

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

ML Morrison



General Motors Diet Program:

Whispering the Secrets of Language: An Emotional Quest through **General Motors Diet Program**

In a digitally-driven world where monitors reign supreme and quick conversation drowns out the subtleties of language, the profound secrets and emotional subtleties hidden within phrases usually go unheard. Yet, nestled within the pages of **General Motors Diet Program** a charming fictional treasure blinking with natural feelings, lies an extraordinary journey waiting to be undertaken. Composed by a skilled wordsmith, this wonderful opus attracts viewers on an introspective journey, gently unraveling the veiled truths and profound impact resonating within the very fabric of every word. Within the emotional depths with this touching review, we will embark upon a heartfelt exploration of the book's key subjects, dissect its fascinating writing style, and fail to the powerful resonance it evokes deep within the recesses of readers' hearts.

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