



These are the foods you will need to consume during the 3 day military diet.

Visit [3daymilitarydiet.net](http://3daymilitarydiet.net) to see how much of each food to eat and what days to eat certain foods.

*Tuna*

*Broccoli*

*Banana*

*Tea*

*Coffee*

*Grapefruit*

*Hard Boiled Eggs*

*Peanut Butter*

*Bread*

*3 Ounces Favorite Meat*

*Vanilla Ice Cream*

*Apple*

*Cottage Cheese*

*Saltine Crackers*

*Hot Dog*

*Carrots*

*Green Beans*

*Cheddar Cheese*

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