

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

Shasha Hu



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The Scienti-Fit Dr. Kalpesh Malik, 2017-07-26 A renowned Cardiac Surgeon talks about the pitfalls in the field of medicine nutrition and fitness He takes you on a tour through the world of fitness logically and eloquently elucidating the various factors that lead to obesity and other lifestyle diseases such as diabetes hypertension and hypothyroidism The author explains how these conditions develop how they can be prevented and how they can be reversed most of the time He has also developed new techniques to achieve fat loss and muscle gain in the shortest possible time without the use of steroids

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Integrative Approaches for Health Bhushan

Patwardhan,Gururaj Mutalik,Girish Tillu,2015-03-31 Despite spectacular advances modern medicine faces formidable global challenges in several key areas notably the persistence of major killer diseases such as malaria tuberculosis leprosy and newer threats including HIV AIDS resistant infections and Ebola As such modern medicine has not led to a significant decrease in chronic diseases like diabetes obesity and other degenerative and autoimmune diseases The authors believe that modern medicine needs to experience a paradigm shift an integration of traditions in particular from the ancient systems like Ayurveda and Yoga Integrative Approaches for Health Biomedical Research Ayurveda and Yoga brings together the basic principles of interdisciplinary systems approach for an evolving construct of future medicine Such an approach is already emerging at the cutting edge of current research in omics bioinformatics computational and systems biology Several leading institutions of medicine have adopted Yoga and complementary medicine to widen their reach and deepen effectiveness in therapeutic practices The amalgam of modern medicine with its strengths in scientific rigor blended with the basic principles of life drawn from Ayurveda and Yoga might evolve into a medicine of tomorrow Integrative approaches are no longer alternative perhaps taking these approaches is the only possible way to heal our sick planet This book introduces important trends and tools for biomedical researchers and physicians alike to innovate the practice of medicine for the better Contains a harmonious confluence of ancient and modern concepts historical perspectives philosophical underpinnings and a relevant review of literature supported by worldwide case studies Provides a critical analysis of ancient wisdom pointing to potential areas for future research which provide food for thought for public debate on integrative health care for the twenty first century Explains Ayurveda knowledge and its relevance to drug discovery nutrition genomics epigenetics regenerative biology longevity and personalized medicine Shares Yoga knowledge insights and explains its relevance to body mind complex relationships psychology neurobiology immunoendocrinology bioenergetics consciousness and cognitive sciences Offers illustrations and logic diagrams for enhanced understanding of the concepts presented *General Motors World*

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