The Military Diet Substitution Suggestions

Peanut butter
   Almond butter
   Soy butter
   Sunflower seed butter
   Pumpkin seed butter
   Humus

Eggs
   ¼ cup ground chicken or turkey
   Egg whites only
   1-2 pieces of turkey bacon
   2 small handfuls of nuts

Meat
   Lentils/Beans
   Tofu
   Portobello Mushrooms

Hot dogs
   Veggie dog (make sure high protein, less sugars)
   Tofu dog
   Soy dog
   Turkey dog

Apple
   Small pear
   Small plum
   Small peach

Grapefruit
   You can substitute other fruits, such as an orange for a grapefruit if you do the following before eating the fruit:
Drink a glass of water with a small amount of baking soda (ie, ½ teaspoon per 8 ounces of water)

Green beans

Lettuce
1 cup cooked spinach (raw= 2 cups)
cooked kale

Carrots
Beets
Yellow bell pepper
Jicama
Celery

Broccoli
Asparagus
Cauliflower
Brussel sprouts
Kale

Cheddar Cheese
Tofu cheese
Nut Cheese
Cottage cheese (1 cup per slice of cheddar)

Tuna
Tofu
Raw almonds
Lean ground chicken meat
Other fish (tilapia, crab meat, etc)

Toast
Rice bread, toasted
6 small melba toast (whole wheat preferred)
Steel cut oats (plain, ¼ cup cooked for each slice of toast substituted)
Saltine Crackers  
   Melba toast  
   Rice crackers  
   Gluten free crackers

Vanilla Ice Cream  
   Soy Ice Cream  
   2% Greek Style Plain Yogurt (mix with sugar or stevia and vanilla extract)  
   Frozen yogurt (less calories, so increase amount)

Cottage Cheese  
   Nonfat Greek Style Yogurt (Plain)  
   Vegan Cottage Cheese  
   Tuna

NOTE: You can use Stevia in your coffee or tea, but stay away from all sugars and other sugar substitutes.