



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

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

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

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

Day 6 – Protein + 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



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

B.s.c (Nutrition and Dietetics)
3+ yrs Experience



Rakhi

B.s.c (Nutrition and Dietetics)
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