

# Military Diet 4 Day Off Menu Plan

Pick and choose from these menu items for a 4 day off meal plan for the Military Diet. Choose one breakfast, one lunch, one dinner and two snacks for an approximate 1500 calorie per day diet plan.

## Breakfast

(Choose ONE of the following per day):

Yogurt Parfait: 1 cup of plain yogurt layered with 1 cup mixed berries, 1/4 cup granola and 1 tablespoon of sliced almonds.

Cheerful morning: 1 cup milk, 1 sliced banana and 1 cup cheerios. You can also eat 1 orange.

Egg on toast: 1 egg scrambled in 1 teaspoon butter on a slice of whole grain toast with tomato slices and 1/4 avocado sliced.

Bagel and lox: 1/2 whole-wheat bagel topped with 1 tablespoon cream cheese and 1 oz smoked salmon. Add thin tomato, cucumber and red onion slices.

Cinnamon Oatmeal: 1/3 cup rolled oats cooked with 2/3 cup milk and 1/2 cup chopped apple. Top with 2 tablespoons of chopped walnuts & cinnamon.

Walnut Waffles and Berries: 2 whole grain waffles topped with 1/4 cup strawberries and 1/4 blueberries and 7 walnuts.

Florentine Egg and English Muffin: scramble 2 eggs and 1 cup fresh spinach and eat on top of a whole wheat toasted english muffin.

Pear and Almond-Butter Toast: one slice of whole wheat toast topped with 1 tablespoon almond butter and 1 pear sliced.

Tomato-Basil Ricotta Toast: one slice of whole wheat toast topped with 1/3 cup ricotta cheese, 4 slices of tomato and fresh basil leaves.

Banana & Honey Smoothie: Blend (in a blender) 1 cup plain soy milk, 1 banana, 1 tablespoon honey, 2 tablespoons oatmeal and 1 tablespoon of flax seeds.

Cheesy Omelette: 2 egg omelette with cheddar cheese.

Protein Power: 2 lean sausages, 1 soft boiled egg and a kiwi fruit

## Lunch

(Choose ONE of the following per day)

**Tuna Pita:** Mix 1/2 can of tuna with 1/4 cup white beans, 1 teaspoon of olive oil and 1 teaspoon of lemon juice. Serve in a 4 inch whole-wheat pita with 2 leaves lettuce. Eat 1 cup of grapes on the side.

**Protein Salad:** Toss 2 cups lettuce, 1 cup chopped raw vegetables, 1 hard-boiled egg, 2 teaspoons of raisins and 2 teaspoons of almonds. Top with 2 teaspoons of balsamic dressing.

**Mediterranean Plate:** 1 piece of wholewheat pita bread stuffed with 1 ounce feta cheese, 1 cup of tomatoes, 6 olives, 1/4 cup hummus and 1 cup raw spinach drizzled with 1 teaspoon of olive oil and 1 teaspoon of lemon juice.

**Veggie Lunch:** 1 cup of lentil soup with 1 slice of toasted whole wheat bread topped with 1 teaspoon pesto, 2 tablespoons shredded mozzarella and 1 tablespoon chopped sun-dried tomatoes.

**Vegetarian Quesadilla:** 1 whole-wheat tortilla stuffed with 1/3 cup shredded Cheddar, 1/4 cup black beans, 1/4 cup each sliced peppers & mushrooms, sautéed in 1 teaspoon olive oil. Serve with 1/4 avocado, sliced.

**Tuna Walnut Greens:** Toss 2 cups of spring greens, 3 ounces of tuna, 3 tablespoons of walnuts, and 1 cup of grape tomatoes cut in half. Top with 2 teaspoons of balsamic vinaigrette dressing.

**Turkey, Pear and Swiss Sandwich:** 2 slices of whole grain bread with 1 teaspoon Dijon mustard, 5 slices of turkey, 1 pear sliced, and 1 slice of Swiss cheese.

**Black-Bean Wrap:** Wrap 3/4 cup of black beans, 1/4 avocado, 1 cup of romaine lettuce, 2 tablespoons of salsa inside 2 whole wheat tortillas.

**Chicken Salad Pita:** Mix together 1 cup diced and cooked chicken, 2 tablespoons balsamic vinegar, 1/4 cup chopped scallions, 1 stalk of chopped celery and 1 cup of salad greens. Stuff inside a whole wheat pita.

## Dinner

(Choose ONE of the following per day)

**BBQ Black Bean Burger and Slaw:** 1 black bean burger cooked with 1 tablespoon BBQ sauce, served in a whole wheat bun. You can eat the slaw in the burger or on the side. Mix 1.5 cups of shredded cabbage, broccoli, cauliflower and carrots with 1 tablespoon apple cider vinegar with 2 tablespoons of olive oil.

