

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

**Victor R. Preedy, Lan-Anh Le, Vinood B.
Patel**



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