

MILITARY DIET PLAN

(www.themilitarydiet.com)

DAY 1

Breakfast

1/2 Grapefruit
1 Slice of Toast
2 Tablespoons of Peanut Butter
1 cup Coffee or Tea (with caffeine)

Lunch

1/2 Cup of Tuna
1 Slice of Toast
1 cup Coffee or Tea (with caffeine)

Dinner

3 ounces of any type of meat
1 cup of green beans
1/2 banana
1 small apple
1 cup of vanilla ice cream

DAY 2

Breakfast

1 egg
1 slice of toast
1/2 banana

Lunch

1 cup of cottage cheese
1 hard boiled egg (or cooked
however you like)
5 saltine crackers

Dinner

2 hot dogs (without bun)
1 cup of broccoli
1/2 cup of carrots
1/2 banana
1/2 cup of vanilla ice cream

DAY 3

Breakfast

5 saltine crackers
1 slice of cheddar cheese
1 small apple

Lunch

1 hard boiled egg (or cooked
however you like)
1 slice of toast

Dinner

1 cup of tuna
1/2 banana
1 cup of vanilla ice cream

Shopping List

Coffee or Tea
1 Grapefruit
2 Bananas
2 Apples
Bread - whole wheat
Peanut Butter
Eggs
3 cans Tuna
Hot dogs
Small piece of meat, your choice
Green beans: frozen, canned
or fresh
Small head of broccoli
Carrots
Saltine crackers
Cottage cheese
Small amount of cheddar cheese
Vanilla Ice Cream