



MILITARY DIET

DAY 1

Breakfast

Black coffee or tea
(Sweet & Low or
Equal) or water
1/2 Grapefruit or Juice
1 slice toast with 1
Tbsp. Peanut Butter

Lunch

1/2 Cup of Tuna
1 slice toast
Black coffee or tea
(Sweet & Low or
Equal) or water

Dinner

3 oz. any lean meat
1 cup green beans
1 cup carrots
1 cup vanilla ice cream
1 medium apple
Black coffee or tea
(Sweet & Low or Equal)
or water

DAY 2

Breakfast

Black coffee or tea
(Sweet & Low or
Equal) or water
1 egg (any style)
1 slice toast
1 banana

Lunch

1 cup cottage cheese
or tuna
5 saltine crackers
Black coffee or tea
(Sweet & Low or
Equal) or water

Dinner

2 beef franks or hot
dogs
1/2 cup carrots
1 banana
1 cup broccoli or
cabbage
1/2 cup vanilla ice
cream
Black coffee or tea
(Sweet & Low or Equal)
or water

DAY 3

Breakfast

Black coffee or tea
(Sweet & Low or
Equal) or water
5 regular saltine
crackers
1 oz.(slice) cheddar
cheese
1 apple

Lunch

1 hard boiled egg
1 slice toast
Black coffee or tea
(Sweet & Low or
Equal) or water

Dinner

1 cup tuna
1 cup carrots
1 cup cauliflower
1 cup melon
1/2 cup regular vanilla
ice cream
Black coffee or tea
(Sweet & Low or Equal)
or water

How Does The Military Diet Work

O García



How Does The Military Diet Work:

The Top Books of the Year How Does The Military Diet Work The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the captivating narratives that have captivated audiences this year. How Does The Military Diet Work : Colleen Hoover's "It Ends with Us" This poignant tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Uncover the Best : Taylor Jenkins Reid's "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reid's absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. How Does The Military Diet Work : Delia Owens' "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a exceptional and gripping novel that will keep you wondering until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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