



## Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>1200 Calories 21 Day Detox Fruit for Women - Day 01</b>							
<b>Breakfast</b>							
7	1.0	1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
8	3.0	each	Egg - boiled white only	10.50	0.90	0.00	51.00
7	0.5	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Breakfast</i>				<b>13.01</b>	<b>21.29</b>	<b>0.94</b>	<b>139.61</b>
<b>Snack 1</b>							
7	0.5	1 cup	Apricots, dehydrated (low-moisture), sulfured, stewed	2.40	40.61	0.30	156.87
14	20.0	1 almond	Nuts, almonds	5.08	5.17	11.98	138.96
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Snack 1</i>				<b>7.48</b>	<b>46.49</b>	<b>12.28</b>	<b>298.20</b>
<b>Lunch</b>							
10	0.5	each	Apple - medium with peel	0.15	10.50	0.25	40.50
7	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
6	1.0	1 cup, shredded	Lettuce, red leaf, raw	0.37	0.63	0.06	4.48
14	1.0	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
7	1.0	cup	Strawberries	1.00	9.00	0.00	60.00
<i>Totals for Lunch</i>				<b>4.91</b>	<b>50.30</b>	<b>5.97</b>	<b>274.06</b>
<b>Snack 2</b>							
1	1.0	each	Egg Whites - scrambled/boiled	3.50	0.30	0.00	17.00
3	2.0	each	Wasa Crackers, light rye	2.00	14.00	0.00	60.00
<i>Totals for Snack 2</i>				<b>5.50</b>	<b>14.30</b>	<b>0.00</b>	<b>77.00</b>
<b>Dinner</b>							
7	1.0	0.333 cup	Cranberries, dried, sweetened	0.03	32.94	0.55	123.20
6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
23	1.0	tablespoon	Olive oil - pure	0.00	0.00	14.00	130.00
4	1.0	ounce(s)	Walnuts, dried	4.17	6.07	15.20	178.00
<i>Totals for Dinner</i>				<b>5.93</b>	<b>43.45</b>	<b>29.85</b>	<b>453.20</b>
<b>Totals For 1200 Calories 21 Day Detox Fruit for Women - Day 01</b>				<b>36.83</b>	<b>175.83</b>	<b>49.04</b>	<b>1242.07</b>

1200 Calories 21 Day Detox Fruit for Women - Day 02

Breakfast

8	2.0	each	Egg - boiled white only	7.00	0.60	0.00	34.00
7	2.0	1 cup, balls	Melons, cantaloupe, raw	2.97	28.89	0.67	120.36
0	1.0	1 cup (8 fl oz)	Tea, herb, other than chamomile, brewed	0.00	0.47	0.00	2.37
0	16.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
Totals for Breakfast				9.97	29.96	0.67	156.73

Snack 1

14	20.0	1 almond	Nuts, almonds	5.08	5.17	11.98	138.96
7	0.5	1 cup, slices	Peaches, raw	0.77	8.11	0.21	33.15
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Snack 1				5.85	13.99	12.19	174.48

Lunch

7	1.0	1 cup, sliced	Mangos, raw	1.35	24.72	0.63	99.00
7	1.0	medium	Papaya - medium, raw, 3.5" diam.	1.90	29.80	0.40	119.00
7	2.0	slice	Pineapple - frsh, slice approx 3.5"	0.60	20.80	0.80	82.00
14	1.0	1 oz	Seeds, sunflower seed kernels, dry roasted, without salt	5.48	6.82	14.12	165.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
Totals for Lunch				19.05	94.48	17.28	543.20

Snack 2

6	2.0	1 beet (2" dia)	Beets, raw	2.64	15.68	0.28	70.52
9	10.0	each	Grapes - American	0.20	4.10	0.10	20.00
Totals for Snack 2				2.84	19.78	0.38	90.52

Dinner

7	1.0	1 cup	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	0.25	28.02	0.32	114.08
7	1.0	1 cup	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	0.94	37.37	0.33	151.80
0	1.0	1/2 cup	Ice cubes	0.00	0.00	0.00	0.00
7	1.0	each	Plum - fresh, 2.25" diam	0.50	8.60	0.40	36.00
Totals for Dinner				1.69	73.99	1.05	301.88
Totals For 1200 Calories 21 Day Detox Fruit for Women - Day 02				39.40	232.20	31.57	1266.81

