



Male Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1600 Calories Detox Veggie for Men - Day 01							
Breakfast							
7	1.0	1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
8	2.0	each	Egg - boiled white only	7.00	0.60	0.00	34.00
5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
7	0.5	1 cup, diced	Pineapple, raw, all varieties	0.42	10.17	0.09	38.75
14	2.0	1 tablespoon	Seeds, flaxseed	4.39	6.93	10.12	128.16
<i>Totals for Breakfast</i>				20.10	32.10	16.22	340.33
Snack 1							
7	1.0	1 large (8" to 8-7/8" long)	Bananas, raw	1.48	31.06	0.45	121.04
14	10.0	1 almond	Nuts, almonds	2.54	2.59	5.99	69.48
<i>Totals for Snack 1</i>				4.02	33.65	6.44	190.52
Lunch							
6	3.0	1 spear, large (7-1/4" to 8-1/2")	Asparagus, raw	1.32	2.33	0.07	12.00
6	1.0	0.5 cup, chopped or diced	Broccoli, raw	1.24	2.92	0.16	14.96
1	2.0	cup	Milk, Almond	2.00	16.00	5.00	120.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
<i>Totals for Lunch</i>				16.88	52.59	7.36	323.16
Snack 2							
21	2.0	tablespoon	Almond Butter	4.00	6.00	18.00	202.00
9	2.0	each	Rice cake - plain, unsalted, Quaker	1.60	14.40	0.60	70.00
<i>Totals for Snack 2</i>				5.60	20.40	18.60	272.00
Dinner							
6	4.0	1 spear, medium (5-1/4" to 7" long)	Asparagus, raw	1.41	2.48	0.08	12.80
6	2.0	0.5 cup, chopped or diced	Broccoli, raw	2.48	5.84	0.33	29.92
12	2.0	3 oz	Fish, roughy, orange, cooked, dry heat	38.49	0.00	1.53	178.50
7	1.0	1 wedge yields	Lemon juice, raw	0.02	0.41	0.01	1.30
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
<i>Totals for Dinner</i>				54.72	40.07	11.08	463.72
Snack 3							
6	2.0	medium	Carrots - baby, raw	0.20	1.60	0.20	8.00
3	1.0	each	Celery - raw stalk trimmed	0.50	2.00	0.00	10.00
6	0.5	1 cup	Parsley, fresh	0.89	1.90	0.24	10.80
<i>Totals for Snack 3</i>				1.59	5.50	0.44	28.80
Totals For 1600 Calories Detox Veggie for Men - Day 01				102.91	184.31	60.14	1618.53

1600 Calories Detox Veggie for Men - Day 02

Breakfast

7	0.5	1 cup, unthawed	Blueberries, raw	0.54	10.51	0.24	41.33
8	5.0	each	Egg - boiled white only	17.50	1.50	0.00	85.00
14	1.0	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
7	1.0	1 cup, sliced	Strawberries, raw	1.11	12.75	0.50	53.12
<i>Totals for Breakfast</i>				21.34	28.23	5.80	243.53

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
<i>Totals for Snack 1</i>				2.30	24.00	9.50	182.00

Lunch

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

Snack 2

21	3.0	tablespoon	Almond Butter	6.00	9.00	27.00	303.00
9	2.0	each	Rice cake - plain, unsalted, Quaker	1.60	14.40	0.60	70.00
<i>Totals for Snack 2</i>				7.60	23.40	27.60	373.00

Dinner

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

Snack 3

14	20.0	1 almond	Nuts, almonds	5.08	5.17	11.98	138.96
7	1.0	1 miniature box (.5 oz)	Raisins, seedless	0.43	11.09	0.06	41.86
4	0.3	ounce(s)	Walnuts, dried	1.04	1.52	3.80	44.50
<i>Totals for Snack 3</i>				6.55	17.78	15.84	225.32

Totals For 1600 Calories Detox Veggie for Men - Day 02				73.72	193.72	69.61	1619.08
---------------------------------------------------------------	--	--	--	--------------	---------------	--------------	----------------

1600 Calories Detox Veggie for Men - Day 03

Breakfast

7	1.0	1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
8	5.0	each	Egg - boiled white only	17.50	1.50	0.00	85.00
6	1.0	tablespoon	Onion - chopped	0.10	0.90	0.00	4.00
6	1.0	1 cup	Spinach, cooked, boiled, drained, without salt	5.35	6.75	0.47	41.40
6	1.0	small	Tomato - sm. w/peel, 2.5" diam.	1.00	5.70	0.40	26.00
<i>Totals for Breakfast</i>				25.95	28.69	1.58	218.32

