

3 Day Military Diet

From www.healthynaturaldiet.com

Day 1

Breakfast

Half a grapefruit
A slice of toast with two tbsp. of peanut butter
A cup of coffee

Lunch

Half cup of tuna
One slice of toast
One cup of coffee

Dinner

One small apple
85 grams of meat and a cup of green beans
Half a banana
A cup of vanilla ice cream

Calories for Day One: approx. 1100

Day 2

Breakfast

One piece of hard-boiled egg
One slice of toast
One-half banana
A cup of coffee

Lunch

One hard-boiled egg
5 pieces of saltine crackers
One cup of cottage cheese
One cup of coffee

Dinner

Two hotdogs
One-half cup broccoli and carrots
One-half banana
One-half cup vanilla ice cream

Calories for Day Two: approx. 1250

Day 3

Breakfast

1-ounce cheddar cheese
5 pieces of saltine crackers
1 small apple
1 cup of tea or coffee

Lunch

1 slice of toast
1 egg, cooked
1 cup of coffee

Dinner

One-half banana
1 cup tuna
1 cup of vanilla ice cream

Calories for Day Three: approx. 1000

3 Day Military Diet Shopping List

- 2 Apples
- 2 Cup Green Beans
- 2 Bananas
- 2 (w/o buns) Hot Dogs
- 1 cup Broccoli
- 85 grams Meat
- ½ cup Carrots
- 2 Tablespoons Peanut Butter
- 1 ounce Cheddar Cheese
- 10 pieces Saltine Crackers
- 5 cup (w/o sugar) Coffee or Tea
- Slice Toast
- 1 cup Cottage Cheese
- 1.5 cup Tuna
- 4 Egg
- 2.5 cup Vanilla Ice Cream
- ½ Grapefruit