



Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1200 Calories Detox w/Meat for Women - Day 01							
Breakfast							
15	1.0	0.75 cup	Cereals, CREAM OF RICE, cooked with water, without salt	1.65	20.86	0.18	95.16
1	1.0	cup	Milk, Almond	1.00	8.00	2.50	60.00
7	1.0	cup	Strawberries	1.00	9.00	0.00	60.00
0	8.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
<i>Totals for Breakfast</i>				3.65	37.86	2.68	215.16
Snack 1							
7	0.5	1 cup, unfrozen	Blueberries, raw	0.54	10.51	0.24	41.33
14	25.0	1 almond	Nuts, almonds	6.34	6.46	14.98	173.70
<i>Totals for Snack 1</i>				6.88	16.97	15.22	215.03
Lunch							
20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
11	3.0	ounce(s)	Chicken breast, organic	19.50	0.00	1.20	93.00
6	1.0	1 inner leaf	Lettuce, cos or romaine, raw	0.12	0.33	0.03	1.70
6	1.0	0.5 cup, shredded	Lettuce, green leaf, raw	0.38	0.80	0.04	4.20
7	0.5	1 cup	Raspberries, raw	0.74	7.34	0.40	31.98
6	0.5	cup	Split peas - boiled	9.50	23.90	0.40	134.00
6	1.0	small	Tomato - sm. w/peel, 2.5" diam.	1.00	5.70	0.40	26.00
<i>Totals for Lunch</i>				31.24	40.07	2.47	300.88
Snack 2							
10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
14	15.0	1 almond	Nuts, almonds	3.81	3.88	8.99	104.22
<i>Totals for Snack 2</i>				4.11	24.88	9.49	185.22
Dinner							
20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
3	2.0	spear	Broccoli	10.00	8.00	2.00	80.00
11	3.0	ounce(s)	Chicken breast, organic	19.50	0.00	1.20	93.00
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	8.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
<i>Totals for Dinner</i>				39.22	22.34	11.53	326.20
Totals For 1200 Calories Detox w/Meat for Women - Day 01				85.10	142.12	41.39	1242.49

Breakfast

15	1.0	0.75 cup (1 NLEA serving)	Cereals ready-to-eat, POST Bran Flakes	2.97	24.15	0.63	98.40
1	2.0	each	Egg Whites - scrambled/boiled	7.00	0.60	0.00	34.00
1	1.0	cup	Milk, Almond	1.00	8.00	2.50	60.00
7	0.5	cup	Strawberries	0.50	4.50	0.00	30.00
0	8.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
Totals for Breakfast				11.47	37.25	3.13	222.40

Snack 1

7	0.5	1 cup, unthawed	Blueberries, raw	0.54	10.51	0.24	41.33
4	0.5	ounce(s)	Walnuts, dried	2.09	3.04	7.60	89.00
Totals for Snack 1				2.63	13.55	7.84	130.33

Lunch

20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
11	4.0	ounce(s)	Chicken breast, organic	26.00	0.00	1.60	124.00
7	1.0	1 cup	Raspberries, raw	1.48	14.69	0.80	63.96
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
Totals for Lunch				30.08	35.69	3.20	295.96

Snack 2

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
14	15.0	1 almond	Nuts, almonds	3.81	3.88	8.99	104.22
Totals for Snack 2				4.11	24.88	9.49	185.22

Dinner

1	4.0	ounce(s)	Beef, organic, extra lean	25.00	2.00	3.00	130.00
23	1.0	tablespoon	Olive oil - pure	0.00	0.00	14.00	130.00
6	0.5	1 cup, chopped	Onions, raw	0.88	7.47	0.08	32.00
6	1.0	cup	Pepper - sweet bell, all colors, chopped,	1.20	9.20	0.20	38.00
0	1.0	1 tablespoon	Spices, allspice, ground	0.37	4.33	0.52	15.78
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
0	1.0	1 tablespoon	Vinegar, distilled	0.00	0.01	0.00	2.68
0	8.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
Totals for Dinner				37.17	35.35	19.13	426.66
Totals For 1200 Calories Detox w/Meat for Women - Day 02				85.46	146.72	42.79	1260.57

Breakfast

9	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
15	1.0	0.75 cup	Cereals, CREAM OF RICE, cooked with water, without salt	1.65	20.86	0.18	95.16
0	8.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
Totals for Breakfast				2.25	34.21	0.48	147.66