Snack 1

21	2.0	tablespoon	Almond Butter	4.00	6.00	18.00	202.00
7	1.0	1 large (8" to 8-7/8" long)	Bananas, raw	1.48	31.06	0.45	121.04
<i>Totals for Snack 1</i>				5.48	37.06	18.45	323.04

Lunch

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

Snack 2

7	25.0	each	Grapes - American	0.50	10.25	0.00	50.00
14	1.0	1 oz	Nuts, cashew nuts, dry roasted, without salt added	4.34	9.27	13.14	162.73
<i>Totals for Snack 2</i>				4.84	19.52	13.14	212.73

Dinner

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

Snack 3

14	15.0	1 almond	Nuts, almonds	3.81	3.88	8.99	104.22
7	1.0	each	Plum - fresh, 2.25" diam	0.50	8.60	0.40	36.00
<i>Totals for Snack 3</i>				4.31	12.48	9.39	140.22

Totals For 1600 Calories Detox Veggie for Men - Day 03				80.83	186.83	61.34	1523.65
---------------------------------------------------------------	--	--	--	--------------	---------------	--------------	----------------

1600 Calories Detox Veggie for Men - Day 04

Breakfast

7	1.0	1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
8	2.0	each	Egg - boiled white only	7.00	0.60	0.00	34.00
5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
7	1.0	1 cup, diced	Pineapple, raw, all varieties	0.84	20.34	0.19	77.50
14	1.0	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
<i>Totals for Breakfast</i>				18.32	38.81	11.26	315.00

Snack 1

7	15.0	1 cherry	Cherries, sweet, raw	1.30	19.69	0.25	77.49
4	1.0	ounce(s)	Walnuts, dried	4.17	6.07	15.20	178.00
<i>Totals for Snack 1</i>				5.47	25.76	15.45	255.49

Lunch

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

Snack 2

21	2.0	tablespoon	Almond Butter	4.00	6.00	18.00	202.00
9	2.0	each	Rice cake - plain, unsalted, Quaker	1.60	14.40	0.60	70.00
<i>Totals for Snack 2</i>				5.60	20.40	18.60	272.00

Dinner

6	4.0	1 spear, medium (5-1/4" to 7" long)	Asparagus, raw	1.41	2.48	0.08	12.80
6	2.0	0.5 cup, chopped or diced	Broccoli, raw	2.48	5.84	0.33	29.92
12	2.0	3 oz	Fish, roughy, orange, cooked, dry heat	38.49	0.00	1.53	178.50
7	1.0	1 wedge yields	Lemon juice, raw	0.02	0.41	0.01	1.30
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
<i>Totals for Dinner</i>				54.72	40.07	11.08	463.72

Snack 3

6	2.0	medium	Carrots - baby, raw	0.20	1.60	0.20	8.00
3	1.0	each	Celery - raw stalk trimmed	0.50	2.00	0.00	10.00
6	0.5	1 cup	Parsley, fresh	0.89	1.90	0.24	10.80
<i>Totals for Snack 3</i>				1.59	5.50	0.44	28.80
Totals For 1600 Calories Detox Veggie for Men - Day 04				101.58	175.13	61.69	1598.17

1600 Calories Detox Veggie for Men - Day 05

Breakfast

10	0.5	each	Apple - medium with peel	0.15	10.50	0.25	40.50
7	1.0	1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
1	5.0	each	Egg Whites - scrambled/boiled	17.50	1.50	0.00	85.00
14	1.0	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
<i>Totals for Breakfast</i>				<i>21.84</i>	<i>29.31</i>	<i>6.02</i>	<i>251.50</i>

Snack 1

21	2.0	tablespoon	Almond Butter	4.00	6.00	18.00	202.00
9	2.0	each	Rice cake - plain, unsalted, Quaker	1.60	14.40	0.60	70.00
<i>Totals for Snack 1</i>				<i>5.60</i>	<i>20.40</i>	<i>18.60</i>	<i>272.00</i>

Lunch

6	3.0	1 spear, medium (5-1/4" to 7" long)	Asparagus, raw	1.06	1.86	0.06	9.60
3	1.0	spear	Broccoli	5.00	4.00	1.00	40.00
2	0.5	cup	Brown Rice - cooked	2.45	24.85	0.60	116.00
10	1.0	cup	Lentil - boiled	17.80	39.80	0.80	230.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
<i>Totals for Lunch</i>				<i>28.91</i>	<i>89.51</i>	<i>3.26</i>	<i>493.60</i>

