

GM DIET PLAN TO LOSE WEIGHT NATURALLY

MEAL	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Breakfast (8.00-9.30am)	Begin your day with an apple and 2 glasses of water.	1 boiled potato and 2 glasses of water.	Munch on 2 carrot and apple. 2 glasses of water.	2 bananas and a glass of water. 1cup of GM wonder soup.	A cup of tomato soup and with few cubes of paneer. A glass of water.	A small cup of sprouts and a boiled carrot. 2 glasses of water.	A glass of fruit juice and 2 boiled carrots. 1 glass of water.
Brunch (10.00-10.30am)	A cup of diced apple and papaya. A glass of sweet lime or orange juice. 1 glass of water	A cup of boiled cabbages. A glass of beet juice and 1glass of water	(Each 1) Cucumber, onion and tomato salad. A dash of olive oil and pepper for taste. 2 glasses of water.	A glass of buttermilk or a cup of yogurt without sugar. 1 banana. 1 glass of water.	2 glasses of water. 1 chopped tomato may be.	Boiled broccoli and beets. A glass of water.	Boiled Cabbage with salt and pepper. 2 glasses of water.
Lunch (12.30-1.00pm)	A bowl of fruit salad with mixed fruits except Bananas. 2 glassesWater.	Vegetable salad with greens. Drizzle olive oil butno mayo! 1-2 glasses of water.	Broccoli and boiled veggie salads and orange juice.A glass of water.	GM wonder soup and a banana. 2 glasses of water.	A cup of brown rice or grilled chicken. 2 sliced tomatoes. A cup of curd. 2glasses of water.	Mixed sprout and vegetable salad with paneer. 2 glasses of water.	A cup or brown rice or white rice with boiled vegetables. A fruit juice. A glass of water.
Evening Break (4.00-4.30pm)	Tender coconut water and a cup of diced papaya.	A cup of chopped onions, tomatoes and cucumbers. (Each 1). 1 glass of water.	One ripe mango and a melon juice may be. 1 glass of water.	A cup of yogurt and 2 bananas. A glass of water.	A glass of water.	Beet juice and boiled beans.	Diced apples and papayas. A glass of water.
Pre-Dinner (6.00-6.30pm)	A bowl of diced melon and papaya. A glass of water.	Munch on a carrot or glass of beet juice. No sugar!	A cup of fruit salad and 2 glasses of water.	1 glass of butter milk and a banana.	Again a cup of watery tomato soup.	A handful of boiled sprouts.	Melon juice may be.
Dinner (8.30-9.00pm)	A bowl of mixed fruits like apple, oranges, pomegranate etc with 2 glasses of water.	Boiled broccoli and few veggies. Add pepper and a pinch of salt. Or go for olive oil.	A bowl of boiled veggies and an apple. 2 glasses of water.	2 cups of GM wonder soup and a banana. A glass of water.	A cup of brown rice with curd and grilled fish/chicken. Salt for taste. 2 glasses of water.	Boiled vegetables mixed with paneer. 2 glasses of water.	A cup of rice with few boiled veggies and 2 glasses of water.

General Motors Diet Program

Puja Mehta



General Motors Diet Program:

Unveiling the Energy of Verbal Art: An Mental Sojourn through **General Motors Diet Program**

In a global inundated with displays and the cacophony of immediate transmission, the profound power and psychological resonance of verbal art frequently disappear in to obscurity, eclipsed by the regular onslaught of noise and distractions. Yet, set within the musical pages of **General Motors Diet Program**, a fascinating function of fictional elegance that pulses with fresh emotions, lies an remarkable journey waiting to be embarked upon. Penned by way of a virtuoso wordsmith, this exciting opus manuals visitors on an emotional odyssey, gently exposing the latent possible and profound affect stuck within the delicate web of language. Within the heart-wrenching expanse of the evocative examination, we can embark upon an introspective exploration of the book is key styles, dissect their fascinating publishing design, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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