

Lose 10 Pounds in a Week for Free With the GM Diet

GM Diet Summary

The GM Diet or General Motors Diet is a 7-day quick weight loss diet claimed to have been developed for General Motors employees in 1985 (though this is disputed). The diet promises quick **weight loss of 10-17 pounds within a week** by following strict daily meal plans that focus on the specific food groups per day. It is a very **low-calorie diet** that centers on fruits, vegetables, and lean protein with restricting fats, carbohydrates, and processed foods. The intake of water in big amounts throughout the week is also encouraged.

The diet works by drastically reducing calorie intake and supposedly boosting metabolism, although there is little scientific proof it works for long-term weight reduction. It's criticized that much of the initial weight lost would be water weight and that the diet is nutritionally incorrect and difficult to sustain. It is not to be taken in the long term, and anyone considering this diet ought to first see a health care professional, especially those with other medical conditions.

The 7-Day GM Diet Plan:

- **Day 1:** Eat only fruits (no bananas) and plenty of water
 - **Day 2:** Eat only vegetables, raw or steamed, with one boiled potato for breakfast
 - **Day 3:** Eat fruits and vegetables (no bananas and potatoes)
 - **Day 4:** Eat 8 bananas at most and 3 glasses of milk
 - **Day 5:** Eat lean protein (beef, chicken, or fish) with up to 6 tomatoes and more water
 - **Day 6:** Eat lean protein with unlimited veggies (no potatoes)
 - **Day 7:** Eat brown rice, veggies, fruit juice, and fruits
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GM Diet Plan and Tips for Being on It – My Experience

There's a great diet that's been around for a while (since the 1980s) and, with it, you can lose 10-17 pounds in a week.

I had never heard of this diet but my employees said they were going to do it and I said I'd do it with them. It was a boost for company morale and I needed to drop 10 pounds since ski season is starting.

At first look, I kind of laughed at it but then I looked at it more and it wasn't too bad. I thought, "I can do this" and I said I was on board with them.

It's called the GM Diet. GM stands for General Motors (yes, the car company). It's just a week long and you'll drop at least 10 pounds they say. **I tried it and I dropped 10 pounds, so I know it works.**

The thing I like about this diet is that, most days, you're really able to eat as much of the food for that day as you want. This makes sure you won't get hungry. Wow, I diet that doesn't leave you hungry? YES!

It's simple to follow... like, really simple.

The GM Diet has been around since the 1980s. It was developed for the employees of General Motors in conjunction with a grant from U.S. Department of Agriculture and the Food and Drug Administration. It was field tested at the Johns Hopkins Research Centre and was approved for distribution by the Board of Directors, General Motors Corporation.

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Introduction

With this plan, you should lose between 10-17 pounds per week. This is my second time doing it. The first time, I only lost 7 pounds and this time, I lost 11.

The plan is designed to flush your system of impurities and help you feel better. After the last day (day seven), you will feel lighter and have more energy.

You can see the plan outlined here for free (link might not work anymore, but the whole plan is here):

<http://www.iimahd.ernet.in/~jajoo/gmdiet.html>

I suggest reading that over. It's also included at the end of this book. There are some things you should know like that you can't drink alcohol while on the diet.

My Experience

After I did the diet the first time, I was very surprised at how I was able to maintain my weight. I did eat better than just before going on the diet but I could add in carbohydrates and I wouldn't gain any weight. I remember this lasted over a month.

I think this diet is good for flushing toxins and for giving yourself a boost if you're going to start a more long-term diet plan. I know that a lot of people fail at diets because they start one and then don't see results. With this one, you do see results rather quickly.

Quick weight loss is generally not healthy. They say losing 2 pounds a week is where you want to be. Please do consult a doctor before starting this plan.

In This Article

What I do in this article is give you my experience so that you know what to expect. I go over some ideas of food to shop for, what I ate and what my results were each day as well as a summary at the end. I wrote this while I was on the diet the second time along with notes I took from the first time I did it.

For each day, I start off with a short introduction that states how I was feeling or what I was thinking about and then I list what the plan says, what I ate that day, any side effects I felt and then my advice to you.

My aim with this article is to give you a little guide and support. I would highly suggest doing the diet with a partner or a group of people. You can send the plan around to people or have them read this book and see who would like to sign up.