Snack 2

7	15.0	1 cherry	Cherries, sweet, raw	1.30	19.69	0.25	77.49
4	1.0	ounce(s)	Walnuts, dried	4.17	6.07	15.20	178.00
<i>Totals for Snack 2</i>				<i>5.47</i>	<i>25.76</i>	<i>15.45</i>	<i>255.49</i>

Dinner

7	0.3	1 fruit without skin and seeds	Avocados, raw, California	1.12	4.93	8.80	95.34
4	0.3	1 cup	Beans, black, mature seeds, cooked, boiled, without salt	3.81	10.20	0.23	56.76
3	1.0	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
6	1.0	small	Tomato - sm. w/peel, 2.5" diam.	1.00	5.70	0.40	26.00
<i>Totals for Dinner</i>				<i>7.88</i>	<i>35.08</i>	<i>10.03</i>	<i>252.10</i>

Snack 3

14	10.0	1 almond	Nuts, almonds	2.54	2.59	5.99	69.48
7	1.0	each	Plum - fresh, 2.25" diam	0.50	8.60	0.40	36.00
<i>Totals for Snack 3</i>				<i>3.04</i>	<i>11.19</i>	<i>6.39</i>	<i>105.48</i>
<i>Totals For 1600 Calories Detox Veggie for Men - Day 05</i>				<i>72.74</i>	<i>211.25</i>	<i>59.75</i>	<i>1630.17</i>

1600 Calories Detox Veggie for Men - Day 06

Breakfast

7	1.0	1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
8	2.0	each	Egg - boiled white only	7.00	0.60	0.00	34.00
5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
7	1.0	1 cup, diced	Pineapple, raw, all varieties	0.84	20.34	0.19	77.50
14	2.0	1 tablespoon	Seeds, flaxseed	4.39	6.93	10.12	128.16
<i>Totals for Breakfast</i>				20.52	42.27	16.32	379.08

Snack 1

7	1.0	cup	Grapes, Concord	0.00	15.80	0.30	62.00
9	1.0	each	Rice cake - plain, unsalted, Quaker	0.80	7.20	0.30	35.00
<i>Totals for Snack 1</i>				0.80	23.00	0.60	97.00

Lunch

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

Snack 2

21	2.0	tablespoon	Almond Butter	4.00	6.00	18.00	202.00
9	2.0	each	Rice cake - plain, unsalted, Quaker	1.60	14.40	0.60	70.00
<i>Totals for Snack 2</i>				5.60	20.40	18.60	272.00

Dinner

6	4.0	1 spear, medium (5-1/4" to 7" long)	Asparagus, raw	1.41	2.48	0.08	12.80
6	2.0	0.5 cup, chopped or diced	Broccoli, raw	2.48	5.84	0.33	29.92
12	2.0	3 oz	Fish, roughy, orange, cooked, dry heat	38.49	0.00	1.53	178.50
7	1.0	1 wedge yields	Lemon juice, raw	0.02	0.41	0.01	1.30
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
<i>Totals for Dinner</i>				54.72	40.07	11.08	463.72

Snack 3

14	15.0	1 almond	Nuts, almonds	3.81	3.88	8.99	104.22
7	1.0	each	Plum - fresh, 2.25" diam	0.50	8.60	0.40	36.00
<i>Totals for Snack 3</i>				4.31	12.48	9.39	140.22

Totals For 1600 Calories Detox Veggie for Men - Day 06				101.83	182.81	60.85	1615.18
---------------------------------------------------------------	--	--	--	---------------	---------------	--------------	----------------

1600 Calories Detox Veggie for Men - Day 07

Breakfast

1	5.0	each	Egg Whites - scrambled/boiled	17.50	1.50	0.00	85.00
1	1.0	each	Egg whole w/ yolk	6.70	1.30	7.30	100.00
7	0.5	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	46.00
<i>Totals for Breakfast</i>				24.80	14.70	7.40	231.00

Snack 1

14	20.0	1 almond	Nuts, almonds	5.08	5.17	11.98	138.96
7	1.0	1 miniature box (.5 oz)	Raisins, seedless	0.43	11.09	0.06	41.86
4	0.3	ounce(s)	Walnuts, dried	1.38	2.00	5.02	58.74
<i>Totals for Snack 1</i>				6.89	18.26	17.06	239.56

