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DAILY MENU = 1175 CALORIES

You will eat three meals a day. Your daily menu will consist of bread, tuna, lean meat, coffee, peanut butter, green beans, banana, apple, grapefruit & vanilla ice cream.
DAY #1 - MEAL PLAN

BREAKFAST (323 CALORIES) 
(8:15 – 9:15 AM)
1 Slice of whole wheat bread
1/2 Grapefruit
2 Tablespoons of peanut butter
1 Cup of coffee or tea (with caffeine)

LUNCH (248 CALORIES) 
(12:00 – 12:30 AM)
1/2 Cup of tuna
1 Slice of whole wheat bread
1 Cup of coffee or tea (with caffeine)

DINNER (604 CALORIES) 
(6:00 – 7:00 PM)
3 Ounces of any meat
1/2 Banana
1 Cup of green beans
1 Cup of vanilla ice cream
1 Small apple
DAY #2 - BASICS

DAILY MENU = 1204 CALORIES

You will eat three meals a day. Your daily menu will consist of bread, egg, cottage cheese, saltine crackers, hot-dog sausages, broccoli, carrots, banana & vanilla ice cream.
DAY #2 - MEAL PLAN

BREAKFAST (202 CALORIES)  
(8:15 – 9:15 AM)  
1 Slice of whole wheat bread  
1 Egg  
1/2 Banana

LUNCH (368 CALORIES)  
(12:00 – 12:30 AM)  
1 Cup of cottage cheese  
5 Saltine crackers  
1 Hard-boiled egg

DINNER (634 CALORIES)  
(6:00 – 7:00 PM)  
2 Hot-dog sausages (no buns)  
1/2 Banana  
1/2 Cup of carrots  
1 Cup of broccoli  
1/2 Cup of vanilla ice cream
DAY #3 - BASICS

DAILY MENU = 1079 CALORIES

You will eat three meals a day. Your daily menu will consist of bread, egg, saltine crackers, tuna, cheddar, apple, banana & vanilla ice cream.
DAY #3 - MEAL PLAN

BREAKFAST (256 CALORIES)  
(8:15 - 9:15 AM)  
1 Ounce of cheddar cheese  
5 Saltine crackers  
1 Small apple

LUNCH (149 CALORIES)  
(12:00 - 12:30 AM)  
1 Slice of whole wheat bread  
1 Hard-boiled egg

DINNER (634 CALORIES)  
(6:00 - 7:00 PM)  
1 Cup of tuna  
1/2 Banana  
1 Cup of vanilla ice cream
Although this 3-day diet has nothing to do with the military, it is called so as it is really strict. But do not worry as you will be able to eat ice cream.

This low-calorie meal plan is based on the backbone of intermittent fasting. It involves periods of very-low-calorie intake and periods of eating normally.

Fastening will make your insulin more sensitive. Not only that, this diet will boost your metabolism as you will eat a lot of protein that takes more calories to burn. Also, you will be eating a lot of dietary fiber that fights your food cravings.
TIPS FOR THIS DIET

#1 HAVE EVERYTHING AT HAND
Have all the ingredients you’ll need in your refrigerator prior to starting the plan.

#2 BE CONSISTENT
Stick to the meal plan at all costs - the name lets you know that it’s strict.

#3 NO SNACKING
Sticking to the plan means no snacking in between. Only eat three times a day.

#4 DRINK WATER
Take 8-10 glasses of water daily, including before meals, to help flush out toxins from your body.

#5 NO ALCOHOL / SODA
Avoid soft drink or alcohol during the diet.

#6 NO SWEETENERS
Do not consume diet drinks or add artificial sweeteners to the beverages. Only use stevia if you wish.

#7 FIND A BUDDY
Do the military diet plan with a buddy. You’ll be able to motivate each other when the going gets tough.

#8 TRACK YOUR WEIGHT
Track your progress, that way, will every pound you lose you’ll be motivated to stick to the plan. Before and after pictures are always delightful.

#9 ADD CALORIES
Men following this plan need an additional 100 calories a day.
For the four days “off” the Military Diet are not a free-for-all. There are certain basic rules and recommendations you need to follow.

