



## Male Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>1600 Calories 21 Day Detox Fruit for Men - 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	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
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>13.52</b>	<b>27.12</b>	<b>1.17</b>	<b>163.93</b>
<b>Snack 1</b>							
7	1.0	1 cup	Apricots, dehydrated (low-moisture), sulfured, stewed	4.81	81.22	0.60	313.74
14	10.0	1 almond	Nuts, almonds	2.54	2.59	5.99	69.48
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>7.35</b>	<b>84.52</b>	<b>6.59</b>	<b>385.59</b>
<b>Lunch</b>							
10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
7	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
6	6.0	1 cup, shredded	Lettuce, red leaf, raw	2.23	3.80	0.37	26.88
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>6.92</b>	<b>63.97</b>	<b>6.53</b>	<b>336.96</b>
<b>Snack 2</b>							
1	6.0	each	Egg Whites - scrambled/boiled	21.00	1.80	0.00	102.00
3	1.0	each	Wasa Crackers, light rye	1.00	7.00	0.00	30.00
<i>Totals for Snack 2</i>				<b>22.00</b>	<b>8.80</b>	<b>0.00</b>	<b>132.00</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	2.0	tablespoon	Olive oil - pure	0.00	0.00	28.00	260.00
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>43.85</b>	<b>583.20</b>
<b>Totals For 1600 Calories 21 Day Detox Fruit for Men - Day 01</b>				<b>55.72</b>	<b>227.86</b>	<b>58.14</b>	<b>1601.68</b>

1600 Calories 21 Day Detox Fruit for Men - Day 02

**Breakfast**

8	3.0	each	Egg - boiled white only	10.50	0.90	0.00	51.00
7	1.0	1 cup, balls	Melons, cantaloupe, raw	1.49	14.44	0.34	60.18
0	1.0	1 cup (8 fl oz)	Tea, herb, other than chamomile, brewed	0.00	0.47	0.00	2.37
0	1.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
<i>Totals for Breakfast</i>				<b>11.99</b>	<b>15.81</b>	<b>0.34</b>	<b>113.55</b>

**Snack 1**

14	20.0	1 almond	Nuts, almonds	5.08	5.17	11.98	138.96
7	1.0	1 cup, slices	Peaches, raw	1.55	16.22	0.43	66.30
14	1.0	1 tablespoon, whole	Seeds, flaxseed	1.88	2.97	4.34	55.00
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>8.51</b>	<b>25.07</b>	<b>16.75</b>	<b>262.63</b>

**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	1.0	slice	Pineapple - frsh, slice approx 3.5"	0.30	10.40	0.40	41.00
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
<i>Totals for Lunch</i>				<b>18.75</b>	<b>84.08</b>	<b>16.88</b>	<b>502.20</b>

**Snack 2**

6	5.0	1 beet (2" dia)	Beets, raw	6.60	39.20	0.70	176.30
9	10.0	each	Grapes - American	0.20	4.10	0.10	20.00
<i>Totals for Snack 2</i>				<b>6.80</b>	<b>43.30</b>	<b>0.80</b>	<b>196.30</b>

**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
<i>Totals for Dinner</i>				<b>1.69</b>	<b>73.99</b>	<b>1.05</b>	<b>301.88</b>

**Snack 3**

21	2.0	tablespoon	Almond Butter	4.00	6.00	18.00	202.00
9	1.0	each	Rice cake - plain, unsalted, Quaker	0.80	7.20	0.30	35.00
<i>Totals for Snack 3</i>				<b>4.80</b>	<b>13.20</b>	<b>18.30</b>	<b>237.00</b>

<b>Totals For 1600 Calories 21 Day Detox Fruit for Men - Day 02</b>				<b>52.54</b>	<b>255.45</b>	<b>54.12</b>	<b>1613.56</b>
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1600 Calories 21 Day Detox Fruit for Men - Day 03

**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
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	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
<i>Totals for Breakfast</i>				<b>22.41</b>	<b>31.18</b>	<b>13.53</b>	<b>325.64</b>

**Snack 1**

9	10.0	each	Grapes - American	0.20	4.10	0.10	20.00
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
<i>Totals for Snack 1</i>				<b>6.54</b>	<b>11.27</b>	<b>15.08</b>	<b>196.07</b>

**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
<i>Totals for Lunch</i>				<b>7.61</b>	<b>89.23</b>	<b>15.87</b>	<b>494.40</b>

**Snack 2**

6	6.0	1 beet (2" dia)	Beets, raw	7.92	47.04	0.84	211.56
<i>Totals for Snack 2</i>				<b>7.92</b>	<b>47.04</b>	<b>0.84</b>	<b>211.56</b>

**Dinner**

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
14	2.0	ounce(s)	Cashews - roasted, lightly salted Planters	10.00	18.00	26.00	320.00
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
<i>Totals for Dinner</i>				<b>10.30</b>	<b>55.27</b>	<b>26.80</b>	<b>465.37</b>
<b>Totals For 1600 Calories 21 Day Detox Fruit for Men - Day 03</b>				<b>54.78</b>	<b>233.99</b>	<b>72.12</b>	<b>1693.04</b>

1600 Calories 21 Day Detox Fruit for Men - Day 04

**Breakfast**

7	1.0	1 cup	Blueberries, raw	1.10	21.45	0.49	84.36
15	1.0	1 cup	Cereals ready-to-eat, corn flakes, low sodium	1.92	22.20	0.08	99.75
8	1.0	each	Egg - boiled white only	3.50	0.30	0.00	17.00
14	1.0	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
<i>Totals for Breakfast</i>				<b>8.71</b>	<b>47.42</b>	<b>5.63</b>	<b>265.19</b>