Lunch

6	3.0	1 spear, medium (5-1/4" to 7" long)	Asparagus, raw	1.06	1.86	0.06	9.60
4	0.5	1 cup	Beans, black, mature seeds, cooked, boiled, without salt	7.62	20.39	0.46	113.52
2	1.0	cup	Brown Rice - cooked	4.90	49.70	1.20	232.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
<i>Totals for Lunch</i>				16.18	90.95	2.52	453.12

Snack 2

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

Dinner

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

Snack 3

21	3.0	tablespoon	Almond Butter	6.00	9.00	27.00	303.00
9	2.0	each	Rice cake - plain, unsalted, Quaker	1.60	14.40	0.60	70.00
<i>Totals for Snack 3</i>				7.60	23.40	27.60	373.00

Totals For 1600 Calories Detox Veggie for Men - Day 07				88.18	205.75	59.25	1656.68
---------------------------------------------------------------	--	--	--	--------------	---------------	--------------	----------------

1600 Calories Detox Veggie for Men - Day 08

Breakfast

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

Snack 1

7	1.0	1 large (8" to 8-7/8" long)	Bananas, raw	1.48	31.06	0.45	121.04
14	10.0	1 almond	Nuts, almonds	2.54	2.59	5.99	69.48
<i>Totals for Snack 1</i>				4.02	33.65	6.44	190.52

Lunch

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

Snack 2

21	2.0	tablespoon	Almond Butter	4.00	6.00	18.00	202.00
9	2.0	each	Rice cake - plain, unsalted, Quaker	1.60	14.40	0.60	70.00
<i>Totals for Snack 2</i>				5.60	20.40	18.60	272.00

Dinner

6	4.0	1 spear, medium (5-1/4" to 7" long)	Asparagus, raw	1.41	2.48	0.08	12.80
6	2.0	0.5 cup, chopped or diced	Broccoli, raw	2.48	5.84	0.33	29.92
12	2.0	3 oz	Fish, roughy, orange, cooked, dry heat	38.49	0.00	1.53	178.50
7	1.0	1 wedge yields	Lemon juice, raw	0.02	0.41	0.01	1.30
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
<i>Totals for Dinner</i>				54.72	40.07	11.08	463.72

Snack 3

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

Totals For 1600 Calories Detox Veggie for Men - Day 08				102.91	184.31	60.14	1618.53
---------------------------------------------------------------	--	--	--	---------------	---------------	--------------	----------------

1600 Calories Detox Veggie for Men - Day 09

Breakfast

7	0.5	1 cup, unfrozen	Blueberries, raw	0.54	10.51	0.24	41.33
8	5.0	each	Egg - boiled white only	17.50	1.50	0.00	85.00
14	1.0	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
7	1.0	1 cup, sliced	Strawberries, raw	1.11	12.75	0.50	53.12
<i>Totals for Breakfast</i>				21.34	28.23	5.80	243.53

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
<i>Totals for Snack 1</i>				2.30	24.00	9.50	182.00

Lunch

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

Snack 2

21	3.0	tablespoon	Almond Butter	6.00	9.00	27.00	303.00
9	2.0	each	Rice cake - plain, unsalted, Quaker	1.60	14.40	0.60	70.00
<i>Totals for Snack 2</i>				7.60	23.40	27.60	373.00

Dinner

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

Snack 3

14	20.0	1 almond	Nuts, almonds	5.08	5.17	11.98	138.96
7	1.0	1 miniature box (.5 oz)	Raisins, seedless	0.43	11.09	0.06	41.86
4	0.3	ounce(s)	Walnuts, dried	1.04	1.52	3.80	44.50
<i>Totals for Snack 3</i>				6.55	17.78	15.84	225.32

Totals For 1600 Calories Detox Veggie for Men - Day 09				73.72	193.72	69.61	1619.08
---------------------------------------------------------------	--	--	--	--------------	---------------	--------------	----------------

1600 Calories Detox Veggie for Men - Day 10

Breakfast

7	1.0	1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
8	5.0	each	Egg - boiled white only	17.50	1.50	0.00	85.00
6	1.0	tablespoon	Onion - chopped	0.10	0.90	0.00	4.00
6	1.0	1 cup	Spinach, cooked, boiled, drained, without salt	5.35	6.75	0.47	41.40
6	1.0	small	Tomato - sm. w/peel, 2.5" diam.	1.00	5.70	0.40	26.00
<i>Totals for Breakfast</i>				25.95	28.69	1.58	218.32