Breakfast

7	0.5	1 cup	Blackberries, raw	1.00	6.92	0.35	30.96
8	3.0	each	Egg - boiled white only	10.50	0.90	0.00	51.00
1	1.0	each	Egg whole w/ yolk	6.70	1.30	7.30	100.00
14	1.0	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
7	0.3	1 cup, halves	Strawberries, raw	0.25	2.92	0.11	12.16
Totals for Breakfast				20.64	15.51	12.82	258.20

Snack 1

9	20.0	each	Grapes - American	0.40	8.20	0.20	40.00
14	15.0	1 almond	Nuts, almonds	3.81	3.88	8.99	104.22
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Snack 1				4.21	12.79	9.19	146.59

Lunch

7	1.0	1 cup	Prunes, dehydrated (low-moisture), stewed	3.44	83.16	0.67	316.40
4	1.0	ounce(s)	Walnuts, dried	4.17	6.07	15.20	178.00
Totals for Lunch				7.61	89.23	15.87	494.40

Snack 2

6	2.0	1 beet (2" dia)	Beets, raw	2.64	15.68	0.28	70.52
Totals for Snack 2				2.64	15.68	0.28	70.52

Dinner

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
14	1.0	ounce(s)	Cashews - roasted, lightly salted Planters	5.00	9.00	13.00	160.00
7	0.5	cup	Grapes, Concord	0.00	7.90	0.15	31.00
0	1.0	1 cup (8 fl oz)	Tea, herb, chamomile, brewed	0.00	0.47	0.00	2.37
Totals for Dinner				5.30	38.37	13.65	274.37
Totals For 1200 Calories 21 Day Detox Fruit for Women - Day 03				40.40	171.58	51.81	1244.08

Breakfast

7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
15	0.5	1 cup	Cereals ready-to-eat, corn flakes, low sodium	0.96	11.10	0.04	49.88
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
Totals for Breakfast				14.20	26.19	5.34	207.14

Snack 1

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
14	0.8	ounce(s)	Cashews - roasted, lightly salted Planters	3.75	6.75	9.75	120.00
0	1.0	each	Cleansing Beverage, 8oz water, 1 tblsp applecider vinegar, 1 tblsp Metamucil, 1 tsp coconut oil	0.00	12.14	4.48	87.73
Totals for Snack 1				4.05	39.89	14.73	288.73

Lunch

7	0.5	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	46.00
14	25.0	1 almond	Nuts, almonds	6.34	6.46	14.98	173.70
Totals for Lunch				6.94	18.36	15.08	219.70

Snack 2

0	1.0	each	Cleansing Beverage, 8oz water, 1 tblsp applecider vinegar, 1 tblsp Metamucil, 1 tsp coconut oil	0.00	12.14	4.48	87.73
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	0.5	ounce(s)	Walnuts, dried	2.09	3.04	7.60	89.00
Totals for Snack 2				7.60	31.44	24.12	357.55

Dinner

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
8	3.0	each	Egg - boiled white only	10.50	0.90	0.00	51.00
7	1.0	cup	Grapes, Concord	0.00	15.80	0.30	62.00
0	1.0	1 cup (8 fl oz)	Tea, herb, chamomile, brewed	0.00	0.47	0.00	2.37
Totals for Dinner				10.80	38.17	0.80	196.37
Totals For 1200 Calories 21 Day Detox Fruit for Women - Day 04				43.59	154.05	60.07	1269.49

Breakfast

7	1.0	1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
8	3.0	each	Egg - boiled white only	10.50	0.90	0.00	51.00
7	0.5	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Breakfast				13.01	21.29	0.94	139.61

Snack 1

7	0.5	1 cup	Apricots, dehydrated (low-moisture), sulfured, stewed	2.40	40.61	0.30	156.87
14	20.0	1 almond	Nuts, almonds	5.08	5.17	11.98	138.96
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Snack 1				7.48	46.49	12.28	298.20

Lunch

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
6	1.0	1 cup, shredded	Lettuce, red leaf, raw	0.37	0.63	0.06	4.48
14	10.0	1 almond	Nuts, almonds	2.54	2.59	5.99	69.48
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
14	1.0	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
Totals for Lunch				5.40	29.69	18.61	294.04

Snack 2

1	2.0	each	Egg Whites - scrambled/boiled	7.00	0.60	0.00	34.00
3	2.0	each	Wasa Crackers, light rye	2.00	14.00	0.00	60.00
Totals for Snack 2				9.00	14.60	0.00	94.00

