



Male Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1600 Calories 21 Day Detox Meat for Men - Day 01							
Breakfast							
15	1.0	0.75 cup	Cereals, CREAM OF RICE, cooked with water, without salt	1.65	20.86	0.18	95.16
1	1.0	cup	Milk, Almond	1.00	8.00	2.50	60.00
7	1.0	cup	Strawberries	1.00	9.00	0.00	60.00
0	8.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
<i>Totals for Breakfast</i>				3.65	37.86	2.68	215.16
Snack 1							
7	1.0	1 cup	Blueberries, raw	1.10	21.45	0.49	84.36
14	20.0	1 almond	Nuts, almonds	5.08	5.17	11.98	138.96
<i>Totals for Snack 1</i>				6.18	26.62	12.47	223.32
Lunch							
20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
11	3.0	ounce(s)	Chicken breast, organic	19.50	0.00	1.20	93.00
6	1.0	1 inner leaf	Lettuce, cos or romaine, raw	0.12	0.33	0.03	1.70
6	1.0	0.5 cup, shredded	Lettuce, green leaf, raw	0.38	0.80	0.04	4.20
7	1.0	1 cup	Raspberries, raw	1.48	14.69	0.80	63.96
6	1.0	cup	Split peas - boiled	19.00	47.80	0.80	268.00
6	1.0	small	Tomato - sm. w/peel, 2.5" diam.	1.00	5.70	0.40	26.00
<i>Totals for Lunch</i>				41.48	71.32	3.27	466.86
Snack 2							
10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
14	20.0	1 almond	Nuts, almonds	5.08	5.17	11.98	138.96
<i>Totals for Snack 2</i>				5.38	26.17	12.48	219.96
Dinner							
20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
3	1.0	spear	Broccoli	5.00	4.00	1.00	40.00
11	5.0	ounce(s)	Chicken breast, organic	32.50	0.00	2.00	155.00
23	1.0	tablespoon	Olive oil - pure	0.00	0.00	14.00	130.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
0	8.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
<i>Totals for Dinner</i>				47.22	18.34	18.33	413.20
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 21 Day Detox Meat for Men - Day 01				105.51	194.71	49.83	1608.50

1600 Calories 21 Day Detox Meat for Men - Day 02

Breakfast

15	2.0	0.75 cup (1 NLEA serving)	Cereals ready-to-eat, POST Bran Flakes	5.94	48.30	1.26	196.80
1	3.0	each	Egg Whites - scrambled/boiled	10.50	0.90	0.00	51.00
1	1.0	cup	Milk, Almond	1.00	8.00	2.50	60.00
7	1.0	cup	Strawberries	1.00	9.00	0.00	60.00
0	8.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
Totals for Breakfast				18.44	66.20	3.76	367.80

Snack 1

7	1.0	1 cup	Blueberries, raw	1.10	21.45	0.49	84.36
4	1.0	ounce(s)	Walnuts, dried	4.17	6.07	15.20	178.00
Totals for Snack 1				5.27	27.52	15.69	262.36

Lunch

20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
11	5.0	ounce(s)	Chicken breast, organic	32.50	0.00	2.00	155.00
7	1.0	1 cup	Raspberries, raw	1.48	14.69	0.80	63.96
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
Totals for Lunch				36.58	35.69	3.60	326.96

Snack 2

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
14	20.0	1 almond	Nuts, almonds	5.08	5.17	11.98	138.96
Totals for Snack 2				5.38	26.17	12.48	219.96

Dinner

1	3.0	ounce(s)	Beef, organic, extra lean	18.75	1.50	2.25	97.50
23	1.0	tablespoon	Olive oil - pure	0.00	0.00	14.00	130.00
6	1.0	1 cup, chopped	Onions, raw	1.76	14.94	0.16	64.00
6	1.0	cup	Pepper - sweet bell, all colors, chopped,	1.20	9.20	0.20	38.00
0	2.0	1 tablespoon	Spices, allspice, ground	0.73	8.65	1.04	31.56
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
0	2.0	1 tablespoon	Vinegar, distilled	0.00	0.01	0.00	5.36
0	8.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
Totals for Dinner				32.16	46.64	18.98	444.62
Totals For 1600 Calories 21 Day Detox Meat for Men - Day 02				97.83	202.22	54.51	1621.70

1600 Calories 21 Day Detox Meat for Men - Day 03

Breakfast

9	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
15	1.0	0.75 cup	Cereals, CREAM OF RICE, cooked with water, without salt	1.65	20.86	0.18	95.16
0	8.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
Totals for Breakfast				2.85	47.56	0.78	200.16

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

3	1.0	spear	Broccoli	5.00	4.00	1.00	40.00
11	3.0	ounce(s)	Chicken breast, organic	19.50	0.00	1.20	93.00
0	1.0	tablespoon	Garlic powder	1.40	6.10	0.10	28.00
7	10.0	each	Grapes - American	0.20	4.10	0.00	20.00
10	1.0	cup	Lentil - boiled	17.80	39.80	0.80	230.00
6	1.0	tablespoon	Onion - chopped	0.10	0.90	0.00	4.00
7	1.0	1 cup	Raspberries, raw	1.48	14.69	0.80	63.96
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
Totals for Lunch				55.20	81.93	5.23	557.16

Snack 2

7	1.0	1 cup	Blueberries, raw	1.10	21.45	0.49	84.36
14	20.0	1 almond	Nuts, almonds	5.08	5.17	11.98	138.96
Totals for Snack 2				6.18	26.62	12.47	223.32

