

Military Diet Chart

Patient's Name:

Date of Birth:

Gender:

Referring Physician's Name:

Additional Notes:

MILITARY DIET CHART

First Three Days

- Caffeinated Coffee or Tea
- Grapefruit
- Banana
- Apples
- Whole-Wheat Bread
- Peanut Butter
- Eggs
- Tuna
- Hot Dogs
- Small Piece of Meat
- Green Beans
- Broccoli
- Carrots
- Saltine Crackers
- Cottage Cheese
- Cheddar Cheese
- Vanilla Ice Cream

Military Diet Plan

Date:

Breakfast	
Lunch	
Dinner	
Snacks	

Notes:

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Breakfast	
Lunch	
Dinner	
Snacks	

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Notes:**Source:**

Crichton-Stuart, C. (2023, October 4). *What is the military diet and does it work?*
<https://www.medicalnewstoday.com/articles/323952#benefits>

Mba, A. L. B. (2023, March 15). *The military diet: All you need to know.* Healthline.
<https://www.healthline.com/nutrition/the-military-diet-101#food-choices>