**Snack 1**

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
14	2.0	ounce(s)	Cashews - roasted, lightly salted Planters	10.00	18.00	26.00	320.00
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
<i>Totals for Snack 1</i>				<b>10.30</b>	<b>51.14</b>	<b>30.98</b>	<b>488.73</b>

**Lunch**

7	1.0	each	Grapefruit - pink or red 4" diam.	1.20	23.80	0.20	92.00
14	20.0	1 almond	Nuts, almonds	5.08	5.17	11.98	138.96
<i>Totals for Lunch</i>				<b>6.28</b>	<b>28.97</b>	<b>12.18</b>	<b>230.96</b>

**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	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	1.0	ounce(s)	Walnuts, dried	4.17	6.07	15.20	178.00
<i>Totals for Snack 2</i>				<b>7.14</b>	<b>31.89</b>	<b>25.73</b>	<b>377.07</b>

**Dinner**

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
8	5.0	each	Egg - boiled white only	17.50	1.50	0.00	85.00
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
<i>Totals for Dinner</i>				<b>17.80</b>	<b>38.77</b>	<b>0.80</b>	<b>230.37</b>

**Snack 3**

9	2.0	each	Rice cake - plain, unsalted, Quaker	1.60	14.40	0.60	70.00
<i>Totals for Snack 3</i>				<b>1.60</b>	<b>14.40</b>	<b>0.60</b>	<b>70.00</b>

<b>Totals For 1600 Calories 21 Day Detox Fruit for Men - Day 04</b>				<b>51.83</b>	<b>212.59</b>	<b>75.92</b>	<b>1662.32</b>
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1600 Calories 21 Day Detox Fruit for Men - Day 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	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
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>13.52</b>	<b>27.12</b>	<b>1.17</b>	<b>163.93</b>

**Snack 1**

7	1.0	1 cup	Apricots, dehydrated (low-moisture), sulfured, stewed	4.81	81.22	0.60	313.74
14	10.0	1 almond	Nuts, almonds	2.54	2.59	5.99	69.48
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>7.35</b>	<b>84.52</b>	<b>6.59</b>	<b>385.59</b>

**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	5.0	1 cup, shredded	Lettuce, red leaf, raw	1.86	3.16	0.31	22.40
14	5.0	1 almond	Nuts, almonds	1.27	1.29	3.00	34.74
23	1.0	tablespoon	Olive oil - pure	0.00	0.00	14.00	130.00
14	2.0	1 tablespoon	Seeds, flaxseed	4.39	6.93	10.12	128.16
<i>Totals for Lunch</i>				<b>7.82</b>	<b>34.38</b>	<b>27.93</b>	<b>406.30</b>

**Snack 2**

1	6.0	each	Egg Whites - scrambled/boiled	21.00	1.80	0.00	102.00
3	2.0	each	Wasa Crackers, light rye	2.00	14.00	0.00	60.00
<i>Totals for Snack 2</i>				<b>23.00</b>	<b>15.80</b>	<b>0.00</b>	<b>162.00</b>

**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
<i>Totals for Dinner</i>				<b>5.93</b>	<b>43.45</b>	<b>29.85</b>	<b>453.20</b>

**Snack 3**

9	2.0	each	Rice cake - plain, unsalted, Quaker	1.60	14.40	0.60	70.00
<i>Totals for Snack 3</i>				<b>1.60</b>	<b>14.40</b>	<b>0.60</b>	<b>70.00</b>

<b>Totals For 1600 Calories 21 Day Detox Fruit for Men - Day 05</b>				<b>59.22</b>	<b>219.67</b>	<b>66.14</b>	<b>1641.02</b>
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**1600 Calories 21 Day Detox Fruit for Men - Day 06****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	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
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>13.52</b>	<b>27.12</b>	<b>1.17</b>	<b>163.93</b>

**Snack 1**

7	1.0	1 cup	Apricots, dehydrated (low-moisture), sulfured, stewed	4.81	81.22	0.60	313.74
14	1.0	1 almond	Nuts, almonds	0.25	0.26	0.60	6.95
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>5.06</b>	<b>82.19</b>	<b>1.20</b>	<b>323.06</b>

**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	1.0	tablespoon	Olive oil - pure	0.00	0.00	14.00	130.00
14	2.0	1 tablespoon	Seeds, flaxseed	4.39	6.93	10.12	128.16
7	1.0	cup	Strawberries	1.00	9.00	0.00	60.00
<i>Totals for Lunch</i>				<b>6.06</b>	<b>39.56</b>	<b>24.68</b>	<b>413.64</b>

**Snack 2**

1	6.0	each	Egg Whites - scrambled/boiled	21.00	1.80	0.00	102.00
3	1.0	each	Wasa Crackers, light rye	1.00	7.00	0.00	30.00
<i>Totals for Snack 2</i>				<b>22.00</b>	<b>8.80</b>	<b>0.00</b>	<b>132.00</b>

**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
<i>Totals for Dinner</i>				<b>5.93</b>	<b>43.45</b>	<b>29.85</b>	<b>453.20</b>

**Snack 3**

9	2.0	each	Rice cake - plain, unsalted, Quaker	1.60	14.40	0.60	70.00
<i>Totals for Snack 3</i>				<b>1.60</b>	<b>14.40</b>	<b>0.60</b>	<b>70.00</b>

<b>Totals For 1600 Calories 21 Day Detox Fruit for Men - Day 06</b>				<b>54.17</b>	<b>215.52</b>	<b>57.50</b>	<b>1555.83</b>
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1600 Calories 21 Day Detox Fruit for Men - Day 07

