

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 burns 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.

THE DIET

- Day 1:** 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 a loupe. If you limit your fruit consumption to melons, your chances of losing three lbs. on first day are very good.
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- Day 2:** 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.
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- Day 3:** A mixture of fruits and vegetables of your choice, any amount, any quantity. No bananas yet. No potatoes today.
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- Day 4:** 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.
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- Day 5:** 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.
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- Day 6:** Beef and vegetables. Today you may eat an unlimited amount of beef and vegetables. Eat to your hearts content.
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- Day 7:** Today your food intake will consist of brown rice, fruit juices and all the vegetables you care to consume.
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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 crème de menthe or schnapps, but you must always limit yourself to two drinks. If you wine, drink only wine that day. 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

This 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 tea spoon 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

- Water (flavored with lemon/lime if desired).
- Club Soda is OK.
- Black Coffee (no cream or cream substitute and no sugar or sweetness)
- Black Tea (herb or leaf)
- 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 1: 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 2: It 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 3: It 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 4: 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 5: Beef and tomatoes. The beef is for iron and proteins, the tomatoes are for digestion and fiber. Lots and lots of water purify 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 6: It is similar to day 5, 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 7: 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.

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