

7 Day GM Diet Plan

Day 1



All Fruit except bananas

Day 2



All Vegetables except potatoes

Day 3



All Fruit and Vegetables
except banana and potatoes

Day 4



8 bananas and 3 cup of low fat milk

Day 5



300g of chicken breast or beef
& 6 tomatoes

Day 6



300g of chicken breast or beef
& vegetables

Day 7



Brown rice & vegetables & fruits juice