**Breakfast**

7	1.0	1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
8	1.0	each	Egg - boiled white only	3.50	0.30	0.00	17.00
1	2.0	each	Egg whole w/ yolk	13.40	2.60	14.60	200.00
7	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
<i>Totals for Breakfast</i>				<b>19.92</b>	<b>28.41</b>	<b>15.77</b>	<b>327.56</b>

**Snack 1**

9	10.0	each	Grapes - American	0.20	4.10	0.10	20.00
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>5.28</b>	<b>9.98</b>	<b>12.08</b>	<b>161.33</b>

**Lunch**

6	1.0	1 cup, shredded	Lettuce, green leaf, raw	0.49	1.03	0.05	5.40
23	1.0	tablespoon	Olive oil - pure	0.00	0.00	14.00	130.00
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
<i>Totals for Lunch</i>				<b>8.10</b>	<b>90.26</b>	<b>29.92</b>	<b>629.80</b>

**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
<i>Totals for Snack 2</i>				<b>2.30</b>	<b>24.00</b>	<b>9.50</b>	<b>182.00</b>

**Dinner**

20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
14	1.0	ounce(s)	Cashews - roasted, lightly salted Planters	5.00	9.00	13.00	160.00
7	1.0	cup	Grapes, Concord	0.00	15.80	0.30	62.00
6	4.0	1 inner leaf	Lettuce, cos or romaine, raw	0.49	1.32	0.12	6.80
0	1.0	1 cup (8 fl oz)	Tea, herb, chamomile, brewed	0.00	0.47	0.00	2.37
<i>Totals for Dinner</i>				<b>5.49</b>	<b>28.59</b>	<b>13.42</b>	<b>241.17</b>

**Snack 3**

9	2.0	each	Rice cake - plain, unsalted, Quaker	1.60	14.40	0.60	70.00
<i>Totals for Snack 3</i>				<b>1.60</b>	<b>14.40</b>	<b>0.60</b>	<b>70.00</b>

<b>Totals For 1600 Calories 21 Day Detox Fruit for Men - Day 07</b>				<b>42.69</b>	<b>195.64</b>	<b>81.29</b>	<b>1611.86</b>
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1600 Calories 21 Day Detox Fruit for Men - 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	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
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>13.52</b>	<b>27.12</b>	<b>1.17</b>	<b>163.93</b>

**Snack 1**

7	1.0	1 cup	Apricots, dehydrated (low-moisture), sulfured, stewed	4.81	81.22	0.60	313.74
14	10.0	1 almond	Nuts, almonds	2.54	2.59	5.99	69.48
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>7.35</b>	<b>84.52</b>	<b>6.59</b>	<b>385.59</b>

**Lunch**

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
7	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
6	6.0	1 cup, shredded	Lettuce, red leaf, raw	2.23	3.80	0.37	26.88
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>6.92</b>	<b>63.97</b>	<b>6.53</b>	<b>336.96</b>

**Snack 2**

1	6.0	each	Egg Whites - scrambled/boiled	21.00	1.80	0.00	102.00
3	1.0	each	Wasa Crackers, light rye	1.00	7.00	0.00	30.00
<i>Totals for Snack 2</i>				<b>22.00</b>	<b>8.80</b>	<b>0.00</b>	<b>132.00</b>

**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	2.0	tablespoon	Olive oil - pure	0.00	0.00	28.00	260.00
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>43.85</b>	<b>583.20</b>

<b>Totals For 1600 Calories 21 Day Detox Fruit for Men - Day 08</b>				<b>55.72</b>	<b>227.86</b>	<b>58.14</b>	<b>1601.68</b>
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1600 Calories 21 Day Detox Fruit for Men - Day 09

**Breakfast**

8	3.0	each	Egg - boiled white only	10.50	0.90	0.00	51.00
7	1.0	1 cup, balls	Melons, cantaloupe, raw	1.49	14.44	0.34	60.18
0	1.0	1 cup (8 fl oz)	Tea, herb, other than chamomile, brewed	0.00	0.47	0.00	2.37
0	1.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
<i>Totals for Breakfast</i>				<b>11.99</b>	<b>15.81</b>	<b>0.34</b>	<b>113.55</b>

**Snack 1**

14	20.0	1 almond	Nuts, almonds	5.08	5.17	11.98	138.96
7	1.0	1 cup, slices	Peaches, raw	1.55	16.22	0.43	66.30
14	1.0	1 tablespoon, whole	Seeds, flaxseed	1.88	2.97	4.34	55.00
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>8.51</b>	<b>25.07</b>	<b>16.75</b>	<b>262.63</b>

**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	1.0	slice	Pineapple - frsh, slice approx 3.5"	0.30	10.40	0.40	41.00
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
<i>Totals for Lunch</i>				<b>18.75</b>	<b>84.08</b>	<b>16.88</b>	<b>502.20</b>

**Snack 2**

6	5.0	1 beet (2" dia)	Beets, raw	6.60	39.20	0.70	176.30
9	10.0	each	Grapes - American	0.20	4.10	0.10	20.00
<i>Totals for Snack 2</i>				<b>6.80</b>	<b>43.30</b>	<b>0.80</b>	<b>196.30</b>

**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
<i>Totals for Dinner</i>				<b>1.69</b>	<b>73.99</b>	<b>1.05</b>	<b>301.88</b>

**Snack 3**

21	2.0	tablespoon	Almond Butter	4.00	6.00	18.00	202.00
9	1.0	each	Rice cake - plain, unsalted, Quaker	0.80	7.20	0.30	35.00
<i>Totals for Snack 3</i>				<b>4.80</b>	<b>13.20</b>	<b>18.30</b>	<b>237.00</b>