Dinner

3	1.0	spear	Broccoli	5.00	4.00	1.00	40.00
11	5.0	ounce(s)	Chicken breast, organic	32.50	0.00	2.00	155.00
23	1.0	tablespoon	Olive oil - pure	0.00	0.00	14.00	130.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
7	1.0	cup	Strawberries	1.00	9.00	0.00	60.00
0	8.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
Totals for Dinner				48.22	25.34	18.33	463.20
Totals For 1600 Calories 21 Day Detox Meat for Men - Day 03				114.75	205.45	46.31	1625.84

1600 Calories 21 Day Detox Meat for Men - Day 04

Breakfast

15	2.0	0.75 cup (1 NLEA serving)	Cereals ready-to-eat, POST Bran Flakes	5.94	48.30	1.26	196.80
1	1.0	cup	Milk, Almond	1.00	8.00	2.50	60.00
0	8.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
Totals for Breakfast				6.94	56.30	3.76	256.80

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

3	1.0	spear	Broccoli	5.00	4.00	1.00	40.00
10	1.0	cup	Brown rice - cooked	4.90	49.70	1.20	232.00
14	1.0	ounce(s)	Cashews - roasted, lightly salted Planters	5.00	9.00	13.00	160.00
11	3.0	ounce(s)	Chicken breast, organic	19.50	0.00	1.20	93.00
0	1.0	tablespoon	Garlic powder	1.40	6.10	0.10	28.00
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
Totals for Lunch				45.62	82.04	17.83	635.20

Snack 2

7	1.0	1 cup	Blueberries, raw	1.10	21.45	0.49	84.36
14	10.0	1 almond	Nuts, almonds	2.54	2.59	5.99	69.48
Totals for Snack 2				3.64	24.04	6.48	153.84

Dinner

3	1.0	spear	Broccoli	5.00	4.00	1.00	40.00
10	0.5	cup	Lentil - boiled	8.90	19.90	0.40	115.00
23	1.0	tablespoon	Olive oil - pure	0.00	0.00	14.00	130.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
7	1.0	cup	Strawberries	1.00	9.00	0.00	60.00
0	8.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
Totals for Dinner				24.62	45.24	16.73	423.20
Totals For 1600 Calories 21 Day Detox Meat for Men - Day 04				83.12	231.62	54.30	1651.04

Breakfast

7	1.0	1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
15	1.0	0.75 cup	Cereals, CREAM OF RICE, cooked with water, without salt	1.65	20.86	0.18	95.16
1	1.0	cup	Milk, Almond	1.00	8.00	2.50	60.00
0	8.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
Totals for Breakfast				4.65	42.70	3.39	217.08

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

3	1.0	spear	Broccoli	5.00	4.00	1.00	40.00
11	4.0	ounce(s)	Chicken breast, organic	26.00	0.00	1.60	124.00
0	1.0	tablespoon	Garlic powder	1.40	6.10	0.10	28.00
7	10.0	each	Grapes - American	0.20	4.10	0.00	20.00
23	1.0	tablespoon	Olive oil - pure	0.00	0.00	14.00	130.00
6	4.0	tablespoon	Onion - chopped	0.40	3.60	0.00	16.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
Totals for Lunch				42.72	30.14	18.03	436.20

Snack 2

14	20.0	1 almond	Nuts, almonds	5.08	5.17	11.98	138.96
7	1.0	1 cup, sliced	Strawberries, raw	1.11	12.75	0.50	53.12
Totals for Snack 2				6.19	17.92	12.48	192.08

Dinner

10	1.0	cup	Brown rice - cooked	4.90	49.70	1.20	232.00
6	4.0	ounce(s)	Cauliflower - boiled, drained	2.08	5.20	0.20	28.00
10	1.0	cup	Lentil - boiled	17.80	39.80	0.80	230.00
6	1.0	tablespoon	Onion - chopped	0.10	0.90	0.00	4.00
6	1.0	1 tablespoon	Parsley, fresh	0.11	0.24	0.03	1.37
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
0	8.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
Totals for Dinner				34.71	108.18	3.56	573.57
Totals For 1600 Calories 21 Day Detox Meat for Men - Day 05				90.57	222.94	46.96	1600.93

1600 Calories 21 Day Detox Meat for Men - Day 06

Breakfast

7	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
4	1.0	ounce(s)	Walnuts, dried	4.17	6.07	15.20	178.00
0	8.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
Totals for Breakfast				5.37	32.77	15.80	283.00

Snack 1

21	1.0	tablespoon	Almond Butter	2.00	3.00	9.00	101.00
9	3.0	each	Rice cake - plain, unsalted, Quaker	2.40	21.60	0.90	105.00
Totals for Snack 1				4.40	24.60	9.90	206.00

Lunch

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
3	1.0	spear	Broccoli	5.00	4.00	1.00	40.00
11	5.0	ounce(s)	Chicken breast, organic	32.50	0.00	2.00	155.00
0	1.0	tablespoon	Garlic powder	1.40	6.10	0.10	28.00
7	10.0	each	Grapes - American	0.20	4.10	0.00	20.00
6	4.0	tablespoon	Onion - chopped	0.40	3.60	0.00	16.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
Totals for Lunch				49.52	51.14	4.93	418.20

Snack 2

7	1.0	1 cup	Blueberries, raw	1.10	21.45	0.49	84.36
14	20.0	1 almond	Nuts, almonds	5.08	5.17	11.98	138.96
Totals for Snack 2				6.18	26.62	12.47	223.32

