

GM DIET CHART: DAY #3



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.

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