<b>Totals For 1600 Calories 21 Day Detox Fruit for Men - Day 09</b>				<b>52.54</b>	<b>255.45</b>	<b>54.12</b>	<b>1613.56</b>
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**1600 Calories 21 Day Detox Fruit for Men - Day 10****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
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	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
<i>Totals for Breakfast</i>				<b>22.41</b>	<b>31.18</b>	<b>13.53</b>	<b>325.64</b>

**Snack 1**

9	10.0	each	Grapes - American	0.20	4.10	0.10	20.00
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
<i>Totals for Snack 1</i>				<b>6.54</b>	<b>11.27</b>	<b>15.08</b>	<b>196.07</b>

**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
<i>Totals for Lunch</i>				<b>7.61</b>	<b>89.23</b>	<b>15.87</b>	<b>494.40</b>

**Snack 2**

6	6.0	1 beet (2" dia)	Beets, raw	7.92	47.04	0.84	211.56
<i>Totals for Snack 2</i>				<b>7.92</b>	<b>47.04</b>	<b>0.84</b>	<b>211.56</b>

**Dinner**

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
14	2.0	ounce(s)	Cashews - roasted, lightly salted Planters	10.00	18.00	26.00	320.00
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
<i>Totals for Dinner</i>				<b>10.30</b>	<b>55.27</b>	<b>26.80</b>	<b>465.37</b>
<b>Totals For 1600 Calories 21 Day Detox Fruit for Men - Day 10</b>				<b>54.78</b>	<b>233.99</b>	<b>72.12</b>	<b>1693.04</b>

1600 Calories 21 Day Detox Fruit for Men - Day 11

**Breakfast**

7	1.0	1 cup	Blueberries, raw	1.10	21.45	0.49	84.36
15	1.0	1 cup	Cereals ready-to-eat, corn flakes, low sodium	1.92	22.20	0.08	99.75
8	1.0	each	Egg - boiled white only	3.50	0.30	0.00	17.00
14	1.0	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
<i>Totals for Breakfast</i>				<b>8.71</b>	<b>47.42</b>	<b>5.63</b>	<b>265.19</b>

**Snack 1**

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
14	2.0	ounce(s)	Cashews - roasted, lightly salted Planters	10.00	18.00	26.00	320.00
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
<i>Totals for Snack 1</i>				<b>10.30</b>	<b>51.14</b>	<b>30.98</b>	<b>488.73</b>

**Lunch**

7	1.0	each	Grapefruit - pink or red 4" diam.	1.20	23.80	0.20	92.00
14	20.0	1 almond	Nuts, almonds	5.08	5.17	11.98	138.96
<i>Totals for Lunch</i>				<b>6.28</b>	<b>28.97</b>	<b>12.18</b>	<b>230.96</b>

**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	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	1.0	ounce(s)	Walnuts, dried	4.17	6.07	15.20	178.00
<i>Totals for Snack 2</i>				<b>7.14</b>	<b>31.89</b>	<b>25.73</b>	<b>377.07</b>

**Dinner**

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
8	5.0	each	Egg - boiled white only	17.50	1.50	0.00	85.00
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
<i>Totals for Dinner</i>				<b>17.80</b>	<b>38.77</b>	<b>0.80</b>	<b>230.37</b>

**Snack 3**

9	2.0	each	Rice cake - plain, unsalted, Quaker	1.60	14.40	0.60	70.00
<i>Totals for Snack 3</i>				<b>1.60</b>	<b>14.40</b>	<b>0.60</b>	<b>70.00</b>

<b>Totals For 1600 Calories 21 Day Detox Fruit for Men - Day 11</b>				<b>51.83</b>	<b>212.59</b>	<b>75.92</b>	<b>1662.32</b>
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1600 Calories 21 Day Detox Fruit for Men - 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	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
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>13.52</b>	<b>27.12</b>	<b>1.17</b>	<b>163.93</b>

**Snack 1**

7	1.0	1 cup	Apricots, dehydrated (low-moisture), sulfured, stewed	4.81	81.22	0.60	313.74
14	10.0	1 almond	Nuts, almonds	2.54	2.59	5.99	69.48
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>7.35</b>	<b>84.52</b>	<b>6.59</b>	<b>385.59</b>

**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	5.0	1 cup, shredded	Lettuce, red leaf, raw	1.86	3.16	0.31	22.40
14	5.0	1 almond	Nuts, almonds	1.27	1.29	3.00	34.74
23	1.0	tablespoon	Olive oil - pure	0.00	0.00	14.00	130.00
14	2.0	1 tablespoon	Seeds, flaxseed	4.39	6.93	10.12	128.16
<i>Totals for Lunch</i>				<b>7.82</b>	<b>34.38</b>	<b>27.93</b>	<b>406.30</b>

**Snack 2**

1	6.0	each	Egg Whites - scrambled/boiled	21.00	1.80	0.00	102.00
3	2.0	each	Wasa Crackers, light rye	2.00	14.00	0.00	60.00
<i>Totals for Snack 2</i>				<b>23.00</b>	<b>15.80</b>	<b>0.00</b>	<b>162.00</b>

**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
<i>Totals for Dinner</i>				<b>5.93</b>	<b>43.45</b>	<b>29.85</b>	<b>453.20</b>

**Snack 3**

9	2.0	each	Rice cake - plain, unsalted, Quaker	1.60	14.40	0.60	70.00
<i>Totals for Snack 3</i>				<b>1.60</b>	<b>14.40</b>	<b>0.60</b>	<b>70.00</b>

