



Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1200 Calories 21 Day Detox Veggie for Women - Day 01							
Breakfast							
7	1.0	1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
8	2.0	each	Egg - boiled white only	7.00	0.60	0.00	34.00
5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
7	0.5	1 cup, diced	Pineapple, raw, all varieties	0.42	10.17	0.09	38.75
14	2.0	1 tablespoon	Seeds, flaxseed	4.39	6.93	10.12	128.16
<i>Totals for Breakfast</i>				20.10	32.10	16.22	340.33
Snack 1							
14	20.0	1 almond	Nuts, almonds	5.08	5.17	11.98	138.96
7	1.0	1 miniature box (.5 oz)	Raisins, seedless	0.43	11.09	0.06	41.86
4	0.3	ounce(s)	Walnuts, dried	1.04	1.52	3.80	44.50
<i>Totals for Snack 1</i>				6.55	17.78	15.84	225.32
Lunch							
6	3.0	1 spear, large (7-1/4" to 8-1/2")	Asparagus, raw	1.32	2.33	0.07	12.00
6	1.0	0.5 cup, chopped or diced	Broccoli, raw	1.24	2.92	0.16	14.96
1	1.0	cup	Milk, Almond	1.00	8.00	2.50	60.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
<i>Totals for Lunch</i>				15.88	44.59	4.86	263.16
Snack 2							
6	2.0	medium	Carrots - baby, raw	0.20	1.60	0.20	8.00
3	1.0	each	Celery - raw stalk trimmed	0.50	2.00	0.00	10.00
6	0.5	1 cup	Parsley, fresh	0.89	1.90	0.24	10.80
<i>Totals for Snack 2</i>				1.59	5.50	0.44	28.80
Dinner							
6	4.0	1 spear, medium (5-1/4" to 7" long)	Asparagus, raw	1.41	2.48	0.08	12.80
6	2.0	0.5 cup, chopped or diced	Broccoli, raw	2.48	5.84	0.33	29.92
7	1.0	1 wedge yields	Lemon juice, raw	0.02	0.41	0.01	1.30
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
0	4.0	ounce(s)	Tofu - soybean curd cake	9.20	2.00	5.60	88.00
<i>Totals for Dinner</i>				25.43	42.07	15.15	373.22
Totals For 1200 Calories 21 Day Detox Veggie for Women - Day 01				69.55	142.04	52.51	1230.83

1200 Calories 21 Day Detox Veggie for Women - Day 02

Breakfast

1	3.0	each	Egg Whites - scrambled/boiled	10.50	0.90	0.00	51.00
1	1.0	each	Egg whole w/ yolk	6.70	1.30	7.30	100.00
7	0.5	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	46.00
Totals for Breakfast				17.80	14.10	7.40	197.00

Snack 1

14	25.0	1 almond	Nuts, almonds	6.34	6.46	14.98	173.70
7	1.0	1 miniature box (.5 oz)	Raisins, seedless	0.43	11.09	0.06	41.86
4	0.3	ounce(s)	Walnuts, dried	1.38	2.00	5.02	58.74
Totals for Snack 1				8.15	19.55	20.06	274.30

Lunch

6	3.0	1 spear, medium (5-1/4" to 7" long)	Asparagus, raw	1.06	1.86	0.06	9.60
4	2.0	ounce(s)	Black beans - boiled	4.50	13.44	0.30	76.00
2	1.0	cup	Brown Rice - cooked	4.90	49.70	1.20	232.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
Totals for Lunch				13.06	84.00	2.36	415.60

Snack 2

6	2.0	medium	Carrots - baby, raw	0.20	1.60	0.20	8.00
3	1.0	each	Celery - raw stalk trimmed	0.50	2.00	0.00	10.00
6	0.5	1 cup	Parsley, fresh	0.89	1.90	0.24	10.80
Totals for Snack 2				1.59	5.50	0.44	28.80

Dinner

3	2.0	spear	Broccoli	10.00	8.00	2.00	80.00
0	1.0	tablespoon	Garlic powder	1.40	6.10	0.10	28.00
10	0.5	cup	Lentil - boiled	8.90	19.90	0.40	115.00
6	1.0	tablespoon	Onion - chopped	0.10	0.90	0.00	4.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
6	1.0	small	Tomato - sm. w/peel, 2.5" diam.	1.00	5.70	0.40	26.00
Totals for Dinner				31.12	52.94	4.23	331.20
Totals For 1200 Calories 21 Day Detox Veggie for Women - Day 02				71.72	176.09	34.49	1246.90

1200 Calories 21 Day Detox Veggie for Women - Day 03

Breakfast

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
7	1.0	1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
1	3.0	each	Egg Whites - scrambled/boiled	10.50	0.90	0.00	51.00
14	1.0	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
Totals for Breakfast				14.99	39.21	6.27	258.00

Snack 1

14	15.0	1 almond	Nuts, almonds	3.81	3.88	8.99	104.22
7	1.0	each	Plum - fresh, 2.25" diam	0.50	8.60	0.40	36.00
Totals for Snack 1				4.31	12.48	9.39	140.22

Lunch

6	3.0	1 spear, medium (5-1/4" to 7" long)	Asparagus, raw	1.06	1.86	0.06	9.60
3	1.0	spear	Broccoli	5.00	4.00	1.00	40.00
2	0.5	cup	Brown Rice - cooked	2.45	24.85	0.60	116.00
10	0.5	cup	Lentil - boiled	8.90	19.90	0.40	115.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
Totals for Lunch				20.01	69.61	2.86	378.60

Snack 2

7	15.0	1 cherry	Cherries, sweet, raw	1.30	19.69	0.25	77.49
4	0.5	ounce(s)	Walnuts, dried	2.09	3.04	7.60	89.00
Totals for Snack 2				3.39	22.73	7.85	166.49

