



Female Meal Plans

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

1200 Calories Detox Fruit for Women - Day 02

Breakfast

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

Snack 1

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

Lunch

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

Snack 2

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

Dinner

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

1200 Calories Detox Fruit for Women - Day 03

Breakfast

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

Snack 1

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

Lunch

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

Snack 2

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

Dinner

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

1200 Calories Detox Fruit for Women - Day 04

Breakfast

7	0.5	1 cup, unthawed	Blueberries, raw	0.54	10.51	0.24	41.33
15	0.5	1 cup	Cereals ready-to-eat, corn flakes, low sodium	0.96	11.10	0.04	49.88
8	3.0	each	Egg - boiled white only	10.50	0.90	0.00	51.00
14	1.0	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
<i>Totals for Breakfast</i>				14.19	25.98	5.34	206.29

Snack 1

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

Lunch

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

Snack 2

0	1.0	each	Cleansing Beverage, 8oz water, 1 tblsp apple cider vinegar, 1 tblsp Metamucil, 1 tsp coconut oil	0.00	12.14	4.48	87.73
14	20.0	1 almond	Nuts, almonds	5.08	5.17	11.98	138.96
7	1.0	1 miniature box (.5 oz)	Raisins, seedless	0.43	11.09	0.06	41.86
4	0.5	ounce(s)	Walnuts, dried	2.09	3.04	7.60	89.00
<i>Totals for Snack 2</i>				7.60	31.44	24.12	357.55

Dinner

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
8	3.0	each	Egg - boiled white only	10.50	0.90	0.00	51.00
7	1.0	cup	Grapes, Concord	0.00	15.80	0.30	62.00
0	1.0	1 cup (8 fl oz)	Tea, herb, chamomile, brewed	0.00	0.47	0.00	2.37
<i>Totals for Dinner</i>				10.80	38.17	0.80	196.37

Totals For 1200 Calories Detox Fruit for Women - Day 04				43.58	153.84	60.07	1268.64
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1200 Calories Detox Fruit for Women - 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	0.5	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Breakfast</i>				13.01	21.29	0.94	139.61

Snack 1

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

Lunch

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

Snack 2

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

Dinner

7	1.0	0.333 cup	Cranberries, dried, sweetened	0.03	32.94	0.55	123.20
6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
23	1.0	tablespoon	Olive oil - pure	0.00	0.00	14.00	130.00
4	1.0	ounce(s)	Walnuts, dried	4.17	6.07	15.20	178.00
<i>Totals for Dinner</i>				5.93	43.45	29.85	453.20

Totals For 1200 Calories Detox Fruit for Women - Day 05				40.82	155.52	61.68	1279.05
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1200 Calories Detox Fruit for Women - 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	0.5	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Breakfast</i>				13.01	21.29	0.94	139.61

Snack 1

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

Lunch

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

Snack 2

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

Dinner

7	1.0	0.333 cup	Cranberries, dried, sweetened	0.03	32.94	0.55	123.20
6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
23	1.0	tablespoon	Olive oil - pure	0.00	0.00	14.00	130.00
4	1.0	ounce(s)	Walnuts, dried	4.17	6.07	15.20	178.00
<i>Totals for Dinner</i>				5.93	43.45	29.85	453.20

Totals For 1200 Calories Detox Fruit for Women - Day 06				42.78	162.23	55.69	1286.57
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1200 Calories Detox Fruit for Women - Day 07

Breakfast

7	0.5	1 cup	Blackberries, raw	1.00	6.92	0.35	30.96
8	3.0	each	Egg - boiled white only	10.50	0.90	0.00	51.00
1	1.0	each	Egg whole w/ yolk	6.70	1.30	7.30	100.00
7	0.3	1 cup, halves	Strawberries, raw	0.25	2.92	0.11	12.16
<i>Totals for Breakfast</i>				18.45	12.04	7.76	194.12

Snack 1

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

Lunch

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

Snack 2

21	1.0	tablespoon	Almond Butter	2.00	3.00	9.00	101.00
10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
<i>Totals for Snack 2</i>				2.30	24.00	9.50	182.00

