

The 7-Day GM Diet Plan for Weight Loss The Fit Global

DAY 1

- ✓ Eat Cantaloupe and Water Melon
- ✓ Strictly Avoid Bananas
- ✓ Fruits and Ample of Water (10 Glasses)



DAY 4

- ✓ Have Milk & Banana Throughout
- ✓ Eat Dairy Products for Cravings
- ✓ Lots of Water Again (12 glasses)



DAY 2

- ✓ Vegetables and Water (10 Glasses)
- ✓ Eat Potato(Boiled)
- ✓ Avoid Oil in Meals



DAY 5

- ✓ Rice(2 Cups) or Meat(500 Grams)
- ✓ Tomato Soup (or Tomatoes Uncooked)
- ✓ 12 Glasses of Water



DAY 3

- ✓ No Banana, No Potato
- ✓ Try All Other Fruits & Vegetables
- ✓ Zero Oil, But More Water(10 Glasses)



DAY 6

- ✓ 2 Cups of Rice or 500 Grams of Meat
- ✓ Avoid potato, Try Any Other Vegetable
- ✓ 12 Glasses of Water



DAY 7

- ✓ 2 Cups of Brown Rice
- ✓ 10 Glasses of Water
- ✓ Vegetables with No Oil & Fruit Juices



Nutrition For Weight Loss

Mike Jess

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the name bar.

Nutrition For Weight Loss:

Uncover the mysteries within is enigmatic creation, Discover the Intrigue in **Nutrition For Weight Loss** . This downloadable ebook, shrouded in suspense, is available in a PDF format (*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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