

DIETBLY'S GUIDE TO MILITARY DIET

2018 VERSION
(PDF)



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DAY #1 - BASICS




DAILY MENU = 1175 CALORIES

You will eat three meals a day. Your daily menu will consist of bread, tuna, lean meat, coffee, peanut butter, green beans, banana, apple, grapefruit & vanilla ice cream.

DAY #1 - MEAL PLAN


BREAKFAST (323 CALORIES) (8:15 - 9:15 AM)

1 Slice of whole wheat bread
1/2 Grapefruit
2 Tablespoons of peanut butter
1 Cup of coffee or tea (with caffeine)



LUNCH (248 CALORIES) (12:00 - 12:30 AM)

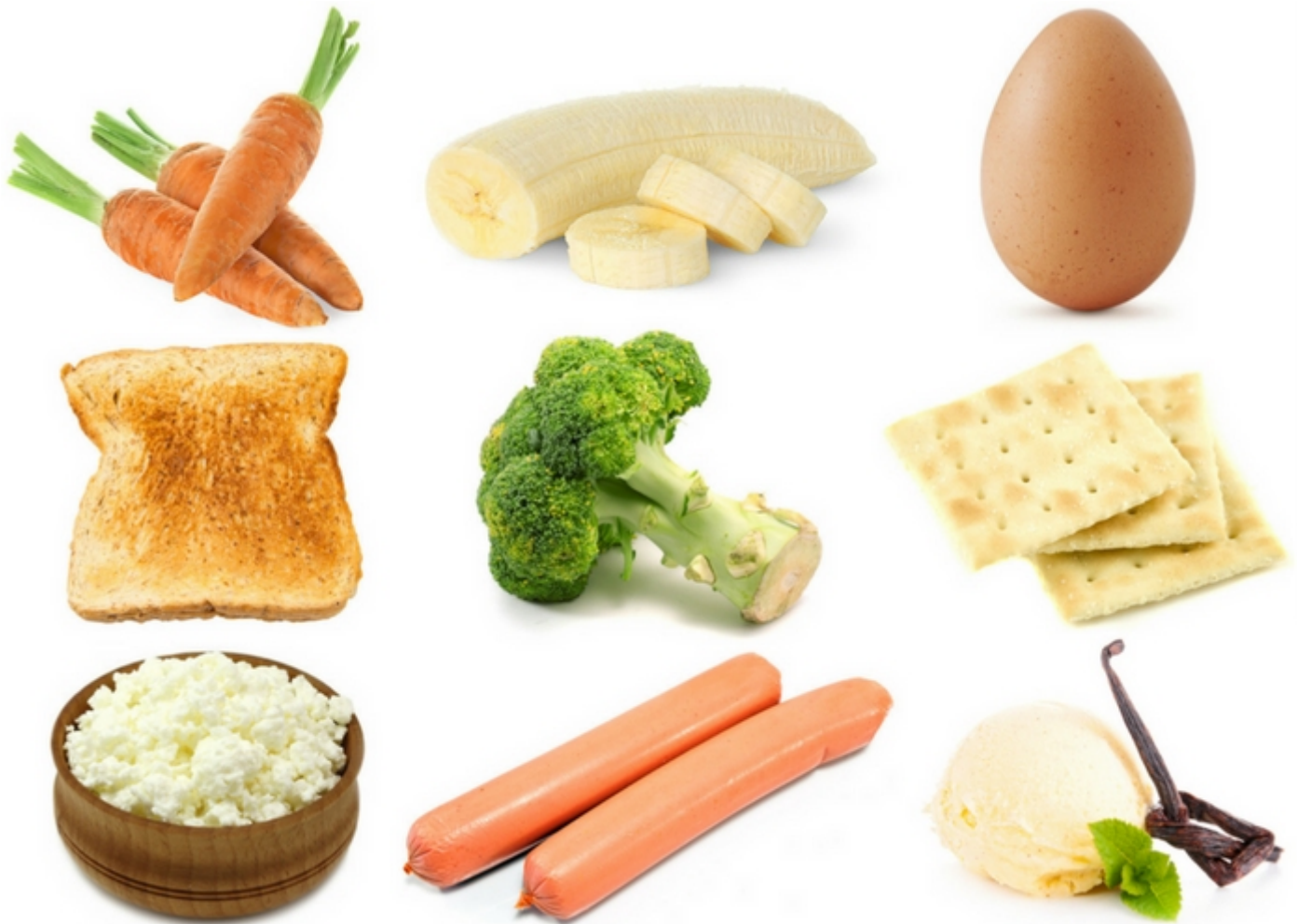
1/2 Cup of tuna
1 Slice of whole wheat bread
1 Cup of coffee or tea (with caffeine)



