

GM DIET CHART: DAY #2



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).

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