

The Three-Day Military Diet Menu Plan

Day One	Day Two	Day Three
Breakfast (297 calories)	Breakfast (182 calories)	Breakfast (369 calories)
1/2 grapefruit	1 egg (any style)	5 saltine crackers
1 slice toast with 2 tablespoons peanut butter	1 slice of toast	1 slice cheddar cheese
caffeinated coffee or tea	1/2 banana	1 small apple
Lunch (157 calories)	Lunch (297 calories)	Lunch (132 calories)
1/2 cup tuna	1 cup cottage cheese	1 hardboiled egg
1 slice toast	1 hardboiled egg	1 slice toast
caffeinated coffee or tea	5 saltine crackers	
Dinner (767 calories)	Dinner (660 calories)	Dinner (342 calories)
3 ounces meat (your choice)	2 hot dogs (without buns)	1 cup tuna
1 cup green beans	1 cup broccoli	1/2 banana
1/2 banana	1/2 cup carrots	1/2 cup vanilla ice cream
1 small apple	1/2 banana	
1 cup vanilla ice cream	1/2 cup vanilla ice cream	