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

3	1.0	spear	Broccoli	5.00	4.00	1.00	40.00
11	3.0	ounce(s)	Chicken breast, organic	19.50	0.00	1.20	93.00
0	1.0	tablespoon	Garlic powder	1.40	6.10	0.10	28.00
7	12.0	each	Grapes - American	0.24	4.92	0.00	24.00
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
7	0.3	1 cup	Raspberries, raw	0.49	4.85	0.26	21.11
6	0.5	1 bunch	Spinach, raw	4.86	6.17	0.66	39.10
Totals for Lunch				40.49	46.84	3.62	364.21

Snack 2

7	0.3	1 cup, unthawed	Blueberries, raw	0.35	6.93	0.16	27.27
14	15.0	1 almond	Nuts, almonds	3.81	3.88	8.99	104.22
Totals for Snack 2				4.16	10.81	9.15	131.49

Dinner

3	2.0	spear	Broccoli	10.00	8.00	2.00	80.00
11	4.0	ounce(s)	Chicken breast, organic	26.00	0.00	1.60	124.00
23	1.0	tablespoon	Olive oil - pure	0.00	0.00	14.00	130.00
6	0.5	1 bunch	Spinach, raw	4.86	6.17	0.66	39.10
7	0.3	cup	Strawberries	0.25	2.25	0.00	15.00
0	8.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
Totals for Dinner				41.11	16.42	18.26	388.10
Totals For 1200 Calories Detox w/Meat for Women - Day 03				90.31	132.28	41.01	1213.46

Breakfast

15	1.0	0.75 cup (1 NLEA serving)	Cereals ready-to-eat, POST Bran Flakes	2.97	24.15	0.63	98.40
1	0.5	cup	Milk, Almond	0.50	4.00	1.25	30.00
0	8.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
Totals for Breakfast				3.47	28.15	1.88	128.40

Snack 1

21	0.5	tablespoon	Almond Butter	1.00	1.50	4.50	50.50
10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
Totals for Snack 1				1.30	22.50	5.00	131.50

Lunch

3	1.0	spear	Broccoli	5.00	4.00	1.00	40.00
10	0.5	cup	Brown rice - cooked	2.45	24.85	0.60	116.00
14	0.5	ounce(s)	Cashews - roasted, lightly salted Planters	2.50	4.50	6.50	80.00
11	5.0	ounce(s)	Chicken breast, organic	32.50	0.00	2.00	155.00
0	1.0	tablespoon	Garlic powder	1.40	6.10	0.10	28.00
6	1.0	tablespoon	Onion - chopped	0.10	0.90	0.00	4.00
6	0.5	1 bunch	Spinach, raw	4.86	6.17	0.66	39.10
Totals for Lunch				48.81	46.52	10.86	462.10

Snack 2

7	0.3	1 cup, unthawed	Blueberries, raw	0.27	5.25	0.12	20.66
14	20.0	1 almond	Nuts, almonds	5.08	5.17	11.98	138.96
Totals for Snack 2				5.35	10.42	12.10	159.62

Dinner

3	2.0	spear	Broccoli	10.00	8.00	2.00	80.00
10	0.5	cup	Lentil - boiled	8.90	19.90	0.40	115.00
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
7	0.3	cup	Strawberries	0.33	2.97	0.00	19.80
0	8.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
Totals for Dinner				28.95	43.21	10.73	358.00
Totals For 1200 Calories Detox w/Meat for Women - Day 04				87.88	150.80	40.57	1239.62

1200 Calories Detox w/Meat for Women - Day 05

Breakfast

7	1.0	1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
15	0.5	0.75 cup	Cereals, CREAM OF RICE, cooked with water, without salt	0.82	10.43	0.09	47.58
1	1.0	cup	Milk, Almond	1.00	8.00	2.50	60.00
0	8.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
Totals for Breakfast				3.82	32.27	3.30	169.50

Snack 1

21	1.0	tablespoon	Almond Butter	2.00	3.00	9.00	101.00
10	0.5	each	Apple - medium with peel	0.15	10.50	0.25	40.50
Totals for Snack 1				2.15	13.50	9.25	141.50