Dinner

7	1.0	0.333 cup	Cranberries, dried, sweetened	0.03	32.94	0.55	123.20
6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
23	1.0	tablespoon	Olive oil - pure	0.00	0.00	14.00	130.00
4	1.0	ounce(s)	Walnuts, dried	4.17	6.07	15.20	178.00
Totals for Dinner				5.93	43.45	29.85	453.20
Totals For 1200 Calories 21 Day Detox Fruit for Women - Day 05				40.82	155.52	61.68	1279.05

Breakfast

7	1.0	1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
8	3.0	each	Egg - boiled white only	10.50	0.90	0.00	51.00
7	0.5	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Breakfast				13.01	21.29	0.94	139.61

Snack 1

7	0.5	1 cup	Apricots, dehydrated (low-moisture), sulfured, stewed	2.40	40.61	0.30	156.87
14	20.0	1 almond	Nuts, almonds	5.08	5.17	11.98	138.96
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Snack 1				7.48	46.49	12.28	298.20

Lunch

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
6	1.0	1 cup, shredded	Lettuce, red leaf, raw	0.37	0.63	0.06	4.48
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
14	1.0	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
7	1.0	cup	Strawberries	1.00	9.00	0.00	60.00
Totals for Lunch				3.86	36.10	12.62	284.56

Snack 2

1	3.0	each	Egg Whites - scrambled/boiled	10.50	0.90	0.00	51.00
3	2.0	each	Wasa Crackers, light rye	2.00	14.00	0.00	60.00
Totals for Snack 2				12.50	14.90	0.00	111.00

Dinner

7	1.0	0.333 cup	Cranberries, dried, sweetened	0.03	32.94	0.55	123.20
6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
23	1.0	tablespoon	Olive oil - pure	0.00	0.00	14.00	130.00
4	1.0	ounce(s)	Walnuts, dried	4.17	6.07	15.20	178.00
Totals for Dinner				5.93	43.45	29.85	453.20
Totals For 1200 Calories 21 Day Detox Fruit for Women - Day 06				42.78	162.23	55.69	1286.57

1200 Calories 21 Day Detox Fruit for Women - Day 07

Breakfast

7	0.5	1 cup	Blackberries, raw	1.00	6.92	0.35	30.96
8	3.0	each	Egg - boiled white only	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	0.3	1 cup, halves	Strawberries, raw	0.25	2.92	0.11	12.16
Totals for Breakfast				18.45	12.04	7.76	194.12

Snack 1

9	20.0	each	Grapes - American	0.40	8.20	0.20	40.00
14	25.0	1 almond	Nuts, almonds	6.34	6.46	14.98	173.70
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Snack 1				6.74	15.37	15.18	216.07

Lunch

6	2.0	1 cup, shredded	Lettuce, green leaf, raw	0.98	2.07	0.11	10.80
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
7	1.0	1 cup	Prunes, dehydrated (low-moisture), stewed	3.44	83.16	0.67	316.40
4	0.5	ounce(s)	Walnuts, dried	2.09	3.04	7.60	89.00
Totals for Lunch				6.51	88.27	15.38	481.20

Snack 2

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 2				2.30	24.00	9.50	182.00

Dinner

20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
14	0.5	ounce(s)	Cashews - roasted, lightly salted Planters	2.50	4.50	6.50	80.00
7	1.0	cup	Grapes, Concord	0.00	15.80	0.30	62.00
6	2.0	1 inner leaf	Lettuce, cos or romaine, raw	0.25	0.66	0.06	3.40
0	1.0	1 cup (8 fl oz)	Tea, herb, chamomile, brewed	0.00	0.47	0.00	2.37
Totals for Dinner				2.75	23.43	6.86	157.77
Totals For 1200 Calories 21 Day Detox Fruit for Women - Day 07				36.75	163.11	54.68	1231.16

1200 Calories 21 Day Detox Fruit for Women - Day 08

Breakfast

7	1.0	1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
8	3.0	each	Egg - boiled white only	10.50	0.90	0.00	51.00
7	0.5	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Breakfast				13.01	21.29	0.94	139.61

Snack 1

7	0.5	1 cup	Apricots, dehydrated (low-moisture), sulfured, stewed	2.40	40.61	0.30	156.87
14	20.0	1 almond	Nuts, almonds	5.08	5.17	11.98	138.96
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Snack 1				7.48	46.49	12.28	298.20

