

# Militär diät pdf

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military diet plan ( www. coffee and tea ( caffeine is allowed) eggs. half a cup of tuna. it is three days on/ four days off/ three days on, totaling ten days of the diet. if you have food allergies, intolerances, or simply don't love the above options, there are military diet substitutes. cinnamon oatmeal: 1/ 3 cup rolled oats cooked with 2/ 3 cup milk and 1/ 2. for the first 3 days, you follow a specific. vegetarian and vegan military diet plan day 1 menu breakfast: 1/ 2 grapefruit 1 slice of toast 2 tablespoons of peanut butter 1 cup coffee or tea ( with caffeine) lunch: 1/ 2 an avocado 2 tablespoons of hummus 1 slice of whole wheat toast 1 cup coffee or tea ( with caffeine) dinner: tofu ( prepared any style but not more than 300 calories). wie funktioniert die militär- diät? 4 tablespoons of whole- wheat pasta. 3 shrimp militär diät pdf and zucchini pasta: cook 2 ounces pdf frozen or fresh shrimp with 1 clove of garlic, 1 cup chopped zucchini, 2 tablespoons chopped fresh basil and 1 tablespoon of olive oil. on the military diet, you' re meant to follow a structured diet that provides 1, 100 to 1, 400 calories – men can have 100 more calories than women – per day for three days of the week. add thin tomato, cucumber and red onion slices. vanilla ice cream. 10- day military diet. a 3- oz ( 85 grams) serving of meat with a cup of green beans. a cup of coffee or tea ( optional). corps; nonmilitary persons under military jurisdiction; selected federal employees; selected employees of department of de- fense contractors; and family members and other healthcare beneficiaries eligible for care within the military health care system. the military diet is an extremely low- calorie diet designed to help you lose a lot of weight in militär diät pdf a short amount of time. ( remember not to add sugar) do not forget to drink plenty of water. half a grapefruit. 3 tage strenge diät, 4 tage normal essen: so lässt sich das prinzip der militär- diät, die auch 3- tage- diät genannt wird, kurz beschreiben. some of the foods allowed on the military diet include:. across the first 3 days, daily calorie intake is restricted to 1, 400, 1, 200. 000 kcal pro tag erlaubt. 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. in a nutshell, julie rothenberg, rd, a licensed dietitian- nutritionist and. während der ersten 3 tage hält man sich an einen genau vorgegebenen ernährungsplan, der um die 1. so sieht der ernährungsplan der militär- diät aus. salad ( with 1 tablespoon of olive oil) in this phase, you can drink as much tea, herbal tea, and coffee as you want. while a healthy, average adult should take between 16 calories depending on gender, physical activity, and age, the ideal daily calorie intake for this plan is between 1, 100– 1, 400 calories for the first 3 days ( 16). com) day 1 breakfast 1/ 2 grapefruit 1 slice of toast 2 tablespoons of peanut butter 1 cup coffee or tea ( with caffeine) lunch 1/ 2 cup of tuna 1 slice of toast 1 cup coffee or tea ( with caffeine) dinner 3 ounces of any type of meat 1 cup of green beans 1/ 2 banana 1 small apple 1 cup of vanilla ice cream day 2. a slice of toast with 2 tablespoons of peanut butter. people who follow vegan diets can substitute cottage cheese in the military diet for: soy, hemp, or almond milk – 1 cup. grocery list for the 3 day military diet. der 3- tages- plan der militärisch strengen hungerkur sieht wie folgt aus: tag 1: morgens 1/ 2 grapefruit, 1

scheibe toast, 2 teelöffel erdnussbutter, 1 tasse kaffee; mittags 1/ 2 dose thunfisch, 1 scheibe toast, 1 tasse kaffee; abends knapp 100 g fleisch, 1 tasse grüne bohnen, 1/ 2 banane, 1. the ten- day military diet involves following the diet in a cycle. the military diet requires people to follow a low calorie diet for 3 days and then return to regular eating for 4 days. the 7 day military diet plan is pdf high in protein and low in carbohydrate, fats, and calories. other foods allowed for the first 3 days. the military diet is a pdf short- term, calorie- controlled meal plan that claims to help you lose 10 pounds in one week. hummus – 2 tbsp. once again, this plan allows for a good chance of weight loss. bagel and lox: 1/ 2 whole- wheat bagel topped with 1 tablespoon cream cheese and 1 oz smoked salmon. the diet involves eating a set calorie- restricted menu for three days, followed. the military diet is a plan that claims to be a quick way to lose weight by following a strict diet, stating you' ll lose up to 10 pounds in one week. a slice of toast. the nutrition and menu standards apply to the services' hospital food service alternatives to cottage cheese include: greek yogurt. ultimately, the best duration for the military diet depends on what your goals are and how strong your willpower is.

 Difficulté Très facile

 Durée 387 minute(s)

 Catégories Décoration, Musique & Sons, Science & Biologie

 Coût 59 EUR (€)

## Sommaire

Étape 1 -

Commentaires

Matériaux

Outils

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Étape 1 -

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