Snack 1

21	2.0	tablespoon	Almond Butter	4.00	6.00	18.00	202.00
7	1.0	1 large (8" to 8-7/8" long)	Bananas, raw	1.48	31.06	0.45	121.04
<i>Totals for Snack 1</i>				5.48	37.06	18.45	323.04

Lunch

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

Snack 2

7	25.0	each	Grapes - American	0.50	10.25	0.00	50.00
14	1.0	1 oz	Nuts, cashew nuts, dry roasted, without salt added	4.34	9.27	13.14	162.73
<i>Totals for Snack 2</i>				4.84	19.52	13.14	212.73

Dinner

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

Snack 3

14	15.0	1 almond	Nuts, almonds	3.81	3.88	8.99	104.22
7	1.0	each	Plum - fresh, 2.25" diam	0.50	8.60	0.40	36.00
<i>Totals for Snack 3</i>				4.31	12.48	9.39	140.22

Totals For 1600 Calories Detox Veggie for Men - Day 10				80.83	186.83	61.34	1523.65
---------------------------------------------------------------	--	--	--	--------------	---------------	--------------	----------------

1600 Calories Detox Veggie for Men - Day 11

Breakfast

7	1.0	1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
8	2.0	each	Egg - boiled white only	7.00	0.60	0.00	34.00
5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
7	1.0	1 cup, diced	Pineapple, raw, all varieties	0.84	20.34	0.19	77.50
14	1.0	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
<i>Totals for Breakfast</i>				18.32	38.81	11.26	315.00

Snack 1

7	15.0	1 cherry	Cherries, sweet, raw	1.30	19.69	0.25	77.49
4	1.0	ounce(s)	Walnuts, dried	4.17	6.07	15.20	178.00
<i>Totals for Snack 1</i>				5.47	25.76	15.45	255.49

Lunch

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

Snack 2

21	2.0	tablespoon	Almond Butter	4.00	6.00	18.00	202.00
9	2.0	each	Rice cake - plain, unsalted, Quaker	1.60	14.40	0.60	70.00
<i>Totals for Snack 2</i>				5.60	20.40	18.60	272.00

Dinner

6	4.0	1 spear, medium (5-1/4" to 7" long)	Asparagus, raw	1.41	2.48	0.08	12.80
6	2.0	0.5 cup, chopped or diced	Broccoli, raw	2.48	5.84	0.33	29.92
12	2.0	3 oz	Fish, roughy, orange, cooked, dry heat	38.49	0.00	1.53	178.50
7	1.0	1 wedge yields	Lemon juice, raw	0.02	0.41	0.01	1.30
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
<i>Totals for Dinner</i>				54.72	40.07	11.08	463.72

Snack 3

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

Totals For 1600 Calories Detox Veggie for Men - Day 11				101.58	175.13	61.69	1598.17
---------------------------------------------------------------	--	--	--	---------------	---------------	--------------	----------------

1600 Calories Detox Veggie for Men - Day 12

Breakfast

10	0.5	each	Apple - medium with peel	0.15	10.50	0.25	40.50
7	1.0	1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
1	5.0	each	Egg Whites - scrambled/boiled	17.50	1.50	0.00	85.00
14	1.0	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
<i>Totals for Breakfast</i>				21.84	29.31	6.02	251.50

Snack 1

21	2.0	tablespoon	Almond Butter	4.00	6.00	18.00	202.00
9	2.0	each	Rice cake - plain, unsalted, Quaker	1.60	14.40	0.60	70.00
<i>Totals for Snack 1</i>				5.60	20.40	18.60	272.00

Lunch

6	3.0	1 spear, medium (5-1/4" to 7" long)	Asparagus, raw	1.06	1.86	0.06	9.60
3	1.0	spear	Broccoli	5.00	4.00	1.00	40.00
2	0.5	cup	Brown Rice - cooked	2.45	24.85	0.60	116.00
10	1.0	cup	Lentil - boiled	17.80	39.80	0.80	230.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
<i>Totals for Lunch</i>				28.91	89.51	3.26	493.60

Snack 2

7	15.0	1 cherry	Cherries, sweet, raw	1.30	19.69	0.25	77.49
4	1.0	ounce(s)	Walnuts, dried	4.17	6.07	15.20	178.00
<i>Totals for Snack 2</i>				5.47	25.76	15.45	255.49