Of all the diets out there, this one is probably about the easiest because you're not starving yourself. You really won't feel hungry at all. You're also eating non-processed food, which gives your liver a break from dealing with toxins. Because it's not busy doing that, it can do its other job, which is helping you maintain blood sugar levels, which helps with your weight.

You will also flush out toxins that have built up and that process makes you healthier. As your toxins get flushed out, you're going to be tired. With this whole diet, you're going to be thirsty and you need to drink a lot of water.

This is a different kind of diet because of what happens to your body. You need to know more than what the single web page about the diet says and that's why this book is helpful to read before you go on the diet.

How to Prepare for the GM Diet

There are two main things you need to think about as you plan to go on the GM Diet – planning your schedule and your meals. There are also a few other things you need to be aware of as you start the diet.

First, you need to make sure you have a lighter schedule that week (if possible). The first day will be tough, so if you can set your schedule so that you don't have any meetings or events, that would be best. Try to make the rest of your week a bit lighter as you may be doing more food preparation and cooking than you normally do.

Second, you'll need to get a grocery list together and plan your meals for the week. You will want each meal planned as well as come up with some snacks to have during the day. Snacks would be things like apples or baby carrots.

Third (and this might actually be the most important thing), you are going to be thirsty... all the time. You will need to drink a lot of water. Plan on it. Because you're drinking so much water, you're going to be making extra trips to the bathroom as well.

Fourth, you're not going to feel good the first day or so. You'll be flushing toxins out of your body right away, so you'll feel weak and terrible. You'll be tired and mentally, you won't have much energy. This is why I say to make your first day as light as possible.

Fifth, don't cheat. You'll be tempted to cheat. It's a good idea to get rid of any food that is not part of that diet and that you'll be tempted by. You don't have to throw it out – maybe someone else can use it but at least get other food put away in cabinets and off your counter so that you don't see it.

Lastly, get plenty of rest and try to stay active if possible.

What to Do Next

Next, you're going to plan each meal for the week and go shopping. I don't like food to get old, so I make smaller trips to the store and get food for 2-3 days at a time.

Day One

Since I had the food I needed, day one started as a usual day but I first hopped on the scale and weighed myself. I wanted a beginning weight so that I could track my progress.

Here is what the plan says:

Day One

You can eat any kinds of fruit except bananas. Your first day will consist of all the fruit you want. It is strongly suggested that you consume lots of melons the first day – especially watermelon and other melons. If you limit your fruit consumption to melons, your chances of losing three pounds on first day are very good.

My Menu:

For breakfast, I had an apple and then a mixture of cut up melons (watermelon, cantaloupe and honeydew) that I got from the store. I mixed in some strawberries and blueberries as well.

I had an apple mid-morning.

For lunch, I took a bowl of melons, strawberries and blueberries again.

I had another 2 apples in the afternoon.

For dinner, I made a plate with melons, peaches cut up, blueberries and strawberries.

I forgot I had grapes in the fridge or I would have had them as well. I remember the first time I did this diet, I had more grapes. I think grapes are good because they contain a lot of water. That's why they suggest watermelon.

I was pretty full until nighttime.

Side Effects:

During the day, I was a bit gassy. I was eating a good amount of fiber, so that had to be why. Don't do this diet if you have meetings all day.

Because I was drinking a lot of water, I made many trips to the bathroom.

By the end of the day I was really tired and achy. I also had a headache as I was going to sleep. This must have been the impurities being flushed out.

My skin also felt dry most of the day.

My Advice:

If you also feel bad at the end of the first day, don't give up even though you feel really bad – just keep going because it gets better and this needs to happen.

The best thing you can do is drink plenty of water the first day – just pound it. Make sure you have a bathroom near by because you'll need it.

Don't make any plans in the evening, as you'll need to just rest. You should sleep pretty good though.

Day Two

I was a bit excited for this day because it's the potato day!

I stepped on the scale for my weigh-in and I was down two pounds.

Here is what the plan says:

Day Two

All vegetables. You are encouraged to eat until you are stuffed full with all the raw or cooked vegetables of your choice. There is no limit on the amount or type. For your complex carbohydrate, you will start day two with a large baked potato for breakfast. You may top the potato with one pat of butter.

