

# GM DIET PLAN TO LOSE WEIGHT NATURALLY

| MEAL                           | DAY 1                                                                                    | DAY 2                                                                                 | DAY 3                                                                                                     | DAY 4                                                                               | DAY 5                                                                                        | DAY 6                                                             | DAY 7                                                                                      |
|--------------------------------|------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|-------------------------------------------------------------------|--------------------------------------------------------------------------------------------|
| Breakfast<br>(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<br>(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<br>(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<br>(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<br>(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<br>(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

**A Loxley**



## **General Motors Diet Program:**

## Reviewing **General Motors Diet Program**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**General Motors Diet Program**," an enthralling opus penned by a very acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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