<b>Totals For 1600 Calories 21 Day Detox Fruit for Men - Day 12</b>				<b>59.22</b>	<b>219.67</b>	<b>66.14</b>	<b>1641.02</b>
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1600 Calories 21 Day Detox Fruit for Men - 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	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
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>13.52</b>	<b>27.12</b>	<b>1.17</b>	<b>163.93</b>

**Snack 1**

7	1.0	1 cup	Apricots, dehydrated (low-moisture), sulfured, stewed	4.81	81.22	0.60	313.74
14	1.0	1 almond	Nuts, almonds	0.25	0.26	0.60	6.95
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>5.06</b>	<b>82.19</b>	<b>1.20</b>	<b>323.06</b>

**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	1.0	tablespoon	Olive oil - pure	0.00	0.00	14.00	130.00
14	2.0	1 tablespoon	Seeds, flaxseed	4.39	6.93	10.12	128.16
7	1.0	cup	Strawberries	1.00	9.00	0.00	60.00
<i>Totals for Lunch</i>				<b>6.06</b>	<b>39.56</b>	<b>24.68</b>	<b>413.64</b>

**Snack 2**

1	6.0	each	Egg Whites - scrambled/boiled	21.00	1.80	0.00	102.00
3	1.0	each	Wasa Crackers, light rye	1.00	7.00	0.00	30.00
<i>Totals for Snack 2</i>				<b>22.00</b>	<b>8.80</b>	<b>0.00</b>	<b>132.00</b>

**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
<i>Totals for Dinner</i>				<b>5.93</b>	<b>43.45</b>	<b>29.85</b>	<b>453.20</b>

**Snack 3**

9	2.0	each	Rice cake - plain, unsalted, Quaker	1.60	14.40	0.60	70.00
<i>Totals for Snack 3</i>				<b>1.60</b>	<b>14.40</b>	<b>0.60</b>	<b>70.00</b>

<b>Totals For 1600 Calories 21 Day Detox Fruit for Men - Day 13</b>				<b>54.17</b>	<b>215.52</b>	<b>57.50</b>	<b>1555.83</b>
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1600 Calories 21 Day Detox Fruit for Men - Day 14

**Breakfast**

7	1.0	1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
8	1.0	each	Egg - boiled white only	3.50	0.30	0.00	17.00
1	2.0	each	Egg whole w/ yolk	13.40	2.60	14.60	200.00
7	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
<i>Totals for Breakfast</i>				<b>19.92</b>	<b>28.41</b>	<b>15.77</b>	<b>327.56</b>

**Snack 1**

9	10.0	each	Grapes - American	0.20	4.10	0.10	20.00
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>5.28</b>	<b>9.98</b>	<b>12.08</b>	<b>161.33</b>

**Lunch**

6	1.0	1 cup, shredded	Lettuce, green leaf, raw	0.49	1.03	0.05	5.40
23	1.0	tablespoon	Olive oil - pure	0.00	0.00	14.00	130.00
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
<i>Totals for Lunch</i>				<b>8.10</b>	<b>90.26</b>	<b>29.92</b>	<b>629.80</b>

**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
<i>Totals for Snack 2</i>				<b>2.30</b>	<b>24.00</b>	<b>9.50</b>	<b>182.00</b>

**Dinner**

20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
14	1.0	ounce(s)	Cashews - roasted, lightly salted Planters	5.00	9.00	13.00	160.00
7	1.0	cup	Grapes, Concord	0.00	15.80	0.30	62.00
6	4.0	1 inner leaf	Lettuce, cos or romaine, raw	0.49	1.32	0.12	6.80
0	1.0	1 cup (8 fl oz)	Tea, herb, chamomile, brewed	0.00	0.47	0.00	2.37
<i>Totals for Dinner</i>				<b>5.49</b>	<b>28.59</b>	<b>13.42</b>	<b>241.17</b>

**Snack 3**

9	2.0	each	Rice cake - plain, unsalted, Quaker	1.60	14.40	0.60	70.00
<i>Totals for Snack 3</i>				<b>1.60</b>	<b>14.40</b>	<b>0.60</b>	<b>70.00</b>

<b>Totals For 1600 Calories 21 Day Detox Fruit for Men - Day 14</b>				<b>42.69</b>	<b>195.64</b>	<b>81.29</b>	<b>1611.86</b>
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1600 Calories 21 Day Detox Fruit for Men - 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>				<b>13.49</b>	<b>46.58</b>	<b>2.38</b>	<b>215.24</b>

**Snack 1**

5	2.0	1 oz	Cheese, low fat, cheddar or colby	13.81	1.08	3.97	98.09
3	4.0	each	Wasa Crackers, light rye	4.00	28.00	0.00	120.00
<i>Totals for Snack 1</i>				<b>17.81</b>	<b>29.08</b>	<b>3.97</b>	<b>218.09</b>

**Lunch**

3	6.0	each	Celery - raw stalk trimmed	3.00	12.00	0.00	60.00
0	3.0	1 slice (6-1/4" x 4" x 1/16")	Ham, sliced, packaged (96% fat free, water added)	14.20	0.81	2.86	85.68
6	2.0	1 leaf	Lettuce, green leaf, raw	0.27	0.57	0.03	3.00
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>				<b>18.64</b>	<b>20.36</b>	<b>3.31</b>	<b>180.18</b>

**Snack 2**

7	15.0	each	Cherries, sweet, medium	1.20	16.95	1.05	75.00
5	1.0	cup	Non-fat yogurt-artificially sweetened	10.60	19.30	0.39	121.00
<i>Totals for Snack 2</i>				<b>11.80</b>	<b>36.25</b>	<b>1.44</b>	<b>196.00</b>