Lunch

10	0.5	each	Apple - medium with peel	0.15	10.50	0.25	40.50
7	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
6	1.0	1 cup, shredded	Lettuce, red leaf, raw	0.37	0.63	0.06	4.48
14	1.0	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
7	1.0	cup	Strawberries	1.00	9.00	0.00	60.00
Totals for Lunch				4.91	50.30	5.97	274.06

Snack 2

1	1.0	each	Egg Whites - scrambled/boiled	3.50	0.30	0.00	17.00
3	2.0	each	Wasa Crackers, light rye	2.00	14.00	0.00	60.00
Totals for Snack 2				5.50	14.30	0.00	77.00

Dinner

7	1.0	0.333 cup	Cranberries, dried, sweetened	0.03	32.94	0.55	123.20
6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
23	1.0	tablespoon	Olive oil - pure	0.00	0.00	14.00	130.00
4	1.0	ounce(s)	Walnuts, dried	4.17	6.07	15.20	178.00
Totals for Dinner				5.93	43.45	29.85	453.20
Totals For 1200 Calories 21 Day Detox Fruit for Women - Day 08				36.83	175.83	49.04	1242.07



Breakfast

8	2.0	each	Egg - boiled white only	7.00	0.60	0.00	34.00
7	2.0	1 cup, balls	Melons, cantaloupe, raw	2.97	28.89	0.67	120.36
0	1.0	1 cup (8 fl oz)	Tea, herb, other than chamomile, brewed	0.00	0.47	0.00	2.37
0	16.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
Totals for Breakfast				9.97	29.96	0.67	156.73

Snack 1

14	20.0	1 almond	Nuts, almonds	5.08	5.17	11.98	138.96
7	0.5	1 cup, slices	Peaches, raw	0.77	8.11	0.21	33.15
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Snack 1				5.85	13.99	12.19	174.48

Lunch

7	1.0	1 cup, sliced	Mangos, raw	1.35	24.72	0.63	99.00
7	1.0	medium	Papaya - medium, raw, 3.5" diam.	1.90	29.80	0.40	119.00
7	2.0	slice	Pineapple - frsh, slice approx 3.5"	0.60	20.80	0.80	82.00
14	1.0	1 oz	Seeds, sunflower seed kernels, dry roasted, without salt	5.48	6.82	14.12	165.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
Totals for Lunch				19.05	94.48	17.28	543.20

Snack 2

6	2.0	1 beet (2" dia)	Beets, raw	2.64	15.68	0.28	70.52
9	10.0	each	Grapes - American	0.20	4.10	0.10	20.00
Totals for Snack 2				2.84	19.78	0.38	90.52

Dinner

7	1.0	1 cup	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	0.25	28.02	0.32	114.08
7	1.0	1 cup	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	0.94	37.37	0.33	151.80
0	1.0	1/2 cup	Ice cubes	0.00	0.00	0.00	0.00
7	1.0	each	Plum - fresh, 2.25" diam	0.50	8.60	0.40	36.00
Totals for Dinner				1.69	73.99	1.05	301.88
Totals For 1200 Calories 21 Day Detox Fruit for Women - Day 09				39.40	232.20	31.57	1266.81

1200 Calories 21 Day Detox Fruit for Women - Day 10

Breakfast

7	0.5	1 cup	Blackberries, raw	1.00	6.92	0.35	30.96
8	3.0	each	Egg - boiled white only	10.50	0.90	0.00	51.00
1	1.0	each	Egg whole w/ yolk	6.70	1.30	7.30	100.00
14	1.0	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
7	0.3	1 cup, halves	Strawberries, raw	0.25	2.92	0.11	12.16
Totals for Breakfast				20.64	15.51	12.82	258.20

Snack 1

9	20.0	each	Grapes - American	0.40	8.20	0.20	40.00
14	15.0	1 almond	Nuts, almonds	3.81	3.88	8.99	104.22
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Snack 1				4.21	12.79	9.19	146.59

Lunch

7	1.0	1 cup	Prunes, dehydrated (low-moisture), stewed	3.44	83.16	0.67	316.40
4	1.0	ounce(s)	Walnuts, dried	4.17	6.07	15.20	178.00
Totals for Lunch				7.61	89.23	15.87	494.40