My Menu:

For breakfast, I baked the potato. I took about 50 minutes in the oven. When it was about done, I cooked up some cut up onion and green pepper. I put that on top of the potato with just a little bit of butter. The butter I use is olive oil based.

I stayed pretty full all morning.

For lunch, I heated up some tomato bisque soup that I bought at the grocery store. I also had some steamed broccoli and raw carrots.

I was fine all afternoon and didn't need to snack. I had some raw carrots if I needed them.

For dinner, I cooked up a Vidalia onion along with green pepper. I added in some canned corn and some more steamed broccoli.

In the evening, I had some raw carrot sticks / baby carrots.

Side Effects:

I had a killer headache in the morning. This was because of the toxins leaving my body. Today, I drank a lot more water and by mid-morning, I was feeling a lot better.

There were no other side effects beside constant thirst. I wasn't too hungry either.

I usually have one bowel movement in the morning but today I had 3. That must be a combination of toxins leaving my body and from all that fiber I had the first day.

My Advice:

Drink plenty of water. I was chewing gum in the morning and that seemed to help my mouth stay moist. Just make sure the gum you chew doesn't have sugar in it.

The first part of the day might feel bad but, for me, it got better.

Get plenty of rest at night.

Day Three

I weighed myself today and I was down another pound that's pretty good. I only have 2 days down, though, so let's see what happens the rest of the week.

Here is what the plan says:

Day Three

A mixture of fruits and vegetables of your choice. Any amount, any quantity. No bananas yet. No potatoes today.

Breakfast – grapes, strawberries, melon.

I had an Americano this morning – wow, did that kick in fast. I'm bouncing off the walls.

Lunch – salad from Metro Market. I cheated with one scoop of cottage cheese.

Snack – grapes

Dinner – I had some grapes and then went for a short bike ride (14 miles). I wasn't hungry. I got home and had more grapes and carrots (don't eat them together – that's gross).

I noticed a few pimples. This makes me think my body is weak.

Day Four

I weighed in this morning and I was a down about 2 pounds. Nice. I'm down a total of 5 pounds so far in 3 days.

Here is what the plan says:

Day Four

Bananas and milk. Today you will eat as many as eight bananas and drink three glasses of milk. This will be combined with the special soup, which may be eaten in limited quantities.

It's banana day, so I had 2 for breakfast, one as a snack mid-morning. I had an Americano (coffee – espresso and water, no cream or sugar).

No bowel movement this morning. I remember from last time that I needed a laxative at one point. That time might be coming up soon.

I did have one later in the day.

I think I'm dehydrated and need to drink more water.

At volleyball, my reactions were pretty slow, which was strange.

Day Five

I'm down about a pound but I seem dehydrated.

Here is what the plan says:

Day Five

Today is feast day. You will eat beef and tomatoes. Eat two 10 oz. portions of lean beef. Hamburger is OK. Combine this with six whole tomatoes. On day five you must increase your water intake by one quart. This is to cleanse your system of the uric acid you will be producing.

Breakfast was half of my lunch, which is hamburger and diced tomatoes. I think I actually had too much beef though. It was about a pound. It was the morning and I wasn't thinking. My plan was to split the 10 oz of hamburger and 4 of the 6 tomatoes between breakfast and lunch and then do a steak and 2 tomatoes for dinner. I might save the steak for tomorrow and just have a little more hamburger tonight instead.

I was SUPER thirsty in the afternoon.

Day Six

I weighed in about the same as yesterday.

Here is what the plan says:

Day Six

Beef and vegetables. Today you may eat an unlimited amount of beef and vegetables. Eat to your hearts content.

Breakfast was half a steak and sautéed onion and green pepper.

For lunch, I had more steak and veggies.

For dinner, I had grilled hamburgers.

My stomach was upset half the day from what I ate yesterday. I don't think I cooked the hamburger and tomatoes right.

I kayaked a few hours in the afternoon.

I was super thirsty at night.

Day Seven

I weighed in at about the same as yesterday. I'm just down 6 pounds total. I'm surprised it's not more.

Here is what the plan says:

Day Seven Today your food intake will consist of brown rice, fruit juices and all the vegetables you care to consume.