DINNER (604 CALORIES) (6:00 - 7:00 PM)

3 Ounces of any meat
1/2 Banana
1 Cup of green beans
1 Cup of vanilla ice cream
1 Small apple

DAY #2 - BASICS



DAILY MENU = 1204 CALORIES

You will eat three meals a day. Your daily menu will consist of bread, egg, cottage cheese, saltine crackers, hot-dog sausages, broccoli, carrots, banana & vanilla ice cream.

DAY # 2 - MEAL PLAN


BREAKFAST (202 CALORIES) (8:15 - 9:15 AM)

1 Slice of whole wheat bread
1 Egg
1/2 Banana



LUNCH (368 CALORIES) (12:00 - 12:30 AM)

1 Cup of cottage cheese
5 Saltine crackers
1 Hard-boiled egg



DINNER (634 CALORIES) (6:00 - 7:00 PM)

2 Hot-dog sausages (no buns)
1/2 Banana
1/2 Cup of carrots
1 Cup of broccoli
1/2 Cup of vanilla ice cream

DAY #3 - BASICS



DAILY MENU = 1079 CALORIES

You will eat three meals a day. Your daily menu will consist of bread, egg, saltine crackers, tuna, cheddar, apple, banana & vanilla ice cream.

DAY #3 - MEAL PLAN

BREAKFAST (256 CALORIES) (8:15 - 9:15 AM)

1 Ounce of cheddar cheese
5 Saltine crackers
1 Small apple



LUNCH (149 CALORIES) (12:00 - 12:30 AM)

1 Slice of whole wheat bread
1 Hard-boiled egg



DINNER (634 CALORIES) (6:00 - 7:00 PM)

1 Cup of tuna
1/2 Banana
1 Cup of vanilla ice cream

MILITARY DIET



BASICS OF MILITARY DIET

BY DIETBLY

Although this 3-day diet has nothing to do with the military, it is called so as it is really strict. But do not worry as you will be able to eat ice cream.

This low-calorie meal plan is based on the backbone of intermittent fastening. It involves periods of very-low-calorie intake and periods of eating normally.

Fastening will make your insulin more sensitive. Not only that, this diet will boost your metabolism as you will eat a lot of protein that takes more calories to burn. Also, you will be eating a lot of dietary fiber that fights your food cravings.

SNEAK PEEK

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Extra Tips for 3-Day Military Diet

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4-Days Off The Military Diet

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Shopping List, Side-Effects & FAQs

TIPS FOR THIS DIET

#1 HAVE EVERYTHING AT HAND

Have all the ingredients you'll need in your refrigerator prior to starting the plan.

#2 BE CONSISTENT

Stick to the meal plan at all costs - the name lets you know that it's strict.

#3 NO SNACKING

Sticking to the plan means no snacking in between. Only eat three times a day.

#4 DRINK WATER

Take 8-10 glasses of water daily, including before meals, to help flush out toxins from your body.

#5 NO ALCOHOL / SODA

Avoid soft drink or alcohol during the diet.

#6 NO SWEETENERS

Do not consume diet drinks or add artificial sweeteners to the beverages. Only use stevia if you wish.

#7 FIND A BUDDY

Do the military diet plan with a buddy. You'll be able to motivate each other when the going gets tough.

#8 TRACK YOUR WEIGHT

Track your progress, that way, will every pound you lose you'll be motivated to stick to the plan. Before and after pictures are always delightful.

#9 ADD CALORIES

Men following this plan need an additional 100 calories a day.



4 DAYS OFF THIS DIET



For the four days “off” the Military Diet are not a free-for-all. There are certain basic rules and recommendations you need to follow.

RECOMMENDATION #1

STAY WITHIN YOUR DAILY INTAKE OF
1500 CALORIES

RECOMMENDATION #2

EAT FOODS RICH IN VITAMINS &
MINERALS TO COMPENSATE FOR
3-DAY FASTING

RECOMMENDATION #3

AVOID SWEETENERS SUCH AS SUGAR
OR CORN SYRUP

It is recommended that you avoid most sweeteners during these four days, as they contain a high sugar content.