**Dinner**

6	1.0	1 cup flowerets	Broccoli, flower clusters, raw	2.12	3.72	0.25	19.88
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
6	2.0	0.5 cup pieces	Mushrooms, white, raw	2.16	2.28	0.24	15.40
23	1.0	1 tablespoon	Oil, peanut, salad or cooking	0.00	0.00	13.50	119.34
6	3.0	tablespoon	Onion - chopped	0.30	2.70	0.00	12.00
6	0.5	cup	Pepper - sweet bell, all colors, chopped,	0.60	4.60	0.10	19.00
17	1.0	1 cup	Rice, brown, long-grain, cooked	5.03	44.77	1.75	216.45
21	2.0	tablespoon	Soy sauce - Kikkoman 'Lite'	0.00	2.60	0.00	22.00
<i>Totals for Dinner</i>				<b>36.21</b>	<b>60.67</b>	<b>17.44</b>	<b>548.07</b>

**Snack 3**

7	0.8	1 cup, halves	Apricots, dried, sulfured, stewed, without added sugar	2.25	41.53	0.34	159.38
4	30.0	1 peanut	Peanuts, all types, dry-roasted, without salt	7.31	6.38	14.90	176.10
<i>Totals for Snack 3</i>				<b>9.56</b>	<b>47.91</b>	<b>15.24</b>	<b>335.48</b>

<b>Totals For 1600 Calories 21 Day Detox Fruit for Men - Day 15</b>				<b>107.51</b>	<b>240.85</b>	<b>43.78</b>	<b>1693.06</b>
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1600 Calories 21 Day Detox Fruit for Men - Day 16

**Breakfast**

16	2.0	1 slice (5" x 4" x 3/8")	Bread, pumpernickel, toasted	5.51	30.28	1.97	159.50
5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
7	1.0	each	Grapefruit - pink or red 4" diam.	1.20	23.80	0.20	92.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
14	1.0	1 tablespoon	Nuts, almond butter, plain, without salt added	3.35	3.01	8.88	98.24
<i>Totals for Breakfast</i>				<b>24.75</b>	<b>69.55</b>	<b>16.75</b>	<b>513.24</b>

**Snack 1**

8	1.0	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
7	1.0	1 cup, slices	Peaches, raw	1.55	16.22	0.43	66.30
<i>Totals for Snack 1</i>				<b>29.55</b>	<b>22.42</b>	<b>2.73</b>	<b>230.30</b>

**Lunch**

0	1.0	1 teaspoon or 1 packet	Mustard, prepared, yellow	0.19	0.29	0.17	3.00
0	1.0	1 cup (8 fl oz)	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	6.18	22.20	3.22	136.40
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
<i>Totals for Lunch</i>				<b>34.54</b>	<b>36.94</b>	<b>4.18</b>	<b>325.20</b>

**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
<i>Totals for Snack 2</i>				<b>5.60</b>	<b>30.65</b>	<b>0.70</b>	<b>141.50</b>

**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	1.5	1 cup	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	1.53	15.02	0.60	62.78
6	0.3	1 cup	Tomato sauce, canned, no salt added	0.74	3.25	0.18	14.70
<i>Totals for Dinner</i>				<b>27.02</b>	<b>33.38</b>	<b>16.06</b>	<b>364.12</b>

**Snack 3**

3	4.0	each	Celery - raw stalk trimmed	2.00	8.00	0.00	40.00
5	2.0	1 tablespoon	Cheese, cream, low fat	2.35	2.44	4.58	60.30
<i>Totals for Snack 3</i>				<b>4.35</b>	<b>10.44</b>	<b>4.58</b>	<b>100.30</b>

<b>Totals For 1600 Calories 21 Day Detox Fruit for Men - Day 16</b>				<b>125.81</b>	<b>203.38</b>	<b>45.00</b>	<b>1674.66</b>
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**1600 Calories 21 Day Detox Fruit for Men - Day 17****Breakfast**

15	2.0	0.5 cup (1 NLEA serving)	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	8.15	46.03	3.04	161.20
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
7	1.5	1 cup, halves	Strawberries, raw	1.53	17.51	0.68	72.96
<i>Totals for Breakfast</i>				<b>18.08</b>	<b>75.44</b>	<b>4.12</b>	<b>320.16</b>

**Snack 1**

14	15.0	1 almond	Nuts, almonds	3.81	3.88	8.99	104.22
<i>Totals for Snack 1</i>				<b>3.81</b>	<b>3.88</b>	<b>8.99</b>	<b>104.22</b>

**Lunch**

6	1.0	1 cup flowerets	Broccoli, flower clusters, raw	2.12	3.72	0.25	19.88
5	0.3	1 cup, shredded	Cheese, low fat, cheddar or colby	6.88	0.54	1.98	48.87
4	1.0	1 cup	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	14.53	44.97	4.25	268.96
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
23	2.0	1 tablespoon	Salad dressing, home recipe, vinegar and oil	0.00	0.80	16.03	143.68
8	3.0	ounce(s)	Tuna Solid White -Water Sm. can	22.50	1.50	1.50	105.00
<i>Totals for Lunch</i>				<b>48.63</b>	<b>70.53</b>	<b>24.81</b>	<b>684.39</b>

**Snack 2**

8	1.0	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
7	12.0	each	Grapes - American	0.24	4.92	0.00	24.00
<i>Totals for Snack 2</i>				<b>28.24</b>	<b>11.12</b>	<b>2.30</b>	<b>188.00</b>

