



## Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
<b>1200 Calories Detox Veggie for Women - Day 01</b>							
<b>Breakfast</b>							
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>				<b>20.10</b>	<b>32.10</b>	<b>16.22</b>	<b>340.33</b>
<b>Snack 1</b>							
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 1</i>				<b>6.55</b>	<b>17.78</b>	<b>15.84</b>	<b>225.32</b>
<b>Lunch</b>							
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>				<b>15.88</b>	<b>44.59</b>	<b>4.86</b>	<b>263.16</b>
<b>Snack 2</b>							
6	2.0	medium	Carrots - baby, raw	0.20	1.60	0.20	8.00
3	1.0	each	Celery - raw stalk trimmed	0.50	2.00	0.00	10.00
6	0.5	1 cup	Parsley, fresh	0.89	1.90	0.24	10.80
<i>Totals for Snack 2</i>				<b>1.59</b>	<b>5.50</b>	<b>0.44</b>	<b>28.80</b>
<b>Dinner</b>							
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	4.0	ounce(s)	Tofu - soybean curd cake	9.20	2.00	5.60	88.00
<i>Totals for Dinner</i>				<b>25.43</b>	<b>42.07</b>	<b>15.15</b>	<b>373.22</b>
<b>Totals For 1200 Calories Detox Veggie for Women - Day 01</b>				<b>69.55</b>	<b>142.04</b>	<b>52.51</b>	<b>1230.83</b>

1200 Calories Detox Veggie for Women - Day 02

**Breakfast**

1	3.0	each	Egg Whites - scrambled/boiled	10.50	0.90	0.00	51.00
1	1.0	each	Egg whole w/ yolk	6.70	1.30	7.30	100.00
7	0.5	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	46.00
<i>Totals for Breakfast</i>				<b>17.80</b>	<b>14.10</b>	<b>7.40</b>	<b>197.00</b>

**Snack 1**

14	25.0	1 almond	Nuts, almonds	6.34	6.46	14.98	173.70
7	1.0	1 miniature box (.5 oz)	Raisins, seedless	0.43	11.09	0.06	41.86
4	0.3	ounce(s)	Walnuts, dried	1.38	2.00	5.02	58.74
<i>Totals for Snack 1</i>				<b>8.15</b>	<b>19.55</b>	<b>20.06</b>	<b>274.30</b>

**Lunch**

6	3.0	1 spear, medium (5-1/4" to 7" long)	Asparagus, raw	1.06	1.86	0.06	9.60
4	2.0	ounce(s)	Black beans - boiled	4.50	13.44	0.30	76.00
2	1.0	cup	Brown Rice - cooked	4.90	49.70	1.20	232.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
<i>Totals for Lunch</i>				<b>13.06</b>	<b>84.00</b>	<b>2.36</b>	<b>415.60</b>

**Snack 2**

6	2.0	medium	Carrots - baby, raw	0.20	1.60	0.20	8.00
3	1.0	each	Celery - raw stalk trimmed	0.50	2.00	0.00	10.00
6	0.5	1 cup	Parsley, fresh	0.89	1.90	0.24	10.80
<i>Totals for Snack 2</i>				<b>1.59</b>	<b>5.50</b>	<b>0.44</b>	<b>28.80</b>

**Dinner**

3	2.0	spear	Broccoli	10.00	8.00	2.00	80.00
0	1.0	tablespoon	Garlic powder	1.40	6.10	0.10	28.00
10	0.5	cup	Lentil - boiled	8.90	19.90	0.40	115.00
6	1.0	tablespoon	Onion - chopped	0.10	0.90	0.00	4.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
6	1.0	small	Tomato - sm. w/peel, 2.5" diam.	1.00	5.70	0.40	26.00
<i>Totals for Dinner</i>				<b>31.12</b>	<b>52.94</b>	<b>4.23</b>	<b>331.20</b>
<b>Totals For 1200 Calories Detox Veggie for Women - Day 02</b>				<b>71.72</b>	<b>176.09</b>	<b>34.49</b>	<b>1246.90</b>

## 1200 Calories Detox Veggie for Women - Day 03

### Breakfast

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
7	1.0	1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
1	3.0	each	Egg Whites - scrambled/boiled	10.50	0.90	0.00	51.00
14	1.0	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
<i>Totals for Breakfast</i>				<b>14.99</b>	<b>39.21</b>	<b>6.27</b>	<b>258.00</b>

### Snack 1

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
<i>Totals for Snack 1</i>				<b>4.31</b>	<b>12.48</b>	<b>9.39</b>	<b>140.22</b>