Lunch

3	1.0	spear	Broccoli	5.00	4.00	1.00	40.00
11	5.0	ounce(s)	Chicken breast, organic	32.50	0.00	2.00	155.00
0	1.0	tablespoon	Garlic powder	1.40	6.10	0.10	28.00
7	10.0	each	Grapes - American	0.20	4.10	0.00	20.00
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
6	0.5	1 bunch	Spinach, raw	4.86	6.17	0.66	39.10
Totals for Lunch				44.06	21.27	10.76	351.10

Snack 2

14	20.0	1 almond	Nuts, almonds	5.08	5.17	11.98	138.96
7	1.0	1 cup, sliced	Strawberries, raw	1.11	12.75	0.50	53.12
Totals for Snack 2				6.19	17.92	12.48	192.08

Dinner

10	0.5	cup	Brown rice - cooked	2.45	24.85	0.60	116.00
6	3.0	ounce(s)	Cauliflower - boiled, drained	1.56	3.90	0.15	21.00
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 tablespoon	Parsley, fresh	0.11	0.24	0.03	1.37
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
0	8.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
Totals for Dinner				22.84	62.13	2.51	335.57
Totals For 1200 Calories Detox w/Meat for Women - Day 05				79.06	147.09	38.30	1189.75

1200 Calories Detox w/Meat for Women - Day 06

Breakfast

7	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
4	0.3	ounce(s)	Walnuts, dried	1.38	2.00	5.02	58.74
0	8.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
<i>Totals for Breakfast</i>				<i>2.58</i>	<i>28.70</i>	<i>5.62</i>	<i>163.74</i>

Snack 1

21	0.5	tablespoon	Almond Butter	1.00	1.50	4.50	50.50
9	1.0	each	Rice cake - plain, unsalted, Quaker	0.80	7.20	0.30	35.00
<i>Totals for Snack 1</i>				<i>1.80</i>	<i>8.70</i>	<i>4.80</i>	<i>85.50</i>

Lunch

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
3	2.0	spear	Broccoli	10.00	8.00	2.00	80.00
11	4.0	ounce(s)	Chicken breast, organic	26.00	0.00	1.60	124.00
0	1.0	tablespoon	Garlic powder	1.40	6.10	0.10	28.00
7	15.0	each	Grapes - American	0.30	6.15	0.00	30.00
6	1.0	tablespoon	Onion - chopped	0.10	0.90	0.00	4.00
6	0.5	1 bunch	Spinach, raw	4.86	6.17	0.66	39.10
<i>Totals for Lunch</i>				<i>42.96</i>	<i>48.32</i>	<i>4.86</i>	<i>386.10</i>

Snack 2

7	0.3	1 cup, unthawed	Blueberries, raw	0.35	6.93	0.16	27.27
14	15.0	1 almond	Nuts, almonds	3.81	3.88	8.99	104.22
<i>Totals for Snack 2</i>				<i>4.16</i>	<i>10.81</i>	<i>9.15</i>	<i>131.49</i>

Dinner

3	2.0	spear	Broccoli	10.00	8.00	2.00	80.00
11	4.0	ounce(s)	Chicken breast, organic	26.00	0.00	1.60	124.00
23	1.0	tablespoon	Olive oil - pure	0.00	0.00	14.00	130.00
6	0.5	cup	Pepper - sweet bell, all colors, chopped,	0.60	4.60	0.10	19.00
7	1.0	slice	Pineapple - frsh, slice approx 3.5"	0.30	10.40	0.40	41.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
0	8.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
<i>Totals for Dinner</i>				<i>46.62</i>	<i>35.34</i>	<i>19.43</i>	<i>472.20</i>
Totals For 1200 Calories Detox w/Meat for Women - Day 06				98.12	131.87	43.86	1239.03

Breakfast

7	0.5	1 cup	Blackberries, raw	1.00	6.92	0.35	30.96
15	1.0	0.75 cup (1 NLEA serving)	Cereals ready-to-eat, POST Bran Flakes	2.97	24.15	0.63	98.40
1	1.0	cup	Milk, Almond	1.00	8.00	2.50	60.00
14	1.0	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
0	8.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
Totals for Breakfast				7.16	42.54	8.54	253.44

Snack 1

21	1.0	tablespoon	Almond Butter	2.00	3.00	9.00	101.00
9	1.0	each	Rice cake - plain, Quaker	0.80	7.10	0.30	35.00
Totals for Snack 1				2.80	10.10	9.30	136.00