**Dinner**

21	2.0	tablespoon	BBQ - Hickory, Health Choice	0.80	11.20	0.40	52.00
1	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
6	1.0	1 cup	Spinach, cooked, boiled, drained, without salt	5.35	6.75	0.47	41.40
6	3.0	0.5 cup, cubes	Yam, cooked, boiled, drained, or baked, without salt	3.04	56.06	0.29	236.64
<i>Totals for Dinner</i>				<b>28.69</b>	<b>74.01</b>	<b>2.36</b>	<b>423.04</b>
<b>Totals For 1600 Calories 21 Day Detox Fruit for Men - Day 17</b>				<b>127.45</b>	<b>234.98</b>	<b>42.58</b>	<b>1719.81</b>

1600 Calories 21 Day Detox Fruit for Men - Day 18

**Breakfast**

7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
15	2.0	1/2 cup	Cereal, oats, old fashioned, dry	10.00	54.00	6.00	300.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
<i>Totals for Breakfast</i>				<b>18.95</b>	<b>76.62</b>	<b>6.64</b>	<b>428.18</b>

**Snack 1**

5	0.5	cup	Non-fat yogurt-artificially sweetened	5.30	9.65	0.20	60.50
14	10.0	1 almond	Nuts, almonds	2.54	2.59	5.99	69.48
<i>Totals for Snack 1</i>				<b>7.84</b>	<b>12.24</b>	<b>6.19</b>	<b>129.98</b>

**Lunch**

5	1.0	1 slice (1 oz)	Cheese, swiss, low fat	7.95	0.95	1.43	50.12
0	3.0	1 slice (6-1/4" x 4" x 1/16")	Ham, sliced, packaged (96% fat free, water added)	14.20	0.81	2.86	85.68
0	1.0	1 teaspoon or 1 packet	Mustard, prepared, yellow	0.19	0.29	0.17	3.00
0	1.0	1 cup (8 fl oz)	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	6.18	22.20	3.22	136.40
6	2.0	1 leaf	Spinach, raw	0.57	0.73	0.08	4.60
6	2.0	1 slice, medium (1/4" thick)	Tomatoes, red, ripe, raw, June thru October average	0.34	1.86	0.13	8.40
3	1.0	each	Tortilla 99% fat free, whole wheat, flour	2.00	12.00	0.00	60.00
<i>Totals for Lunch</i>				<b>31.43</b>	<b>38.84</b>	<b>7.89</b>	<b>348.20</b>

**Snack 2**

4	0.5	1 cup	Hummus, home prepared	5.98	24.75	10.57	217.71
3	4.0	each	Wasa Crackers, light rye	4.00	28.00	0.00	120.00
<i>Totals for Snack 2</i>				<b>9.98</b>	<b>52.75</b>	<b>10.57</b>	<b>337.71</b>

**Dinner**

6	2.0	0.5 cup	Asparagus, cooked, boiled, drained	4.32	7.40	0.40	39.60
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
1	3.0	ounce(s)	Salmon - broiled	18.81	0.00	10.50	174.00
<i>Totals for Dinner</i>				<b>27.76</b>	<b>18.73</b>	<b>26.23</b>	<b>406.14</b>

**Snack 3**

7	1.0	each	Plum - fresh, 2.25" diam	0.50	8.60	0.40	36.00
<i>Totals for Snack 3</i>				<b>0.50</b>	<b>8.60</b>	<b>0.40</b>	<b>36.00</b>

<b>Totals For 1600 Calories 21 Day Detox Fruit for Men - Day 18</b>				<b>96.46</b>	<b>207.78</b>	<b>57.92</b>	<b>1686.21</b>
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1600 Calories 21 Day Detox Fruit for Men - Day 19

**Breakfast**

16	2.0	1 slice (5" x 4" x 3/8")	Bread, pumpernickel, toasted	5.51	30.28	1.97	159.50
1	4.0	each	Egg Whites - scrambled/boiled	14.00	1.20	0.00	68.00
14	1.0	1 tablespoon	Nuts, almond butter, plain, without salt added	3.35	3.01	8.88	98.24
7	0.5	1 cup, slices	Peaches, raw	0.77	8.11	0.21	33.15
<i>Totals for Breakfast</i>				<b>23.63</b>	<b>42.60</b>	<b>11.06</b>	<b>358.89</b>

**Snack 1**

5	1.0	cup	Non-fat yogurt-artificially sweetened	10.60	19.30	0.39	121.00
14	1.0	1 cup, in shell, edible yield (7 nuts)	Nuts, walnuts, english	4.26	3.84	18.26	183.12
<i>Totals for Snack 1</i>				<b>14.86</b>	<b>23.14</b>	<b>18.65</b>	<b>304.12</b>

**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	2.0	1 leaf	Lettuce, green leaf, raw	0.27	0.57	0.03	3.00
0	1.0	1 teaspoon or 1 packet	Mustard, prepared, yellow	0.19	0.29	0.17	3.00
6	2.0	1 slice, medium (1/4" thick)	Tomatoes, red, ripe, raw, June thru October average	0.34	1.86	0.13	8.40
1	3.0	ounce(s)	Turkey, ground, extra lean	19.50	0.00	1.13	84.00
<i>Totals for Lunch</i>				<b>29.05</b>	<b>6.47</b>	<b>2.89</b>	<b>162.52</b>

**Snack 2**

7	1.0	1 cup, halves	Apricots, dried, sulfured, stewed, without added sugar	3.00	55.37	0.45	212.50
3	4.0	each	Wasa Crackers, light rye	4.00	28.00	0.00	120.00
<i>Totals for Snack 2</i>				<b>7.00</b>	<b>83.37</b>	<b>0.45</b>	<b>332.50</b>

