



Male Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1600 Calories Detox Fruit for Men - 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	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>				13.52	27.12	1.17	163.93
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>				7.35	84.52	6.59	385.59
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>				6.92	63.97	6.53	336.96
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>				22.00	8.80	0.00	132.00
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	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>				5.93	43.45	43.85	583.20
Totals For 1600 Calories Detox Fruit for Men - Day 01				55.72	227.86	58.14	1601.68

1600 Calories 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>				11.99	15.81	0.34	113.55

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>				8.51	25.07	16.75	262.63

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>				18.75	84.08	16.88	502.20

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>				6.80	43.30	0.80	196.30

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

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>				4.80	13.20	18.30	237.00

Totals For 1600 Calories Detox Fruit for Men - Day 02				52.54	255.45	54.12	1613.56
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1600 Calories 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>				22.41	31.18	13.53	325.64

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>				6.54	11.27	15.08	196.07

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

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>				10.30	55.27	26.80	465.37
Totals For 1600 Calories Detox Fruit for Men - Day 03				54.78	233.99	72.12	1693.04

1600 Calories Detox Fruit for Men - Day 04**Breakfast**

7	1.0	1 cup, unfrozen	Blueberries, raw	1.07	21.01	0.48	82.65
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>				8.68	46.98	5.62	263.48

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>				10.30	51.14	30.98	488.73

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>				6.28	28.97	12.18	230.96

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>				7.14	31.89	25.73	377.07

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>				17.80	38.77	0.80	230.37

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>				1.60	14.40	0.60	70.00

Totals For 1600 Calories Detox Fruit for Men - Day 04				51.80	212.15	75.91	1660.61
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1600 Calories 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>				13.52	27.12	1.17	163.93

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>				7.35	84.52	6.59	385.59

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>				7.82	34.38	27.93	406.30

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>				23.00	15.80	0.00	162.00

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

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>				1.60	14.40	0.60	70.00

Totals For 1600 Calories Detox Fruit for Men - Day 05				59.22	219.67	66.14	1641.02
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1600 Calories 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>				13.52	27.12	1.17	163.93

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>				5.06	82.19	1.20	323.06

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>				6.06	39.56	24.68	413.64

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>				22.00	8.80	0.00	132.00

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

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>				1.60	14.40	0.60	70.00

Totals For 1600 Calories Detox Fruit for Men - Day 06				54.17	215.52	57.50	1555.83
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1600 Calories 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>				19.92	28.41	15.77	327.56

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>				5.28	9.98	12.08	161.33

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>				8.10	90.26	29.92	629.80

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	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>				5.49	28.59	13.42	241.17

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>				1.60	14.40	0.60	70.00

Totals For 1600 Calories Detox Fruit for Men - Day 07				42.69	195.64	81.29	1611.86
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1600 Calories 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>				13.52	27.12	1.17	163.93

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>				7.35	84.52	6.59	385.59

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>				6.92	63.97	6.53	336.96

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>				22.00	8.80	0.00	132.00

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	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>				5.93	43.45	43.85	583.20
Totals For 1600 Calories Detox Fruit for Men - Day 08				55.72	227.86	58.14	1601.68

1600 Calories 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>				11.99	15.81	0.34	113.55

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>				8.51	25.07	16.75	262.63

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>				18.75	84.08	16.88	502.20

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>				6.80	43.30	0.80	196.30

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

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>				4.80	13.20	18.30	237.00

Totals For 1600 Calories Detox Fruit for Men - Day 09				52.54	255.45	54.12	1613.56
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1600 Calories 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>				22.41	31.18	13.53	325.64

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>				6.54	11.27	15.08	196.07

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

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>				10.30	55.27	26.80	465.37

Totals For 1600 Calories Detox Fruit for Men - Day 10				54.78	233.99	72.12	1693.04
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1600 Calories Detox Fruit for Men - Day 11**Breakfast**

7	1.0	1 cup, unthawed	Blueberries, raw	1.07	21.01	0.48	82.65
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>				8.68	46.98	5.62	263.48

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>				10.30	51.14	30.98	488.73

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>				6.28	28.97	12.18	230.96

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>				7.14	31.89	25.73	377.07

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>				17.80	38.77	0.80	230.37

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>				1.60	14.40	0.60	70.00

Totals For 1600 Calories Detox Fruit for Men - Day 11				51.80	212.15	75.91	1660.61
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1600 Calories 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>				13.52	27.12	1.17	163.93

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>				7.35	84.52	6.59	385.59

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>				7.82	34.38	27.93	406.30

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>				23.00	15.80	0.00	162.00

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

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>				1.60	14.40	0.60	70.00

Totals For 1600 Calories Detox Fruit for Men - Day 12				59.22	219.67	66.14	1641.02
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1600 Calories 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>				13.52	27.12	1.17	163.93

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>				5.06	82.19	1.20	323.06

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>				6.06	39.56	24.68	413.64

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>				22.00	8.80	0.00	132.00

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

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>				1.60	14.40	0.60	70.00

Totals For 1600 Calories Detox Fruit for Men - Day 13				54.17	215.52	57.50	1555.83
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1600 Calories 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>				19.92	28.41	15.77	327.56

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>				5.28	9.98	12.08	161.33

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>				8.10	90.26	29.92	629.80

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	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>				5.49	28.59	13.42	241.17

Snack 3

9	2.0	each	Rice cake - plain, unsalted, Quaker	1.60	14.40	0.60	70.00
<i>Totals For 1600 Calories Detox Fruit for Men - Day 14</i>				42.69	195.64	81.29	1611.86