Dinner

7	0.3	1 fruit without skin and seeds	Avocados, raw, California	1.12	4.93	8.80	95.34
4	2.0	ounce(s)	Black beans - boiled	4.50	13.44	0.30	76.00
3	1.0	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
6	1.0	small	Tomato - sm. w/peel, 2.5" diam.	1.00	5.70	0.40	26.00
Totals for Dinner				8.57	38.32	10.10	271.34
Totals For 1200 Calories 21 Day Detox Veggie for Women - Day 03				51.27	182.35	36.47	1214.65

Breakfast

7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
8	3.0	each	Egg - boiled white only	10.50	0.90	0.00	51.00
14	1.0	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
7	1.0	1 cup, sliced	Strawberries, raw	1.11	12.75	0.50	53.12
Totals for Breakfast				14.35	27.84	5.80	210.38

Snack 1

21	1.0	tablespoon	Almond Butter	2.00	3.00	9.00	101.00
10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
Totals for Snack 1				2.30	24.00	9.50	182.00

Lunch

6	0.3	1 cup flowerets	Broccoli, flower clusters, raw	0.53	0.93	0.06	4.97
6	3.0	medium	Carrots - baby, raw	0.30	2.40	0.30	12.00
7	0.5	1 cup	Grapefruit juice, white, raw	0.62	11.36	0.12	48.17
10	1.0	cup	Lentil - boiled	17.80	39.80	0.80	230.00
6	1.0	1 leaf	Spinach, raw	0.29	0.36	0.04	2.30
7	1.0	1 cup, sliced	Strawberries, raw	1.11	12.75	0.50	53.12
6	0.5	1/2 cup	tomato, diced	0.38	2.09	0.15	9.50
Totals for Lunch				21.03	69.69	1.97	360.06

Snack 2

14	20.0	1 almond	Nuts, almonds	5.08	5.17	11.98	138.96
7	1.0	1 miniature box (.5 oz)	Raisins, seedless	0.43	11.09	0.06	41.86
4	0.3	ounce(s)	Walnuts, dried	1.04	1.52	3.80	44.50
Totals for Snack 2				6.55	17.78	15.84	225.32

Dinner

4	0.3	1 cup	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	3.84	10.09	0.22	56.20
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
0	1.0	1 cup (8 fl oz)	Tea, herb, chamomile, brewed	0.00	0.47	0.00	2.37
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
6	1.0	1/2 cup	zucchini, boiled, drained	0.58	3.54	0.05	14.40
Totals for Dinner				14.90	30.62	8.90	235.17
Totals For 1200 Calories 21 Day Detox Veggie for Women - Day 04				59.13	169.93	42.01	1212.93

1200 Calories 21 Day Detox Veggie for Women - Day 05

Breakfast

7	1.0	1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
8	2.0	each	Egg - boiled white only	7.00	0.60	0.00	34.00
6	1.0	tablespoon	Onion - chopped	0.10	0.90	0.00	4.00
6	1.0	1 cup	Spinach, cooked, boiled, drained, without salt	5.35	6.75	0.47	41.40
6	1.0	small	Tomato - sm. w/peel, 2.5" diam.	1.00	5.70	0.40	26.00
Totals for Breakfast				15.45	27.79	1.58	167.32

Snack 1

21	1.0	tablespoon	Almond Butter	2.00	3.00	9.00	101.00
10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
Totals for Snack 1				2.30	24.00	9.50	182.00

Lunch

6	3.0	1 spear, large (7-1/4" to 8-1/2")	Asparagus, raw	1.32	2.33	0.07	12.00
6	2.0	0.5 cup, chopped or diced	Broccoli, raw	2.48	5.84	0.33	29.92
1	1.0	cup	Milk, Almond	1.00	8.00	2.50	60.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
Totals for Lunch				17.12	47.51	5.03	278.12

Snack 2

14	1.0	1 oz	Nuts, cashew nuts, dry roasted, without salt added	4.34	9.27	13.14	162.73
7	1.0	each	Plum - fresh, 2.25" diam	0.50	8.60	0.40	36.00
Totals for Snack 2				4.84	17.87	13.54	198.73

Dinner

6	4.0	1 spear, medium (5-1/4" to 7" long)	Asparagus, raw	1.41	2.48	0.08	12.80
6	2.0	0.5 cup, chopped or diced	Broccoli, raw	2.48	5.84	0.33	29.92
7	1.0	1 wedge yields	Lemon juice, raw	0.02	0.41	0.01	1.30
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
0	3.0	ounce(s)	Tofu - soybean curd cake	6.90	1.50	4.20	66.00
Totals for Dinner				23.13	41.57	13.75	351.22
Totals For 1200 Calories 21 Day Detox Veggie for Women - Day 05				62.84	158.74	43.40	1177.39

1200 Calories 21 Day Detox Veggie for Women - Day 06

Breakfast

7	0.5	1 cup	Blackberries, raw	1.00	6.92	0.35	30.96
8	2.0	each	Egg - boiled white only	7.00	0.60	0.00	34.00
5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
7	0.5	1 cup, diced	Pineapple, raw, all varieties	0.42	10.17	0.09	38.75
14	1.5	1 tablespoon	Seeds, flaxseed	3.29	5.20	7.59	96.12
<i>Totals for Breakfast</i>				18.00	23.45	13.33	277.33

Snack 1

7	10.0	1 cherry	Cherries, sweet, raw	0.87	13.13	0.16	51.66
4	1.0	ounce(s)	Walnuts, dried	4.17	6.07	15.20	178.00
<i>Totals for Snack 1</i>				5.04	19.20	15.36	229.66

Lunch

6	3.0	1 spear, large (7-1/4" to 8-1/2")	Asparagus, raw	1.32	2.33	0.07	12.00
6	1.0	0.5 cup, chopped or diced	Broccoli, raw	1.24	2.92	0.16	14.96
1	1.0	cup	Milk, Almond	1.00	8.00	2.50	60.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
<i>Totals for Lunch</i>				15.88	44.59	4.86	263.16

Snack 2

6	2.0	medium	Carrots - baby, raw	0.20	1.60	0.20	8.00
3	1.0	each	Celery - raw stalk trimmed	0.50	2.00	0.00	10.00
6	0.5	1 cup	Parsley, fresh	0.89	1.90	0.24	10.80
<i>Totals for Snack 2</i>				1.59	5.50	0.44	28.80

