

# 3 Day Military Diet Plan

( <http://bestguidesforhealth.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