

# GM DIET CHART: DAY #5



Apples



Lean meat



Vegetable soup



Cucumber



Sprouts



Beans

## DRINK

At least 8-12 glasses of water per day.

## EAT

Tomatoes (6), sprouts, cucumber, GM vegetable soup, lean meat (chicken breast, pork loin, beef tenderloin or fish).

## AVOID

Anything else.

### BREAKFAST (8:15 – 9:15 AM)

1 braised beef  
2 sliced tomatoes  
3 glasses of water

### MORNING SNACK (10:30 – 11:00 AM)

1 turkey patty with a tomato  
3 glasses of water

### LUNCH (12:00 – 1:30 PM)

1 hamburger patty with a sliced  
tomato  
3 glasses of water

### AFTERNOON SNACK (4:00 – 4:30 PM)

1 turkey patty with a tomato  
2 glasses of water

### DINNER (6:00 – 7:00 PM)

1 hamburger patty  
2 fresh tomatoes  
2 glasses of water

### EVENING SNACK (8:00 – 8:30 PM)

1 glass of coconut water