

## 7 Day Military Diet Plan By <http://www.eatearly.net>

Here's a 7-day military diet plan with the first 3 days as a strict diet and days 4 to 7 as off days with balanced diet varieties:

Day	Breakfast	Lunch	Dinner	Snacks
Day 1	1/2 Grapefruit	1 Slice of Whole Wheat Toast	3 oz. Grilled Chicken Breast	-
	1 Tablespoon of Peanut Butter	1/2 Cup of Tuna	1 Cup of Steamed Broccoli	-
	Coffee or Tea (No Sugar)	1 Cup of Coffee or Tea	1/2 Banana	-
Day 2	1/2 Grapefruit	1 Slice of Whole Wheat Toast	3 oz. Grilled Chicken Breast	-
	1 Tablespoon of Peanut Butter	1 Cup of Cottage Cheese	1 Cup of Steamed Vegetables	-
	Coffee or Tea (No Sugar)	1 Cup of Coffee or Tea	1/2 Banana	-

Day	Breakfast	Lunch	Dinner	Snacks
Day 3	1/2 Grapefruit	5 Saltine Crackers	1 Cup of Tuna	-
	1 Tablespoon of Peanut Butter	1 Cup of Coffee or Tea	1 Cup of Steamed Carrots	-
	Coffee or Tea (No Sugar)		1 Apple	-
Day 4	Balanced Breakfast of Choice (e.g., Oatmeal with Berries and Nuts)	Balanced Lunch of Choice (e.g., Grilled Chicken Salad)	Balanced Dinner of Choice (e.g., Baked Salmon with Quinoa)	Healthy Snacks of Choice (e.g., Greek Yogurt with Honey)
Day 5	Balanced Breakfast of Choice (e.g., Scrambled Eggs with Veggies)	Balanced Lunch of Choice (e.g., Turkey and Avocado Wrap)	Balanced Dinner of Choice (e.g., Vegetarian Stir-Fry)	Healthy Snacks of Choice (e.g., Mixed Nuts and Fruit)
Day 6	Balanced Breakfast of Choice (e.g., Greek Yogurt with Granola)	Balanced Lunch of Choice (e.g., Quinoa and Chickpea Salad)	Balanced Dinner of Choice (e.g., Grilled Shrimp with Brown Rice)	Healthy Snacks of Choice (e.g., Sliced Veggies with Hummus)

Day	Breakfast	Lunch	Dinner	Snacks
Day 7	Balanced Breakfast of Choice (e.g., Whole Wheat Pancakes with Maple Syrup)	Balanced Lunch of Choice (e.g., Spinach and Feta Stuffed Chicken Breast)	Balanced Dinner of Choice (e.g., Beef Stir-Fry with Broccoli)	Healthy Snacks of Choice (e.g., Fresh Fruit Salad)

### Notes:

- Days 4 to 7 are considered off days where you can choose balanced meals of your choice while maintaining portion control and overall nutritional balance.
- Feel free to customize your balanced meals on off days to meet your dietary preferences and nutritional requirements.
- Stay hydrated by drinking plenty of water throughout the day.
- This plan is for informational purposes only. Consult with a healthcare professional or registered dietitian before starting any diet plan, especially if you have specific dietary needs or health concerns.

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