



**7 DAYS  
ORIGINAL  
GM DIET PLAN**

## Day 1 – Fruits Only

Meal	What to Eat
Meal 1 (Early Morning)	1 glass warm water
Meal 2 (Breakfast)	1 bowl watermelon / papaya
Meal 3 (Mid-Morning)	1 apple or orange
Meal 4 (Lunch)	1 large bowl mixed fruits
Meal 5 (Evening)	1 bowl muskmelon
Meal 6 (Dinner)	1 bowl watermelon or seasonal fruit

## Day 2 – Vegetables Only

Meal	What to Eat
Meal 1 (Early Morning)	1 glass warm water
Meal 2 (Breakfast)	1 boiled potato (no oil)
Meal 3 (Mid-Morning)	Cucumber + carrot salad
Meal 4 (Lunch)	Boiled vegetables (lauki, beans, carrot)
Meal 5 (Evening)	Boiled vegetables (lauki, beans, carrot)
Meal 6 (Dinner)	Boiled vegetables (lauki, beans, carrot)

## **Day 3 – Fruits + Vegetables**

<b>Meal</b>	<b>What to Eat</b>
<b>Meal 1 (Early Morning)</b>	<b>1 glass warm water</b>
<b>Meal 2 (Breakfast)</b>	<b>1 bowl papaya / apple</b>
<b>Meal 3 (Mid-Morning)</b>	<b>Cucumber or tomato salad</b>
<b>Meal 4 (Lunch)</b>	<b>Cooked vegetables + salad</b>
<b>Meal 5 (Evening)</b>	<b>1 fruit (guava / orange)</b>
<b>Meal 6 (Dinner)</b>	<b>Steamed vegetables</b>

## Day 4 – Banana + Milk

Meal	What to Eat
Meal 1 (Early Morning)	1 glass warm water
Meal 2 (Breakfast)	2 bananas + 1 glass milk
Meal 3 (Mid-Morning)	1 banana
Meal 4 (Lunch)	2 bananas + 1 glass milk
Meal 5 (Evening)	1 banana / vegetable soup
Meal 6 (Dinner)	2 bananas + 1 glass milk



## **Day 5 – Protein + Tomatoes**

<b>Meal</b>	<b>What to Eat</b>
<b>Meal 1 (Early Morning)</b>	<b>1 glass warm water</b>
<b>Meal 2 (Breakfast)</b>	<b>Sprouts / paneer (100 g)</b>
<b>Meal 3 (Mid-Morning)</b>	<b>2 tomatoes</b>
<b>Meal 4 (Lunch)</b>	<b>Brown rice + paneer / legumes</b>
<b>Meal 5 (Evening)</b>	<b>2 tomatoes</b>
<b>Meal 6 (Dinner)</b>	<b>Paneer / sprouts + tomatoes</b>

## **Day 6 – Protein + Vegetables**

<b>Meal</b>	<b>What to Eat</b>
<b>Meal 1 (Early Morning)</b>	<b>1 glass warm water</b>
<b>Meal 2 (Breakfast)</b>	<b>Paneer bhurji / sprouts (no oil)</b>
<b>Meal 3 (Mid-Morning)</b>	<b>Cucumber or carrot</b>
<b>Meal 4 (Lunch)</b>	<b>Paneer / tofu + vegetables</b>
<b>Meal 5 (Evening)</b>	<b>Vegetable soup</b>
<b>Meal 6 (Dinner)</b>	<b>Boiled vegetables + protein</b>

## Day 7 – Rice + Fruits + Vegetables

Meal	What to Eat
Meal 1 (Early Morning)	1 glass warm water
Meal 2 (Breakfast)	Paneer bhurji / sprouts (no oil)
Meal 3 (Mid-Morning)	Cucumber or carrot
Meal 4 (Lunch)	Paneer / tofu + vegetables
Meal 5 (Evening)	Vegetable soup
Meal 6 (Dinner)	Boiled vegetables + protein



# Meet Our Experts



**Pooja Singh**

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