



7-Day original GM Diet meal plan:

Day	Meal Plan	
1	Breakfast	: 1 apple
	Snack	: 1 bowl of watermelon
	Lunch	: 1 bowl of boiled brown rice
	Snack	: 1 orange
	Dinner	: 1 bowl of boiled mixed vegetables
2	Breakfast	: 1 baked potato
	Snack	: 1 bowl of cherry tomatoes
	Lunch	: 1 bowl of boiled mixed vegetables
	Snack	: 1 pear
	Dinner	: 1 boiled skinless chicken breast
3	Breakfast	: 1 apple
	Snack	: 1 bowl of grapes
	Lunch	: 1 boiled skinless chicken breast
	Snack	: 1 orange
	Dinner	: 1 bowl of boiled mixed vegetables
4	Breakfast	: 1 banana
	Snack	: 1 bowl of cantaloupe
	Lunch	: 1 bowl of boiled mixed vegetables
	Snack	: 1 pear
	Dinner	: 1 bowl of vegetable soup
5	Breakfast	: 1 bowl of sliced tomatoes
	Snack	: 1 bowl of sliced cucumbers
	Lunch	: 1 boiled skinless chicken breast
	Snack	: 1 apple
	Dinner	: 1 bowl of boiled mixed vegetables
6	Breakfast	: 1 bowl of mixed fruits
	Snack	: 1 bowl of watermelon
	Lunch	: 1 bowl of boiled mixed vegetables
	Snack	: 1 orange
	Dinner	: 1 boiled skinless chicken breast
7	Breakfast	: 1 bowl of brown rice
	Snack	: 1 bowl of sliced carrots
	Lunch	: 1 bowl of vegetable soup
	Snack	: 1 pear
	Dinner	: 1 bowl of boiled mixed vegetables

Note: The GM Diet is a restrictive diet and may not be suitable for everyone. It is always recommended to consult a healthcare professional before starting any new diet or exercise program.

For more weight loss tips, visit healthynaturaldiet.com.