Dinner

3	1.0	spear	Broccoli	5.00	4.00	1.00	40.00
11	3.0	ounce(s)	Chicken breast, organic	19.50	0.00	1.20	93.00
23	1.0	tablespoon	Olive oil - pure	0.00	0.00	14.00	130.00
6	1.0	cup	Pepper - sweet bell, all colors, chopped,	1.20	9.20	0.20	38.00
7	3.0	slice	Pineapple - frsh, slice approx 3.5"	0.90	31.20	1.20	123.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
0	8.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
Totals for Dinner				36.32	56.74	18.93	502.20
Totals For 1600 Calories 21 Day Detox Meat for Men - Day 06				101.79	191.87	62.03	1632.72

1600 Calories 21 Day Detox Meat for Men - Day 07

Breakfast

7	1.0	1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
15	1.0	0.75 cup (1 NLEA serving)	Cereals ready-to-eat, POST Bran Flakes	2.97	24.15	0.63	98.40
1	1.0	cup	Milk, Almond	1.00	8.00	2.50	60.00
14	1.0	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
0	8.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
Totals for Breakfast				8.16	49.46	8.90	284.40

Snack 1

21	1.0	tablespoon	Almond Butter	2.00	3.00	9.00	101.00
9	3.0	each	Rice cake - plain, Quaker	2.40	21.30	0.90	105.00
Totals for Snack 1				4.40	24.30	9.90	206.00

Lunch

3	1.0	spear	Broccoli	5.00	4.00	1.00	40.00
10	1.0	cup	Brown rice - cooked	4.90	49.70	1.20	232.00
11	3.0	ounce(s)	Chicken breast, organic	19.50	0.00	1.20	93.00
0	1.0	tablespoon	Garlic powder	1.40	6.10	0.10	28.00
7	10.0	each	Grapes - American	0.20	4.10	0.00	20.00
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
Totals for Lunch				40.82	77.14	4.83	495.20

Snack 2

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
14	20.0	1 almond	Nuts, almonds	5.08	5.17	11.98	138.96
Totals for Snack 2				5.38	26.17	12.48	219.96

Dinner

1	3.0	ounce(s)	Beef, organic, extra lean	18.75	1.50	2.25	97.50
3	1.0	spear	Broccoli	5.00	4.00	1.00	40.00
6	1.0	cup	Peas - green, canned, Green Giant	8.00	22.00	0.00	100.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
0	8.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
Totals for Dinner				41.47	39.84	4.58	315.70
Totals For 1600 Calories 21 Day Detox Meat for Men - Day 07				100.23	216.91	40.69	1521.26

Breakfast

15	1.0	0.75 cup	Cereals, CREAM OF RICE, cooked with water, without salt	1.65	20.86	0.18	95.16
1	1.0	cup	Milk, Almond	1.00	8.00	2.50	60.00
7	1.0	cup	Strawberries	1.00	9.00	0.00	60.00
0	8.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
Totals for Breakfast				3.65	37.86	2.68	215.16

Snack 1

7	1.0	1 cup	Blueberries, raw	1.10	21.45	0.49	84.36
14	20.0	1 almond	Nuts, almonds	5.08	5.17	11.98	138.96
Totals for Snack 1				6.18	26.62	12.47	223.32

Lunch

20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
11	3.0	ounce(s)	Chicken breast, organic	19.50	0.00	1.20	93.00
6	1.0	1 inner leaf	Lettuce, cos or romaine, raw	0.12	0.33	0.03	1.70
6	1.0	0.5 cup, shredded	Lettuce, green leaf, raw	0.38	0.80	0.04	4.20
7	1.0	1 cup	Raspberries, raw	1.48	14.69	0.80	63.96
6	1.0	cup	Split peas - boiled	19.00	47.80	0.80	268.00
6	1.0	small	Tomato - sm. w/peel, 2.5" diam.	1.00	5.70	0.40	26.00
Totals for Lunch				41.48	71.32	3.27	466.86

Snack 2

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
14	20.0	1 almond	Nuts, almonds	5.08	5.17	11.98	138.96
Totals for Snack 2				5.38	26.17	12.48	219.96

Dinner

20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
3	1.0	spear	Broccoli	5.00	4.00	1.00	40.00
11	5.0	ounce(s)	Chicken breast, organic	32.50	0.00	2.00	155.00
23	1.0	tablespoon	Olive oil - pure	0.00	0.00	14.00	130.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
0	8.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
Totals for Dinner				47.22	18.34	18.33	413.20

Snack 3

9	2.0	each	Rice cake - plain, unsalted, Quaker	1.60	14.40	0.60	70.00
Totals for Snack 3				1.60	14.40	0.60	70.00
Totals For 1600 Calories 21 Day Detox Meat for Men - Day 08				105.51	194.71	49.83	1608.50

Breakfast

15	2.0	0.75 cup (1 NLEA serving)	Cereals ready-to-eat, POST Bran Flakes	5.94	48.30	1.26	196.80
1	3.0	each	Egg Whites - scrambled/boiled	10.50	0.90	0.00	51.00
1	1.0	cup	Milk, Almond	1.00	8.00	2.50	60.00
7	1.0	cup	Strawberries	1.00	9.00	0.00	60.00
0	8.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
Totals for Breakfast				18.44	66.20	3.76	367.80

Snack 1

7	1.0	1 cup	Blueberries, raw	1.10	21.45	0.49	84.36
4	1.0	ounce(s)	Walnuts, dried	4.17	6.07	15.20	178.00
Totals for Snack 1				5.27	27.52	15.69	262.36

Lunch

20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
11	5.0	ounce(s)	Chicken breast, organic	32.50	0.00	2.00	155.00
7	1.0	1 cup	Raspberries, raw	1.48	14.69	0.80	63.96
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
Totals for Lunch				36.58	35.69	3.60	326.96

Snack 2

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
14	20.0	1 almond	Nuts, almonds	5.08	5.17	11.98	138.96
Totals for Snack 2				5.38	26.17	12.48	219.96