Lunch

3	1.0	spear	Broccoli	5.00	4.00	1.00	40.00
10	0.5	cup	Brown rice - cooked	2.45	24.85	0.60	116.00
11	4.0	ounce(s)	Chicken breast, organic	26.00	0.00	1.60	124.00
0	1.0	tablespoon	Garlic powder	1.40	6.10	0.10	28.00
7	10.0	each	Grapes - American	0.20	4.10	0.00	20.00
6	1.0	tablespoon	Onion - chopped	0.10	0.90	0.00	4.00
6	0.5	1 bunch	Spinach, raw	4.86	6.17	0.66	39.10
Totals for Lunch				40.01	46.12	3.96	371.10

Snack 2

10	0.5	each	Apple - medium with peel	0.15	10.50	0.25	40.50
14	15.0	1 almond	Nuts, almonds	3.81	3.88	8.99	104.22
Totals for Snack 2				3.96	14.38	9.24	144.72

Dinner

1	3.0	ounce(s)	Beef, organic, extra lean	18.75	1.50	2.25	97.50
3	2.0	spear	Broccoli	10.00	8.00	2.00	80.00
6	0.5	cup	Peas - green, canned, Green Giant	4.00	11.00	0.00	50.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
0	8.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
Totals for Dinner				42.47	32.84	5.58	305.70
Totals For 1200 Calories Detox w/Meat for Women - Day 07				96.40	145.98	36.62	1210.96

1200 Calories Detox w/Meat for Women - Day 08

Breakfast

15	1.0	0.75 cup	Cereals, CREAM OF RICE, cooked with water, without salt	1.65	20.86	0.18	95.16
1	1.0	cup	Milk, Almond	1.00	8.00	2.50	60.00
7	1.0	cup	Strawberries	1.00	9.00	0.00	60.00
0	8.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
<i>Totals for Breakfast</i>				<i>3.65</i>	<i>37.86</i>	<i>2.68</i>	<i>215.16</i>

Snack 1

7	0.5	1 cup, unthawed	Blueberries, raw	0.54	10.51	0.24	41.33
14	25.0	1 almond	Nuts, almonds	6.34	6.46	14.98	173.70
<i>Totals for Snack 1</i>				<i>6.88</i>	<i>16.97</i>	<i>15.22</i>	<i>215.03</i>

Lunch

20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
11	3.0	ounce(s)	Chicken breast, organic	19.50	0.00	1.20	93.00
6	1.0	1 inner leaf	Lettuce, cos or romaine, raw	0.12	0.33	0.03	1.70
6	1.0	0.5 cup, shredded	Lettuce, green leaf, raw	0.38	0.80	0.04	4.20
7	0.5	1 cup	Raspberries, raw	0.74	7.34	0.40	31.98
6	0.5	cup	Split peas - boiled	9.50	23.90	0.40	134.00
6	1.0	small	Tomato - sm. w/peel, 2.5" diam.	1.00	5.70	0.40	26.00
<i>Totals for Lunch</i>				<i>31.24</i>	<i>40.07</i>	<i>2.47</i>	<i>300.88</i>

Snack 2

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
14	15.0	1 almond	Nuts, almonds	3.81	3.88	8.99	104.22
<i>Totals for Snack 2</i>				<i>4.11</i>	<i>24.88</i>	<i>9.49</i>	<i>185.22</i>

Dinner

20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
3	2.0	spear	Broccoli	10.00	8.00	2.00	80.00
11	3.0	ounce(s)	Chicken breast, organic	19.50	0.00	1.20	93.00
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	8.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
<i>Totals for Dinner</i>				<i>39.22</i>	<i>22.34</i>	<i>11.53</i>	<i>326.20</i>
<i>Totals For 1200 Calories Detox w/Meat for Women - Day 08</i>				<i>85.10</i>	<i>142.12</i>	<i>41.39</i>	<i>1242.49</i>

Breakfast

15	1.0	0.75 cup (1 NLEA serving)	Cereals ready-to-eat, POST Bran Flakes	2.97	24.15	0.63	98.40
1	2.0	each	Egg Whites - scrambled/boiled	7.00	0.60	0.00	34.00
1	1.0	cup	Milk, Almond	1.00	8.00	2.50	60.00
7	0.5	cup	Strawberries	0.50	4.50	0.00	30.00
0	8.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
Totals for Breakfast				11.47	37.25	3.13	222.40

