



Male Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1600 Calories 21 Day 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 21 Day Detox Veggie for Men - Day 01				102.91	184.31	60.14	1618.53

1600 Calories 21 Day Detox Veggie for Men - Day 02

Breakfast

7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
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				21.35	28.44	5.80	244.38

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 21 Day Detox Veggie for Men - Day 02				73.73	193.93	69.61	1619.93

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 21 Day Detox Veggie for Men - Day 03				80.83	186.83	61.34	1523.65

1600 Calories 21 Day Detox Veggie for Men - Day 04

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
<i>Totals for Breakfast</i>				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
<i>Totals for Snack 1</i>				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
<i>Totals for Lunch</i>				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
<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 21 Day Detox Veggie for Men - Day 04				101.58	175.13	61.69	1598.17

1600 Calories 21 Day 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 21 Day Detox Veggie for Men - Day 05				72.74	211.25	59.75	1630.17

1600 Calories 21 Day 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 21 Day Detox Veggie for Men - Day 06				101.83	182.81	60.85	1615.18

1600 Calories 21 Day 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 21 Day Detox Veggie for Men - Day 07				88.18	205.75	59.25	1656.68

1600 Calories 21 Day 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 21 Day Detox Veggie for Men - Day 08				102.91	184.31	60.14	1618.53

1600 Calories 21 Day Detox Veggie for Men - Day 09

Breakfast

7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
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
<i>Totals for Breakfast</i>				21.35	28.44	5.80	244.38

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
<i>Totals for Snack 1</i>				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
<i>Totals for Lunch</i>				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
<i>Totals for Snack 2</i>				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
<i>Totals for Dinner</i>				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
<i>Totals for Snack 3</i>				6.55	17.78	15.84	225.32
Totals For 1600 Calories 21 Day Detox Veggie for Men - Day 09				73.73	193.93	69.61	1619.93

1600 Calories 21 Day 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 21 Day Detox Veggie for Men - Day 10				80.83	186.83	61.34	1523.65

1600 Calories 21 Day 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 21 Day Detox Veggie for Men - Day 11				101.58	175.13	61.69	1598.17

1600 Calories 21 Day 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 21 Day 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 21 Day Detox Veggie for Men - Day 13				101.83	182.81	60.85	1615.18

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 21 Day Detox Veggie for Men - Day 14				88.18	205.75	59.25	1656.68

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 Veggie 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 Veggie for Men - Day 16				125.81	203.38	45.00	1674.66

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

1600 Calories 21 Day Detox Veggie 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 Veggie for Men - Day 18</i>				<i>96.46</i>	<i>207.78</i>	<i>57.92</i>	<i>1686.21</i>

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 Veggie for Men - Day 19				109.07	223.55	51.73	1693.83

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 Veggie for Men - Day 20				101.25	236.07	45.95	1706.41

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