Dinner

1	3.0	ounce(s)	Beef, organic, extra lean	18.75	1.50	2.25	97.50
23	1.0	tablespoon	Olive oil - pure	0.00	0.00	14.00	130.00
6	1.0	1 cup, chopped	Onions, raw	1.76	14.94	0.16	64.00
6	1.0	cup	Pepper - sweet bell, all colors, chopped,	1.20	9.20	0.20	38.00
0	2.0	1 tablespoon	Spices, allspice, ground	0.73	8.65	1.04	31.56
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
0	2.0	1 tablespoon	Vinegar, distilled	0.00	0.01	0.00	5.36
0	8.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
Totals for Dinner				32.16	46.64	18.98	444.62
Totals For 1600 Calories 21 Day Detox Meat for Men - Day 09				97.83	202.22	54.51	1621.70

1600 Calories 21 Day Detox Meat for Men - Day 10

Breakfast

9	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
15	1.0	0.75 cup	Cereals, CREAM OF RICE, cooked with water, without salt	1.65	20.86	0.18	95.16
0	8.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
Totals for Breakfast				2.85	47.56	0.78	200.16

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

3	1.0	spear	Broccoli	5.00	4.00	1.00	40.00
11	3.0	ounce(s)	Chicken breast, organic	19.50	0.00	1.20	93.00
0	1.0	tablespoon	Garlic powder	1.40	6.10	0.10	28.00
7	10.0	each	Grapes - American	0.20	4.10	0.00	20.00
10	1.0	cup	Lentil - boiled	17.80	39.80	0.80	230.00
6	1.0	tablespoon	Onion - chopped	0.10	0.90	0.00	4.00
7	1.0	1 cup	Raspberries, raw	1.48	14.69	0.80	63.96
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
Totals for Lunch				55.20	81.93	5.23	557.16

Snack 2

7	1.0	1 cup	Blueberries, raw	1.10	21.45	0.49	84.36
14	20.0	1 almond	Nuts, almonds	5.08	5.17	11.98	138.96
Totals for Snack 2				6.18	26.62	12.47	223.32

Dinner

3	1.0	spear	Broccoli	5.00	4.00	1.00	40.00
11	5.0	ounce(s)	Chicken breast, organic	32.50	0.00	2.00	155.00
23	1.0	tablespoon	Olive oil - pure	0.00	0.00	14.00	130.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
7	1.0	cup	Strawberries	1.00	9.00	0.00	60.00
0	8.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
Totals for Dinner				48.22	25.34	18.33	463.20
Totals For 1600 Calories 21 Day Detox Meat for Men - Day 10				114.75	205.45	46.31	1625.84

1600 Calories 21 Day Detox Meat for Men - Day 11

Breakfast

15	2.0	0.75 cup (1 NLEA serving)	Cereals ready-to-eat, POST Bran Flakes	5.94	48.30	1.26	196.80
1	1.0	cup	Milk, Almond	1.00	8.00	2.50	60.00
0	8.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
Totals for Breakfast				6.94	56.30	3.76	256.80

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

3	1.0	spear	Broccoli	5.00	4.00	1.00	40.00
10	1.0	cup	Brown rice - cooked	4.90	49.70	1.20	232.00
14	1.0	ounce(s)	Cashews - roasted, lightly salted Planters	5.00	9.00	13.00	160.00
11	3.0	ounce(s)	Chicken breast, organic	19.50	0.00	1.20	93.00
0	1.0	tablespoon	Garlic powder	1.40	6.10	0.10	28.00
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
Totals for Lunch				45.62	82.04	17.83	635.20

Snack 2

7	1.0	1 cup	Blueberries, raw	1.10	21.45	0.49	84.36
14	10.0	1 almond	Nuts, almonds	2.54	2.59	5.99	69.48
Totals for Snack 2				3.64	24.04	6.48	153.84

Dinner

3	1.0	spear	Broccoli	5.00	4.00	1.00	40.00
10	0.5	cup	Lentil - boiled	8.90	19.90	0.40	115.00
23	1.0	tablespoon	Olive oil - pure	0.00	0.00	14.00	130.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
7	1.0	cup	Strawberries	1.00	9.00	0.00	60.00
0	8.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
Totals for Dinner				24.62	45.24	16.73	423.20
Totals For 1600 Calories 21 Day Detox Meat for Men - Day 11				83.12	231.62	54.30	1651.04

1600 Calories 21 Day Detox Meat for Men - Day 12

Breakfast

7	1.0	1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
15	1.0	0.75 cup	Cereals, CREAM OF RICE, cooked with water, without salt	1.65	20.86	0.18	95.16
1	1.0	cup	Milk, Almond	1.00	8.00	2.50	60.00
0	8.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
Totals for Breakfast				4.65	42.70	3.39	217.08

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

3	1.0	spear	Broccoli	5.00	4.00	1.00	40.00
11	4.0	ounce(s)	Chicken breast, organic	26.00	0.00	1.60	124.00
0	1.0	tablespoon	Garlic powder	1.40	6.10	0.10	28.00
7	10.0	each	Grapes - American	0.20	4.10	0.00	20.00
23	1.0	tablespoon	Olive oil - pure	0.00	0.00	14.00	130.00
6	4.0	tablespoon	Onion - chopped	0.40	3.60	0.00	16.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
Totals for Lunch				42.72	30.14	18.03	436.20

Snack 2

14	20.0	1 almond	Nuts, almonds	5.08	5.17	11.98	138.96
7	1.0	1 cup, sliced	Strawberries, raw	1.11	12.75	0.50	53.12
Totals for Snack 2				6.19	17.92	12.48	192.08

