

The Military Diet Grocery Shopping List

Fruit:

1 Grapefruit
2 Bananas
2 Apples

Drinks:

Coffee or Tea (with caffeine)

Meat:

3 Eggs
3 cans Tuna
2 Hot dog wieners
3 ounces of any type of meat

Vegetables:

Green beans (fresh, frozen, or canned)
Broccoli (small head)
Carrots (1/2 cup)

Dairy:

Cottage cheese
Cheddar cheese
Vanilla Ice Cream

Other:

Peanut Butter
Whole Wheat Bread
Saltine crackers

If you plan on doing the diet for more than one round, then just double or triple the quantities listed above.