In small doses, organic maple syrup and honey can be used as alternatives as they contain natural sugars less harmful to your health.

To avoid calories, the best sweetener alternative is fresh or dried Stevia leaves which contain zero calories. They can be used if you need that little extra kick but don't want to cheat your calorie intake.

SUBSTITUTIONS



TOAST FOR:

2 RICE CAKES
1/2 CUP WHOLE GRAIN CEREAL
1 WHOLE WHEAT TORTILLA
1/2 PROTEIN BAR
1/8 CUP SUNFLOWER SEEDS
1/2 CUP YOGURT + 1/2
TEASPOON FLAX SEEDS
5 & 1/2 SALTINE CRACKERS



PEANUT BUTTER FOR:

ALMOND BUTTER
ALMONDS
SOY BUTTER
HUMMUS
PUMPKIN SEEDS
SUNFLOWER SEED BUTTER OR
SUNFLOWER SEEDS
PUMPKIN SEED BUTTER



GRAPEFRUIT FOR:

1/2 TEASPOON BAKING SODA WITH
GLASS OF WATER + ORANGE
1/2 TEASPOON BAKING SODA WITH
GLASS OF WATER + MANDARIN
ORANGE



COFFEE FOR:

SUGAR-FREE HOT CHOCOLATE
DRINK
GREEN TEA

SUBSTITUTIONS



HOT DOG SAUSAGES FOR:

HIGH PROTEIN VEGGIE DOG
BRATWURST
SOY DOG
TURKEY DOG
TOFU DOG
BEANS
PORTOBELLO MUSHROOMS
BALONEY
LENTILS



TUNA FOR:

PEANUTS
COTTAGE CHEESE
PUMPKIN SEEDS
CHICKEN MEAT
TOFU
ALMONDS
GRILLED SUSHI-GRADE TUNA STEAK
OTHER LEAN FISH MEAT (CRAB,
TILAPIA)



GREEN BEANS FOR:

TOMATO
LETTUCE
1 CUP COOKED
SPINACH / KALE



MEAT FOR:

PORTOBELLO MUSHROOMS
LENTILS
BEANS
TOFU

SUBSTITUTIONS



APPLE FOR:
ZUCCHINI
SMALL PEAR
GRAPES
SMALL PEACH
NECTARINES
SMALL PLUM
DRIED APRICOTS



BROCCOLI FOR:
ASPARAGUS
KALE
CABBAGE
CAULIFLOWER
BRUSSELS SPROUTS
BEETROOT
SPINACH



BANANA FOR:
PLUMS
2 KIWIS
GRAPES
APRICOTS
1 CUP PAPAYA
APPLE SAUCE



VANILLA ICE CREAM FOR:
SOY ICE CREAM
FROZEN YOGURT
PLAIN GREEK-STYLE YOGURT
FRUIT YOGURT
APPLE SAUCE
ALMOND MILK

SUBSTITUTIONS



COTTAGE CHEESE FOR:

CHEDDAR CHEESE
TOFU
EGGS
RICOTTA CHEESE
PLAIN GREEK YOGURT
VEGAN COTTAGE CHEESE
TUNA
HAM



CARROTS FOR:

JICAMA
SQUASH
CELERY
BEETS
PARSNIP
BELL PEPPER
SMALL SALAD



CHICKEN EGG FOR:

1 CHICKEN WING
2 SLICES OF BACON
1/4 CUP NUTS OR SEEDS
1 CUP MILK
1/4 CUP CHICKEN EGG WHITES

SUBSTITUTIONS



SALTINE CRACKERS FOR:

RICE CAKES
TOAST BREAD
WHOLE GRAIN CEREALS
ANY OTHER TYPE OF CRACKERS



CHEDDAR CHEESE FOR:

COTTAGE CHEESE
RICOTTA CHEESE
EGGS
HAM

SIZE DOES NOT MATTER

YOU HAVE TO SUBSTITUTE A NUMBER OF CALORIES
RATHER THAN THE ACTUAL PORTION SIZE!

THANKS TO THE LIST ABOVE YOU CAN CREATE
GLUTEN-FREE, LACTOSE-FREE OR EVEN
VEGETARIAN / VEGAN VERSIONS OF THIS
DIET EASILY. JUST SELECT THE
RIGHT SUBSTITUTIONS

MILITARY DIET SIDE-EFFECTS



THIS DIET COMES WITH A PRICE

HUNGER PANGS

The military diet will bring you the worst hunger pangs. You will be hungry all the time, and this is, therefore, a miserable way of losing weight.