Dinner

6	4.0	1 spear, medium (5-1/4" to 7" long)	Asparagus, raw	1.41	2.48	0.08	12.80
6	2.0	0.5 cup, chopped or diced	Broccoli, raw	2.48	5.84	0.33	29.92
7	1.0	1 wedge yields	Lemon juice, raw	0.02	0.41	0.01	1.30
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
0	4.0	ounce(s)	Tofu - soybean curd cake	9.20	2.00	5.60	88.00
<i>Totals for Dinner</i>				25.43	42.07	15.15	373.22
Totals For 1200 Calories 21 Day Detox Veggie for Women - Day 06				65.94	134.81	49.14	1172.17

Breakfast

7	0.5	1 cup	Blackberries, raw	1.00	6.92	0.35	30.96
8	1.0	each	Egg - boiled white only	3.50	0.30	0.00	17.00
5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
7	0.5	1 cup, diced	Pineapple, raw, all varieties	0.42	10.17	0.09	38.75
14	1.0	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
Totals for Breakfast				13.40	21.42	10.80	228.29

Snack 1

14	10.0	1 almond	Nuts, almonds	2.54	2.59	5.99	69.48
7	1.0	1 miniature box (.5 oz)	Raisins, seedless	0.43	11.09	0.06	41.86
4	0.3	ounce(s)	Walnuts, dried	1.04	1.52	3.80	44.50
Totals for Snack 1				4.01	15.20	9.85	155.84

Lunch

6	3.0	1 spear, large (7-1/4" to 8-1/2")	Asparagus, raw	1.32	2.33	0.07	12.00
6	1.0	0.5 cup, chopped or diced	Broccoli, raw	1.24	2.92	0.16	14.96
1	2.0	cup	Milk, Almond	2.00	16.00	5.00	120.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
Totals for Lunch				16.88	52.59	7.36	323.16

Snack 2

6	2.0	medium	Carrots - baby, raw	0.20	1.60	0.20	8.00
3	1.0	each	Celery - raw stalk trimmed	0.50	2.00	0.00	10.00
6	0.5	1 cup	Parsley, fresh	0.89	1.90	0.24	10.80
Totals for Snack 2				1.59	5.50	0.44	28.80

Dinner

6	4.0	1 spear, medium (5-1/4" to 7" long)	Asparagus, raw	1.41	2.48	0.08	12.80
6	2.0	0.5 cup, chopped or diced	Broccoli, raw	2.48	5.84	0.33	29.92
7	1.0	1 wedge yields	Lemon juice, raw	0.02	0.41	0.01	1.30
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
0	4.0	ounce(s)	Tofu - soybean curd cake	9.20	2.00	5.60	88.00
Totals for Dinner				25.43	42.07	15.15	373.22

Snack 3

6	2.0	medium	Carrots - baby, raw	0.20	1.60	0.20	8.00
3	1.0	each	Celery - raw stalk trimmed	0.50	2.00	0.00	10.00
6	0.5	1 cup	Parsley, fresh	0.89	1.90	0.24	10.80
Totals for Snack 3				1.59	5.50	0.44	28.80
Totals For 1200 Calories 21 Day Detox Veggie for Women - Day 07				62.90	142.28	44.04	1138.11

1200 Calories 21 Day Detox Veggie for Women - Day 08

Breakfast

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
7	1.0	1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
1	3.0	each	Egg Whites - scrambled/boiled	10.50	0.90	0.00	51.00
14	1.0	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
Totals for Breakfast				14.99	39.21	6.27	258.00

Snack 1

14	15.0	1 almond	Nuts, almonds	3.81	3.88	8.99	104.22
7	1.0	each	Plum - fresh, 2.25" diam	0.50	8.60	0.40	36.00
Totals for Snack 1				4.31	12.48	9.39	140.22

Lunch

6	3.0	1 spear, medium (5-1/4" to 7" long)	Asparagus, raw	1.06	1.86	0.06	9.60
3	1.0	spear	Broccoli	5.00	4.00	1.00	40.00
2	0.5	cup	Brown Rice - cooked	2.45	24.85	0.60	116.00
10	0.5	cup	Lentil - boiled	8.90	19.90	0.40	115.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
Totals for Lunch				20.01	69.61	2.86	378.60

Snack 2

7	15.0	1 cherry	Cherries, sweet, raw	1.30	19.69	0.25	77.49
4	0.5	ounce(s)	Walnuts, dried	2.09	3.04	7.60	89.00
Totals for Snack 2				3.39	22.73	7.85	166.49

Dinner

7	0.3	1 fruit without skin and seeds	Avocados, raw, California	1.12	4.93	8.80	95.34
4	2.0	ounce(s)	Black beans - boiled	4.50	13.44	0.30	76.00
3	1.0	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
6	1.0	small	Tomato - sm. w/peel, 2.5" diam.	1.00	5.70	0.40	26.00
Totals for Dinner				8.57	38.32	10.10	271.34
Totals For 1200 Calories 21 Day Detox Veggie for Women - Day 08				51.27	182.35	36.47	1214.65

1200 Calories 21 Day Detox Veggie for Women - Day 09

Breakfast

7	1.0	1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
8	2.0	each	Egg - boiled white only	7.00	0.60	0.00	34.00
5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
7	0.5	1 cup, diced	Pineapple, raw, all varieties	0.42	10.17	0.09	38.75
14	2.0	1 tablespoon	Seeds, flaxseed	4.39	6.93	10.12	128.16
Totals for Breakfast				20.10	32.10	16.22	340.33

Snack 1

14	20.0	1 almond	Nuts, almonds	5.08	5.17	11.98	138.96
7	1.0	1 miniature box (.5 oz)	Raisins, seedless	0.43	11.09	0.06	41.86
4	0.3	ounce(s)	Walnuts, dried	1.04	1.52	3.80	44.50
Totals for Snack 1				6.55	17.78	15.84	225.32

