

## **Military Diet Substitutions List**

### **1/2 Grapefruit**

Put 1/2 teaspoon of baking soda in a glass of water and drink it. Never substitute oranges for grapefruit.

### **1 cup Coffee or Tea (with caffeine)**

Substitute: Instead of coffee, you can drink Green Tea. We don't recommend artificial sweeteners, but sugar free hot chocolate contains small amounts of caffeine. If you can't make it through the day without your energy drinks, sugar Free Red Bull also has 76 mgs of caffeine. Any other sources of caffeine have too many calories for the Military Diet.

### **1/2 Cup of Tuna**

Substitute: Substitute a grilled sushi grade piece of tuna, the same size as 1/2 or 1 cup serving of canned tuna. Fish is the preferable substitute for canned tuna, but any other lean meat with the same calories will work. Other substitutes for tuna include cottage cheese, tofu, or almonds. For vegetarians and vegans, substitute 1/2 an avocado and 2 tablespoons of hummus.

### **1 Slice of Toast**

Substitute: 1/8 cup of sunflower seeds, 1/2 cup of whole grain cereal, 1/2 high protein bar, 1/4 cup of yogurt with 1/2 teaspoon of flax seeds. You can also use one tortilla or two rice cakes instead of bread.

### **1 cup of cottage cheese**

Substitute: Use plain Greek yogurt, ricotta cheese, cheddar cheese, eggs, or ham. Tofu is a non dairy substitute, make sure you're substituting an equal amount of calories. For vegans and vegetarians, use 1 cup unsweetened soy/hemp/almond milk and 2 tablespoons hummus

### **2 Tablespoons of Peanut Butter**

Substitute: you can substitute the same amount of almond butter, cashew butter, pumpkin butter, soy butter, sunflower seed butter, hummus or bean dip. Two tablespoons of plain sunflower seeds also work.

### **3 ounces of any type of meat**

Substitute: If you're vegetarian or vegan, you can use lentils, beans, tofu or portobello mushrooms as meat alternatives.

### **1 cup of green beans**

Substitute: the same CALORIE amount of lettuce, tomatoes, spinach or any other green vegetable.

### **1/2 banana**

Substitute: 2 kiwis, 1 cup of papaya or 2 apricots. Plums, grapes and apple sauce also work. Just make sure you eat the same amount of calories and not more.

### **1 small apple**

Substitute: plums, peaches, grapes, zucchini, pears or dried apricots.

**1 cup of vanilla ice cream**

Substitute: 1 cup of fruit flavored yogurt or apple juice. A good non dairy substitute is strawberry, vanilla or banana flavored almond milk. Do not substitute chocolate almond milk. For vegetarians and vegans, use dairy free ice cream. Coconut Bliss is ridiculously good.

**1 egg**

Substitute: one cup of milk, one chicken wing, 1/4 cup of seeds or nuts, or 2 slices of bacon. 1/2 cup baked beans for vegetarians and vegans, 1/2 avocado.

**5 saltine crackers**

Substitute: Rice cakes are a perfect substitute for saltine crackers. If you substitute saltine crackers for any other cracker, like gluten free, make sure you're eating a similar amount of calories. Each saltine cracker has 13 calories. You can also substitute the calorie correct amount of quinoa or couscous for saltine crackers.

**2 hot dogs (without bun)**

Substitute: turkey dogs, soy dogs, tofu dogs, bratwurst, luncheon meat, deli meat or baloney. For vegetarians, you can also substitute beans, lentils, or portobello mushrooms. Again, you can substitute another meat, but you don't need to skimp on the fat with the hot dog substitute, as long as the calories are the same. There are about 250-300 calories in two plain hot dogs. Plain tofu also works, just make sure you eat 300 calories worth.

**1 cup of broccoli**

Substitute: a green or greenish vegetable like cauliflower, spinach, Brussel sprouts or asparagus.

**1/2 cup of carrots**

Substitute: Squash, parsnip, beets, celery and bell pepper can all be substituted for carrots.

**1 slice of cheddar cheese**

Substitute: egg, cottage cheese or ham. Other nondairy, vegetarian cheese substitutes with calcium include soy cheese, soy milk, cabbage and tofu.

**An important note about Substitutions, Size doesn't Matter:**

When you're making substitutions, worry about calories, not size. Make sure whatever you substitute has the same amount of calories as what you're eliminating. For instance, let's say 4 ounces of cottage cheese has 100 calories. Substitute 1 ounce of cheddar cheese to get the same 100 calories. If you're substituting almonds for tuna, you don't use the same measurement for almonds as tuna. Almonds have way more calories for their size than tuna. One can of tuna is equal to about 20 almonds, just under 200 calories. Eating a cup of almonds would blow the diet to smithereens.