**RECOMMENDATION #1**
STAY WITHIN YOUR DAILY INTAKE OF 1500 CALORIES

**RECOMMENDATION #2**
EAT FOODS RICH IN VITAMINS & MINERALS TO COMPENSATE FOR 3-DAY FASTING

**RECOMMENDATION #3**
AVOID SWEETENERS SUCH AS SUGAR OR CORN SYRUP

It is recommended that you avoid most sweeteners during these four days, as they contain a high sugar content.

In small doses, organic maple syrup and honey can be used as alternatives as they contain natural sugars less harmful to your health.

To avoid calories, the best sweetener alternative is fresh or dried Stevia leaves which contain zero calories. They can be used if you need that little extra kick but don’t want to cheat your calorie intake.
# Substitutions

**Toast for:**
- 2 Rice Cakes
- 1/2 Cup Whole Grain Cereal
- 1 Whole Wheat Tortilla
- 1/2 Protein Bar
- 1/8 Cup Sunflower Seeds
- 1/2 Cup Yogurt + 1/2 Teaspoon Flax Seeds
- 5 & 1/2 Saltine Crackers

**Peanut Butter for:**
- Almond Butter
- Almonds
- Soy Butter
- Hummus
- Pumpkin Seeds
- Sunflower Seed Butter or Sunflower Seeds
- Pumpkin Seed Butter

**Grapefruit for:**
- 1/2 Teaspoon Baking Soda with Glass of Water + Orange
- 1/2 Teaspoon Baking Soda with Glass of Water + Mandarin Orange

**Coffee for:**
- Sugar-Free Hot Chocolate Drink
- Green Tea
SUBSTITUTIONS

HOT DOG SAUSAGES FOR:
- HIGH PROTEIN VEGGIE DOG
- BRATWURST
- SOY DOG
- TURKEY DOG
- TOFU DOG
- BEANS
- PORTOBELLO MUSHROOMS
- BALONEY
- LENTILS

TUNA FOR:
- PEANUTS
- COTTAGE CHEESE
- PUMPKIN SEEDS
- CHICKEN MEAT
- TOFU
- ALMONDS
- GRILLED SUSHI-GRADE TUNA STEAK
- OTHER LEAN FISH MEAT (CRAB, TILAPIA)

GREEN BEANS FOR:
- TOMATO
- LETTUCE
- 1 CUP COOKED SPINACH / KALE

MEAT FOR:
- PORTOBELLO MUSHROOMS
- LENTILS
- BEANS
- TOFU
SUBSTITUTIONS

APPLE FOR:
- ZUCCHINI
- SMALL PEAR
- GRAPES
- SMALL PEACH
- NECTARINES
- SMALL PLUM
- DRIED APRICOTS

BROCCOLI FOR:
- ASPARAGUS
- KALE
- CABBAGE
- CAULIFLOWER
- BRUSSELS SPROUTS
- BEETROOT
- SPINACH

BANANA FOR:
- PLUMS
- 2 KIWIS
- GRAPES
- APRICOTS
- 1 CUP PAPAYA
- APPLE SAUCE

VANILLA ICE CREAM FOR:
- SOY ICE CREAM
- FROZEN YOGURT
- PLAIN GREEK-STYLE YOGURT
- FRUIT YOGURT
- APPLE SAUCE
- ALMOND MILK
SUBSTITUTIONS

COTTAGE CHEESE FOR:
- CHEDDAR CHEESE
- TOFU
- EGGS
- RICOTTA CHEESE
- PLAIN GREEK YOGURT
- VEGAN COTTAGE CHEESE
- TUNA
- HAM

CARROTS FOR:
- JICAMA
- SQUASH
- CELERY
- BEETS
- PARSNIP
- BELL PEPPER
- SMALL SALAD

CHICKEN EGG FOR:
- 1 CHICKEN WING
- 2 SLICES OF BACON
- 1/4 CUP NUTS OR SEEDS
- 1 CUP MILK
- 1/4 CUP CHICKEN EGG WHITES
SUBSTITUTIONS

SALTINE CRACKERS FOR:
- RICE CAKES
- TOAST BREAD
- WHOLE GRAIN CEREALS
- ANY OTHER TYPE OF CRACKERS

CHEDDAR CHEESE FOR:
- COTTAGE CHEESE
- RICOTTA CHEESE
- EGGS
- HAM

SIZE DOES NOT MATTER

YOU HAVE TO SUBSTITUTE A NUMBER OF CALORIES RATHER THAN THE ACTUAL PORTION SIZE!