**Shrimp and Zucchini Pasta:** Cook 2 ounces frozen or fresh shrimp with 1 clove of garlic, 1 cup chopped zucchini, 2 tablespoons chopped fresh basil and 1 tablespoon of olive oil. Serve on one cup of whole wheat pasta noodles of your choice.

**Hot Peanut Chicken Wraps:** Saute 2/3 cup of sliced chicken, 1/4 cup scallions, 2 tablespoons of peanuts, 1 tablespoon hot sauce and 1 cup of shredded cabbage, broccoli, cauliflower and carrot mix in cooking spray. Wrap all this in 2 whole wheat tortillas.

**Sushi:** 1 cup miso soup, 1 Tuna roll and a small seaweed salad.

**Pepper Cilantro Fajitas:** Cook 1 cup bell peppers (red, green or orange), 1/2 small onion and 1 tablespoon olive oil. Spread 1/2 cup refried beans on 2 whole wheat tortillas. Top with sauteed vegetables and cilantro.

**Black Bean and Zucchini Quesadilla:** Saute 1 cup chopped zucchini, 1/2 cup black beans, 2 teaspoons olive oil and 1 teaspoon of cumin. Place mixture on 2 whole wheat tortillas, sprinkle with 1/4 cup shredded cheddar. Fold in half and cook in a pan until the cheddar melts. Top with 2 teaspoons of salsa.

**Tortilla and Cheese Chili:** 1.5 cups of warm vegetarian chili topped with 2 tablespoons of chopped scallions, 8 broken tortilla chips, 2 tablespoons shredded cheddar. Eat with a side salad: 2 cups mixed greens and 1 tablespoon Italian salad dressing.

**Florentine Goat Cheese Flatbread:** Saute 4 ounces of chicken, 3 cups of baby spinach, 2 teaspoons of olive oil, and 1 garlic clove. Put all this on a piece of whole grain flatbread, topped with 1 ounce goat cheese. Bake at 350 degrees for 5 minutes or so.

**Shrimp Fried Brown Rice:** Saute 1 cup cooked brown rice, 1 tablespoon sesame oil, 1 tablespoon soy sauce, 1 garlic clove and 1 tablespoon grated ginger. Then add 3 ounces of precooked shrimp and 2 cups of bok choy. Saute another few minutes.

**Cheese and Artichoke Pizza with side salad:** Top a whole grain flatbread with 3 tablespoons spaghetti sauce, 1/2 cup canned artichoke hearts, 2 tablespoons parmesan cheese, 1/4 cup mozzarella and bake for about 10 minutes. The side salad is 3 cups mixed greens, 2 tablespoons pine nuts and 2 tablespoons of Italian salad dressing.

**Stuffed Chili and Cheese Potato:** Top a baked potato with 1/2 cup of turkey or vegetarian chili, 1 cup cooked broccoli and 1/4 cup shredded cheddar.

**Italian Sausage Pasta:** Saute 1 sliced italian sausage, 1 garlic clove, 1/2 cup chopped mushrooms, 1/2 cup chopped onions and 1/2 cup chopped zucchini. Add in 1/2 cup spaghetti sauce to warm and serve over 3/4 cup of whole wheat pasta topped with 1 tablespoon grated parmesan cheese.

**Cajun Chicken With Rice:** Sprinkle 1 teaspoon dried Cajun seasoning on 4 ounces of chicken breast. Bake or grill. Saute 1 clove of garlic, 1/2 cup chopped onion, 1 bell pepper, in 2 teaspoons of olive oil. Add 2 tablespoons of tomato paste and a few sprinkles of Tabasco sauce. Add 3/4 cup of precooked brown rice. Serve the chicken on top of the rice.

## Snacks

(Choose TWO of the following per day)

Fruit-and-nut bar

1 cup snap peas with 1/4 cup hummus

1 cup of cantaloupe with 1/2 cottage cheese

1 cup carrot sticks with 3 tablespoons of hummus

1 apple and 22 pistachios

12-oz latte and 1 clementine or mandarin orange

10 tortilla chips with 1/4 cup guacamole

1 banana with 1 tablespoon of peanut butter

2 Crispy rye crackers with 2 tablespoons of cream cheese

1 cup plain yogurt with 1 cup mixed berries

1/2 ounce raisins and 2 tablespoons soy nuts

14 almonds and an apple

1/2 cup sorbet

1 ounce chocolate-covered almonds

100-calorie mini bag popcorn

1 ounce string cheese and 4 whole-grain crackers

3 cups air popped popcorn, nothing added