Lunch

6	3.0	1 spear, large (7-1/4" to 8-1/2")	Asparagus, raw	1.32	2.33	0.07	12.00
6	1.0	0.5 cup, chopped or diced	Broccoli, raw	1.24	2.92	0.16	14.96
1	1.0	cup	Milk, Almond	1.00	8.00	2.50	60.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
Totals for Lunch				15.88	44.59	4.86	263.16

Snack 2

6	2.0	medium	Carrots - baby, raw	0.20	1.60	0.20	8.00
3	1.0	each	Celery - raw stalk trimmed	0.50	2.00	0.00	10.00
6	0.5	1 cup	Parsley, fresh	0.89	1.90	0.24	10.80
Totals for Snack 2				1.59	5.50	0.44	28.80

Dinner

6	4.0	1 spear, medium (5-1/4" to 7" long)	Asparagus, raw	1.41	2.48	0.08	12.80
6	2.0	0.5 cup, chopped or diced	Broccoli, raw	2.48	5.84	0.33	29.92
7	1.0	1 wedge yields	Lemon juice, raw	0.02	0.41	0.01	1.30
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
0	4.0	ounce(s)	Tofu - soybean curd cake	9.20	2.00	5.60	88.00
Totals for Dinner				25.43	42.07	15.15	373.22
Totals For 1200 Calories 21 Day Detox Veggie for Women - Day 09				69.55	142.04	52.51	1230.83

1200 Calories 21 Day Detox Veggie for Women - Day 10

Breakfast

1	3.0	each	Egg Whites - scrambled/boiled	10.50	0.90	0.00	51.00
1	1.0	each	Egg whole w/ yolk	6.70	1.30	7.30	100.00
7	0.5	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	46.00
Totals for Breakfast				17.80	14.10	7.40	197.00

Snack 1

14	25.0	1 almond	Nuts, almonds	6.34	6.46	14.98	173.70
7	1.0	1 miniature box (.5 oz)	Raisins, seedless	0.43	11.09	0.06	41.86
4	0.3	ounce(s)	Walnuts, dried	1.38	2.00	5.02	58.74
Totals for Snack 1				8.15	19.55	20.06	274.30

Lunch

6	3.0	1 spear, medium (5-1/4" to 7" long)	Asparagus, raw	1.06	1.86	0.06	9.60
4	2.0	ounce(s)	Black beans - boiled	4.50	13.44	0.30	76.00
2	1.0	cup	Brown Rice - cooked	4.90	49.70	1.20	232.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
Totals for Lunch				13.06	84.00	2.36	415.60

Snack 2

6	2.0	medium	Carrots - baby, raw	0.20	1.60	0.20	8.00
3	1.0	each	Celery - raw stalk trimmed	0.50	2.00	0.00	10.00
6	0.5	1 cup	Parsley, fresh	0.89	1.90	0.24	10.80
Totals for Snack 2				1.59	5.50	0.44	28.80

Dinner

3	2.0	spear	Broccoli	10.00	8.00	2.00	80.00
0	1.0	tablespoon	Garlic powder	1.40	6.10	0.10	28.00
10	0.5	cup	Lentil - boiled	8.90	19.90	0.40	115.00
6	1.0	tablespoon	Onion - chopped	0.10	0.90	0.00	4.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
6	1.0	small	Tomato - sm. w/peel, 2.5" diam.	1.00	5.70	0.40	26.00
Totals for Dinner				31.12	52.94	4.23	331.20
Totals For 1200 Calories 21 Day Detox Veggie for Women - Day 10				71.72	176.09	34.49	1246.90

1200 Calories 21 Day Detox Veggie for Women - Day 11

Breakfast

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
7	1.0	1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
1	3.0	each	Egg Whites - scrambled/boiled	10.50	0.90	0.00	51.00
14	1.0	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
Totals for Breakfast				14.99	39.21	6.27	258.00

Snack 1

14	15.0	1 almond	Nuts, almonds	3.81	3.88	8.99	104.22
7	1.0	each	Plum - fresh, 2.25" diam	0.50	8.60	0.40	36.00
Totals for Snack 1				4.31	12.48	9.39	140.22

Lunch

6	3.0	1 spear, medium (5-1/4" to 7" long)	Asparagus, raw	1.06	1.86	0.06	9.60
3	1.0	spear	Broccoli	5.00	4.00	1.00	40.00
2	0.5	cup	Brown Rice - cooked	2.45	24.85	0.60	116.00
10	0.5	cup	Lentil - boiled	8.90	19.90	0.40	115.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
Totals for Lunch				20.01	69.61	2.86	378.60

Snack 2

7	15.0	1 cherry	Cherries, sweet, raw	1.30	19.69	0.25	77.49
4	0.5	ounce(s)	Walnuts, dried	2.09	3.04	7.60	89.00
Totals for Snack 2				3.39	22.73	7.85	166.49

Dinner

7	0.3	1 fruit without skin and seeds	Avocados, raw, California	1.12	4.93	8.80	95.34
4	2.0	ounce(s)	Black beans - boiled	4.50	13.44	0.30	76.00
3	1.0	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
6	1.0	small	Tomato - sm. w/peel, 2.5" diam.	1.00	5.70	0.40	26.00
Totals for Dinner				8.57	38.32	10.10	271.34
Totals For 1200 Calories 21 Day Detox Veggie for Women - Day 11				51.27	182.35	36.47	1214.65

1200 Calories 21 Day Detox Veggie for Women - Day 12

Breakfast

7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
8	3.0	each	Egg - boiled white only	10.50	0.90	0.00	51.00
14	1.0	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
7	1.0	1 cup, sliced	Strawberries, raw	1.11	12.75	0.50	53.12
Totals for Breakfast				14.35	27.84	5.80	210.38

Snack 1

21	1.0	tablespoon	Almond Butter	2.00	3.00	9.00	101.00
10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
Totals for Snack 1				2.30	24.00	9.50	182.00

