

## Military Diet Shopping List

### Fruits:

- 1 Grape fruit.
- 2 Bananas.
- 2 Apples.

### Vegetables:

- 100 grams of carrot.
- 100 grams of broccoli.
- 100 grams of green beans.

### Bread and cheese:

- 5-6 pieces of bread slices.
- 100 grams of cottage cheese.
- 100 grams of cheddar cheese.

### Meat and Eggs:

- 6 eggs.
- 3 ounces of any meat.
- 500 grams of tuna fish.

### Others:

- 400 grams of vanilla ice cream.
- A pack of saltines.
- Two hot dogs without the bun.
- 50 grams of peanut butter.

## Day 1: Military Diet Menu

### Breakfast

- A slice of toast with 2 tablespoons of peanut butter.
- Half a grapefruit.
- A cup of coffee or tea (optional).

### Lunch

- A slice of toast.
- Half a cup of tuna.
- A cup of coffee or tea (optional).

### Dinner

- A 3-oz (85 grams) serving of meat with a cup of green beans.
- A small apple.
- Half a banana.
- One cup vanilla ice cream.

## Day 2: Military Diet Menu

### Breakfast

- A slice of toast.
- One hard-boiled egg.
- Half a banana.
- A cup of coffee or tea (optional) It will give you 5-8 calories.

### Lunch

- One hard-boiled egg.
- A cup of cottage cheese.
- 5 saltine crackers.
- A cup of coffee or tea (optional).

To refresh your evening with some hot drink.

### Dinner

- Two hot dogs, with no bun.
- Half a cup of carrots and half a cup of broccoli.
- Half a banana.
- Half a cup of vanilla ice cream.

## Day 3: Military Diet Menu

### Breakfast

- A 1-ounce slice of cheddar cheese.
- 5 saltine crackers.
- A small apple.
- A cup of coffee or tea (optional).

### Lunch

- A slice of toast.
- One egg can be taken in any way.
- A cup of coffee or tea (optional).

### Dinner

- A cup of tuna.
- Half a banana.
- 1 cup of vanilla ice cream.