Dinner

10	1.0	cup	Brown rice - cooked	4.90	49.70	1.20	232.00
6	4.0	ounce(s)	Cauliflower - boiled, drained	2.08	5.20	0.20	28.00
10	1.0	cup	Lentil - boiled	17.80	39.80	0.80	230.00
6	1.0	tablespoon	Onion - chopped	0.10	0.90	0.00	4.00
6	1.0	1 tablespoon	Parsley, fresh	0.11	0.24	0.03	1.37
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
0	8.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
Totals for Dinner				34.71	108.18	3.56	573.57
Totals For 1600 Calories 21 Day Detox Meat for Men - Day 12				90.57	222.94	46.96	1600.93

Breakfast

7	1.0	each	Banana - med 8"	1.20	26.70	0.60	105.00
4	1.0	ounce(s)	Walnuts, dried	4.17	6.07	15.20	178.00
0	8.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
Totals for Breakfast				5.37	32.77	15.80	283.00

Snack 1

21	1.0	tablespoon	Almond Butter	2.00	3.00	9.00	101.00
9	3.0	each	Rice cake - plain, unsalted, Quaker	2.40	21.60	0.90	105.00
Totals for Snack 1				4.40	24.60	9.90	206.00

Lunch

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
3	1.0	spear	Broccoli	5.00	4.00	1.00	40.00
11	5.0	ounce(s)	Chicken breast, organic	32.50	0.00	2.00	155.00
0	1.0	tablespoon	Garlic powder	1.40	6.10	0.10	28.00
7	10.0	each	Grapes - American	0.20	4.10	0.00	20.00
6	4.0	tablespoon	Onion - chopped	0.40	3.60	0.00	16.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
Totals for Lunch				49.52	51.14	4.93	418.20

Snack 2

7	1.0	1 cup	Blueberries, raw	1.10	21.45	0.49	84.36
14	20.0	1 almond	Nuts, almonds	5.08	5.17	11.98	138.96
Totals for Snack 2				6.18	26.62	12.47	223.32

Dinner

3	1.0	spear	Broccoli	5.00	4.00	1.00	40.00
11	3.0	ounce(s)	Chicken breast, organic	19.50	0.00	1.20	93.00
23	1.0	tablespoon	Olive oil - pure	0.00	0.00	14.00	130.00
6	1.0	cup	Pepper - sweet bell, all colors, chopped,	1.20	9.20	0.20	38.00
7	3.0	slice	Pineapple - frsh, slice approx 3.5"	0.90	31.20	1.20	123.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
0	8.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
Totals for Dinner				36.32	56.74	18.93	502.20
Totals For 1600 Calories 21 Day Detox Meat for Men - Day 13				101.79	191.87	62.03	1632.72

Breakfast

7	1.0	1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
15	1.0	0.75 cup (1 NLEA serving)	Cereals ready-to-eat, POST Bran Flakes	2.97	24.15	0.63	98.40
1	1.0	cup	Milk, Almond	1.00	8.00	2.50	60.00
14	1.0	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
0	8.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
Totals for Breakfast				8.16	49.46	8.90	284.40

Snack 1

21	1.0	tablespoon	Almond Butter	2.00	3.00	9.00	101.00
9	3.0	each	Rice cake - plain, Quaker	2.40	21.30	0.90	105.00
Totals for Snack 1				4.40	24.30	9.90	206.00

Lunch

3	1.0	spear	Broccoli	5.00	4.00	1.00	40.00
10	1.0	cup	Brown rice - cooked	4.90	49.70	1.20	232.00
11	3.0	ounce(s)	Chicken breast, organic	19.50	0.00	1.20	93.00
0	1.0	tablespoon	Garlic powder	1.40	6.10	0.10	28.00
7	10.0	each	Grapes - American	0.20	4.10	0.00	20.00
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
Totals for Lunch				40.82	77.14	4.83	495.20

Snack 2

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
14	20.0	1 almond	Nuts, almonds	5.08	5.17	11.98	138.96
Totals for Snack 2				5.38	26.17	12.48	219.96

Dinner

1	3.0	ounce(s)	Beef, organic, extra lean	18.75	1.50	2.25	97.50
3	1.0	spear	Broccoli	5.00	4.00	1.00	40.00
6	1.0	cup	Peas - green, canned, Green Giant	8.00	22.00	0.00	100.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
0	8.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
Totals for Dinner				41.47	39.84	4.58	315.70
Totals For 1600 Calories 21 Day Detox Meat for Men - Day 14				100.23	216.91	40.69	1521.26

Breakfast

15	1.0	0.5 cup (1 NLEA serving)	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	4.07	23.01	1.52	80.60
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
7	1.0	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
Totals for Breakfast				13.49	46.58	2.38	215.24

Snack 1

5	2.0	1 oz	Cheese, low fat, cheddar or colby	13.81	1.08	3.97	98.09
3	4.0	each	Wasa Crackers, light rye	4.00	28.00	0.00	120.00
Totals for Snack 1				17.81	29.08	3.97	218.09

Lunch

3	6.0	each	Celery - raw stalk trimmed	3.00	12.00	0.00	60.00
0	3.0	1 slice (6-1/4" x 4" x 1/16")	Ham, sliced, packaged (96% fat free, water added)	14.20	0.81	2.86	85.68
6	2.0	1 leaf	Lettuce, green leaf, raw	0.27	0.57	0.03	3.00
0	1.0	1 teaspoon or 1 packet	Mustard, prepared, yellow	0.19	0.29	0.17	3.00
6	0.5	cup	Pepper - sweet bell, all colors, chopped,	0.60	4.60	0.10	19.00
6	0.5	1/2 cup	tomato, diced	0.38	2.09	0.15	9.50
Totals for Lunch				18.64	20.36	3.31	180.18