Lunch

6	0.3	1 cup flowerets	Broccoli, flower clusters, raw	0.53	0.93	0.06	4.97
6	3.0	medium	Carrots - baby, raw	0.30	2.40	0.30	12.00
7	0.5	1 cup	Grapefruit juice, white, raw	0.62	11.36	0.12	48.17
10	1.0	cup	Lentil - boiled	17.80	39.80	0.80	230.00
6	1.0	1 leaf	Spinach, raw	0.29	0.36	0.04	2.30
7	1.0	1 cup, sliced	Strawberries, raw	1.11	12.75	0.50	53.12
6	0.5	1/2 cup	tomato, diced	0.38	2.09	0.15	9.50
Totals for Lunch				21.03	69.69	1.97	360.06

Snack 2

14	20.0	1 almond	Nuts, almonds	5.08	5.17	11.98	138.96
7	1.0	1 miniature box (.5 oz)	Raisins, seedless	0.43	11.09	0.06	41.86
4	0.3	ounce(s)	Walnuts, dried	1.04	1.52	3.80	44.50
Totals for Snack 2				6.55	17.78	15.84	225.32

Dinner

4	0.3	1 cup	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	3.84	10.09	0.22	56.20
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
0	1.0	1 cup (8 fl oz)	Tea, herb, chamomile, brewed	0.00	0.47	0.00	2.37
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
6	1.0	1/2 cup	zucchini, boiled, drained	0.58	3.54	0.05	14.40
Totals for Dinner				14.90	30.62	8.90	235.17
Totals For 1200 Calories 21 Day Detox Veggie for Women - Day 12				59.13	169.93	42.01	1212.93

1200 Calories 21 Day Detox Veggie for Women - Day 13

Breakfast

7	1.0	1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
8	2.0	each	Egg - boiled white only	7.00	0.60	0.00	34.00
6	1.0	tablespoon	Onion - chopped	0.10	0.90	0.00	4.00
6	1.0	1 cup	Spinach, cooked, boiled, drained, without salt	5.35	6.75	0.47	41.40
6	1.0	small	Tomato - sm. w/peel, 2.5" diam.	1.00	5.70	0.40	26.00
Totals for Breakfast				15.45	27.79	1.58	167.32

Snack 1

21	1.0	tablespoon	Almond Butter	2.00	3.00	9.00	101.00
10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
Totals for Snack 1				2.30	24.00	9.50	182.00

Lunch

6	3.0	1 spear, large (7-1/4" to 8-1/2")	Asparagus, raw	1.32	2.33	0.07	12.00
6	2.0	0.5 cup, chopped or diced	Broccoli, raw	2.48	5.84	0.33	29.92
1	1.0	cup	Milk, Almond	1.00	8.00	2.50	60.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
Totals for Lunch				17.12	47.51	5.03	278.12

Snack 2

14	1.0	1 oz	Nuts, cashew nuts, dry roasted, without salt added	4.34	9.27	13.14	162.73
7	1.0	each	Plum - fresh, 2.25" diam	0.50	8.60	0.40	36.00
Totals for Snack 2				4.84	17.87	13.54	198.73

Dinner

6	4.0	1 spear, medium (5-1/4" to 7" long)	Asparagus, raw	1.41	2.48	0.08	12.80
6	2.0	0.5 cup, chopped or diced	Broccoli, raw	2.48	5.84	0.33	29.92
7	1.0	1 wedge yields	Lemon juice, raw	0.02	0.41	0.01	1.30
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
0	3.0	ounce(s)	Tofu - soybean curd cake	6.90	1.50	4.20	66.00
Totals for Dinner				23.13	41.57	13.75	351.22
Totals For 1200 Calories 21 Day Detox Veggie for Women - Day 13				62.84	158.74	43.40	1177.39

1200 Calories 21 Day Detox Veggie for Women - Day 14

Breakfast

7	0.5	1 cup	Blackberries, raw	1.00	6.92	0.35	30.96
8	2.0	each	Egg - boiled white only	7.00	0.60	0.00	34.00
5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
7	0.5	1 cup, diced	Pineapple, raw, all varieties	0.42	10.17	0.09	38.75
14	1.5	1 tablespoon	Seeds, flaxseed	3.29	5.20	7.59	96.12
<i>Totals for Breakfast</i>				18.00	23.45	13.33	277.33

Snack 1

7	10.0	1 cherry	Cherries, sweet, raw	0.87	13.13	0.16	51.66
4	1.0	ounce(s)	Walnuts, dried	4.17	6.07	15.20	178.00
<i>Totals for Snack 1</i>				5.04	19.20	15.36	229.66

Lunch

6	3.0	1 spear, large (7-1/4" to 8-1/2")	Asparagus, raw	1.32	2.33	0.07	12.00
6	1.0	0.5 cup, chopped or diced	Broccoli, raw	1.24	2.92	0.16	14.96
1	1.0	cup	Milk, Almond	1.00	8.00	2.50	60.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
<i>Totals for Lunch</i>				15.88	44.59	4.86	263.16

Snack 2

6	2.0	medium	Carrots - baby, raw	0.20	1.60	0.20	8.00
3	1.0	each	Celery - raw stalk trimmed	0.50	2.00	0.00	10.00
6	0.5	1 cup	Parsley, fresh	0.89	1.90	0.24	10.80
<i>Totals for Snack 2</i>				1.59	5.50	0.44	28.80

Dinner

6	4.0	1 spear, medium (5-1/4" to 7" long)	Asparagus, raw	1.41	2.48	0.08	12.80
6	2.0	0.5 cup, chopped or diced	Broccoli, raw	2.48	5.84	0.33	29.92
7	1.0	1 wedge yields	Lemon juice, raw	0.02	0.41	0.01	1.30
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
0	4.0	ounce(s)	Tofu - soybean curd cake	9.20	2.00	5.60	88.00
<i>Totals for Dinner</i>				25.43	42.07	15.15	373.22
Totals For 1200 Calories 21 Day Detox Veggie for Women - Day 14				65.94	134.81	49.14	1172.17

1200 Calories 21 Day Detox Veggie for Women - Day 15

Breakfast

15	1.0	0.5 cup (1 NLEA serving)	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	4.07	23.01	1.52	80.60
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
7	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
<i>Totals for Breakfast</i>				13.49	46.58	2.38	215.24