Dinner

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

1200 Calories Detox Fruit for Women - Day 08

Breakfast

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

Snack 1

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

Lunch

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

Snack 2

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

Dinner

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

1200 Calories Detox Fruit for Women - Day 09

Breakfast

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

Snack 1

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

Lunch

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

Snack 2

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

Dinner

7	1.0	1 cup	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	0.25	28.02	0.32	114.08
7	1.0	1 cup	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	0.94	37.37	0.33	151.80
0	1.0	1/2 cup	Ice cubes	0.00	0.00	0.00	0.00
7	1.0	each	Plum - fresh, 2.25" diam	0.50	8.60	0.40	36.00
<i>Totals for Dinner</i>				1.69	73.99	1.05	301.88

Totals For 1200 Calories Detox Fruit for Women - Day 09				39.40	232.20	31.57	1266.81
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1200 Calories Detox Fruit for Women - Day 10

Breakfast

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

Snack 1

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

Lunch

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

Snack 2

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

Dinner

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

1200 Calories Detox Fruit for Women - Day 11**Breakfast**

7	0.5	1 cup, unthawed	Blueberries, raw	0.54	10.51	0.24	41.33
15	0.5	1 cup	Cereals ready-to-eat, corn flakes, low sodium	0.96	11.10	0.04	49.88
8	3.0	each	Egg - boiled white only	10.50	0.90	0.00	51.00
14	1.0	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
<i>Totals for Breakfast</i>				14.19	25.98	5.34	206.29

Snack 1

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

Lunch

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

Snack 2

0	1.0	each	Cleansing Beverage, 8oz water, 1 tblsp apple cider vinegar, 1 tblsp Metamucil, 1 tsp coconut oil	0.00	12.14	4.48	87.73
14	20.0	1 almond	Nuts, almonds	5.08	5.17	11.98	138.96
7	1.0	1 miniature box (.5 oz)	Raisins, seedless	0.43	11.09	0.06	41.86
4	0.5	ounce(s)	Walnuts, dried	2.09	3.04	7.60	89.00
<i>Totals for Snack 2</i>				7.60	31.44	24.12	357.55

Dinner

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
8	3.0	each	Egg - boiled white only	10.50	0.90	0.00	51.00
7	1.0	cup	Grapes, Concord	0.00	15.80	0.30	62.00
0	1.0	1 cup (8 fl oz)	Tea, herb, chamomile, brewed	0.00	0.47	0.00	2.37
<i>Totals for Dinner</i>				10.80	38.17	0.80	196.37
Totals For 1200 Calories Detox Fruit for Women - Day 11				43.58	153.84	60.07	1268.64

1200 Calories Detox Fruit for Women - Day 12

Breakfast

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

Snack 1

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

Lunch

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

Snack 2

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

Dinner

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

1200 Calories Detox Fruit for Women - Day 13

Breakfast

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

Snack 1

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

Lunch

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

Snack 2

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

Dinner

7	1.0	0.333 cup	Cranberries, dried, sweetened	0.03	32.94	0.55	123.20
6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
23	1.0	tablespoon	Olive oil - pure	0.00	0.00	14.00	130.00
4	1.0	ounce(s)	Walnuts, dried	4.17	6.07	15.20	178.00
<i>Totals for Dinner</i>				5.93	43.45	29.85	453.20

Totals For 1200 Calories Detox Fruit for Women - Day 13				42.78	162.23	55.69	1286.57
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1200 Calories Detox Fruit for Women - Day 14**Breakfast**

7	0.5	1 cup	Blackberries, raw	1.00	6.92	0.35	30.96
8	3.0	each	Egg - boiled white only	10.50	0.90	0.00	51.00
1	1.0	each	Egg whole w/ yolk	6.70	1.30	7.30	100.00
7	0.3	1 cup, halves	Strawberries, raw	0.25	2.92	0.11	12.16
<i>Totals for Breakfast</i>				18.45	12.04	7.76	194.12

Snack 1

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

Lunch

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

Snack 2

21	1.0	tablespoon	Almond Butter	2.00	3.00	9.00	101.00
10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
<i>Totals for Snack 2</i>				2.30	24.00	9.50	182.00

Dinner

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