

GM DIET CHART: DAY #7



Watermelon



Cabbage



Strawberries



Brown rice



Beans



Broccoli

DRINK

At least 8-12 glasses of water per day.

EAT

Brown rice, watermelon, strawberries, cabbage, broccoli, fruit juice (orange or pineapple) & legumes.

AVOID

Bananas, and anything else.

BREAKFAST (8:15 - 9:15 AM)

1 cup of brown rice or oatmeal
together with the melon
2 glasses of water

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

1 bowl of sliced strawberries
2 glasses of water

LUNCH (12:00 - 1:30 PM)

1 big salad made from
vegetables of your choice
mixed with raw mango
2 glasses of water

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

1 bowl of blueberries
& raspberries
2 glasses of water

DINNER (6:00 - 7:00 PM)

1 bowl of brown rice with a lot
of vegetables
2 glasses of water

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

1 bowl of strawberries