

3 DAY

MILITARY DIET

Fast and Effective Diet To Lose 10 Pounds in One Week

Day 1

Breakfast



- 1/2 grapefruit
- 1 slice toast
- 2 tbs. peanut butter
- 1 cup coffee or Tea

Lunch



- 1/2 cup tuna
- 1 slice toast
- 1 cup Coffee or Tea

Dinner



- 2 slices any type of meat
- 1 cup green beans
- 1/2 banana
- 1 small apple
- 1 cup vanilla ice cream

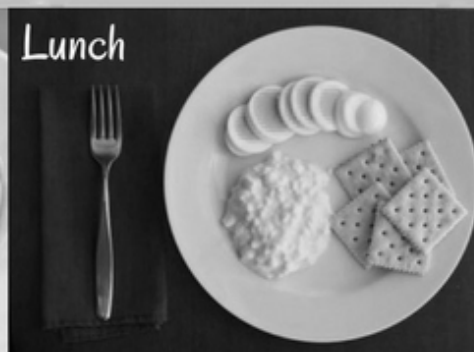
Day 2

Breakfast



- 1 egg
- 1 slice toast
- 1/2 banana

Lunch



- 1 cup cottage cheese or slice cheddar cheese
- 1 hard boiled egg
- 5 saltine crackers

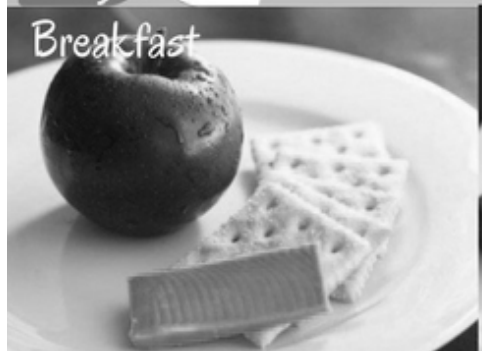
Dinner



- 2 hot dogs
- 1 cup broccoli
- 1/2 cup carrots
- 1/2 banana
- 1/2 cup vanilla ice cream

Day 3

Breakfast



- 5 soda crackers
- 1 slice cheddar cheese
- 1 small apple

Lunch



- 1 hard boiled egg
- 1 slice toast

Dinner



- 1 cup tuna
- 1/2 banana
- 1 cup vanilla ice cream

It's a completely safe and healthy diet! And it really works.