### 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	0.5	cup	Lentil - boiled	8.90	19.90	0.40	115.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
<i>Totals for Lunch</i>				<b>20.01</b>	<b>69.61</b>	<b>2.86</b>	<b>378.60</b>

### Snack 2

7	15.0	1 cherry	Cherries, sweet, raw	1.30	19.69	0.25	77.49
4	0.5	ounce(s)	Walnuts, dried	2.09	3.04	7.60	89.00
<i>Totals for Snack 2</i>				<b>3.39</b>	<b>22.73</b>	<b>7.85</b>	<b>166.49</b>

### Dinner

7	0.3	1 fruit without skin and seeds	Avocados, raw, California	1.12	4.93	8.80	95.34
4	2.0	ounce(s)	Black beans - boiled	4.50	13.44	0.30	76.00
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
<i>Totals for Dinner</i>				<b>8.57</b>	<b>38.32</b>	<b>10.10</b>	<b>271.34</b>
<b>Totals For 1200 Calories Detox Veggie for Women - Day 03</b>				<b>51.27</b>	<b>182.35</b>	<b>36.47</b>	<b>1214.65</b>

1200 Calories Detox Veggie for Women - Day 04

**Breakfast**

7	0.5	1 cup, unthawed	Blueberries, raw	0.54	10.51	0.24	41.33
8	3.0	each	Egg - boiled white only	10.50	0.90	0.00	51.00
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>				<b>14.34</b>	<b>27.63</b>	<b>5.80</b>	<b>209.53</b>

**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>				<b>2.30</b>	<b>24.00</b>	<b>9.50</b>	<b>182.00</b>

**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>				<b>21.03</b>	<b>69.69</b>	<b>1.97</b>	<b>360.06</b>

**Snack 2**

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 2</i>				<b>6.55</b>	<b>17.78</b>	<b>15.84</b>	<b>225.32</b>

**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>				<b>14.90</b>	<b>30.62</b>	<b>8.90</b>	<b>235.17</b>
<b>Totals For 1200 Calories Detox Veggie for Women - Day 04</b>				<b>59.12</b>	<b>169.72</b>	<b>42.01</b>	<b>1212.08</b>

## 1200 Calories Detox Veggie for Women - Day 05

### 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
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
<i>Totals for Breakfast</i>				<b>15.45</b>	<b>27.79</b>	<b>1.58</b>	<b>167.32</b>

### 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>				<b>2.30</b>	<b>24.00</b>	<b>9.50</b>	<b>182.00</b>

### 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
<i>Totals for Lunch</i>				<b>17.12</b>	<b>47.51</b>	<b>5.03</b>	<b>278.12</b>

### Snack 2

14	1.0	1 oz	Nuts, cashew nuts, dry roasted, without salt added	4.34	9.27	13.14	162.73
7	1.0	each	Plum - fresh, 2.25" diam	0.50	8.60	0.40	36.00
<i>Totals for Snack 2</i>				<b>4.84</b>	<b>17.87</b>	<b>13.54</b>	<b>198.73</b>

### 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
<i>Totals for Dinner</i>				<b>23.13</b>	<b>41.57</b>	<b>13.75</b>	<b>351.22</b>
<b>Totals For 1200 Calories Detox Veggie for Women - Day 05</b>				<b>62.84</b>	<b>158.74</b>	<b>43.40</b>	<b>1177.39</b>

## 1200 Calories Detox Veggie for Women - Day 06

### Breakfast

7	0.5	1 cup	Blackberries, raw	1.00	6.92	0.35	30.96
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	1.5	1 tablespoon	Seeds, flaxseed	3.29	5.20	7.59	96.12
<i>Totals for Breakfast</i>				<b>18.00</b>	<b>23.45</b>	<b>13.33</b>	<b>277.33</b>

### Snack 1

7	10.0	1 cherry	Cherries, sweet, raw	0.87	13.13	0.16	51.66
4	1.0	ounce(s)	Walnuts, dried	4.17	6.07	15.20	178.00
<i>Totals for Snack 1</i>				<b>5.04</b>	<b>19.20</b>	<b>15.36</b>	<b>229.66</b>

### 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>				<b>15.88</b>	<b>44.59</b>	<b>4.86</b>	<b>263.16</b>

### Snack 2

6	2.0	medium	Carrots - baby, raw	0.20	1.60	0.20	8.00
3	1.0	each	Celery - raw stalk trimmed	0.50	2.00	0.00	10.00
6	0.5	1 cup	Parsley, fresh	0.89	1.90	0.24	10.80
<i>Totals for Snack 2</i>				<b>1.59</b>	<b>5.50</b>	<b>0.44</b>	<b>28.80</b>