Snack 2

7	15.0	each	Cherries, sweet, medium	1.20	16.95	1.05	75.00
5	1.0	cup	Non-fat yogurt-artificially sweetened	10.60	19.30	0.39	121.00
Totals for Snack 2				11.80	36.25	1.44	196.00

Dinner

6	1.0	1 cup flowerets	Broccoli, flower clusters, raw	2.12	3.72	0.25	19.88
1	4.0	ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
6	2.0	0.5 cup pieces	Mushrooms, white, raw	2.16	2.28	0.24	15.40
23	1.0	1 tablespoon	Oil, peanut, salad or cooking	0.00	0.00	13.50	119.34
6	3.0	tablespoon	Onion - chopped	0.30	2.70	0.00	12.00
6	0.5	cup	Pepper - sweet bell, all colors, chopped,	0.60	4.60	0.10	19.00
17	1.0	1 cup	Rice, brown, long-grain, cooked	5.03	44.77	1.75	216.45
21	2.0	tablespoon	Soy sauce - Kikkoman 'Lite'	0.00	2.60	0.00	22.00
Totals for Dinner				36.21	60.67	17.44	548.07

Snack 3

7	0.8	1 cup, halves	Apricots, dried, sulfured, stewed, without added sugar	2.25	41.53	0.34	159.38
4	30.0	1 peanut	Peanuts, all types, dry-roasted, without salt	7.31	6.38	14.90	176.10
Totals for Snack 3				9.56	47.91	15.24	335.48
Totals For 1600 Calories 21 Day Detox Meat for Men - Day 15				107.51	240.85	43.78	1693.06

Breakfast

16	2.0	1 slice (5" x 4" x 3/8")	Bread, pumpernickel, toasted	5.51	30.28	1.97	159.50
5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
7	1.0	each	Grapefruit - pink or red 4" diam.	1.20	23.80	0.20	92.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
14	1.0	1 tablespoon	Nuts, almond butter, plain, without salt added	3.35	3.01	8.88	98.24
Totals for Breakfast				24.75	69.55	16.75	513.24

Snack 1

8	1.0	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
7	1.0	1 cup, slices	Peaches, raw	1.55	16.22	0.43	66.30
Totals for Snack 1				29.55	22.42	2.73	230.30

Lunch

0	1.0	1 teaspoon or 1 packet	Mustard, prepared, yellow	0.19	0.29	0.17	3.00
0	1.0	1 cup (8 fl oz)	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	6.18	22.20	3.22	136.40
6	1.0	1 leaf	Spinach, raw	0.29	0.36	0.04	2.30
6	0.5	1/2 cup	tomato, diced	0.38	2.09	0.15	9.50
3	1.0	each	Tortilla 99% fat free, whole wheat, flour	2.00	12.00	0.00	60.00
1	3.0	ounce(s)	Turkey Breast / White Meat	25.50	0.00	0.60	114.00
Totals for Lunch				34.54	36.94	4.18	325.20

Snack 2

9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
5	0.5	cup	Non-fat yogurt-artificially sweetened	5.30	9.65	0.20	60.50
Totals for Snack 2				5.60	30.65	0.70	141.50

Dinner

6	2.0	0.5 cup (1" pieces)	Cauliflower, cooked, boiled, drained, without salt	2.28	5.10	0.56	28.52
0	0.2	tablespoon	Garlic powder	0.21	0.92	0.02	4.20
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
23	0.5	1 tablespoon	Salad dressing, home recipe, vinegar and oil	0.00	0.20	4.01	35.92
1	3.0	ounce(s)	Salmon - broiled	18.81	0.00	10.50	174.00
6	1.5	1 cup	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	1.53	15.02	0.60	62.78
6	0.3	1 cup	Tomato sauce, canned, no salt added	0.74	3.25	0.18	14.70
Totals for Dinner				27.02	33.38	16.06	364.12

Snack 3

3	4.0	each	Celery - raw stalk trimmed	2.00	8.00	0.00	40.00
5	2.0	1 tablespoon	Cheese, cream, low fat	2.35	2.44	4.58	60.30
Totals for Snack 3				4.35	10.44	4.58	100.30
Totals For 1600 Calories 21 Day Detox Meat for Men - Day 16				125.81	203.38	45.00	1674.66

1600 Calories 21 Day Detox Meat for Men - Day 17

Breakfast

15	2.0	0.5 cup (1 NLEA serving)	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	8.15	46.03	3.04	161.20
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
7	1.5	1 cup, halves	Strawberries, raw	1.53	17.51	0.68	72.96
Totals for Breakfast				18.08	75.44	4.12	320.16

Snack 1

14	15.0	1 almond	Nuts, almonds	3.81	3.88	8.99	104.22
Totals for Snack 1				3.81	3.88	8.99	104.22

Lunch

6	1.0	1 cup flowerets	Broccoli, flower clusters, raw	2.12	3.72	0.25	19.88
5	0.3	1 cup, shredded	Cheese, low fat, cheddar or colby	6.88	0.54	1.98	48.87
4	1.0	1 cup	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	14.53	44.97	4.25	268.96
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
23	2.0	1 tablespoon	Salad dressing, home recipe, vinegar and oil	0.00	0.80	16.03	143.68
8	3.0	ounce(s)	Tuna Solid White -Water Sm. can	22.50	1.50	1.50	105.00
Totals for Lunch				48.63	70.53	24.81	684.39

Snack 2

8	1.0	cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
7	12.0	each	Grapes - American	0.24	4.92	0.00	24.00
Totals for Snack 2				28.24	11.12	2.30	188.00

