



Male Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1600 Calories 21 Day 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 21 Day Detox Fruit for Men - Day 01				55.72	227.86	58.14	1601.68

1600 Calories 21 Day 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
Totals for Breakfast				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
Totals for Snack 1				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
Totals for Lunch				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
Totals for Snack 2				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
Totals for Dinner				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
Totals for Snack 3				4.80	13.20	18.30	237.00
Totals For 1600 Calories 21 Day Detox Fruit for Men - Day 02				52.54	255.45	54.12	1613.56

1600 Calories 21 Day 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
Totals for Breakfast				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
Totals for Snack 1				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
Totals for Lunch				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
Totals for Snack 2				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
Totals for Dinner				10.30	55.27	26.80	465.37
Totals For 1600 Calories 21 Day Detox Fruit for Men - Day 03				54.78	233.99	72.12	1693.04

1600 Calories 21 Day Detox Fruit for Men - Day 04

Breakfast

7	1.0	1 cup	Blueberries, raw	1.10	21.45	0.49	84.36
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
Totals for Breakfast				8.71	47.42	5.63	265.19

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 applecider vinegar, 1 tblsp Metamucil, 1 tsp coconut oil	0.00	12.14	4.48	87.73
Totals for Snack 1				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
Totals for Lunch				6.28	28.97	12.18	230.96

Snack 2

0	1.0	each	Cleansing Beverage, 8oz water, 1 tblsp applecider 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
Totals for Snack 2				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
Totals for Dinner				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
Totals for Snack 3				1.60	14.40	0.60	70.00
Totals For 1600 Calories 21 Day Detox Fruit for Men - Day 04				51.83	212.59	75.92	1662.32

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
Totals for Breakfast				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
Totals for Snack 1				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
Totals for Lunch				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
Totals for Snack 2				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
Totals for Dinner				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
Totals for Snack 3				1.60	14.40	0.60	70.00
Totals For 1600 Calories 21 Day Detox Fruit for Men - Day 05				59.22	219.67	66.14	1641.02

1600 Calories 21 Day 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
Totals for Breakfast				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
Totals for Snack 1				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
Totals for Lunch				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
Totals for Snack 2				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
Totals for Dinner				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
Totals for Snack 3				1.60	14.40	0.60	70.00
Totals For 1600 Calories 21 Day Detox Fruit for Men - Day 06				54.17	215.52	57.50	1555.83

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
Totals for Breakfast				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
Totals for Snack 1				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
Totals for Lunch				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
Totals for Snack 2				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
Totals for Dinner				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
Totals for Snack 3				1.60	14.40	0.60	70.00
Totals For 1600 Calories 21 Day Detox Fruit for Men - Day 07				42.69	195.64	81.29	1611.86

1600 Calories 21 Day 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
Totals for Breakfast				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
Totals for Snack 1				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
Totals for Lunch				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
Totals for Snack 2				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
Totals for Dinner				5.93	43.45	43.85	583.20
Totals For 1600 Calories 21 Day Detox Fruit for Men - Day 08				55.72	227.86	58.14	1601.68

1600 Calories 21 Day 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
Totals for Breakfast				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
Totals for Snack 1				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
Totals for Lunch				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
Totals for Snack 2				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
Totals for Dinner				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
Totals for Snack 3				4.80	13.20	18.30	237.00
Totals For 1600 Calories 21 Day Detox Fruit for Men - Day 09				52.54	255.45	54.12	1613.56

1600 Calories 21 Day 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
Totals for Breakfast				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
Totals for Snack 1				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
Totals for Lunch				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
Totals for Snack 2				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
Totals for Dinner				10.30	55.27	26.80	465.37
Totals For 1600 Calories 21 Day Detox Fruit for Men - Day 10				54.78	233.99	72.12	1693.04

1600 Calories 21 Day Detox Fruit for Men - Day 11

Breakfast

7	1.0	1 cup	Blueberries, raw	1.10	21.45	0.49	84.36
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
Totals for Breakfast				8.71	47.42	5.63	265.19

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 applecider vinegar, 1 tblsp Metamucil, 1 tsp coconut oil	0.00	12.14	4.48	87.73
Totals for Snack 1				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
Totals for Lunch				6.28	28.97	12.18	230.96

Snack 2

0	1.0	each	Cleansing Beverage, 8oz water, 1 tblsp applecider 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
Totals for Snack 2				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
Totals for Dinner				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
Totals for Snack 3				1.60	14.40	0.60	70.00
Totals For 1600 Calories 21 Day Detox Fruit for Men - Day 11				51.83	212.59	75.92	1662.32

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
Totals for Breakfast				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
Totals for Snack 1				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
Totals for Lunch				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
Totals for Snack 2				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
Totals for Dinner				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
Totals for Snack 3				1.60	14.40	0.60	70.00
Totals For 1600 Calories 21 Day Detox Fruit for Men - Day 12				59.22	219.67	66.14	1641.02

1600 Calories 21 Day 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
Totals for Breakfast				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
Totals for Snack 1				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
Totals for Lunch				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
Totals for Snack 2				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
Totals for Dinner				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
Totals for Snack 3				1.60	14.40	0.60	70.00
Totals For 1600 Calories 21 Day Detox Fruit for Men - Day 13				54.17	215.52	57.50	1555.83

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
Totals for Breakfast				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
Totals for Snack 1				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
Totals for Lunch				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
Totals for Snack 2				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
Totals for Dinner				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
Totals for Snack 3				1.60	14.40	0.60	70.00
Totals For 1600 Calories 21 Day Detox Fruit for Men - Day 14				42.69	195.64	81.29	1611.86

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 Fruit 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 Fruit for Men - Day 16				125.81	203.38	45.00	1674.66

1600 Calories 21 Day Detox Fruit 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 Fruit for Men - Day 17				127.45	234.98	42.58	1719.81

1600 Calories 21 Day Detox Fruit 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>				18.95	76.62	6.64	428.18

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>				7.84	12.24	6.19	129.98

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>				31.43	38.84	7.89	348.20

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>				9.98	52.75	10.57	337.71

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>				27.76	18.73	26.23	406.14

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>				0.50	8.60	0.40	36.00
Totals For 1600 Calories 21 Day Detox Fruit for Men - Day 18				96.46	207.78	57.92	1686.21

1600 Calories 21 Day Detox Fruit for Men - Day 19

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 Fruit 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 Fruit for Men - Day 20				101.25	236.07	45.95	1706.41

1600 Calories 21 Day Detox Fruit 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 Fruit for Men - Day 21				105.19	243.91	44.84	1677.72