### 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	4.0	ounce(s)	Tofu - soybean curd cake	9.20	2.00	5.60	88.00
<i>Totals for Dinner</i>				<b>25.43</b>	<b>42.07</b>	<b>15.15</b>	<b>373.22</b>

<b>Totals For 1200 Calories Detox Veggie for Women - Day 06</b>				<b>65.94</b>	<b>134.81</b>	<b>49.14</b>	<b>1172.17</b>
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1200 Calories Detox Veggie for Women - Day 07

**Breakfast**

7	0.5	1 cup	Blackberries, raw	1.00	6.92	0.35	30.96
8	1.0	each	Egg - boiled white only	3.50	0.30	0.00	17.00
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	1.0	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
<i>Totals for Breakfast</i>				<b>13.40</b>	<b>21.42</b>	<b>10.80</b>	<b>228.29</b>

**Snack 1**

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	0.3	ounce(s)	Walnuts, dried	1.04	1.52	3.80	44.50
<i>Totals for Snack 1</i>				<b>4.01</b>	<b>15.20</b>	<b>9.85</b>	<b>155.84</b>

**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>				<b>16.88</b>	<b>52.59</b>	<b>7.36</b>	<b>323.16</b>

**Snack 2**

6	2.0	medium	Carrots - baby, raw	0.20	1.60	0.20	8.00
3	1.0	each	Celery - raw stalk trimmed	0.50	2.00	0.00	10.00
6	0.5	1 cup	Parsley, fresh	0.89	1.90	0.24	10.80
<i>Totals for Snack 2</i>				<b>1.59</b>	<b>5.50</b>	<b>0.44</b>	<b>28.80</b>

**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	4.0	ounce(s)	Tofu - soybean curd cake	9.20	2.00	5.60	88.00
<i>Totals for Dinner</i>				<b>25.43</b>	<b>42.07</b>	<b>15.15</b>	<b>373.22</b>

**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>				<b>1.59</b>	<b>5.50</b>	<b>0.44</b>	<b>28.80</b>

<b>Totals For 1200 Calories Detox Veggie for Women - Day 07</b>				<b>62.90</b>	<b>142.28</b>	<b>44.04</b>	<b>1138.11</b>
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**1200 Calories Detox Veggie for Women - Day 08****Breakfast**

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
7	1.0	1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
1	3.0	each	Egg Whites - scrambled/boiled	10.50	0.90	0.00	51.00
14	1.0	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
<i>Totals for Breakfast</i>				<b>14.99</b>	<b>39.21</b>	<b>6.27</b>	<b>258.00</b>

**Snack 1**

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
<i>Totals for Snack 1</i>				<b>4.31</b>	<b>12.48</b>	<b>9.39</b>	<b>140.22</b>

**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	0.5	cup	Lentil - boiled	8.90	19.90	0.40	115.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
<i>Totals for Lunch</i>				<b>20.01</b>	<b>69.61</b>	<b>2.86</b>	<b>378.60</b>

**Snack 2**

7	15.0	1 cherry	Cherries, sweet, raw	1.30	19.69	0.25	77.49
4	0.5	ounce(s)	Walnuts, dried	2.09	3.04	7.60	89.00
<i>Totals for Snack 2</i>				<b>3.39</b>	<b>22.73</b>	<b>7.85</b>	<b>166.49</b>

**Dinner**

7	0.3	1 fruit without skin and seeds	Avocados, raw, California	1.12	4.93	8.80	95.34
4	2.0	ounce(s)	Black beans - boiled	4.50	13.44	0.30	76.00
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
<i>Totals for Dinner</i>				<b>8.57</b>	<b>38.32</b>	<b>10.10</b>	<b>271.34</b>
<b>Totals For 1200 Calories Detox Veggie for Women - Day 08</b>				<b>51.27</b>	<b>182.35</b>	<b>36.47</b>	<b>1214.65</b>

**1200 Calories Detox Veggie for Women - Day 09****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>				<b>20.10</b>	<b>32.10</b>	<b>16.22</b>	<b>340.33</b>

**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	1.04	1.52	3.80	44.50
<i>Totals for Snack 1</i>				<b>6.55</b>	<b>17.78</b>	<b>15.84</b>	<b>225.32</b>