Snack 1

7	0.5	1 cup, unthawed	Blueberries, raw	0.54	10.51	0.24	41.33
4	0.5	ounce(s)	Walnuts, dried	2.09	3.04	7.60	89.00
Totals for Snack 1				2.63	13.55	7.84	130.33

Lunch

20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
11	4.0	ounce(s)	Chicken breast, organic	26.00	0.00	1.60	124.00
7	1.0	1 cup	Raspberries, raw	1.48	14.69	0.80	63.96
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
Totals for Lunch				30.08	35.69	3.20	295.96

Snack 2

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
14	15.0	1 almond	Nuts, almonds	3.81	3.88	8.99	104.22
Totals for Snack 2				4.11	24.88	9.49	185.22

Dinner

1	4.0	ounce(s)	Beef, organic, extra lean	25.00	2.00	3.00	130.00
23	1.0	tablespoon	Olive oil - pure	0.00	0.00	14.00	130.00
6	0.5	1 cup, chopped	Onions, raw	0.88	7.47	0.08	32.00
6	1.0	cup	Pepper - sweet bell, all colors, chopped,	1.20	9.20	0.20	38.00
0	1.0	1 tablespoon	Spices, allspice, ground	0.37	4.33	0.52	15.78
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
0	1.0	1 tablespoon	Vinegar, distilled	0.00	0.01	0.00	2.68
0	8.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
Totals for Dinner				37.17	35.35	19.13	426.66
Totals For 1200 Calories Detox w/Meat for Women - Day 09				85.46	146.72	42.79	1260.57

1200 Calories Detox w/Meat for Women - Day 10

Breakfast

9	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
15	1.0	0.75 cup	Cereals, CREAM OF RICE, cooked with water, without salt	1.65	20.86	0.18	95.16
0	8.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
Totals for Breakfast				2.25	34.21	0.48	147.66

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

3	1.0	spear	Broccoli	5.00	4.00	1.00	40.00
11	3.0	ounce(s)	Chicken breast, organic	19.50	0.00	1.20	93.00
0	1.0	tablespoon	Garlic powder	1.40	6.10	0.10	28.00
7	12.0	each	Grapes - American	0.24	4.92	0.00	24.00
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
7	0.3	1 cup	Raspberries, raw	0.49	4.85	0.26	21.11
6	0.5	1 bunch	Spinach, raw	4.86	6.17	0.66	39.10
Totals for Lunch				40.49	46.84	3.62	364.21

Snack 2

7	0.3	1 cup, unthawed	Blueberries, raw	0.35	6.93	0.16	27.27
14	15.0	1 almond	Nuts, almonds	3.81	3.88	8.99	104.22
Totals for Snack 2				4.16	10.81	9.15	131.49

Dinner

3	2.0	spear	Broccoli	10.00	8.00	2.00	80.00
11	4.0	ounce(s)	Chicken breast, organic	26.00	0.00	1.60	124.00
23	1.0	tablespoon	Olive oil - pure	0.00	0.00	14.00	130.00
6	0.5	1 bunch	Spinach, raw	4.86	6.17	0.66	39.10
7	0.3	cup	Strawberries	0.25	2.25	0.00	15.00
0	8.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
Totals for Dinner				41.11	16.42	18.26	388.10
Totals For 1200 Calories Detox w/Meat for Women - Day 10				90.31	132.28	41.01	1213.46

1200 Calories Detox w/Meat for Women - Day 11

Breakfast

15	1.0	0.75 cup (1 NLEA serving)	Cereals ready-to-eat, POST Bran Flakes	2.97	24.15	0.63	98.40
1	0.5	cup	Milk, Almond	0.50	4.00	1.25	30.00
0	8.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
<i>Totals for Breakfast</i>				<i>3.47</i>	<i>28.15</i>	<i>1.88</i>	<i>128.40</i>

Snack 1

21	0.5	tablespoon	Almond Butter	1.00	1.50	4.50	50.50
10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
<i>Totals for Snack 1</i>				<i>1.30</i>	<i>22.50</i>	<i>5.00</i>	<i>131.50</i>

