

3 DAY MILITARY DIET

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Day 1

Breakfast



- 1/2 grapefruit
- 1 slice toast
- 2 tbs. peanut butter
- 1 cup coffee or Tea

Lunch



- 1/2 cup tuna
- 1 slice toast
- 1 cup Coffee or Tea

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Dinner



- 2 slices any type of meat
- 1 cup green beans
- 1/2 banana
- 1 small apple
- 1 cup vanilla ice cream

Day 2

Breakfast



- 1 egg
- 1 slice toast
- 1/2 banana

Lunch



- 1 cup cottage cheese or slice cheddar cheese
- 1 hard boiled egg
- 5 saltine crackers

Dinner



- 2 hot dogs
- 1 cup broccoli
- 1/2 cup carrots
- 1/2 banana
- 1/2 cup vanilla ice cream

Day 3

Breakfast



- 5 soda crackers
- 1 slice cheddar cheese
- 1 small apple

Lunch



- 1 hard boiled egg
- 1 slice toast

Dinner



- 1 cup tuna
- 1/2 banana
- 1 cup vanilla ice cream

Air Force Diet

Neil Solomon, Mary Knudson



Air Force Diet:

Nutrition and Diseases--1973 [-1974]: Obesity and fad diets United States. Congress. Senate. Select Committee on Nutrition and Human Needs,1973 **Nutrition and Diseases--1973 [-1974]** United States. Congress. Senate. Select Committee on Nutrition and Human Needs,1973 *How I Lost 36,000 Pounds* Melvin Anchell,2006-04 Do you struggle with a weight problem Are you disappointed with low calorie and fad diets In the revolutionary weight loss guide *How I Lost 36 000 Pounds* Real Cause of and Cure for Obesity author Mel Anchell M D advocates a re education of the person with the clinically proven healthful non starvation diet resulting in a permanent normal weight without debilitating exercise Dr Anchell draws on verified scientific obesity research and more than forty years of real clinical observations substantiating this research with thousands of everyday patients in a real clinical setting He shares his findings on the following topics Understanding obesity The TRUTH The Real Obesity Cause and Cure Practical concerns The cholesterol craze an Expose absolute must reading The dietary TRUTHS in *How I Lost 36 000 Pounds* results in normal and healthy permanent body weight Caloric intake or exercise are not the answer However those not under the personal physical care of Dr Anchell should not regard any communication from him including the information contained in *How I Lost 36 000 Pounds* as a doctor patient discussion An obesity textbook for laymen and physicians *How I Lost 36 000 Pounds* is based on scientific obesity facts substantiated by repeated critical clinical observations **Popular Mechanics** ,1965-11 Popular Mechanics inspires instructs and influences readers to help them master the modern world Whether it s practical DIY home improvement tips gadgets and digital technology information on the newest cars or the latest breakthroughs in science PM is the ultimate guide to our high tech lifestyle **Hearings, Reports and Prints of the Senate Select Committee on Nutrition and Human Needs** United States. Congress. Senate. Select Committee on Nutrition and Human Needs,1973 *The Steak-Lovers' Diet* Melvin Anchell,1998 **Thrive with Diabetes** Laurence Chalem,2008-08-18 Sincere well considered and right on the money this important self empowerment health and wellness guide helps diabetics take control of their lifestyle and diet challenges and their future **Journal of the American Dietetic Association** ,1966 Nutrition Margaret Stella Chaney,Margaret Louise Ross,Jelia C. Witschi,1979 Abstract Written for use in beginning and intermediate college courses this text emphasizes normal nutrition the nutrients and their interrelationship and the world food situation Completely rewritten new topics include nutrition labeling the need for a national nutrition policy the proposed dietary goals for the United States and the recommendations of the 1974 World Food Conference **Diet and the Teeth** May Tweedy Mellanby,1929 **Sourcebook on Food and Nutrition** Ioannis S. Scarpa,Helen Chilton Kiefer,1978 **Diet and the Teeth: A. Diet and dental disease. B. Diet and dental structure in mammals other than the dog. 1939** May (Tweedy) Mellanby,1930 Nutrition for the Elderly Anthony August Albanese,1980 Abstract The effects of the aging process on the nutritional needs of the elderly and its relationship to their maintenance of normal health are reviewed Physiological mental

social physical and economic changes associated with aging must be considered to provide adequate nutrition for the elderly Topics discussed are requirements for individual nutrients disorders prevalent among the aging diabetes cardiovascular disease obesity skeletal bone loss and anemia methods of treating these disorders and drug nutrient interactions An appendix includes tables of Recommended Daily Dietary Allowances food composition food sources of nutrients and normal blood values ds

Dr. Solomon's Easy, No-risk Diet Neil Solomon, Mary Knudson, 1974 Nutrition in Perspective Patricia A. Kreutler, Dorice M. Czajka-Narins, 1987 Abstract This text was written to provide students with an understanding of the fundamentals of the science of nutrition Explanation of the basic biological and chemical processes central to the study of nutrition are presented in addition to information concerning issues facing nutritionists and consumers in contemporary society

Dr. Wechsler's New You Diet Arnold Wechsler, 1978 *Report of the Medical Research Council* Medical Research Council (Great Britain), 1930 1919 20 includes also the Report of the Committee of the Privy Council for Medical Research for the year 1919 1920

Dr. Jean Mayer's Diet and Nutrition Guide Jean Mayer, Jeanne P. Goldberg, 1990 The former chairman of the White House Conference on Food Nutrition and Health gives the very latest information on nutrition in this highly reliable and accurate guide Answers are provided for anyone concerned with eating right in today's stress filled world

Jane Brody's Nutrition Book Jane Brody, Jane E. Brody, 1987 If you are like most people you probably aren't sure what is and what is not good for you and your family to eat Now in her comprehensive accessible landmark bestseller Jane Brody the award winning personal health columnist for The New York Times answers all your urgent questions about nutrition

Military Medicine , 1962

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