



Male Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1600 Calories Detox w/Meat for Men - Day 01							
Breakfast							
15	1.0	0.75 cup	Cereals, CREAM OF RICE, cooked with water, without salt	1.65	20.86	0.18	95.16
1	1.0	cup	Milk, Almond	1.00	8.00	2.50	60.00
7	1.0	cup	Strawberries	1.00	9.00	0.00	60.00
0	8.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
<i>Totals for Breakfast</i>				3.65	37.86	2.68	215.16
Snack 1							
7	1.0	1 cup, unthawed	Blueberries, raw	1.07	21.01	0.48	82.65
14	20.0	1 almond	Nuts, almonds	5.08	5.17	11.98	138.96
<i>Totals for Snack 1</i>				6.15	26.18	12.46	221.61
Lunch							
20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
11	3.0	ounce(s)	Chicken breast, organic	19.50	0.00	1.20	93.00
6	1.0	1 inner leaf	Lettuce, cos or romaine, raw	0.12	0.33	0.03	1.70
6	1.0	0.5 cup, shredded	Lettuce, green leaf, raw	0.38	0.80	0.04	4.20
7	1.0	1 cup	Raspberries, raw	1.48	14.69	0.80	63.96
6	1.0	cup	Split peas - boiled	19.00	47.80	0.80	268.00
6	1.0	small	Tomato - sm. w/peel, 2.5" diam.	1.00	5.70	0.40	26.00
<i>Totals for Lunch</i>				41.48	71.32	3.27	466.86
Snack 2							
10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
14	20.0	1 almond	Nuts, almonds	5.08	5.17	11.98	138.96
<i>Totals for Snack 2</i>				5.38	26.17	12.48	219.96
Dinner							
20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
3	1.0	spear	Broccoli	5.00	4.00	1.00	40.00
11	5.0	ounce(s)	Chicken breast, organic	32.50	0.00	2.00	155.00
23	1.0	tablespoon	Olive oil - pure	0.00	0.00	14.00	130.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
0	8.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
<i>Totals for Dinner</i>				47.22	18.34	18.33	413.20
Snack 3							
9	2.0	each	Rice cake - plain, unsalted, Quaker	1.60	14.40	0.60	70.00
<i>Totals for Snack 3</i>				1.60	14.40	0.60	70.00
Totals For 1600 Calories Detox w/Meat for Men - Day 01				105.48	194.27	49.82	1606.79

1600 Calories Detox w/Meat for Men - Day 02**Breakfast**

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

Snack 1

7	1.0	1 cup, unthawed	Blueberries, raw	1.07	21.01	0.48	82.65
4	1.0	ounce(s)	Walnuts, dried	4.17	6.07	15.20	178.00
<i>Totals for Snack 1</i>				5.24	27.08	15.68	260.65

Lunch

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

Snack 2

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

Dinner

1	3.0	ounce(s)	Beef, organic, extra lean	18.75	1.50	2.25	97.50
23	1.0	tablespoon	Olive oil - pure	0.00	0.00	14.00	130.00
6	1.0	1 cup, chopped	Onions, raw	1.76	14.94	0.16	64.00
6	1.0	cup	Pepper - sweet bell, all colors, chopped,	1.20	9.20	0.20	38.00
0	2.0	1 tablespoon	Spices, allspice, ground	0.73	8.65	1.04	31.56
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
0	2.0	1 tablespoon	Vinegar, distilled	0.00	0.01	0.00	5.36
0	8.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
<i>Totals for Dinner</i>				32.16	46.64	18.98	444.62
Totals For 1600 Calories Detox w/Meat for Men - Day 02				97.80	201.78	54.50	1619.99

1600 Calories Detox w/Meat for Men - Day 03**Breakfast**

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

Snack 1

21	1.0	tablespoon	Almond Butter	2.00	3.00	9.00	101.00
10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
<i>Totals for Snack 1</i>				2.30	24.00	9.50	182.00

Lunch

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

Snack 2

7	1.0	1 cup, unthawed	Blueberries, raw	1.07	21.01	0.48	82.65
14	20.0	1 almond	Nuts, almonds	5.08	5.17	11.98	138.96
<i>Totals for Snack 2</i>				6.15	26.18	12.46	221.61

Dinner

3	1.0	spear	Broccoli	5.00	4.00	1.00	40.00
11	5.0	ounce(s)	Chicken breast, organic	32.50	0.00	2.00	155.00
23	1.0	tablespoon	Olive oil - pure	0.00	0.00	14.00	130.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
7	1.0	cup	Strawberries	1.00	9.00	0.00	60.00
0	8.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
<i>Totals for Dinner</i>				48.22	25.34	18.33	463.20