Breakfast was mid-morning. I wasn't actually very hungry. Even last night, I stayed up late and didn't get hungry. I cooked a sweet potato in the microwave, added in some onion and green pepper from the night before and brown rice, too.

I had a coffee (Americano) and some fruit juice after the meal.

For dinner, it was a sweet potato, steamed broccoli and brown rice.

Conclusion

I weighed in at only 6 pounds down at the end of the 7 days but I know that the results aren't instant, so I'm going to wait and see what happens in the next, few days still.

This diet helps me see how I can plan meals better and eat better. Some of the meals I had were really good and they were low on calories. If I can continue to eat these kinds of meals going forward, I know I'm going to lose weight.

Reference – The GM Diet

(directly from <http://www.iimahd.ernet.in/~jajoo/gmdiet.html> with some minor corrections)

GM Diet Plan

I did the following weight loss diet program and it worked wonders. I strongly recommend anyone desirous of loosing weight to start on this program immediately. Best part of the program is that it is doable!

— B. H. Jajoo

General Motors: Weight Loss Diet Program

The following diet and health program was developed for employees and dependents of General Motors, Inc. and is intended for their exclusive use. This program was developed in conjunction with a grant from U.S. Department of Agriculture and the Food and Drug Administration. It was field tested at the Johns Hopkins Research Centre and was approved for distribution by the Board of Directors, General Motors Corp. at a general meeting on August 15, 1985. General Motors Corp. wholly endorses this program and is making it available to all employees and families. This program will be available at all General Motors Food Service Facilities. It is management's intention to facilitate a wellness and fitness program for everyone.

This program is designed for a target weight loss of 10-17 lbs per week. It will also improve your attitudes and emotions because of its cleansing systematic effects.

The effectiveness of this seven-day plan is that the food eaten burn more calories than they give to the body in caloric value.

This plan can be used as often as you like without any fear of complications. It is designed to flush your system of impurities and give you a feeling of well-being. After seven days you will begin to feel lighter because you will be lighter by at least 10 lbs. You will have an abundance of energy and an improved disposition.

During the first seven days you must abstain from all alcohol

You must drink 10 glasses of water each day

Day One All fruits except bananas. Your first day will consist of all the fruits you want. It is strongly suggested that you consume lots of melons the first day – especially watermelon and melon. If you limit your fruit consumption to melons, your chances of losing three lbs. on first day are very good.

Day Two All vegetables. You are encouraged to eat until you are stuffed with all the raw or cooked vegetables of your choice. There is no limit on the amount or type. For your complex carbohydrate, you will start day two with a large baked potato for breakfast. You may top the potato with one pat of butter.

Day Three A mixture of fruits and vegetables of your choice. Any amount, any quantity. No bananas yet. No potatoes today.

Day Four Bananas and milk. Today you will eat as many as eight bananas and drink three glasses of milk. This will be combined with the special soup, which may be eaten in limited quantities.

Day Five Today is feast day. You will eat beef and tomatoes. Eat two 10 oz. portions of lean beef. Hamburger is OK. Combine this with six whole tomatoes. On day five you must increase your water intake by one quart. This is to cleanse your system of the uric acid you will be producing.

Day Six Beef and vegetables. Today you may eat an unlimited amount of beef and vegetables. Eat to your hearts content.

Day Seven Today your food intake will consist of brown rice, fruit juices and all the vegetables you care to consume.

Tomorrow morning you will be 10-17 lbs. lighter than one week ago. If you desire further weight loss, repeat the program again. You may repeat this program as often as you like, however, it is suggested that you are allowed two glasses of white wine in addition to the instructions on the program. You may substitute champagne for white wine. Under no circumstances are you to drink any other alcoholic beverages with the exception of beer, which is allowed. Any liquor (bourbon, vodka, rum) is forbidden. Cream drinks are especially forbidden. You may have an occasional cordial such as creme de menthe or schnapps, but you must always limit yourself to two drinks. If you drink wine, drink only wine that day (don't mix). If you have beer, drink only beer that day, etc. Alcohol adds empty calories to your diet. However, after the first week it will help your digestion and

settle your stomach.

G.M.'S Wonder Soup Recipe

The following soup is intended as a supplement to your diet. It can be eaten any time of the day in virtually unlimited quantities. You are encouraged to consume large quantities of this soup.

