

Vegetarian and Vegan Military Diet Plan

Day 1 Menu

Breakfast:

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

Lunch:

1/2 an avocado
2 tablespoons of hummus
1 slice of whole wheat toast
1 cup Coffee or Tea (with caffeine)

Dinner:

Tofu (prepared any style but not more than 300 calories)
1 cup of green beans
1/2 banana
1 small apple
1 cup of vanilla ice cream (for vegans, use dairy free ice cream... Coconut Bliss is ridiculously good)

Day 2 Menu

Breakfast:

1/2 cup baked beans
1 slice of whole wheat toast
1/2 banana

Lunch:

1 cup unsweetened soy/hemp/almond milk
1/2 avocado
2 tablespoons hummus
5 saltine crackers

Dinner:

2 veggie hot dogs (without bun)
1 cup of broccoli
1/2 cup of carrots
1/2 banana
1/2 cup of vanilla ice cream (for vegans, use dairy free ice cream)

Day 3 Menu

Breakfast:

1 slice cheddar cheese (for vegans, about 15-20 almonds)
5 saltine crackers (or 1/2 cup couscous or quinoa)
1 small apple

Lunch:

1/2 avocado and 1 tablespoon hummus
1 slice whole wheat bread

Dinner:

1/2 cup canned chickpeas
1/2 banana
1 cup of vanilla ice cream (for vegans, dairy free ice cream)