

GM DIET CHART: DAY #4



Bananas



Vegetable soup



Milk

DRINK

At least 8-12 glasses of water per day.

EAT

Bananas (up to 8-10), milk (4 glasses) & GM special vegetable soup (1-2 bowls).

AVOID

Anything else.



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