Snack 2

6	2.0	1 beet (2" dia)	Beets, raw	2.64	15.68	0.28	70.52
Totals for Snack 2				2.64	15.68	0.28	70.52

Dinner

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
14	1.0	ounce(s)	Cashews - roasted, lightly salted Planters	5.00	9.00	13.00	160.00
7	0.5	cup	Grapes, Concord	0.00	7.90	0.15	31.00
0	1.0	1 cup (8 fl oz)	Tea, herb, chamomile, brewed	0.00	0.47	0.00	2.37
Totals for Dinner				5.30	38.37	13.65	274.37
Totals For 1200 Calories 21 Day Detox Fruit for Women - Day 10				40.40	171.58	51.81	1244.08

1200 Calories 21 Day Detox Fruit for Women - Day 11

Breakfast

7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
15	0.5	1 cup	Cereals ready-to-eat, corn flakes, low sodium	0.96	11.10	0.04	49.88
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
Totals for Breakfast				14.20	26.19	5.34	207.14

Snack 1

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
14	0.8	ounce(s)	Cashews - roasted, lightly salted Planters	3.75	6.75	9.75	120.00
0	1.0	each	Cleansing Beverage, 8oz water, 1 tblsp apple cider vinegar, 1 tblsp Metamucil, 1 tsp coconut oil	0.00	12.14	4.48	87.73
Totals for Snack 1				4.05	39.89	14.73	288.73

Lunch

7	0.5	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	46.00
14	25.0	1 almond	Nuts, almonds	6.34	6.46	14.98	173.70
Totals for Lunch				6.94	18.36	15.08	219.70

Snack 2

0	1.0	each	Cleansing Beverage, 8oz water, 1 tblsp apple cider vinegar, 1 tblsp Metamucil, 1 tsp coconut oil	0.00	12.14	4.48	87.73
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	0.5	ounce(s)	Walnuts, dried	2.09	3.04	7.60	89.00
Totals for Snack 2				7.60	31.44	24.12	357.55

Dinner

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
8	3.0	each	Egg - boiled white only	10.50	0.90	0.00	51.00
7	1.0	cup	Grapes, Concord	0.00	15.80	0.30	62.00
0	1.0	1 cup (8 fl oz)	Tea, herb, chamomile, brewed	0.00	0.47	0.00	2.37
Totals for Dinner				10.80	38.17	0.80	196.37
Totals For 1200 Calories 21 Day Detox Fruit for Women - Day 11				43.59	154.05	60.07	1269.49

1200 Calories 21 Day Detox Fruit for Women - Day 12

Breakfast

7	1.0	1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
8	3.0	each	Egg - boiled white only	10.50	0.90	0.00	51.00
7	0.5	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Breakfast				13.01	21.29	0.94	139.61

Snack 1

7	0.5	1 cup	Apricots, dehydrated (low-moisture), sulfured, stewed	2.40	40.61	0.30	156.87
14	20.0	1 almond	Nuts, almonds	5.08	5.17	11.98	138.96
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Snack 1				7.48	46.49	12.28	298.20

Lunch

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
6	1.0	1 cup, shredded	Lettuce, red leaf, raw	0.37	0.63	0.06	4.48
14	10.0	1 almond	Nuts, almonds	2.54	2.59	5.99	69.48
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
14	1.0	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
Totals for Lunch				5.40	29.69	18.61	294.04

Snack 2

1	2.0	each	Egg Whites - scrambled/boiled	7.00	0.60	0.00	34.00
3	2.0	each	Wasa Crackers, light rye	2.00	14.00	0.00	60.00
Totals for Snack 2				9.00	14.60	0.00	94.00

Dinner

7	1.0	0.333 cup	Cranberries, dried, sweetened	0.03	32.94	0.55	123.20
6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
23	1.0	tablespoon	Olive oil - pure	0.00	0.00	14.00	130.00
4	1.0	ounce(s)	Walnuts, dried	4.17	6.07	15.20	178.00
Totals for Dinner				5.93	43.45	29.85	453.20
Totals For 1200 Calories 21 Day Detox Fruit for Women - Day 12				40.82	155.52	61.68	1279.05

1200 Calories 21 Day Detox Fruit for Women - Day 13

Breakfast

7	1.0	1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
8	3.0	each	Egg - boiled white only	10.50	0.90	0.00	51.00
7	0.5	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Breakfast				13.01	21.29	0.94	139.61