Snack 1

5	1.0	1 oz	Cheese, low fat, cheddar or colby	6.90	0.54	1.98	49.05
3	2.0	each	Wasa Crackers, light rye	2.00	14.00	0.00	60.00
<i>Totals for Snack 1</i>				8.90	14.54	1.98	109.05

Lunch

3	4.0	each	Celery - raw stalk trimmed	2.00	8.00	0.00	40.00
0	2.0	1 slice (6-1/4" x 4" x 1/16")	Ham, sliced, packaged (96% fat free, water added)	9.46	0.54	1.90	57.12
6	1.0	1 leaf	Lettuce, green leaf, raw	0.14	0.29	0.02	1.50
0	1.0	1 teaspoon or 1 packet	Mustard, prepared, yellow	0.19	0.29	0.17	3.00
6	0.5	cup	Pepper - sweet bell, all colors, chopped,	0.60	4.60	0.10	19.00
6	0.5	1/2 cup	tomato, diced	0.38	2.09	0.15	9.50
<i>Totals for Lunch</i>				12.77	15.81	2.34	130.12

Snack 2

7	12.0	each	Cherries, sweet, medium	0.96	13.56	0.84	60.00
5	1.0	cup	Non-fat yogurt-artificially sweetened	10.60	19.30	0.39	121.00
<i>Totals for Snack 2</i>				11.56	32.86	1.23	181.00

Dinner

6	1.0	1 cup flowerets	Broccoli, flower clusters, raw	2.12	3.72	0.25	19.88
1	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
6	1.0	0.5 cup pieces	Mushrooms, white, raw	1.08	1.14	0.12	7.70
23	1.0	1 tablespoon	Oil, peanut, salad or cooking	0.00	0.00	13.50	119.34
6	2.0	tablespoon	Onion - chopped	0.20	1.80	0.00	8.00
6	0.5	cup	Pepper - sweet bell, all colors, chopped,	0.60	4.60	0.10	19.00
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
21	2.0	tablespoon	Soy sauce - Kikkoman 'Lite'	0.00	2.60	0.00	22.00
<i>Totals for Dinner</i>				26.02	36.25	16.05	397.15

Snack 3

7	0.5	1 cup, halves	Apricots, dried, sulfured, stewed, without added sugar	1.50	27.69	0.23	106.25
4	25.0	1 peanut	Peanuts, all types, dry-roasted, without salt	6.09	5.32	12.41	146.75
<i>Totals for Snack 3</i>				7.59	33.01	12.64	253.00

<i>Totals For 1200 Calories 21 Day Detox Veggie for Women - Day 15</i>				80.33	179.05	36.62	1285.56
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1200 Calories 21 Day Detox Veggie for Women - Day 16

Breakfast

16	1.0	1 slice (5" x 4" x 3/8")	Bread, pumpernickel, toasted	2.76	15.14	0.99	79.75
5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
7	0.5	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	46.00
5	0.8	cup	Milk - skim, no fat	6.30	8.92	0.30	64.50
14	0.5	1 tablespoon	Nuts, almond butter, plain, without salt added	1.68	1.51	4.44	49.12
Totals for Breakfast				17.63	38.03	11.13	316.87

Snack 1

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	0.5	1 cup, slices	Peaches, raw	0.77	8.11	0.21	33.15
Totals for Snack 1				14.77	11.21	1.36	115.15

Lunch

0	1.0	1 teaspoon or 1 packet	Mustard, prepared, yellow	0.19	0.29	0.17	3.00
0	0.8	1 cup (8 fl oz)	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	4.63	16.65	2.42	102.30
6	1.0	1 leaf	Spinach, raw	0.29	0.36	0.04	2.30
6	0.5	1/2 cup	tomato, diced	0.38	2.09	0.15	9.50
3	1.0	each	Tortilla 99% fat free, whole wheat, flour	2.00	12.00	0.00	60.00
1	3.0	ounce(s)	Turkey Breast / White Meat	25.50	0.00	0.60	114.00
Totals for Lunch				32.99	31.39	3.38	291.10

Snack 2

9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
5	0.5	cup	Non-fat yogurt-artificially sweetened	5.30	9.65	0.20	60.50
Totals for Snack 2				5.60	30.65	0.70	141.50

Dinner

6	2.0	0.5 cup (1" pieces)	Cauliflower, cooked, boiled, drained, without salt	2.28	5.10	0.56	28.52
0	0.2	tablespoon	Garlic powder	0.21	0.92	0.02	4.20
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
23	0.5	1 tablespoon	Salad dressing, home recipe, vinegar and oil	0.00	0.20	4.01	35.92
1	3.0	ounce(s)	Salmon - broiled	18.81	0.00	10.50	174.00
6	1.0	1 cup	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	1.02	10.01	0.40	41.85
6	0.3	1 cup	Tomato sauce, canned, no salt added	0.74	3.25	0.18	14.70
Totals for Dinner				26.51	28.37	15.86	343.19

Snack 3

3	4.0	each	Celery - raw stalk trimmed	2.00	8.00	0.00	40.00
5	1.0	1 tablespoon	Cheese, cream, low fat	1.18	1.22	2.29	30.15
Totals for Snack 3				3.18	9.22	2.29	70.15
Totals For 1200 Calories 21 Day Detox Veggie for Women - Day 16				100.68	148.87	34.72	1277.96

Breakfast

15	1.0	0.5 cup (1 NLEA serving)	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	4.07	23.01	1.52	80.60
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
7	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
Totals for Breakfast				13.49	46.58	2.38	215.24

Snack 1

14	15.0	1 almond	Nuts, almonds	3.81	3.88	8.99	104.22
Totals for Snack 1				3.81	3.88	8.99	104.22

Lunch

6	0.5	1 cup flowerets	Broccoli, flower clusters, raw	1.06	1.86	0.12	9.94
5	0.3	1 cup, shredded	Cheese, low fat, cheddar or colby	6.88	0.54	1.98	48.87
4	0.5	1 cup	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	7.27	22.48	2.12	134.48
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
23	1.0	1 tablespoon	Salad dressing, home recipe, vinegar and oil	0.00	0.40	8.02	71.84
8	2.0	ounce(s)	Tuna Solid White -Water Sm. can	15.00	1.00	1.00	70.00
Totals for Lunch				32.81	45.28	14.04	433.13