WATER WEIGHT LOSS

You will most likely lose weight only in the form of water. Failing to lose fat means that you will get back your weight after the diet.

NO LONG-TERM PLAN

This diet outlines what you should and shouldn't eat in three days but, there is no long-term dieting plan. You need a lifestyle change.

MISSING SUPERFOODS

This plan doesn't include nutrient-packed superfoods like salmon, quinoa, almonds or avocado. They provide you with a healthy dose of omega-3 fatty acids.

UNSAFE LONG FASTING

Going three days with under 1500 or even 1000 calories may leave you weak, and you may faint, experience dizziness, headaches, and nausea.

EXPERTS ARE AGAINST IT

Active members of the military claim that they aren't aware of this diet and they don't use it because it is nutrient limiting.

[CLICK HERE TO READ MORE ON DIETBLY.COM](#)

SHOPPING LIST

VEGETABLES

GREEN BEANS
BROCCOLI
CARROTS

FRUITS

1 GRAPEFRUIT
2 LARGE BANANAS
2 APPLES (MEDIUM SIZED)

MEAT

2 CANS OF TUNA STEAK
3 OUNCES OF ANY LEAN MEAT
2 HOT DOG SAUSAGES

OTHER GROCERIES

COFFEE
COTTAGE CHEESE
2 EGGS
1 OUNCE OF CHEDDAR CHEESE
ICE CREAM - VANILLA FLAVOR
PEANUT BUTTER
WHOLE WHEAT TOAST BREAD
SALTINE CRACKERS

FREQUENTLY ASKED QUESTIONS

FAQ #1: WHAT IS THE BEST DRINK FOR THIS DIET?

The best drink for the Military diet is good old plain chlorine and fluorine-free water. It has the best hydrating properties and zero calories.

FAQ #2: CAN I DRINK COFFEE WHEN FOLLOWING THIS DIET?

The short answer is yes! A cup of black coffee contains only about five calories. As long as you don't add cream (which has a high-fat content) or sweeteners, you can drink up to 1 cup of coffee a day.

FAQ #3: CAN I SNACK WHILE FOLLOWING MILITARY DIET?

No. Remember, the Military Diet is specifically designed to boost your metabolism and burn calories. It requires dedication & commitment in order for it to work properly.

FREQUENTLY ASKED QUESTIONS

FAQ #4: CAN I WORK OUT & EXERCISE WHILE ON THIS DIET?

Absolutely! In fact, exercise is encouraged. Exercising burns fat and calories, so being active will greatly improve your results. However, vigorous exercise can make you feel weak if you haven't been eating enough calories, so slow down your activity a little if you find that happens to you.

FAQ #5: WHAT SEASONINGS CAN I USE TO PREPARE MY MEALS?

You can use salt and calorie-free seasonings like pepper, and most spices. If you use salt, or seasonings containing salt, be sure to use them in small doses or go for its pink Himalayan version.

FREQUENTLY ASKED QUESTIONS

FAQ #6: CAN I DRINK ALCOHOL WHILE FOLLOWING THE MILITARY DIET?

No. Alcohol contains empty calories, which basically means calories that your body can't use for energy.

It is very important to avoid empty calories during the Military Diet.

FAQ #7: HOW SHOULD I PREPARE MY FOOD?

For vegetables, you can steam, boil, or eat them raw.

For meat, you should bake or grill. Avoid frying your food as the oils contain lots of fat.

FAQ #8: CAN MEN TRY MILITARY DIET?

Yes! Men trying the Military Diet should add about 100 calories a day. However, it is best to add these calories eating protein rather than carbs.

WANT TO LEARN MORE?

GUIDE TO 3-DAY MILITARY DIET

([CLICK HERE](#) TO READ ARTICLE ONLINE)

**MILITARY DIET VEGAN &
VEGETARIAN PLAN**

([CLICK HERE](#) TO READ ARTICLE ONLINE)

3 DAY MILITARY DIET SUBSTITUTIONS

([CLICK HERE](#) TO READ ARTICLE ONLINE)

**MILITARY DIET BENEFITS &
SIDE EFFECTS**

([CLICK HERE](#) TO READ ARTICLE ONLINE)

**YOU CAN FIND OUT MORE DETAILS
ABOUT THE MILITARY DIET ON
WEBSITE [DIETBLY.COM](https://dietbly.com)**

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