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