**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>				<b>15.88</b>	<b>44.59</b>	<b>4.86</b>	<b>263.16</b>

**Snack 2**

6	2.0	medium	Carrots - baby, raw	0.20	1.60	0.20	8.00
3	1.0	each	Celery - raw stalk trimmed	0.50	2.00	0.00	10.00
6	0.5	1 cup	Parsley, fresh	0.89	1.90	0.24	10.80
<i>Totals for Snack 2</i>				<b>1.59</b>	<b>5.50</b>	<b>0.44</b>	<b>28.80</b>

**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	4.0	ounce(s)	Tofu - soybean curd cake	9.20	2.00	5.60	88.00
<i>Totals for Dinner</i>				<b>25.43</b>	<b>42.07</b>	<b>15.15</b>	<b>373.22</b>

<b>Totals For 1200 Calories Detox Veggie for Women - Day 09</b>				<b>69.55</b>	<b>142.04</b>	<b>52.51</b>	<b>1230.83</b>
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1200 Calories Detox Veggie for Women - Day 10

**Breakfast**

1	3.0	each	Egg Whites - scrambled/boiled	10.50	0.90	0.00	51.00
1	1.0	each	Egg whole w/ yolk	6.70	1.30	7.30	100.00
7	0.5	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	46.00
<i>Totals for Breakfast</i>				<b>17.80</b>	<b>14.10</b>	<b>7.40</b>	<b>197.00</b>

**Snack 1**

14	25.0	1 almond	Nuts, almonds	6.34	6.46	14.98	173.70
7	1.0	1 miniature box (.5 oz)	Raisins, seedless	0.43	11.09	0.06	41.86
4	0.3	ounce(s)	Walnuts, dried	1.38	2.00	5.02	58.74
<i>Totals for Snack 1</i>				<b>8.15</b>	<b>19.55</b>	<b>20.06</b>	<b>274.30</b>

**Lunch**

6	3.0	1 spear, medium (5-1/4" to 7" long)	Asparagus, raw	1.06	1.86	0.06	9.60
4	2.0	ounce(s)	Black beans - boiled	4.50	13.44	0.30	76.00
2	1.0	cup	Brown Rice - cooked	4.90	49.70	1.20	232.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
<i>Totals for Lunch</i>				<b>13.06</b>	<b>84.00</b>	<b>2.36</b>	<b>415.60</b>

**Snack 2**

6	2.0	medium	Carrots - baby, raw	0.20	1.60	0.20	8.00
3	1.0	each	Celery - raw stalk trimmed	0.50	2.00	0.00	10.00
6	0.5	1 cup	Parsley, fresh	0.89	1.90	0.24	10.80
<i>Totals for Snack 2</i>				<b>1.59</b>	<b>5.50</b>	<b>0.44</b>	<b>28.80</b>

**Dinner**

3	2.0	spear	Broccoli	10.00	8.00	2.00	80.00
0	1.0	tablespoon	Garlic powder	1.40	6.10	0.10	28.00
10	0.5	cup	Lentil - boiled	8.90	19.90	0.40	115.00
6	1.0	tablespoon	Onion - chopped	0.10	0.90	0.00	4.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
6	1.0	small	Tomato - sm. w/peel, 2.5" diam.	1.00	5.70	0.40	26.00
<i>Totals for Dinner</i>				<b>31.12</b>	<b>52.94</b>	<b>4.23</b>	<b>331.20</b>

<b>Totals For 1200 Calories Detox Veggie for Women - Day 10</b>				<b>71.72</b>	<b>176.09</b>	<b>34.49</b>	<b>1246.90</b>
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**1200 Calories Detox Veggie for Women - Day 11****Breakfast**

10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
7	1.0	1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
1	3.0	each	Egg Whites - scrambled/boiled	10.50	0.90	0.00	51.00
14	1.0	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
<i>Totals for Breakfast</i>				<b>14.99</b>	<b>39.21</b>	<b>6.27</b>	<b>258.00</b>

**Snack 1**

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
<i>Totals for Snack 1</i>				<b>4.31</b>	<b>12.48</b>	<b>9.39</b>	<b>140.22</b>

**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	0.5	cup	Lentil - boiled	8.90	19.90	0.40	115.00
3	1.0	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
<i>Totals for Lunch</i>				<b>20.01</b>	<b>69.61</b>	<b>2.86</b>	<b>378.60</b>

**Snack 2**

7	15.0	1 cherry	Cherries, sweet, raw	1.30	19.69	0.25	77.49
4	0.5	ounce(s)	Walnuts, dried	2.09	3.04	7.60	89.00
<i>Totals for Snack 2</i>				<b>3.39</b>	<b>22.73</b>	<b>7.85</b>	<b>166.49</b>

