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# Military Diet Shopping List

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## Vegetables

- Green beans
- Broccoli
- Cabbage
- Carrots

## Protein Sources

- Tuna
- Chicken
- Hot dog sausages
- Cottage cheese
- Eggs
- Peanut butter

## Grains

- Toast (preferably whole wheat)
- Saltine crackers

## Beverages

- Coffee
- Tea
- Water

## Fruit

- Grapefruit
- Banana
- Apple

## Dairy and Dessert

- Vanilla ice cream
- Cheddar cheese



SHOP FASTER. MAKE LISTS IN THE LISTONIC APP

