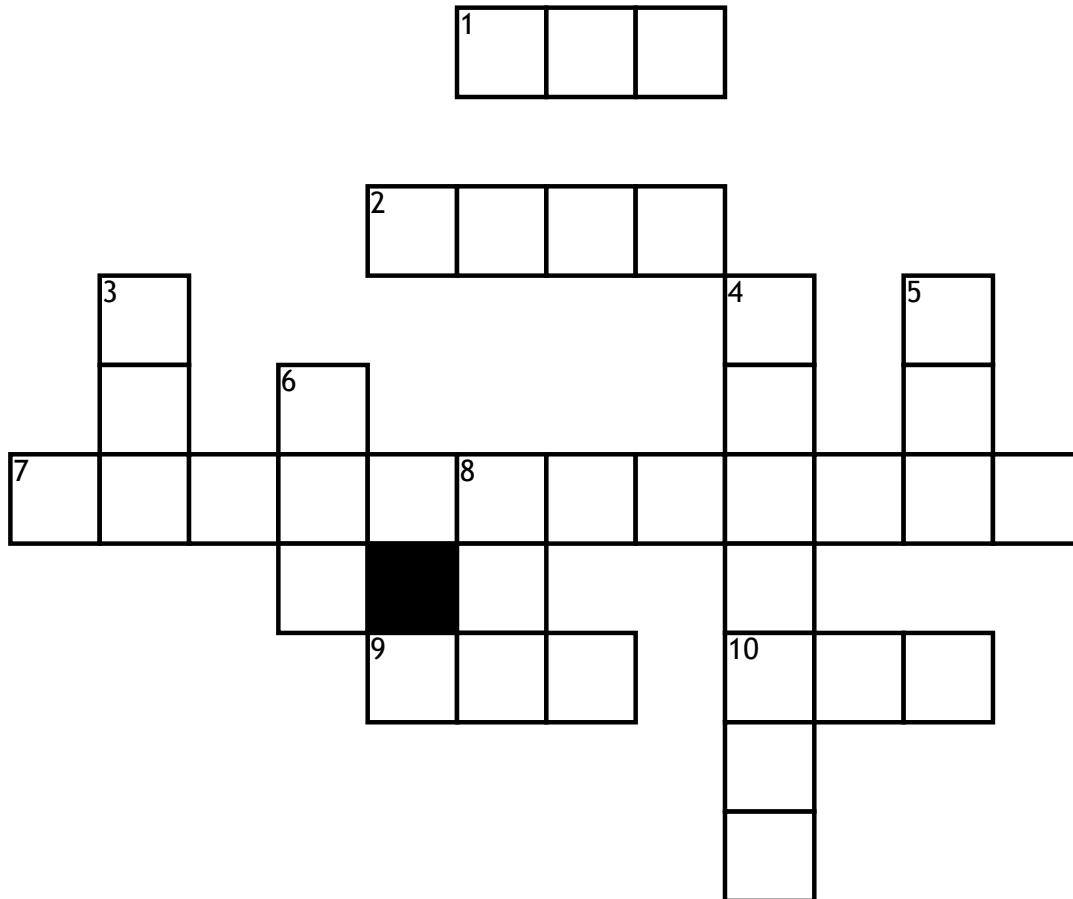


Name: _____

Military Diet



Across

1. For breakfast, on day two, how many slices of toast can you have?
2. For lunch, on day two, you are allowed how many crackers?
7. For breakfast, on day one, you are allowed 2 Tablespoons of what?
9. For breakfast, on day three, how many slices of cheddar cheese can you have?
10. For dinner, on day three, how many cups of tuna can you have?

Down

3. For lunch, on day one, you are allowed how many cups of coffee or tea?
4. For dinner, on day two, can you have the hot dog with or without the bun?
5. For lunch, on day three, how many boiled eggs can you have?
6. For dinner, on day one, you are allowed how many cups of vanilla ice cream?
8. How many pounds can you lose in a week with the military diet?