Snack 2

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	12.0	each	Grapes - American	0.24	4.92	0.00	24.00
Totals for Snack 2				14.24	8.02	1.15	106.00

Dinner

19	3.0	ounce(s)	Pork - broiled, chopped, trimmed,center loin	25.68	0.00	6.90	171.00
6	1.0	1 cup	Spinach, cooked, boiled, drained, without salt	5.35	6.75	0.47	41.40
6	2.0	0.5 cup, cubes	Yam, cooked, boiled, drained, or baked, without salt	2.03	37.37	0.19	157.76
Totals for Dinner				33.06	44.12	7.56	370.16

Snack 3

7	1.0	each	Pear -medium w/peel	0.70	25.10	0.00	98.00
Totals for Snack 3				0.70	25.10	0.00	98.00
Totals For 1200 Calories 21 Day Detox Veggie for Women - Day 17				98.11	172.98	34.12	1326.75

1200 Calories 21 Day Detox Veggie for Women - Day 18

Breakfast

7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
15	1.0	1/2 cup	Cereal, oats, old fashioned, dry	5.00	27.00	3.00	150.00
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
<i>Totals for Breakfast</i>				<i>9.75</i>	<i>43.67</i>	<i>3.44</i>	<i>235.18</i>

Snack 1

5	0.5	cup	Non-fat yogurt-artificially sweetened	5.30	9.65	0.20	60.50
14	5.0	1 almond	Nuts, almonds	1.27	1.29	3.00	34.74
<i>Totals for Snack 1</i>				<i>6.57</i>	<i>10.94</i>	<i>3.20</i>	<i>95.24</i>

Lunch

5	1.0	1 slice (1 oz)	Cheese, swiss, low fat	7.95	0.95	1.43	50.12
0	2.0	1 slice (6-1/4" x 4" x 1/16")	Ham, sliced, packaged (96% fat free, water added)	9.46	0.54	1.90	57.12
0	1.0	1 teaspoon or 1 packet	Mustard, prepared, yellow	0.19	0.29	0.17	3.00
0	0.5	1 cup (8 fl oz)	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	3.09	11.10	1.61	68.20
6	2.0	1 leaf	Spinach, raw	0.57	0.73	0.08	4.60
6	1.0	1 slice, medium (1/4" thick)	Tomatoes, red, ripe, raw, June thru October average	0.17	0.93	0.07	4.20
3	1.0	each	Tortilla 99% fat free, whole wheat, flour	2.00	12.00	0.00	60.00
<i>Totals for Lunch</i>				<i>23.43</i>	<i>26.54</i>	<i>5.26</i>	<i>247.24</i>

Snack 2

4	0.5	1 cup	Hummus, home prepared	5.98	24.75	10.57	217.71
3	2.0	each	Wasa Crackers, light rye	2.00	14.00	0.00	60.00
<i>Totals for Snack 2</i>				<i>7.98</i>	<i>38.75</i>	<i>10.57</i>	<i>277.71</i>

Dinner

6	1.0	0.5 cup	Asparagus, cooked, boiled, drained	2.16	3.70	0.20	19.80
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
6	1.0	0.5 cup pieces	Mushrooms, white, raw	1.08	1.14	0.12	7.70
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
6	1.0	tablespoon	Onion - chopped	0.10	0.90	0.00	4.00
23	1.0	1 tablespoon	Salad dressing, home recipe, vinegar and oil	0.00	0.40	8.02	71.84
19	3.0	ounce(s)	Sirloin Top - fat trimmed off	25.80	0.00	5.79	162.00
<i>Totals for Dinner</i>				<i>32.59</i>	<i>15.03</i>	<i>21.32</i>	<i>374.34</i>

Snack 3

7	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
<i>Totals for Snack 3</i>				<i>1.02</i>	<i>11.67</i>	<i>0.46</i>	<i>48.64</i>
<i>Totals For 1200 Calories 21 Day Detox Veggie for Women - Day 18</i>				<i>81.34</i>	<i>146.60</i>	<i>44.25</i>	<i>1278.35</i>

Breakfast

16	1.0	1 slice (5" x 4" x 3/8")	Bread, pumpernickel, toasted	2.76	15.14	0.99	79.75
1	3.0	each	Egg Whites - scrambled/boiled	10.50	0.90	0.00	51.00
14	0.5	1 tablespoon	Nuts, almond butter, plain, without salt added	1.68	1.51	4.44	49.12
7	0.5	1 cup, slices	Peaches, raw	0.77	8.11	0.21	33.15
Totals for Breakfast				15.71	25.66	5.64	213.02

Snack 1

5	0.5	cup	Non-fat yogurt-artificially sweetened	5.30	9.65	0.20	60.50
14	0.8	1 cup, in shell, edible yield (7 nuts)	Nuts, walnuts, english	3.20	2.88	13.69	137.34
Totals for Snack 1				8.50	12.53	13.89	197.84

Lunch

5	1.0	1 slice (1 oz)	Cheese, swiss, low fat	7.95	0.95	1.43	50.12
6	1.0	cup	Cucumber - raw, slices	0.80	2.80	0.00	14.00
6	1.0	1 leaf	Lettuce, green leaf, raw	0.14	0.29	0.02	1.50
0	1.0	1 teaspoon or 1 packet	Mustard, prepared, yellow	0.19	0.29	0.17	3.00
6	1.0	1 slice, medium (1/4" thick)	Tomatoes, red, ripe, raw, June thru October average	0.17	0.93	0.07	4.20
1	3.0	ounce(s)	Turkey, ground, extra lean	19.50	0.00	1.13	84.00
Totals for Lunch				28.75	5.26	2.82	156.82