Totals For 1600 Calories Detox w/Meat for Men - Day 03				114.72	205.01	46.30	1624.13
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1600 Calories Detox w/Meat for Men - Day 04**Breakfast**

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

Snack 1

21	1.0	tablespoon	Almond Butter	2.00	3.00	9.00	101.00
10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
<i>Totals for Snack 1</i>				2.30	24.00	9.50	182.00

Lunch

3	1.0	spear	Broccoli	5.00	4.00	1.00	40.00
10	1.0	cup	Brown rice - cooked	4.90	49.70	1.20	232.00
14	1.0	ounce(s)	Cashews - roasted, lightly salted Planters	5.00	9.00	13.00	160.00
11	3.0	ounce(s)	Chicken breast, organic	19.50	0.00	1.20	93.00
0	1.0	tablespoon	Garlic powder	1.40	6.10	0.10	28.00
6	1.0	tablespoon	Onion - chopped	0.10	0.90	0.00	4.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
<i>Totals for Lunch</i>				45.62	82.04	17.83	635.20

Snack 2

7	1.0	1 cup, unthawed	Blueberries, raw	1.07	21.01	0.48	82.65
14	10.0	1 almond	Nuts, almonds	2.54	2.59	5.99	69.48
<i>Totals for Snack 2</i>				3.61	23.60	6.47	152.13

Dinner

3	1.0	spear	Broccoli	5.00	4.00	1.00	40.00
10	0.5	cup	Lentil - boiled	8.90	19.90	0.40	115.00
23	1.0	tablespoon	Olive oil - pure	0.00	0.00	14.00	130.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
7	1.0	cup	Strawberries	1.00	9.00	0.00	60.00
0	8.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
<i>Totals for Dinner</i>				24.62	45.24	16.73	423.20
Totals For 1600 Calories Detox w/Meat for Men - Day 04				83.09	231.18	54.29	1649.33

1600 Calories Detox w/Meat for Men - Day 05

Breakfast

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

Snack 1

21	1.0	tablespoon	Almond Butter	2.00	3.00	9.00	101.00
10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
<i>Totals for Snack 1</i>				2.30	24.00	9.50	182.00

Lunch

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

Snack 2

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

Dinner

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

1600 Calories Detox w/Meat for Men - Day 06**Breakfast**

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

Snack 1

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

Lunch

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

Snack 2

7	1.0	1 cup, unthawed	Blueberries, raw	1.07	21.01	0.48	82.65
14	20.0	1 almond	Nuts, almonds	5.08	5.17	11.98	138.96
<i>Totals for Snack 2</i>				6.15	26.18	12.46	221.61

Dinner

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

Totals For 1600 Calories Detox w/Meat for Men - Day 06				101.76	191.43	62.02	1631.01
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1600 Calories Detox w/Meat for Men - Day 07**Breakfast**

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

Snack 1

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

Lunch

3	1.0	spear	Broccoli	5.00	4.00	1.00	40.00
10	1.0	cup	Brown rice - cooked	4.90	49.70	1.20	232.00
11	3.0	ounce(s)	Chicken breast, organic	19.50	0.00	1.20	93.00
0	1.0	tablespoon	Garlic powder	1.40	6.10	0.10	28.00
7	10.0	each	Grapes - American	0.20	4.10	0.00	20.00
6	1.0	tablespoon	Onion - chopped	0.10	0.90	0.00	4.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
<i>Totals for Lunch</i>				40.82	77.14	4.83	495.20

Snack 2

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

Dinner

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

1600 Calories Detox w/Meat for Men - Day 08**Breakfast**

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

Snack 1

7	1.0	1 cup, unthawed	Blueberries, raw	1.07	21.01	0.48	82.65
14	20.0	1 almond	Nuts, almonds	5.08	5.17	11.98	138.96
<i>Totals for Snack 1</i>				6.15	26.18	12.46	221.61

Lunch

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

Snack 2

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

Dinner

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

Snack 3

9	2.0	each	Rice cake - plain, unsalted, Quaker	1.60	14.40	0.60	70.00
<i>Totals for Snack 3</i>				1.60	14.40	0.60	70.00

Totals For 1600 Calories Detox w/Meat for Men - Day 08				105.48	194.27	49.82	1606.79
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1600 Calories Detox w/Meat for Men - Day 09

Breakfast

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

Snack 1

7	1.0	1 cup, unthawed	Blueberries, raw	1.07	21.01	0.48	82.65
4	1.0	ounce(s)	Walnuts, dried	4.17	6.07	15.20	178.00
<i>Totals for Snack 1</i>				5.24	27.08	15.68	260.65