**Dinner**

7	0.3	1 fruit without skin and seeds	Avocados, raw, California	1.12	4.93	8.80	95.34
4	2.0	ounce(s)	Black beans - boiled	4.50	13.44	0.30	76.00
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
<i>Totals for Dinner</i>				<b>8.57</b>	<b>38.32</b>	<b>10.10</b>	<b>271.34</b>
<b>Totals For 1200 Calories Detox Veggie for Women - Day 11</b>				<b>51.27</b>	<b>182.35</b>	<b>36.47</b>	<b>1214.65</b>

## 1200 Calories Detox Veggie for Women - Day 12

### Breakfast

7	0.5	1 cup, unthawed	Blueberries, raw	0.54	10.51	0.24	41.33
8	3.0	each	Egg - boiled white only	10.50	0.90	0.00	51.00
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>				<b>14.34</b>	<b>27.63</b>	<b>5.80</b>	<b>209.53</b>

### 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>				<b>2.30</b>	<b>24.00</b>	<b>9.50</b>	<b>182.00</b>

### 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>				<b>21.03</b>	<b>69.69</b>	<b>1.97</b>	<b>360.06</b>

### Snack 2

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 2</i>				<b>6.55</b>	<b>17.78</b>	<b>15.84</b>	<b>225.32</b>

### 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>				<b>14.90</b>	<b>30.62</b>	<b>8.90</b>	<b>235.17</b>
<b>Totals For 1200 Calories Detox Veggie for Women - Day 12</b>				<b>59.12</b>	<b>169.72</b>	<b>42.01</b>	<b>1212.08</b>

1200 Calories Detox Veggie for Women - Day 13

**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
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
<i>Totals for Breakfast</i>				<b>15.45</b>	<b>27.79</b>	<b>1.58</b>	<b>167.32</b>

**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>				<b>2.30</b>	<b>24.00</b>	<b>9.50</b>	<b>182.00</b>

**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
<i>Totals for Lunch</i>				<b>17.12</b>	<b>47.51</b>	<b>5.03</b>	<b>278.12</b>

**Snack 2**

14	1.0	1 oz	Nuts, cashew nuts, dry roasted, without salt added	4.34	9.27	13.14	162.73
7	1.0	each	Plum - fresh, 2.25" diam	0.50	8.60	0.40	36.00
<i>Totals for Snack 2</i>				<b>4.84</b>	<b>17.87</b>	<b>13.54</b>	<b>198.73</b>

**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
<i>Totals for Dinner</i>				<b>23.13</b>	<b>41.57</b>	<b>13.75</b>	<b>351.22</b>

<b>Totals For 1200 Calories Detox Veggie for Women - Day 13</b>				<b>62.84</b>	<b>158.74</b>	<b>43.40</b>	<b>1177.39</b>
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1200 Calories Detox Veggie for Women - Day 14

**Breakfast**

7	0.5	1 cup	Blackberries, raw	1.00	6.92	0.35	30.96
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	1.5	1 tablespoon	Seeds, flaxseed	3.29	5.20	7.59	96.12
<i>Totals for Breakfast</i>				<b>18.00</b>	<b>23.45</b>	<b>13.33</b>	<b>277.33</b>

**Snack 1**

7	10.0	1 cherry	Cherries, sweet, raw	0.87	13.13	0.16	51.66
4	1.0	ounce(s)	Walnuts, dried	4.17	6.07	15.20	178.00
<i>Totals for Snack 1</i>				<b>5.04</b>	<b>19.20</b>	<b>15.36</b>	<b>229.66</b>

**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>				<b>15.88</b>	<b>44.59</b>	<b>4.86</b>	<b>263.16</b>

**Snack 2**

6	2.0	medium	Carrots - baby, raw	0.20	1.60	0.20	8.00
3	1.0	each	Celery - raw stalk trimmed	0.50	2.00	0.00	10.00
6	0.5	1 cup	Parsley, fresh	0.89	1.90	0.24	10.80
<i>Totals for Snack 2</i>				<b>1.59</b>	<b>5.50</b>	<b>0.44</b>	<b>28.80</b>

**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	4.0	ounce(s)	Tofu - soybean curd cake	9.20	2.00	5.60	88.00
<i>Totals for Dinner</i>				<b>25.43</b>	<b>42.07</b>	<b>15.15</b>	<b>373.22</b>
<b>Totals For 1200 Calories Detox Veggie for Women - Day 14</b>				<b>65.94</b>	<b>134.81</b>	<b>49.14</b>	<b>1172.17</b>