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The Military Diet is perfectly designed to help you burn fat faster and it's completely free.

Participants are not required to do any exercise (although it would probably help) and can expect to lose up to 10lbs in a matter of days.

The Military Diet site claims: "The food combinations in the Military Diet are designed to burn fat, kick start your metabolism and lose weight fast.

"In fact, the Military Diet is one of the best natural diets for rapid weight loss without a prescription."

This diet is thought to have originated in the 1980's and was used by military men who had a medical check-up coming up and needed to lose some weight fast.

It consists of three days of very low calorie intake, followed by four days of measured calories of around 1200 Kcal- 1500 Kcal.

Here is the three-day meal plan:



### Day 1

**Breakfast:** 1 slice of wholegrain toast with 2 tablespoons of peanut butter, 1/2 grapefruit, 1 cup of coffee or tea.

**Lunch:** A slice of whole grain toast, 1/2 cup of Tuna, 1 cup of coffee or tea

**Dinner:** 3-Oz (85 grams) serving of any meat, 1 cup of green beans, 1 small apple, 1/2 banana, 1 cup vanilla ice cream.

### Day 2

**Breakfast:** 1 slice of toast (whole grain), 1 hard-boiled egg, 1/2 banana.

**Lunch:** 1 hard-boiled egg, a cup of cottage cheese, 5 saltine crackers.

**Dinner:** 2 hot dogs without bun, 1/2 cup of carrots and 1/2 cup of broccoli, 1/2 banana, 1/2 cup of vanilla ice cream.

### Day 3

**Breakfast:** 1 slice of cheddar cheese

5 saltine crackers, and an apple

**Lunch:** 1 slice of toast, one egg (hard boiled or cooked according to your likes)

**Dinner:** A cup of tuna, 1/2 banana, 1 cup of vanilla ice cream. No snacks are allowed between meals, black coffee and green tea without sugar are allowed.

The reason this diet provides rapid weight loss is because it is a low calorie plan and it is a type of intermittent fasting.

This is not a long-term diet plan and should not be followed for more than three days.

Article source: <https://www.dailystar.co.uk/diet-fitness/612303/How-to-lose-weight-fast-diet-plan-Military-Diet-three-day>

