

7 Day General Motors Diet Plan for Weight Loss

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General Motors Corporation has developed a diet plan, GM Diet plan, whose aim is to help the employees achieve success with their weight loss goals. GM Corporation hopes that through this program, its employees would remain healthy and stay in shape.

The diet encourages employees to limit their options to specific types of foods. The foods in question are those rich in the right amounts of proteins that the human body requires for daily survival.

The diet plan has increased in popularity worldwide. The program helps with the loss of between 15 lbs and 17 lbs in 7 days. This fast-paced program has a specific diet plan for each day of the week.

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Day 1 (General Motors Diet Plan)



General Motors Diet Program

Minjie Lin



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