

JUSTFIT!

THE ULTIMATE MILITARY DIET PLAN

Day 1

Breakfast



Toast, peanut butter, grapefruit,
1 cup black coffee or tea

Lunch



Toast, tuna, black coffee or tea

Dinner

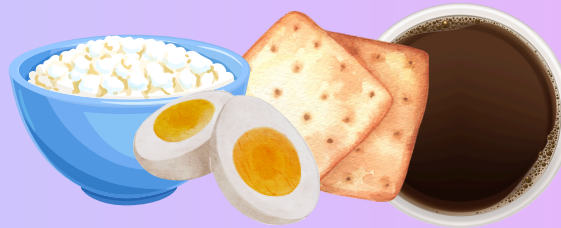


3 ounces of any meat, beans,
banana, apple, vanilla ice cream

Day 2



Toast, hard-boiled egg, banana,
black coffee or tea



Hard-boiled egg, saltine crackers,
cottage cheese, black coffee or tea

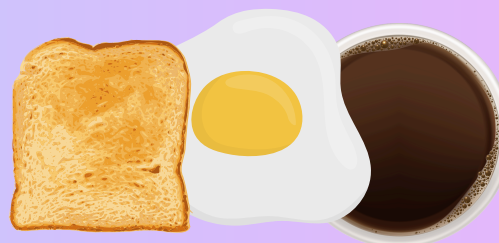


Hot dogs, broccoli, carrot,
banana, vanilla ice cream

Day 3



Saltine crackers, cheddar cheese,
apple, black coffee or tea



Toast, any form of egg,
black coffee or tea



Banana, tuna,
vanilla ice cream