

Name: Jane Doe

Date: 23/10/23

# Military Diet Food list

## General Guidelines

- **Beverages:** Water should be the primary drink. Unsweetened coffee and tea are allowed.
- **Seasonings:** Minimal use of salt, pepper, lemon juice, and herbs for flavoring.
- **Portion Sizes:** Adhere strictly to portion sizes and meal compositions.

## Important Notes

1. **Nutrition:** This diet is low in calories and might not provide sufficient nutrients.
  2. **Health Risks:** Consult a healthcare professional before starting this or any other diet, especially if you have health concerns.
  3. **Sustainability:** This is not a long-term diet plan but a quick fix for short-term weight loss.
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## Portions

### Day 1

- **Breakfast:**
  - Grapefruit: Substitute with 1/2 teaspoon of baking soda in a glass of water, or another piece of fruit (preferably another citrus fruit).
  - Toast: Whole grain is best, but can be substituted with whole grain cereal, a protein bar, or sunflower seeds (for gluten-free options).
  - Peanut Butter: Any nut butter or hummus.
  - Coffee or Tea: Preferably with caffeine; can be taken black or with Stevia.
- **Lunch:**
  - Tuna: Lean meat or tofu for vegetarians. Cottage cheese is another option.
  - Toast: Same as breakfast substitutions.
- **Dinner:**
  - Meat: Any lean meat. For vegetarians, lentils, beans, or tofu.
  - Green Beans: Any green vegetable like spinach, lettuce, or broccoli.
  - Banana: Kiwi, apricot, or grapes.
  - Apple: Plums, peaches, or zucchini.
  - Vanilla Ice Cream: Fruit flavored yogurt or apple juice.

### Day 2

- **Breakfast:**
  - Egg: One cup of milk, chicken wing, or 1/4 cup of seeds/nuts.
  - Banana: Same as Day 1 substitutions.
- **Lunch:**
  - Egg: Same as breakfast.
  - Cottage Cheese: Cheddar cheese, eggs, ham, or tofu.
  - Saltine Crackers: Rice cakes or gluten-free crackers.
- **Dinner:**
  - Hot Dogs: Bratwurst, tofu dogs, turkey dogs, or deli meat.
  - Broccoli: Cauliflower, spinach, or brussels sprouts.
  - Carrots: Bell pepper, parsnips, or beets.
  - Banana: Same as Day 1 substitutions.
  - Vanilla Ice Cream: Same as Day 1 substitutions.

## Day 3

- **Breakfast:**
  - Cheddar Cheese: Cottage cheese, egg, or ham.
  - Apple: Same as Day 1 substitutions.
- **Lunch:**
  - Egg: Same as Day 2 substitutions.
- **Dinner:**
  - Tuna: Same as Day 1 lunch substitutions.
  - Banana: Same as Day 1 substitutions.
  - Vanilla Ice Cream: Same as Day 1 substitutions.

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## Shopping List

### Fruits

- Grapefruit (or an alternative citrus fruit like oranges)
- Bananas
- Apples
- Kiwi, apricot, or grapes (as substitutes for bananas)

- Plums, peaches, or zucchini (as substitutes for apples)

## **Vegetables and Greens**

- Green vegetables (like spinach, lettuce, broccoli, cauliflower, or brussels sprouts)
- Carrots (or alternatives like bell pepper, parsnips, or beets)

## **Proteins**

- Tuna (canned)
- Lean meats (like chicken or turkey)
- Eggs
- Cottage cheese (or cheddar cheese as a substitute)
- Tofu or other vegetarian protein sources (like lentils or beans)
- Nut butter or hummus (as a substitute for peanut butter)
- Hot dogs, bratwurst, tofu dogs, or deli meat

## **Grains and Bread**

- Whole grain bread (or whole grain cereal, a protein bar, or sunflower seeds for gluten-free options)
- Saltine crackers (or rice cakes or gluten-free crackers as substitutes)

## **Dairy and Desserts**

- Vanilla ice cream (or fruit-flavored yogurt or apple juice as substitutes)
- Milk (as a substitute for eggs)
- Cheddar cheese (or ham as a substitute)

## **Beverages**

- Coffee (with or without caffeine)
- Tea (green or black, with or without caffeine)
- Water

## **Additional Items**

- Baking soda (as a substitute for grapefruit)
- Seeds or nuts (as a substitute for eggs)
- Seasonings like salt, pepper, lemon juice, and herbs for flavoring

Notes:

Start weight = 78kg

Goal Weight = 75kg