GM DIET CHART: DAY #1

**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).

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**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
GM DIET CHART: DAY #2

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
(6:15 - 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

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

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

DINNER
(6:00 - 7:00 PM)
1 salad with leafy greens, steamed broccoli, raw papaya
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

EVENING SNACK
(8:00 - 8:30 PM)
1 glass of coconut water

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GM DIET CHART: DAY #4

**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

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

**EAT**
Bananas (up to 6-10), milk (4 glasses) & GM special vegetable soup (1-2 bowls).

**AVOID**
Anything else.
GM DIET CHART: DAY #5

**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

**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.

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**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

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**GM DIET CHART: DAY #7**

**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.

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**BREAKFAST**
(8:15 – 9:15 AM)
1 cup of brown rice or oatmeal together with the melon
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

**DINNER**
(6:00 – 7:00 PM)
1 bowl of brown rice with a lot of vegetables
2 glasses of water

**MORNING SNACK**
(10:30 – 11:00 AM)
1 bowl of sliced strawberries
2 glasses of water

**AFTERNOON SNACK**
(4:00 – 4:30 PM)
1 bowl of blueberries & raspberries
2 glasses of water

**EVENING SNACK**
(6:00 – 8:30 PM)
1 bowl of strawberries

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