Lunch

3	1.0	spear	Broccoli	5.00	4.00	1.00	40.00
10	0.5	cup	Brown rice - cooked	2.45	24.85	0.60	116.00
14	0.5	ounce(s)	Cashews - roasted, lightly salted Planters	2.50	4.50	6.50	80.00
11	5.0	ounce(s)	Chicken breast, organic	32.50	0.00	2.00	155.00
0	1.0	tablespoon	Garlic powder	1.40	6.10	0.10	28.00
6	1.0	tablespoon	Onion - chopped	0.10	0.90	0.00	4.00
6	0.5	1 bunch	Spinach, raw	4.86	6.17	0.66	39.10
<i>Totals for Lunch</i>				<i>48.81</i>	<i>46.52</i>	<i>10.86</i>	<i>462.10</i>

Snack 2

7	0.3	1 cup, unthawed	Blueberries, raw	0.27	5.25	0.12	20.66
14	20.0	1 almond	Nuts, almonds	5.08	5.17	11.98	138.96
<i>Totals for Snack 2</i>				<i>5.35</i>	<i>10.42</i>	<i>12.10</i>	<i>159.62</i>

Dinner

3	2.0	spear	Broccoli	10.00	8.00	2.00	80.00
10	0.5	cup	Lentil - boiled	8.90	19.90	0.40	115.00
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
7	0.3	cup	Strawberries	0.33	2.97	0.00	19.80
0	8.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
<i>Totals for Dinner</i>				<i>28.95</i>	<i>43.21</i>	<i>10.73</i>	<i>358.00</i>
<i>Totals For 1200 Calories Detox w/Meat for Women - Day 11</i>				<i>87.88</i>	<i>150.80</i>	<i>40.57</i>	<i>1239.62</i>

1200 Calories Detox w/Meat for Women - Day 12

Breakfast

7	1.0	1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
15	0.5	0.75 cup	Cereals, CREAM OF RICE, cooked with water, without salt	0.82	10.43	0.09	47.58
1	1.0	cup	Milk, Almond	1.00	8.00	2.50	60.00
0	8.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
Totals for Breakfast				3.82	32.27	3.30	169.50

Snack 1

21	1.0	tablespoon	Almond Butter	2.00	3.00	9.00	101.00
10	0.5	each	Apple - medium with peel	0.15	10.50	0.25	40.50
Totals for Snack 1				2.15	13.50	9.25	141.50

Lunch

3	1.0	spear	Broccoli	5.00	4.00	1.00	40.00
11	5.0	ounce(s)	Chicken breast, organic	32.50	0.00	2.00	155.00
0	1.0	tablespoon	Garlic powder	1.40	6.10	0.10	28.00
7	10.0	each	Grapes - American	0.20	4.10	0.00	20.00
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
6	0.5	1 bunch	Spinach, raw	4.86	6.17	0.66	39.10
Totals for Lunch				44.06	21.27	10.76	351.10

Snack 2

14	20.0	1 almond	Nuts, almonds	5.08	5.17	11.98	138.96
7	1.0	1 cup, sliced	Strawberries, raw	1.11	12.75	0.50	53.12
Totals for Snack 2				6.19	17.92	12.48	192.08

Dinner

10	0.5	cup	Brown rice - cooked	2.45	24.85	0.60	116.00
6	3.0	ounce(s)	Cauliflower - boiled, drained	1.56	3.90	0.15	21.00
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 tablespoon	Parsley, fresh	0.11	0.24	0.03	1.37
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
0	8.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
Totals for Dinner				22.84	62.13	2.51	335.57
Totals For 1200 Calories Detox w/Meat for Women - Day 12				79.06	147.09	38.30	1189.75

1200 Calories Detox w/Meat for Women - Day 13

Breakfast

7	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
4	0.3	ounce(s)	Walnuts, dried	1.38	2.00	5.02	58.74
0	8.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
<i>Totals for Breakfast</i>				<i>2.58</i>	<i>28.70</i>	<i>5.62</i>	<i>163.74</i>

Snack 1

21	0.5	tablespoon	Almond Butter	1.00	1.50	4.50	50.50
9	1.0	each	Rice cake - plain, unsalted, Quaker	0.80	7.20	0.30	35.00
<i>Totals for Snack 1</i>				<i>1.80</i>	<i>8.70</i>	<i>4.80</i>	<i>85.50</i>