Snack 2

7	0.5	1 cup, halves	Apricots, dried, sulfured, stewed, without added sugar	1.50	27.69	0.23	106.25
3	2.0	each	Wasa Crackers, light rye	2.00	14.00	0.00	60.00
Totals for Snack 2				3.50	41.69	0.23	166.25

Dinner

1	3.0	ounce(s)	Halibut - broiled	22.50	0.00	3.00	120.00
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
17	1.0	cup	Spaghetti - whole wheat, cooked, Health Valley	9.00	40.00	1.00	170.00
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
6	2.0	1/2 cup	zucchini, boiled, drained	1.15	7.07	0.09	28.80
Totals for Dinner				33.41	51.25	11.39	402.80

Snack 3

7	1.0	each	Pear -medium w/peel	0.70	25.10	0.00	98.00
5	6.0	ounce(s)	Soy Milk, fat-free w/ calcium	4.50	6.00	0.00	45.00
Totals for Snack 3				5.20	31.10	0.00	143.00
Totals For 1200 Calories 21 Day Detox Veggie for Women - Day 19				95.07	167.49	33.97	1279.73

1200 Calories 21 Day Detox Veggie for Women - Day 20

Breakfast

15	1.0	1/2 cup	Cereal, oats, old fashioned, dry	5.00	27.00	3.00	150.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
7	0.5	1 cup, slices	Peaches, raw	0.77	8.11	0.21	33.15
Totals for Breakfast				14.17	47.01	3.61	269.15

Snack 1

7	10.0	each	Cherries, sweet, medium	0.80	11.30	0.70	50.00
5	0.5	cup	Non-fat yogurt-artificially sweetened	5.30	9.65	0.20	60.50
Totals for Snack 1				6.10	20.95	0.90	110.50

Lunch

7	0.3	1 cup, sliced	Avocados, raw, all commercial varieties	0.73	3.11	5.35	58.40
5	0.3	1 cup, shredded	Cheese, low fat, cheddar or colby	6.88	0.54	1.98	48.87
5	1.0	1 tablespoon	Cream, sour, reduced fat, cultured	0.44	0.64	1.80	20.25
6	1.0	tablespoon	Onion - chopped	0.10	0.90	0.00	4.00
4	1.0	1/2 cup	refried beans, Amy's Organic Traditional Refried Beans	7.00	21.00	3.00	140.00
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
3	1.0	each	Tortilla 99% fat free, whole wheat, flour	2.00	12.00	0.00	60.00
Totals for Lunch				17.91	42.37	12.43	350.52

Snack 2

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	2.0	each	Plum - fresh, 2.25" diam	1.00	17.20	0.80	72.00
Totals for Snack 2				15.00	20.30	1.95	154.00

Dinner

1	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
23	1.0	1 tablespoon	Salad dressing, home recipe, vinegar and oil	0.00	0.40	8.02	71.84
6	1.0	1 cup	Spinach, cooked, boiled, drained, without salt	5.35	6.75	0.47	41.40
6	1.0	0.5 cup, cubes	Yam, cooked, boiled, drained, or baked, without salt	1.01	18.69	0.10	78.88
Totals for Dinner				29.31	34.73	9.98	329.12

Snack 3

4	15.0	1 peanut	Peanuts, all types, dry-roasted, without salt	3.65	3.19	7.45	88.05
Totals for Snack 3				3.65	3.19	7.45	88.05

Totals For 1200 Calories 21 Day Detox Veggie for Women - Day 20				86.14	168.55	36.32	1301.34
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1200 Calories 21 Day Detox Veggie for Women - Day 21

Breakfast

15	1.0	0.5 cup (1 NLEA serving)	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	4.07	23.01	1.52	80.60
7	0.5	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	46.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
<i>Totals for Breakfast</i>				<i>13.07</i>	<i>46.81</i>	<i>2.02</i>	<i>212.60</i>

Snack 1

5	0.5	cup	Non-fat yogurt-artificially sweetened	5.30	9.65	0.20	60.50
7	1.0	each	Plum - fresh, 2.25" diam	0.50	8.60	0.40	36.00
<i>Totals for Snack 1</i>				<i>5.80</i>	<i>18.25</i>	<i>0.60</i>	<i>96.50</i>

Lunch

6	0.5	1 cup flowerets	Broccoli, flower clusters, raw	1.06	1.86	0.12	9.94
5	0.3	1 cup, shredded	Cheese, low fat, cheddar or colby	6.88	0.54	1.98	48.87
6	0.5	cup	Cucumber - raw, slices	0.40	1.40	0.00	7.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
23	1.0	1 tablespoon	Salad dressing, home recipe, vinegar and oil	0.00	0.40	8.02	71.84
1	2.0	ounce(s)	Turkey Breast / White Meat	17.00	0.00	0.40	76.00
3	2.0	each	Wasa Crackers, light rye	2.00	14.00	0.00	60.00
<i>Totals for Lunch</i>				<i>29.94</i>	<i>37.20</i>	<i>11.32</i>	<i>371.65</i>

Snack 2

7	15.0	each	Grapes - American	0.30	6.15	0.00	30.00
<i>Totals for Snack 2</i>				<i>0.30</i>	<i>6.15</i>	<i>0.00</i>	<i>30.00</i>

Dinner

6	2.0	0.5 cup	Asparagus, cooked, boiled, drained	4.32	7.40	0.40	39.60
18	1.3	3 oz	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	29.77	0.00	13.81	251.81
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
23	1.0	1 tablespoon	Salad dressing, home recipe, vinegar and oil	0.00	0.40	8.02	71.84
<i>Totals for Dinner</i>				<i>40.06</i>	<i>39.08</i>	<i>23.30</i>	<i>515.48</i>

Snack 3

7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
5	6.0	ounce(s)	Soy Milk, fat-free w/ calcium	4.50	6.00	0.00	45.00
<i>Totals for Snack 3</i>				<i>5.05</i>	<i>16.72</i>	<i>0.24</i>	<i>87.18</i>
<i>Totals For 1200 Calories 21 Day Detox Veggie for Women - Day 21</i>				<i>94.22</i>	<i>164.21</i>	<i>37.48</i>	<i>1313.41</i>