all fruit juices you like.
- You should avoid oils as much as possible.

Sample meal plan for Day 7:

1. **Breakfast** – The first meal on your last day of this diet should consist of a cup of brown rice or oatmeal together with the melon. Do not forget to drink two glasses of water.
2. **Mid morning snack** – If you need a snack before your lunch, you can have a bowl of sliced strawberries. Drink two glasses of water.
3. **Lunch** – For a lunch, you can have a big salad made from vegetables of your choice mixed with raw mango. Drink two glasses of water.
4. **Mid afternoon snack** – If you crave for some snack before dinner, you can have a bowl of blueberries and raspberries. Drink two glasses of water.
5. **Dinner** – For dinner eat a bowl of brown rice with a lot of vegetables of your choice. Again, you need to drink two glasses of water.
6. **Bedtime snack** – You can have a bowl of strawberries.

At this day, you will be pushing out that extra fat from your body. If you want to, you can continue with this nutritional plan to enjoy even better results.

The Indian & Vegetarian Version of GM Diet Meal Plan

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:

- Make sure that you increase your daily caloric intake on days that include meat.
- If you do not do this, then you may notice a major drop in energy and a slowdown in weight loss process.

Pay attention: There is a detailed GM meal plan adjusted for Indian and vegetarian version available on website – TheFitIndian.com

The Recipe for “Special” Diet Soup



SKINNY WITH FIBER RECIPE FOR GM DIET WONDER SOUP

Read More: [7 Important Reasons Why No Carb Diet Is Bad for You](#)

This “*wonder*” soup is very simple and as you can see these ingredients are very easy to get and will not cost you a fortune.

Ingredients you will need:

- 6 Large onions
- 2 Green peppers
- 3 Tomatoes
- 1 Whole cabbage

- 1 Bunch of celeries
- 22 Ounces of water

Directions you need to follow:

1. Firstly, you need to cut both onions and peppers into small pieces.
2. Sauté them in just a bit of olive oil (until they are light brown color).
3. In the meantime, chop rest of your vegetables (cabbage, celery & tomatoes).
4. Add these to a stockpot with water and bring to a boil.
5. You'll want to add onions and peppers from step 2 to this stockpot.
6. Cook it for about an hour or so.
7. Add pink Himalayan salt (should not elevate blood pressure) and pepper in moderate amounts.
8. Enjoy your meal.

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.

Therefore, this diet is ideal for kick-starting your metabolism in a short-term and not as a long-term approach to weight management.

FAQ #2: Can I follow the GM diet continuously? How many days gap should I take before starting GM diet again?

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.

Once you finish your seven-day cycle, you need to have a week off period. Ideally, you should take at least a week or two off before you start again.

Keep in mind: During your weeks off, you should focus on eating a healthy, mineral and vitamin rich food. This way, you can easily replace all those necessary substances you will lose during GM diet.

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. However, as I have written in the answer above, you should take at least a week or two off.

Do not forget to follow tips and recommendations from above answers as well.

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.

You should follow this advice:

- Adopt healthy eating. Just apply tips from this article – [The Top 7 Most Effective Weight Loss Tips That Will Help You Shed Some Pounds](#)
- Start with exercising. Here are best exercises you should try out – [The 8 Most Effective Exercises for Full Body Weight Loss](#)

Keep in mind: 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 you from following the 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.

Pay attention: From what I know, I can say that it is not suitable for diabetics, as well as pregnant and 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 and 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.

Therefore, you should drink it on empty stomach and wait for at least thirty to forty minutes before you start eating. Otherwise, you could experience indigestion and other health related issues.

Pay attention: 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 you will not need while following GM diet.

FAQ #8: Can I drink alcohol during this diet?

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 we use oil to cook the vegetables and meat?

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

Pay attention: You can see specific directions for each meal in paragraphs above.

FAQ #10: Can we add salt, pepper, and other spices to our foods?

Yes, these are allowed as long as you don't overdo it. Because you will be drinking a lot of water, you will be losing a lot of minerals from your body.

Therefore, you should add a dash of unprocessed salt such as its [pink version from Himalaya mountains](#) into your drink. With regards to pepper, spices, and dried herbs, there are again no rules as long as you keep things normal.

FAQ #11: Can I munch on dry fruits or nuts?

All dried nuts and fruits are not allowed, because these foods provide you with highly concentrated nutrients and energy that you do not need.

Pay attention: You can have these as healthy snacks during your week off but only in small quantities.

FAQ #12: Can I eat roti-s like chapati, pulka, wheat bread, cereal, etc...?

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, and if your regular diet is based mainly on it, you will likely not be able to maintain your weight loss after this diet!

Further Resources

- [BestGMDiet.com](#) – Great website that will tell you more details regarding specific days and what to eat, plus some nice tips and tricks. Worth your time!!
- [The General Motors Diet](#) – on NYTimes.com – Roger Cohen shares his thoughts about this diet plan. The article will give you more detailed info on foods etc.
- [General Motors: Weight Loss Diet Program](#) – on Ernet.in – The original, one and only guide that will show you foods, beverages, and the Wonder Soup.
- [What are the side-effects of GM Diet?](#) – on TheHealthSite.com – This article comments on the possible side effects of this plan, make sure to check it out.

- [GM Diet Plan App](#) – on Play.Google.com – OMG, this app is pretty cool. Download it like right now. It's really that comprehensive.

9 Bonus Tips for Faster Weight Loss

1. Drink lots of pure water.
2. Make sure you exercise a bit, [30 Day Squat challenge](#) should be enough.
3. Eat lots of fiber in [the form of glucomannan](#) or any other fiber might do the job.
4. Eat your food slowly and mindfully.
5. Eat whole, unprocessed foods.
6. Try to get a good night's sleep.
7. Wait until you are really hungry before you reach for food.
8. Don't buy any prepared or fast food.
9. Always try to move around, a slow walk is preferred.