

# GM Diet Cheat Sheet: Lose 5-10 lbs in 7 Days

(Download & Print This Free Guide!)



## 7-Day At-a-Glance

Day 1: 🍎 Fruits Only (No bananas)

Day 2: 🥬 Veggies Only + 1 baked potato

Day 3: 🍎 + 🥬 Fruits & Veggies (No potato)

Day 4: 🍌 + 🥛 Bananas + Milk (8 bananas, 3 glasses skim milk)

Day 5: 🍖 Protein + Tomatoes (Meat/fish + 6 tomatoes)

Day 6: 🍖 + 🥬 Protein + Veggies (Leafy greens)

Day 7: 🍚 Brown Rice + Fruit Juice

## Daily Do's & Don'ts

Day	Do	Don't
1	Eat melons, apples, oranges	Bananas, dried fruit
2	Bake/steam veggies	Oil, dressings
3	Mix fruits/veggies freely	Potatoes
4	Space bananas through day	Other fruits
5	Drink 12+ glasses water	Fatty cuts of meat
6	Load up on spinach/kale	Starchy veggies (corn, peas)



## Hydration Rules

- Must-Do: 3L water/day (add lemon for flavor).
  - Avoid: Soda, alcohol, sugary drinks.
- 



## Troubleshooting

Hungry? Eat more cucumbers/celery (near-zero calories).

Headache? Drink Himalayan pink salt water (electrolytes).

Constipated? Warm water + 1 tbsp chia seeds.

---



## Sample Meal Ideas

Day 5 (Protein Day):

- Breakfast: Grilled chicken + 2 tomatoes
- Lunch: Baked fish + tomato salad
- Dinner: Lean beef + tomato soup

Day 7 (Rice Day):

- Lunch: Brown rice + steamed veggies
- Dinner: Veggie soup + 1 glass apple juice