Dinner

7	0.3	1 fruit without skin and seeds	Avocados, raw, California	1.12	4.93	8.80	95.34
4	0.3	1 cup	Beans, black, mature seeds, cooked, boiled, without salt	3.81	10.20	0.23	56.76
3	1.0	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
6	1.0	small	Tomato - sm. w/peel, 2.5" diam.	1.00	5.70	0.40	26.00
<i>Totals for Dinner</i>				7.88	35.08	10.03	252.10

Snack 3

14	10.0	1 almond	Nuts, almonds	2.54	2.59	5.99	69.48
7	1.0	each	Plum - fresh, 2.25" diam	0.50	8.60	0.40	36.00
<i>Totals for Snack 3</i>				3.04	11.19	6.39	105.48

Totals For 1600 Calories Detox Veggie for Men - Day 12				72.74	211.25	59.75	1630.17
---------------------------------------------------------------	--	--	--	--------------	---------------	--------------	----------------

1600 Calories Detox Veggie for Men - Day 13

Breakfast

7	1.0	1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
8	2.0	each	Egg - boiled white only	7.00	0.60	0.00	34.00
5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
7	1.0	1 cup, diced	Pineapple, raw, all varieties	0.84	20.34	0.19	77.50
14	2.0	1 tablespoon	Seeds, flaxseed	4.39	6.93	10.12	128.16
<i>Totals for Breakfast</i>				20.52	42.27	16.32	379.08

Snack 1

7	1.0	cup	Grapes, Concord	0.00	15.80	0.30	62.00
9	1.0	each	Rice cake - plain, unsalted, Quaker	0.80	7.20	0.30	35.00
<i>Totals for Snack 1</i>				0.80	23.00	0.60	97.00

Lunch

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

Snack 2

21	2.0	tablespoon	Almond Butter	4.00	6.00	18.00	202.00
9	2.0	each	Rice cake - plain, unsalted, Quaker	1.60	14.40	0.60	70.00
<i>Totals for Snack 2</i>				5.60	20.40	18.60	272.00

Dinner

6	4.0	1 spear, medium (5-1/4" to 7" long)	Asparagus, raw	1.41	2.48	0.08	12.80
6	2.0	0.5 cup, chopped or diced	Broccoli, raw	2.48	5.84	0.33	29.92
12	2.0	3 oz	Fish, roughy, orange, cooked, dry heat	38.49	0.00	1.53	178.50
7	1.0	1 wedge yields	Lemon juice, raw	0.02	0.41	0.01	1.30
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
<i>Totals for Dinner</i>				54.72	40.07	11.08	463.72

Snack 3

14	15.0	1 almond	Nuts, almonds	3.81	3.88	8.99	104.22
7	1.0	each	Plum - fresh, 2.25" diam	0.50	8.60	0.40	36.00
<i>Totals for Snack 3</i>				4.31	12.48	9.39	140.22

Totals For 1600 Calories Detox Veggie for Men - Day 13				101.83	182.81	60.85	1615.18
---------------------------------------------------------------	--	--	--	---------------	---------------	--------------	----------------

1600 Calories Detox Veggie for Men - Day 14

Breakfast

1	5.0	each	Egg Whites - scrambled/boiled	17.50	1.50	0.00	85.00
1	1.0	each	Egg whole w/ yolk	6.70	1.30	7.30	100.00
7	0.5	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	46.00
<i>Totals for Breakfast</i>				24.80	14.70	7.40	231.00

Snack 1

14	20.0	1 almond	Nuts, almonds	5.08	5.17	11.98	138.96
7	1.0	1 miniature box (.5 oz)	Raisins, seedless	0.43	11.09	0.06	41.86
4	0.3	ounce(s)	Walnuts, dried	1.38	2.00	5.02	58.74
<i>Totals for Snack 1</i>				6.89	18.26	17.06	239.56

Lunch

6	3.0	1 spear, medium (5-1/4" to 7" long)	Asparagus, raw	1.06	1.86	0.06	9.60
4	0.5	1 cup	Beans, black, mature seeds, cooked, boiled, without salt	7.62	20.39	0.46	113.52
2	1.0	cup	Brown Rice - cooked	4.90	49.70	1.20	232.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
<i>Totals for Lunch</i>				16.18	90.95	2.52	453.12

Snack 2

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

Dinner

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

Snack 3

21	3.0	tablespoon	Almond Butter	6.00	9.00	27.00	303.00
9	2.0	each	Rice cake - plain, unsalted, Quaker	1.60	14.40	0.60	70.00
<i>Totals for Snack 3</i>				7.60	23.40	27.60	373.00
Totals For 1600 Calories Detox Veggie for Men - Day 14				88.18	205.75	59.25	1656.68