- 28 oz, Water
- 6 Large Onions
- 2 Green Peppers
- Whole Tomatoes (fresh or canned)
- 1 Head Cabbage
- 1 Bunch Celery
- 4 Envelopes Lipton Onion Soup Mix
- Herbs and Flavoring as desired

Additional Comments

Vegetables as may be taken in the form of a salad if desired. No dressing except malt, white or wine vinegar, squeezed lemon, garlic, herbs. No more than one teaspoon of oil.

You have been given a recipe for the WONDER SOUP, which can be eaten in unlimited quantities. This soup is a supplement while you are on the program and it should be a pleasure to eat. Not everyone likes cabbage, green peppers, celery etc. This recipe is not inflexible. You may substitute vegetables according to your taste. You may add any vegetables you like: asparagus, peas, corn, turnips, green beans, cauliflower, etc. Try to stay away from beans (lima, pinto, kidney, etc.), however, because they tend to be high in calories even though they are very good for you.

Beverages you may consume while on the program:

1. Water (flavoured with lemon/lime if desired).
2. Club Soda is OK.
3. Black Coffee. No cream or cream substitute. No sugar or sweetness.
4. Black Tea = Herb or Leaf.
5. Absolutely nothing else except the fruit juices, which are part of day seven. No fruit juices before day seven.

How and Why It Works

Day One you are preparing your system for the upcoming program. Your only source of nutrition is fresh or canned fruits. Fruits are nature's perfect food. They provide everything you could possibly want to sustain life except total balance and variety.

Day Two starts with a fix of complex carbohydrates coupled with an oil dose. This is taken in the morning for energy and balance. The rest of day two consists of vegetables, which are virtually calorie free and provide essential nutrients and fiber.

Day Three eliminates the potato because you get your carbohydrates from the fruits. Your system is now prepared to start burning excess pounds. You will still have cravings, which should start to diminish by day four.

Day Four, bananas, milk and soup sound the strangest and least desirable. You're in for a surprise. You probably will not eat all the bananas allowed. But they are there for the potassium you have lost and the sodium you may have missed the past three days. You will notice a definite loss of desire for sweets. You will be surprised how easy this day will go.

Day Five, Beef and tomatoes. The beef is for iron and protein, the tomatoes are for digestion and fiber. Lots and lots of water purifies your system. You should notice colorless urine today. Your allowance calls for the equivalent of five "quarter pounds". Do not feel you have to eat all this beef. You must eat the six tomatoes.

Day Six is similar to day five, Iron and proteins from beef, Vitamins and fiber from vegetables. By now your system is in a total weight loss inclination. There should be a noticeable difference in the way you look today, compared to day one.

Day Seven finished off the program like a good cigar used to finish off Victorian meals, except much healthier. You have your system under control and it should thank you for the flushing and cleaning you just gave it.

Some Helpful Tips

Here are my tips for it:

- Stay hydrated! A side effect is that you'll feel thirsty. You have to pound water. This means you'll be running to the bathroom a lot but hey, it's just a week long. This especially matters on day 5 – you have to drink even more then. It's so important to stay hydrated.
- Plan your meals out. Remember that spices make things great and don't add calories, so spice things up to help get you through this.
- Do some exercise. You might feel a bit fatigued at times and a great way to combat this is to do some exercise. You'll also lose more weight if you do exercise a bit.
- Near the end of it, you might need a gentle laxative to help you go. Walgreen's has a good one that I like.
- Don't cheat. It's just a week – you can do it.

Here's the link again: [GM Diet](#)

And some more resources:

- [GM Diet Works](#)
- [How to Follow the General Motors Diet](#) (wikihow.com)
- [7 Day GM Diet](#)
- [Beginner's Guide to 7 Day GM Diet Plan](#) (skinnywithfiber.org)

And a video from someone who gave a report a week after doing the diet:

Conclusion

Again, I know you can do this. Just remember that it's just a week and you're going to lose 10 pounds. Two great side effects (besides losing the weight) is that you kind of clean out your system and learn how to make good, healthy food. If you can take some of these meals with you after the diet, you'll have a good foundation for eating better. You'll see it's not that bad to eat more vegetables.

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