

# GM DIET CHART: DAY #1



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).

### BREAKFAST (8:15 - 9:15 AM)

1 bowl of sliced apples  
2 glasses of water

### LUNCH (12:00 - 1:30 PM)

1 bowl of watermelon  
2 glasses of water

### DINNER (6:00 - 7:00 PM)

1 bowl of watermelon  
2 glasses of water

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

1 bowl of raw papaya  
2 glasses of water

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

1 bowl of raw papaya  
2 glasses of water

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

1 glass of coconut water