Lunch

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

Snack 2

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

Dinner

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

Totals For 1600 Calories Detox w/Meat for Men - Day 09				97.80	201.78	54.50	1619.99
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1600 Calories Detox w/Meat for Men - Day 10

Breakfast

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

Snack 1

21	1.0	tablespoon	Almond Butter	2.00	3.00	9.00	101.00
10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
<i>Totals for Snack 1</i>				2.30	24.00	9.50	182.00

Lunch

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

Snack 2

7	1.0	1 cup, unthawed	Blueberries, raw	1.07	21.01	0.48	82.65
14	20.0	1 almond	Nuts, almonds	5.08	5.17	11.98	138.96
<i>Totals for Snack 2</i>				6.15	26.18	12.46	221.61

Dinner

3	1.0	spear	Broccoli	5.00	4.00	1.00	40.00
11	5.0	ounce(s)	Chicken breast, organic	32.50	0.00	2.00	155.00
23	1.0	tablespoon	Olive oil - pure	0.00	0.00	14.00	130.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
7	1.0	cup	Strawberries	1.00	9.00	0.00	60.00
0	8.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
<i>Totals for Dinner</i>				48.22	25.34	18.33	463.20

Totals For 1600 Calories Detox w/Meat for Men - Day 10				114.72	205.01	46.30	1624.13
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1600 Calories Detox w/Meat for Men - Day 11

Breakfast

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

Snack 1

21	1.0	tablespoon	Almond Butter	2.00	3.00	9.00	101.00
10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
<i>Totals for Snack 1</i>				2.30	24.00	9.50	182.00

Lunch

3	1.0	spear	Broccoli	5.00	4.00	1.00	40.00
10	1.0	cup	Brown rice - cooked	4.90	49.70	1.20	232.00
14	1.0	ounce(s)	Cashews - roasted, lightly salted Planters	5.00	9.00	13.00	160.00
11	3.0	ounce(s)	Chicken breast, organic	19.50	0.00	1.20	93.00
0	1.0	tablespoon	Garlic powder	1.40	6.10	0.10	28.00
6	1.0	tablespoon	Onion - chopped	0.10	0.90	0.00	4.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
<i>Totals for Lunch</i>				45.62	82.04	17.83	635.20

Snack 2

7	1.0	1 cup, unthawed	Blueberries, raw	1.07	21.01	0.48	82.65
14	10.0	1 almond	Nuts, almonds	2.54	2.59	5.99	69.48
<i>Totals for Snack 2</i>				3.61	23.60	6.47	152.13

Dinner

3	1.0	spear	Broccoli	5.00	4.00	1.00	40.00
10	0.5	cup	Lentil - boiled	8.90	19.90	0.40	115.00
23	1.0	tablespoon	Olive oil - pure	0.00	0.00	14.00	130.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
7	1.0	cup	Strawberries	1.00	9.00	0.00	60.00
0	8.0	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
<i>Totals for Dinner</i>				24.62	45.24	16.73	423.20
Totals For 1600 Calories Detox w/Meat for Men - Day 11				83.09	231.18	54.29	1649.33

1600 Calories Detox w/Meat for Men - Day 12**Breakfast**

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

Snack 1

21	1.0	tablespoon	Almond Butter	2.00	3.00	9.00	101.00
10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
<i>Totals for Snack 1</i>				2.30	24.00	9.50	182.00

Lunch

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

Snack 2

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

Dinner

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

1600 Calories Detox w/Meat for Men - Day 13

Breakfast

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

Snack 1

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

Lunch

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

Snack 2

7	1.0	1 cup, unthawed	Blueberries, raw	1.07	21.01	0.48	82.65
14	20.0	1 almond	Nuts, almonds	5.08	5.17	11.98	138.96
<i>Totals for Snack 2</i>				<i>6.15</i>	<i>26.18</i>	<i>12.46</i>	<i>221.61</i>

Dinner

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

Totals For 1600 Calories Detox w/Meat for Men - Day 13				101.76	191.43	62.02	1631.01
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1600 Calories Detox w/Meat for Men - Day 14

Breakfast

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

Snack 1

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

Lunch

3	1.0	spear	Broccoli	5.00	4.00	1.00	40.00
10	1.0	cup	Brown rice - cooked	4.90	49.70	1.20	232.00
11	3.0	ounce(s)	Chicken breast, organic	19.50	0.00	1.20	93.00
0	1.0	tablespoon	Garlic powder	1.40	6.10	0.10	28.00
7	10.0	each	Grapes - American	0.20	4.10	0.00	20.00
6	1.0	tablespoon	Onion - chopped	0.10	0.90	0.00	4.00
6	1.0	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
<i>Totals for Lunch</i>				40.82	77.14	4.83	495.20

Snack 2

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

Dinner

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