



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 |
| Totals for Breakfast | | | | 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 |
| 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

| | | | | | | | |
|--------------------|-----|------------|-------------------------------------|------|-------|-------|--------|
| 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 |
| Totals for Snack 2 | | | | 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 |
| Totals for Dinner | | | | 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 |
| Totals for Snack 3 | | | | 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 |

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 |
| Totals for Breakfast | | | | 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 |
| Totals for Snack 1 | | | | 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 |
| Totals for Lunch | | | | 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 |
| Totals for Snack 2 | | | | 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 |
| Totals for Dinner | | | | 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 |
| Totals for Snack 3 | | | | 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 |

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 |
| Totals for Breakfast | | | | 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 |
| Totals for Snack 1 | | | | 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 |
| Totals for Lunch | | | | 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 |
| Totals for Snack 2 | | | | 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 |
| Totals for Dinner | | | | 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 |
| Totals for Snack 3 | | | | 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 |
| Totals for Breakfast | | | | 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 |
| Totals for Snack 1 | | | | 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 |
| Totals for Lunch | | | | 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 |
| Totals for Snack 2 | | | | 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 |
| Totals for Dinner | | | | 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 |
| Totals for Snack 3 | | | | 3.04 | 11.19 | 6.39 | 105.48 |
| Totals For 1600 Calories Detox Veggie for Men - Day 05 | | | | 72.74 | 211.25 | 59.75 | 1630.17 |

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 |
| Totals for Breakfast | | | | 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 |
| Totals for Snack 1 | | | | 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 |
| Totals for Lunch | | | | 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 |
| Totals for Snack 2 | | | | 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 |
| Totals for Dinner | | | | 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 |
| Totals for Snack 3 | | | | 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 |
| Totals for Breakfast | | | | 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 |
| Totals for Snack 1 | | | | 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 |
| Totals for Lunch | | | | 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 |
| 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 |

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 |
| Totals for Snack 3 | | | | 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 |
| Totals for Breakfast | | | | 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 |
| Totals for Snack 1 | | | | 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 |
| Totals for Lunch | | | | 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 |
| Totals for Snack 2 | | | | 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 |
| Totals for Dinner | | | | 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 |
| Totals for Snack 3 | | | | 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 |

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 |
| Totals for Breakfast | | | | 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 |
| 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

| | | | | | | | |
|--------------------|-----|------------|-------------------------------------|------|-------|-------|--------|
| 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 |
| Totals for Snack 2 | | | | 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 |
| Totals for Dinner | | | | 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 |
| Totals for Snack 3 | | | | 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 |
| Totals for Breakfast | | | | 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 |
| Totals for Snack 1 | | | | 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 |
| Totals for Lunch | | | | 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 |
| Totals for Snack 2 | | | | 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 |
| Totals for Dinner | | | | 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 |
| Totals for Snack 3 | | | | 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 |
| Totals for Breakfast | | | | 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 |
| Totals for Snack 1 | | | | 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 |
| Totals for Lunch | | | | 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 |
| Totals for Snack 2 | | | | 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 |
| Totals for Dinner | | | | 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 |
| Totals for Snack 3 | | | | 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 |
| Totals for Breakfast | | | | 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 |
| Totals for Snack 1 | | | | 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 |
| Totals for Lunch | | | | 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 |
| Totals for Snack 2 | | | | 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 |
| Totals for Dinner | | | | 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 |
| Totals for Snack 3 | | | | 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 |

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 |
| Totals for Breakfast | | | | 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 |
| Totals for Snack 1 | | | | 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 |
| Totals for Lunch | | | | 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 |
| Totals for Snack 2 | | | | 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 |
| Totals for Dinner | | | | 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 |
| Totals for Snack 3 | | | | 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 |