








3-Day Military Diet Meal Plan

Day 1






Breakfast

-  ½ grapefruit
-  1 slice of whole-wheat toast
-  2 tablespoons of peanut butter
-  1 cup of black coffee or tea

Lunch

-  ½ cup of tuna
-  1 slice of whole-wheat toast
-  1 cup of coffee or tea




Dinner

-  3 ounces of any type of meat
-  1 cup of green beans
-  ½ banana
-  1 small apple
-  1 cup of vanilla ice cream




Total: Approximately 1400 Kcal

Day 2






Breakfast

-  1 egg
-  1 slice of whole-wheat toast
-  ½ banana

Lunch

-  1 cup of cottage cheese
-  1 hard-boiled egg
-  5 saltine crackers




Dinner

-  2 hot dogs (without buns)
-  1 cup of broccoli
-  ½ cup of carrots
-  ½ banana
-  ½ cup of vanilla ice cream



Total: Approximately 1200 Kcal

Day 3




Breakfast

-  5 saltine crackers
-  1 slice of cheddar cheese
-  1 small apple

Lunch

-  1 hard-boiled egg
-  1 slice of whole-wheat toast

Dinner

-  1 cup of tuna
-  ½ banana
-  1 cup of vanilla ice cream

Total: Approximately 1100 Kcal