

# GM DIET CHART: DAY #6



Apples



Lean meat



Vegetable soup



Cucumber



Sprouts



Beans

## 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.

### 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