



3 DAY MILITARY DIET SHOPPING LIST

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Items for Breakfast

1. Coffee
2. Tea
3. Green Tea
4. Grapefruit x1
5. Banana x1
6. Apple x1
7. Bread x2 slice
8. Peanut Butter
9. Cheddar Cheese
10. Egg x1
11. Saltine Crackers x5 pc

Items for Lunch

1. Tuna Fish (half cup)
2. Bread x2 slice
3. Coffee
4. Green Tea
5. Saltine Crackers x5 pc
6. Cottage Cheese
7. Egg x2



Items for Dinner

1. Meat of choice (100g / 3oz)
2. Hot Dog x2
3. Tuna Fish x1 cup
4. Green Beans x1 cup
5. Carrot (1/2 cup)
6. Broccoli (1/2 cup)
7. Banana x1
8. Apple x1
9. Vanilla Ice Cream x2

Additional Items

Meat Options:

Chicken, Lean Ground Beef, Turkey Jerky, Grilled Meat, Salmon and Tuna.

Vegetables:

Cucumber, Celery, Tomatoes, Zucchini, Cabbage, Turnips, Mushrooms, Onions and Kale.

Fruits:

Oranges, Lemons, Watermelons, Mangoes, Pineapples, Cranberries, Strawberries, Blueberries and Swede.

Grains:

Wheat bread, Brown Bread and Brown rice cakes.

Cheese:

String Cheese, Ricotta Cheese and Cheddar Cheese.

NOTE: Items included in additional section must be consumed in appropriate quantities keeping in mind the calories of the item it replaces. Check out militarydietpro.com