Dinner

21	2.0	tablespoon	BBQ - Hickory, Health Choice	0.80	11.20	0.40	52.00
1	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
6	1.0	1 cup	Spinach, cooked, boiled, drained, without salt	5.35	6.75	0.47	41.40
6	3.0	0.5 cup, cubes	Yam, cooked, boiled, drained, or baked, without salt	3.04	56.06	0.29	236.64
Totals for Dinner				28.69	74.01	2.36	423.04
Totals For 1600 Calories 21 Day Detox Meat for Men - Day 17				127.45	234.98	42.58	1719.81

1600 Calories 21 Day Detox Meat for Men - Day 18

Breakfast

7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
15	2.0	1/2 cup	Cereal, oats, old fashioned, dry	10.00	54.00	6.00	300.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
<i>Totals for Breakfast</i>				<i>18.95</i>	<i>76.62</i>	<i>6.64</i>	<i>428.18</i>

Snack 1

5	0.5	cup	Non-fat yogurt-artificially sweetened	5.30	9.65	0.20	60.50
14	10.0	1 almond	Nuts, almonds	2.54	2.59	5.99	69.48
<i>Totals for Snack 1</i>				<i>7.84</i>	<i>12.24</i>	<i>6.19</i>	<i>129.98</i>

Lunch

5	1.0	1 slice (1 oz)	Cheese, swiss, low fat	7.95	0.95	1.43	50.12
0	3.0	1 slice (6-1/4" x 4" x 1/16")	Ham, sliced, packaged (96% fat free, water added)	14.20	0.81	2.86	85.68
0	1.0	1 teaspoon or 1 packet	Mustard, prepared, yellow	0.19	0.29	0.17	3.00
0	1.0	1 cup (8 fl oz)	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	6.18	22.20	3.22	136.40
6	2.0	1 leaf	Spinach, raw	0.57	0.73	0.08	4.60
6	2.0	1 slice, medium (1/4" thick)	Tomatoes, red, ripe, raw, June thru October average	0.34	1.86	0.13	8.40
3	1.0	each	Tortilla 99% fat free, whole wheat, flour	2.00	12.00	0.00	60.00
<i>Totals for Lunch</i>				<i>31.43</i>	<i>38.84</i>	<i>7.89</i>	<i>348.20</i>

Snack 2

4	0.5	1 cup	Hummus, home prepared	5.98	24.75	10.57	217.71
3	4.0	each	Wasa Crackers, light rye	4.00	28.00	0.00	120.00
<i>Totals for Snack 2</i>				<i>9.98</i>	<i>52.75</i>	<i>10.57</i>	<i>337.71</i>

Dinner

6	2.0	0.5 cup	Asparagus, cooked, boiled, drained	4.32	7.40	0.40	39.60
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
6	1.0	0.5 cup pieces	Mushrooms, white, raw	1.08	1.14	0.12	7.70
23	0.5	tablespoon	Olive oil - pure	0.00	0.00	7.00	65.00
6	1.0	tablespoon	Onion - chopped	0.10	0.90	0.00	4.00
23	1.0	1 tablespoon	Salad dressing, home recipe, vinegar and oil	0.00	0.40	8.02	71.84
1	3.0	ounce(s)	Salmon - broiled	18.81	0.00	10.50	174.00
<i>Totals for Dinner</i>				<i>27.76</i>	<i>18.73</i>	<i>26.23</i>	<i>406.14</i>

Snack 3

7	1.0	each	Plum - fresh, 2.25" diam	0.50	8.60	0.40	36.00
<i>Totals for Snack 3</i>				<i>0.50</i>	<i>8.60</i>	<i>0.40</i>	<i>36.00</i>

<i>Totals For 1600 Calories 21 Day Detox Meat for Men - Day 18</i>				<i>96.46</i>	<i>207.78</i>	<i>57.92</i>	<i>1686.21</i>
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Breakfast

16	2.0	1 slice (5" x 4" x 3/8")	Bread, pumpernickel, toasted	5.51	30.28	1.97	159.50
1	4.0	each	Egg Whites - scrambled/boiled	14.00	1.20	0.00	68.00
14	1.0	1 tablespoon	Nuts, almond butter, plain, without salt added	3.35	3.01	8.88	98.24
7	0.5	1 cup, slices	Peaches, raw	0.77	8.11	0.21	33.15
Totals for Breakfast				23.63	42.60	11.06	358.89

Snack 1

5	1.0	cup	Non-fat yogurt-artificially sweetened	10.60	19.30	0.39	121.00
14	1.0	1 cup, in shell, edible yield (7 nuts)	Nuts, walnuts, english	4.26	3.84	18.26	183.12
Totals for Snack 1				14.86	23.14	18.65	304.12

Lunch

5	1.0	1 slice (1 oz)	Cheese, swiss, low fat	7.95	0.95	1.43	50.12
6	1.0	cup	Cucumber - raw, slices	0.80	2.80	0.00	14.00
6	2.0	1 leaf	Lettuce, green leaf, raw	0.27	0.57	0.03	3.00
0	1.0	1 teaspoon or 1 packet	Mustard, prepared, yellow	0.19	0.29	0.17	3.00
6	2.0	1 slice, medium (1/4" thick)	Tomatoes, red, ripe, raw, June thru October average	0.34	1.86	0.13	8.40
1	3.0	ounce(s)	Turkey, ground, extra lean	19.50	0.00	1.13	84.00
Totals for Lunch				29.05	6.47	2.89	162.52

Snack 2

7	1.0	1 cup, halves	Apricots, dried, sulfured, stewed, without added sugar	3.00	55.37	0.45	212.50
3	4.0	each	Wasa Crackers, light rye	4.00	28.00	0.00	120.00
Totals for Snack 2				7.00	83.37	0.45	332.50