**Dinner**

1	3.0	ounce(s)	Halibut - broiled	22.50	0.00	3.00	120.00
23	1.0	tablespoon	Olive oil - pure	0.00	0.00	14.00	130.00
17	1.0	cup	Spaghetti - whole wheat, cooked, Health Valley	9.00	40.00	1.00	170.00
6	2.0	1/2 cup	tomato, diced	1.53	8.35	0.59	38.00
6	2.0	1/2 cup	zucchini, boiled, drained	1.15	7.07	0.09	28.80
<i>Totals for Dinner</i>				<b>34.18</b>	<b>55.42</b>	<b>18.68</b>	<b>486.80</b>

**Snack 3**

7	0.5	each	Pear -medium w/peel	0.35	12.55	0.00	49.00
<i>Totals for Snack 3</i>				<b>0.35</b>	<b>12.55</b>	<b>0.00</b>	<b>49.00</b>

<b>Totals For 1600 Calories 21 Day Detox Fruit for Men - Day 19</b>				<b>109.07</b>	<b>223.55</b>	<b>51.73</b>	<b>1693.83</b>
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1600 Calories 21 Day Detox Fruit for Men - Day 20

**Breakfast**

15	2.0	1/2 cup	Cereal, oats, old fashioned, dry	10.00	54.00	6.00	300.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
7	1.0	1 cup, slices	Peaches, raw	1.55	16.22	0.43	66.30
<i>Totals for Breakfast</i>				<b>19.95</b>	<b>82.12</b>	<b>6.83</b>	<b>452.30</b>

**Snack 1**

7	15.0	each	Cherries, sweet, medium	1.20	16.95	1.05	75.00
5	1.0	cup	Non-fat yogurt-artificially sweetened	10.60	19.30	0.39	121.00
<i>Totals for Snack 1</i>				<b>11.80</b>	<b>36.25</b>	<b>1.44</b>	<b>196.00</b>

**Lunch**

7	0.5	1 cup, sliced	Avocados, raw, all commercial varieties	1.46	6.23	10.70	116.80
5	0.3	1 cup, shredded	Cheese, low fat, cheddar or colby	6.88	0.54	1.98	48.87
5	2.0	1 tablespoon	Cream, sour, reduced fat, cultured	0.88	1.28	3.60	40.50
6	1.0	tablespoon	Onion - chopped	0.10	0.90	0.00	4.00
4	1.5	1/2 cup	refried beans, Amy's Organic Traditional Refried Beans	10.50	31.50	4.50	210.00
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
<i>Totals for Lunch</i>				<b>22.58</b>	<b>56.63</b>	<b>21.08</b>	<b>499.17</b>

**Snack 2**

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	1.0	each	Plum - fresh, 2.25" diam	0.50	8.60	0.40	36.00
<i>Totals for Snack 2</i>				<b>14.50</b>	<b>11.70</b>	<b>1.55</b>	<b>118.00</b>

**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
10	4.0	ounce(s)	Yam - baked w/o skin	1.68	31.20	0.20	132.00
<i>Totals for Dinner</i>				<b>29.98</b>	<b>47.24</b>	<b>10.08</b>	<b>382.24</b>

**Snack 3**

4	10.0	1 peanut	Peanuts, all types, dry-roasted, without salt	2.44	2.13	4.97	58.70
<i>Totals for Snack 3</i>				<b>2.44</b>	<b>2.13</b>	<b>4.97</b>	<b>58.70</b>

<b>Totals For 1600 Calories 21 Day Detox Fruit for Men - Day 20</b>				<b>101.25</b>	<b>236.07</b>	<b>45.95</b>	<b>1706.41</b>
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## 1600 Calories 21 Day Detox Fruit for Men - Day 21

### Breakfast

15	2.0	0.5 cup (1 NLEA serving)	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	8.15	46.03	3.04	161.20
7	1.0	each	Grapefruit - pink or red 4" diam.	1.20	23.80	0.20	92.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
<i>Totals for Breakfast</i>				<b>17.75</b>	<b>81.73</b>	<b>3.64</b>	<b>339.20</b>

### Snack 1

5	1.0	cup	Non-fat yogurt-artificially sweetened	10.60	19.30	0.39	121.00
7	2.0	each	Plum - fresh, 2.25" diam	1.00	17.20	0.80	72.00
<i>Totals for Snack 1</i>				<b>11.60</b>	<b>36.50</b>	<b>1.19</b>	<b>193.00</b>

### 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	1.0	cup	Cucumber - raw, slices	0.80	2.80	0.00	14.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
23	2.0	1 tablespoon	Salad dressing, home recipe, vinegar and oil	0.00	0.80	16.03	143.68
1	3.0	ounce(s)	Turkey Breast / White Meat	25.50	0.00	0.60	114.00
3	4.0	each	Wasa Crackers, light rye	4.00	28.00	0.00	120.00
<i>Totals for Lunch</i>				<b>40.84</b>	<b>53.00</b>	<b>19.53</b>	<b>548.49</b>

### Snack 2

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

### Dinner

6	2.0	0.5 cup	Asparagus, cooked, boiled, drained	4.32	7.40	0.40	39.60
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
1	3.0	ounce(s)	Salmon - broiled	18.81	0.00	10.50	174.00
<i>Totals for Dinner</i>				<b>29.10</b>	<b>39.08</b>	<b>19.99</b>	<b>437.67</b>

### Snack 3

7	1.0	1 cup	Blueberries, raw	1.10	21.45	0.49	84.36
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>				<b>5.60</b>	<b>27.45</b>	<b>0.49</b>	<b>129.36</b>

<b>Totals For 1600 Calories 21 Day Detox Fruit for Men - Day 21</b>				<b>105.19</b>	<b>243.91</b>	<b>44.84</b>	<b>1677.72</b>
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