

3 DAY MILITARY DIET SHOPPING LIST

VEGETABLES

GREEN BEANS
BROCCOLI
CARROTS

FRUITS

1 GRAPEFRUIT
2 LARGE BANANAS
2 APPLES (MEDIUM SIZED)

MEAT

2 CANS OF TUNA STEAK
3 OUNCES OF ANY LEAN MEAT
2 HOT DOG SAUSAGES

OTHER GROCERIES

COFFEE
COTTAGE CHEESE
2 EGGS
1 OUNCE OF CHEDDAR CHEESE
ICE CREAM - VANILLA FLAVOR
PEANUT BUTTER
WHOLE WHEAT TOAST BREAD
SALTINE CRACKERS