Dinner

1	3.0	ounce(s)	Halibut - broiled	22.50	0.00	3.00	120.00
23	1.0	tablespoon	Olive oil - pure	0.00	0.00	14.00	130.00
17	1.0	cup	Spaghetti - whole wheat, cooked, Health Valley	9.00	40.00	1.00	170.00
6	2.0	1/2 cup	tomato, diced	1.53	8.35	0.59	38.00
6	2.0	1/2 cup	zucchini, boiled, drained	1.15	7.07	0.09	28.80
Totals for Dinner				34.18	55.42	18.68	486.80

Snack 3

7	0.5	each	Pear -medium w/peel	0.35	12.55	0.00	49.00
Totals for Snack 3				0.35	12.55	0.00	49.00

Totals For 1600 Calories 21 Day Detox Meat for Men - Day 19				109.07	223.55	51.73	1693.83
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Breakfast

15	2.0	1/2 cup	Cereal, oats, old fashioned, dry	10.00	54.00	6.00	300.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
7	1.0	1 cup, slices	Peaches, raw	1.55	16.22	0.43	66.30
Totals for Breakfast				19.95	82.12	6.83	452.30

Snack 1

7	15.0	each	Cherries, sweet, medium	1.20	16.95	1.05	75.00
5	1.0	cup	Non-fat yogurt-artificially sweetened	10.60	19.30	0.39	121.00
Totals for Snack 1				11.80	36.25	1.44	196.00

Lunch

7	0.5	1 cup, sliced	Avocados, raw, all commercial varieties	1.46	6.23	10.70	116.80
5	0.3	1 cup, shredded	Cheese, low fat, cheddar or colby	6.88	0.54	1.98	48.87
5	2.0	1 tablespoon	Cream, sour, reduced fat, cultured	0.88	1.28	3.60	40.50
6	1.0	tablespoon	Onion - chopped	0.10	0.90	0.00	4.00
4	1.5	1/2 cup	refried beans, Amy's Organic Traditional Refried Beans	10.50	31.50	4.50	210.00
6	1.0	1/2 cup	tomato, diced	0.76	4.18	0.30	19.00
3	1.0	each	Tortilla 99% fat free, whole wheat, flour	2.00	12.00	0.00	60.00
Totals for Lunch				22.58	56.63	21.08	499.17

Snack 2

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	1.0	each	Plum - fresh, 2.25" diam	0.50	8.60	0.40	36.00
Totals for Snack 2				14.50	11.70	1.55	118.00

Dinner

1	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
23	1.0	1 tablespoon	Salad dressing, home recipe, vinegar and oil	0.00	0.40	8.02	71.84
6	1.0	1 cup	Spinach, cooked, boiled, drained, without salt	5.35	6.75	0.47	41.40
10	4.0	ounce(s)	Yam - baked w/o skin	1.68	31.20	0.20	132.00
Totals for Dinner				29.98	47.24	10.08	382.24

Snack 3

4	10.0	1 peanut	Peanuts, all types, dry-roasted, without salt	2.44	2.13	4.97	58.70
Totals for Snack 3				2.44	2.13	4.97	58.70
Totals For 1600 Calories 21 Day Detox Meat for Men - Day 20				101.25	236.07	45.95	1706.41

1600 Calories 21 Day Detox Meat for Men - Day 21

Breakfast

15	2.0	0.5 cup (1 NLEA serving)	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	8.15	46.03	3.04	161.20
7	1.0	each	Grapefruit - pink or red 4" diam.	1.20	23.80	0.20	92.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
Totals for Breakfast				17.75	81.73	3.64	339.20

Snack 1

5	1.0	cup	Non-fat yogurt-artificially sweetened	10.60	19.30	0.39	121.00
7	2.0	each	Plum - fresh, 2.25" diam	1.00	17.20	0.80	72.00
Totals for Snack 1				11.60	36.50	1.19	193.00

Lunch

6	0.5	1 cup flowerets	Broccoli, flower clusters, raw	1.06	1.86	0.12	9.94
5	0.3	1 cup, shredded	Cheese, low fat, cheddar or colby	6.88	0.54	1.98	48.87
6	1.0	cup	Cucumber - raw, slices	0.80	2.80	0.00	14.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
23	2.0	1 tablespoon	Salad dressing, home recipe, vinegar and oil	0.00	0.80	16.03	143.68
1	3.0	ounce(s)	Turkey Breast / White Meat	25.50	0.00	0.60	114.00
3	4.0	each	Wasa Crackers, light rye	4.00	28.00	0.00	120.00
Totals for Lunch				40.84	53.00	19.53	548.49

Snack 2

7	15.0	each	Grapes - American	0.30	6.15	0.00	30.00
Totals for Snack 2				0.30	6.15	0.00	30.00

Dinner

6	2.0	0.5 cup	Asparagus, cooked, boiled, drained	4.32	7.40	0.40	39.60
6	2.0	cup	Green salad w/ raw vegetables	3.45	8.89	0.19	44.00
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
23	1.0	1 tablespoon	Salad dressing, home recipe, vinegar and oil	0.00	0.40	8.02	71.84
1	3.0	ounce(s)	Salmon - broiled	18.81	0.00	10.50	174.00
Totals for Dinner				29.10	39.08	19.99	437.67

Snack 3

7	1.0	1 cup	Blueberries, raw	1.10	21.45	0.49	84.36
5	6.0	ounce(s)	Soy Milk, fat-free w/ calcium	4.50	6.00	0.00	45.00
Totals for Snack 3				5.60	27.45	0.49	129.36
Totals For 1600 Calories 21 Day Detox Meat for Men - Day 21				105.19	243.91	44.84	1677.72