Snack 1

7	0.5	1 cup	Apricots, dehydrated (low-moisture), sulfured, stewed	2.40	40.61	0.30	156.87
14	20.0	1 almond	Nuts, almonds	5.08	5.17	11.98	138.96
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Snack 1				7.48	46.49	12.28	298.20

Lunch

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
6	1.0	1 cup, shredded	Lettuce, red leaf, raw	0.37	0.63	0.06	4.48
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
14	1.0	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
7	1.0	cup	Strawberries	1.00	9.00	0.00	60.00
Totals for Lunch				3.86	36.10	12.62	284.56

Snack 2

1	3.0	each	Egg Whites - scrambled/boiled	10.50	0.90	0.00	51.00
3	2.0	each	Wasa Crackers, light rye	2.00	14.00	0.00	60.00
Totals for Snack 2				12.50	14.90	0.00	111.00

Dinner

7	1.0	0.333 cup	Cranberries, dried, sweetened	0.03	32.94	0.55	123.20
6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
23	1.0	tablespoon	Olive oil - pure	0.00	0.00	14.00	130.00
4	1.0	ounce(s)	Walnuts, dried	4.17	6.07	15.20	178.00
Totals for Dinner				5.93	43.45	29.85	453.20
Totals For 1200 Calories 21 Day Detox Fruit for Women - Day 13				42.78	162.23	55.69	1286.57

1200 Calories 21 Day Detox Fruit for Women - Day 14

Breakfast

7	0.5	1 cup	Blackberries, raw	1.00	6.92	0.35	30.96
8	3.0	each	Egg - boiled white only	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	0.3	1 cup, halves	Strawberries, raw	0.25	2.92	0.11	12.16
Totals for Breakfast				18.45	12.04	7.76	194.12

Snack 1

9	20.0	each	Grapes - American	0.40	8.20	0.20	40.00
14	25.0	1 almond	Nuts, almonds	6.34	6.46	14.98	173.70
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals for Snack 1				6.74	15.37	15.18	216.07

Lunch

6	2.0	1 cup, shredded	Lettuce, green leaf, raw	0.98	2.07	0.11	10.80
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
7	1.0	1 cup	Prunes, dehydrated (low-moisture), stewed	3.44	83.16	0.67	316.40
4	0.5	ounce(s)	Walnuts, dried	2.09	3.04	7.60	89.00
Totals for Lunch				6.51	88.27	15.38	481.20

Snack 2

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 2				2.30	24.00	9.50	182.00

Dinner

20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
14	0.5	ounce(s)	Cashews - roasted, lightly salted Planters	2.50	4.50	6.50	80.00
7	1.0	cup	Grapes, Concord	0.00	15.80	0.30	62.00
6	2.0	1 inner leaf	Lettuce, cos or romaine, raw	0.25	0.66	0.06	3.40
0	1.0	1 cup (8 fl oz)	Tea, herb, chamomile, brewed	0.00	0.47	0.00	2.37
Totals for Dinner				2.75	23.43	6.86	157.77
Totals For 1200 Calories 21 Day Detox Fruit for Women - Day 14				36.75	163.11	54.68	1231.16

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

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
Totals for Snack 1				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
Totals for Lunch				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
Totals for Snack 2				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
Totals for Dinner				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
Totals for Snack 3				7.59	33.01	12.64	253.00
Totals For 1200 Calories 21 Day Detox Fruit for Women - Day 15				80.33	179.05	36.62	1285.56

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 Fruit for Women - Day 16				100.68	148.87	34.72	1277.96



1200 Calories 21 Day Detox Fruit for Women - Day 17

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 Fruit for Women - Day 17				98.11	172.98	34.12	1326.75

## 1200 Calories 21 Day Detox Fruit 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 Fruit for Women - Day 18</i>				<i>81.34</i>	<i>146.60</i>	<i>44.25</i>	<i>1278.35</i>

1200 Calories 21 Day Detox Fruit for Women - Day 19

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 Fruit for Women - Day 19				95.07	167.49	33.97	1279.73

1200 Calories 21 Day Detox Fruit 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 Fruit for Women - Day 20				86.14	168.55	36.32	1301.34
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## 1200 Calories 21 Day Detox Fruit 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 Fruit for Women - Day 21</i>				<i>94.22</i>	<i>164.21</i>	<i>37.48</i>	<i>1313.41</i>