THANKS TO THE LIST ABOVE YOU CAN CREATE GLUTEN-FREE, LACTOSE-FREE OR EVEN VEGETARIAN / VEGAN VERSIONS OF THIS DIET EASILY. JUST SELECT THE RIGHT SUBSTITUTIONS
MILITARY DIET SIDE-EFFECTS

THIS DIET COMES WITH A PRICE

HUNGER PANGS
The military diet will bring you the worst hunger pangs. You will be hungry all the time, and this is, therefore, a miserable way of losing weight.

MISSING SUPERFOODS
This plan doesn’t include nutrient-packed superfoods like salmon, quinoa, almonds or avocado. They provide you with a healthy dose of omega-3 fatty acids.

WATER WEIGHT LOSS
You will most likely lose weight only in the form of water. Failing to lose fat means that you will get back your weight after the diet.

UNSAFE LONG FASTING
Going three days with under 1500 or even 1000 calories may leave you weak, and you may faint, experience dizziness, headaches, and nausea.

NO LONG-TERM PLAN
This diet outlines what you should and shouldn’t eat in three days but, there is no long-term dieting plan. You need a lifestyle change.

EXPERTS ARE AGAINST IT
Active members of the military claim that they aren’t aware of this diet and they don’t use it because it is nutrient limiting.

CLICK HERE TO READ MORE ON DIETBLY.COM
## 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
FAQ #1: WHAT IS THE BEST DRINK FOR THIS DIET?

The best drink for the Military diet is good old plain chlorine and fluorine-free water. It has the best hydrating properties and zero calories.

FAQ #2: CAN I DRINK COFFEE WHEN FOLLOWING THIS DIET?

The short answer is yes! A cup of black coffee contains only about five calories. As long as you don’t add cream (which has a high-fat content) or sweeteners, you can drink up to 1 cup of coffee a day.

FAQ #3: CAN I SNACK WHILE FOLLOWING MILITARY DIET?

No. Remember, the Military Diet is specifically designed to boost your metabolism and burn calories. It requires dedication & commitment in order for it to work properly.
FAQ #4: CAN I WORK OUT & EXERCISE WHILE ON THIS DIET?

Absolutely! In fact, exercise is encouraged. Exercising burns fat and calories, so being active will greatly improve your results. However, vigorous exercise can make you feel weak if you haven’t been eating enough calories, so slow down your activity a little if you find that happens to you.

FAQ #5: WHAT SEASONINGS CAN I USE TO PREPARE MY MEALS?

You can use salt and calorie-free seasonings like pepper, and most spices. If you use salt, or seasonings containing salt, be sure to use them in small doses or go for its pink Himalayan version.
FAQ #6: CAN I DRINK ALCOHOL WHILE FOLLOWING THE MILITARY DIET?

No. Alcohol contains empty calories, which basically means calories that your body can’t use for energy. It is very important to avoid empty calories during the Military Diet.

FAQ #7: HOW SHOULD I PREPARE MY FOOD?

For vegetables, you can steam, boil, or eat them raw. For meat, you should bake or grill. Avoid frying your food as the oils contain lots of fat.

FAQ #8: CAN MEN TRY MILITARY DIET?

Yes! Men trying the Military Diet should add about 100 calories a day. However, it is best to add these calories eating protein rather than carbs.
GUIDE TO 3-DAY MILITARY DIET
(CLICK HERE TO READ ARTICLE ONLINE)

MILITARY DIET VEGAN & VEGETARIAN PLAN
(CLICK HERE TO READ ARTICLE ONLINE)

3 DAY MILITARY DIET SUBSTITUTIONS
(CLICK HERE TO READ ARTICLE ONLINE)

MILITARY DIET BENEFITS & SIDE EFFECTS
(CLICK HERE TO READ ARTICLE ONLINE)

YOU CAN FIND OUT MORE DETAILS ABOUT THE MILITARY DIET ON WEBSITE DIETBLY.COM
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