



Female Meal Plans

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

1200 Calories Detox Veggie for Women - Day 02

Breakfast

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

Snack 1

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

Lunch

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

Snack 2

6	2.0	medium	Carrots - baby, raw	0.20	1.60	0.20	8.00
3	1.0	each	Celery - raw stalk trimmed	0.50	2.00	0.00	10.00
6	0.5	1 cup	Parsley, fresh	0.89	1.90	0.24	10.80
<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
Totals For 1200 Calories Detox Veggie for Women - Day 02				71.72	176.09	34.49	1246.90

Breakfast

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

Snack 1

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

Lunch

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

Snack 2

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

Dinner

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

1200 Calories Detox Veggie for Women - Day 04

Breakfast

7	0.5	1 cup, unthawed	Blueberries, raw	0.54	10.51	0.24	41.33
8	3.0	each	Egg - boiled white only	10.50	0.90	0.00	51.00
14	1.0	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
7	1.0	1 cup, sliced	Strawberries, raw	1.11	12.75	0.50	53.12
<i>Totals for Breakfast</i>				14.34	27.63	5.80	209.53

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

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 2</i>				6.55	17.78	15.84	225.32

Dinner

4	0.3	1 cup	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	3.84	10.09	0.22	56.20
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
0	1.0	1 cup (8 fl oz)	Tea, herb, chamomile, brewed	0.00	0.47	0.00	2.37
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
6	1.0	1/2 cup	zucchini, boiled, drained	0.58	3.54	0.05	14.40
<i>Totals for Dinner</i>				14.90	30.62	8.90	235.17
Totals For 1200 Calories Detox Veggie for Women - Day 04				59.12	169.72	42.01	1212.08

1200 Calories Detox Veggie for Women - Day 05

Breakfast

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

Snack 1

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

Lunch

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

Snack 2

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

Dinner

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

1200 Calories Detox Veggie for Women - Day 06

Breakfast

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

Snack 1

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

Lunch

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

Snack 2

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

Dinner

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

Breakfast

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

Snack 1

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

Lunch

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

Snack 2

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

Dinner

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

Snack 3

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

1200 Calories Detox Veggie for Women - Day 08

Breakfast

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

Snack 1

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

Lunch

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

Snack 2

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

Dinner

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

1200 Calories Detox Veggie for Women - Day 09

Breakfast

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

Snack 1

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

Lunch

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

Snack 2

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

Dinner

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

1200 Calories Detox Veggie for Women - Day 10

Breakfast

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

Snack 1

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

Lunch

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

Snack 2

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

Dinner

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

1200 Calories Detox Veggie for Women - Day 11

Breakfast

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

Snack 1

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

Lunch

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

Snack 2

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

Dinner

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

1200 Calories Detox Veggie for Women - Day 12

Breakfast

7	0.5	1 cup, unthawed	Blueberries, raw	0.54	10.51	0.24	41.33
8	3.0	each	Egg - boiled white only	10.50	0.90	0.00	51.00
14	1.0	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
7	1.0	1 cup, sliced	Strawberries, raw	1.11	12.75	0.50	53.12
Totals for Breakfast				14.34	27.63	5.80	209.53

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
Totals for Snack 1				2.30	24.00	9.50	182.00

Lunch

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

Snack 2

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

Dinner

4	0.3	1 cup	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	3.84	10.09	0.22	56.20
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
0	1.0	1 cup (8 fl oz)	Tea, herb, chamomile, brewed	0.00	0.47	0.00	2.37
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
6	1.0	1/2 cup	zucchini, boiled, drained	0.58	3.54	0.05	14.40
Totals for Dinner				14.90	30.62	8.90	235.17
Totals For 1200 Calories Detox Veggie for Women - Day 12				59.12	169.72	42.01	1212.08

1200 Calories Detox Veggie for Women - Day 13

Breakfast

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

Snack 1

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

Lunch

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

Snack 2

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

Dinner

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

1200 Calories Detox Veggie for Women - Day 14

Breakfast

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

Snack 1

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

Lunch

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

Snack 2

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

Dinner

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