Lunch

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
3	2.0	spear	Broccoli	10.00	8.00	2.00	80.00
11	4.0	ounce(s)	Chicken breast, organic	26.00	0.00	1.60	124.00
0	1.0	tablespoon	Garlic powder	1.40	6.10	0.10	28.00
7	15.0	each	Grapes - American	0.30	6.15	0.00	30.00
6	1.0	tablespoon	Onion - chopped	0.10	0.90	0.00	4.00
6	0.5	1 bunch	Spinach, raw	4.86	6.17	0.66	39.10
<i>Totals for Lunch</i>				<i>42.96</i>	<i>48.32</i>	<i>4.86</i>	<i>386.10</i>

Snack 2

7	0.3	1 cup, unfrozen	Blueberries, raw	0.35	6.93	0.16	27.27
14	15.0	1 almond	Nuts, almonds	3.81	3.88	8.99	104.22
<i>Totals for Snack 2</i>				<i>4.16</i>	<i>10.81</i>	<i>9.15</i>	<i>131.49</i>

Dinner

3	2.0	spear	Broccoli	10.00	8.00	2.00	80.00
11	4.0	ounce(s)	Chicken breast, organic	26.00	0.00	1.60	124.00
23	1.0	tablespoon	Olive oil - pure	0.00	0.00	14.00	130.00
6	0.5	cup	Pepper - sweet bell, all colors, chopped,	0.60	4.60	0.10	19.00
7	1.0	slice	Pineapple - frsh, slice approx 3.5"	0.30	10.40	0.40	41.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
0	8.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
<i>Totals for Dinner</i>				<i>46.62</i>	<i>35.34</i>	<i>19.43</i>	<i>472.20</i>
Totals For 1200 Calories Detox w/Meat for Women - Day 13				98.12	131.87	43.86	1239.03

1200 Calories Detox w/Meat for Women - Day 14

Breakfast

7	0.5	1 cup	Blackberries, raw	1.00	6.92	0.35	30.96
15	1.0	0.75 cup (1 NLEA serving)	Cereals ready-to-eat, POST Bran Flakes	2.97	24.15	0.63	98.40
1	1.0	cup	Milk, Almond	1.00	8.00	2.50	60.00
14	1.0	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
0	8.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
<i>Totals for Breakfast</i>				<i>7.16</i>	<i>42.54</i>	<i>8.54</i>	<i>253.44</i>

Snack 1

21	1.0	tablespoon	Almond Butter	2.00	3.00	9.00	101.00
9	1.0	each	Rice cake - plain, Quaker	0.80	7.10	0.30	35.00
<i>Totals for Snack 1</i>				<i>2.80</i>	<i>10.10</i>	<i>9.30</i>	<i>136.00</i>

Lunch

3	1.0	spear	Broccoli	5.00	4.00	1.00	40.00
10	0.5	cup	Brown rice - cooked	2.45	24.85	0.60	116.00
11	4.0	ounce(s)	Chicken breast, organic	26.00	0.00	1.60	124.00
0	1.0	tablespoon	Garlic powder	1.40	6.10	0.10	28.00
7	10.0	each	Grapes - American	0.20	4.10	0.00	20.00
6	1.0	tablespoon	Onion - chopped	0.10	0.90	0.00	4.00
6	0.5	1 bunch	Spinach, raw	4.86	6.17	0.66	39.10
<i>Totals for Lunch</i>				<i>40.01</i>	<i>46.12</i>	<i>3.96</i>	<i>371.10</i>

Snack 2

10	0.5	each	Apple - medium with peel	0.15	10.50	0.25	40.50
14	15.0	1 almond	Nuts, almonds	3.81	3.88	8.99	104.22
<i>Totals for Snack 2</i>				<i>3.96</i>	<i>14.38</i>	<i>9.24</i>	<i>144.72</i>

Dinner

1	3.0	ounce(s)	Beef, organic, extra lean	18.75	1.50	2.25	97.50
3	2.0	spear	Broccoli	10.00	8.00	2.00	80.00
6	0.5	cup	Peas - green, canned, Green Giant	4.00	11.00	0.00	50.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
0	8.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
<i>Totals for Snack 3</i>				<i>42.47</i>	<i>32.84</i>	<i>5.58</i>	<i>305.70</i>
<i>Totals For 1200 Calories Detox w/Meat for Women - Day 14</i>				<i>96.40</i>	<i>145.98</i>	<i>36.62</i>	<i>1210.96</i>