

# 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