



3 Day Military Diet

This PDF contains the list of foods from the original military diet, as well as a grocery list. We have an [interactive military diet menu planner](#) if you'd like to create a specialised meal plan with food substitutions for the military diet.

Feel free to drink as much coffee or tea as you want, but don't add any calories from sugar or cream. Drink plenty of water too.

Grocery List for The 3 Day Military Diet

1 loaf	Whole Grain Bread
1	Grapefruit
3 small cans	Tuna
100g	Beef steak
1 cup	Green beans
2	Apples
3	Bananas
1 small container	Vanilla ice cream
3	Eggs
1 small container	Cottage cheese
10	Saltine crackers
2	Hot dogs
2	Carrots
1 small	Broccoli
1 small packet	Cheddar cheese
Small bottle	Coffee
Small box	Tea



Secrets Of Healthy Eating

Day 1

Breakfast	<ul style="list-style-type: none"> • A slice of toast with 2 tablespoons of peanut butter. • Half a grapefruit. • A cup of coffee or tea (optional).
Lunch	<ul style="list-style-type: none"> • A slice of toast. • Half a cup of tuna. • A cup of coffee or tea (optional).
Dinner	<ul style="list-style-type: none"> • 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

Breakfast	<ul style="list-style-type: none"> • A slice of toast. • One hard-boiled egg. • Half a banana. • A cup of coffee or tea (optional).
Lunch	<ul style="list-style-type: none"> • One hard-boiled egg. • A cup of cottage cheese. • 5 saltine crackers. • A cup of coffee or tea (optional).
Dinner	<ul style="list-style-type: none"> • 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.



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Day 3

Breakfast	<ul style="list-style-type: none">• A 1-ounce slice of cheddar cheese.• 5 saltine crackers.• A small apple.• A cup of coffee or tea (optional).
Lunch	<ul style="list-style-type: none">• A slice of toast.• One egg, cooked however you like.• A cup of coffee or tea (optional).
Dinner	<ul style="list-style-type: none">• A cup of tuna.• Half a banana.• 1 cup of vanilla ice cream.