

Daily Routine Fitness
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Meal Planner For: [Template, Detox Fruit, Women - 1200 Calories]
For the Date Range: 10/6/2009 to 10/19/2009

DAY # 1
10/6/2009

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Hearty egg with fruit						
1.00	1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
3.00	each	Egg - boiled white only	10.50	0.90	0.00	51.00
0.50	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
1.00	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals:			13.01	21.29	0.93	139.61
AM Snack - Fruit and nuts						
0.50	1 cup	Apricots, dehydrated (low-moisture), sulfured, stewed	2.40	40.61	0.30	156.87
20.00	1 almond	Nuts, almonds	4.24	4.33	9.88	115.00
1.00	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals:			6.65	45.66	10.18	274.24
Lunch - Salad with fruit variety						
0.50	each	Apple - medium with peel	0.15	10.50	0.25	40.50
1.00	each	Banana - med 8"	1.20	26.70	0.60	105.00
1.00	1 cup, shredded	Lettuce, red leaf, raw	0.37	0.63	0.06	4.48
1.00	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
1.00	cup	Strawberries	1.00	9.00	0.00	60.00
Totals:			4.92	50.30	5.97	274.06
PM Snack - Egg whites with crackers						
1.00	each	Egg Whites - scrambled/boiled	3.50	0.30	0.00	17.00
2.00	each	Wasa Crackers, light rye	2.00	14.00	0.00	60.00
Totals:			5.50	14.30	0.00	77.00
Dinner - Walnut cranberry salad						
1.00	0.333 cup	Cranberries, dried, sweetened	0.03	32.94	0.55	123.20
1.00	ounce(s)	Melba Toast, Wheat, Unsalted	0.67	3.67	0.00	16.67
1.00	table spoon	Olive oil - pure	0.00	0.00	14.00	130.00
1.00	cup	Pizza, cheese and veggies	8.00	23.00	3.00	153.00
Totals:			8.69	59.61	17.55	422.87
Actual Totals for Day 10/6/2009:			38.77	191.15	34.64	1187.78
Actual % of Total Calories:			12.59	62.09	25.31	

DAY # 2
10/7/2009

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Fruit with egg and tea						
2.00	each	Egg - boiled white only	7.00	0.60	0.00	34.00
2.00	1 cup, balls	Melons, cantaloupe, raw	2.97	28.89	0.67	120.36
1.00	1 cup (8 fl oz)	Tea, herb, other than chamomile, brewed	0.00	0.47	0.00	2.37
16.00	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
Totals:			9.97	29.96	0.67	156.73
AM Snack - Peaches and nuts						
20.00	1 almond	Nuts, almonds	4.24	4.33	9.88	115.00
0.50	1 cup slices	Peaches, raw	0.77	8.11	0.21	33.15
1.00	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals:			5.02	13.15	10.10	150.52
Lunch - Fruit salad with seeds and spinach						
1.00	1 cup, sliced	Mangos, raw	1.35	24.72	0.63	99.00
1.00	medium	Papaya - medium, raw, 3.5" diam.	1.90	29.80	0.40	119.00
2.00	slice	Pineapple - fresh, slice approx 3.5"	0.60	20.80	0.80	82.00
1.00	1 oz	Seeds, sunflower seed kernels, dry roasted, without salt	5.41	6.74	13.94	162.96
1.00	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
Totals:			18.99	94.40	17.10	541.16
PM Snack - Juicy grapes with beets						
2.00	1 beet (2" dia)	Beets, raw	2.64	15.68	0.28	70.52
10.00	each	Grapes - American	0.20	4.10	0.10	20.00
Totals:			2.84	19.78	0.38	90.52
Dinner - Fruit juice and plum						
1.00	1 cup	Apple juice, canned or bottled, unsweetened, with added	0.25	28.02	0.32	114.08
1.00	1 cup	Grape juice, canned or bottled, unsweetened, without	0.94	37.37	0.33	151.80
1.00	1/2 cup	Ice cubes	0.00	0.00	0.00	0.00
1.00	each	Plum - fresh, 2.25" diam	0.50	8.60	0.40	36.00
Totals:			1.68	73.99	1.05	301.88
Actual Totals for Day 10/7/2009:			38.51	231.28	29.30	1240.81
Actual % of Total Calories:			11.47	68.89	19.64	

DAY # 3
10/8/2009

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Eggs with berries						
0.50	1 cup	Blackberries, raw	1.00	6.92	0.35	30.96
3.00	each	Egg - boiled white only	10.50	0.90	0.00	51.00
1.00	each	Egg whole w/ yolk	6.70	1.30	7.30	100.00
1.00	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
0.25	1 cup, halves	Strawberries, raw	0.25	2.92	0.11	12.16
Totals:			20.65	15.50	12.83	258.20
AM Snack - Juicy grapes with nuts						
20.00	each	Grapes - American	0.40	8.20	0.20	40.00
15.00	1 almond	Nuts, almonds	3.18	3.25	7.41	86.25
1.00	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals:			3.58	12.16	7.61	128.62
Lunch - Prunes with walnuts						
1.00	ounce(s)	Melba Toast, Wheat, Unsalted	0.67	3.67	0.00	16.67
1.00	1 cup	Prunes, dehydrated (low-moisture), stewed	3.44	83.16	0.67	316.40
Totals:			4.11	86.83	0.67	333.07
PM Snack - Raw beets for snack						
2.00	1 beet (2" dia)	Beets, raw	2.64	15.68	0.28	70.52
Totals:			2.64	15.68	0.28	70.52
Dinner - Fruit with nuts delight						
1.00	each	Apple - medium with peel	0.30	21.00	0.50	81.00
1.00	ounce(s)	Cashews - roasted, lightly salted Planters	5.00	9.00	13.00	160.00
0.50	cup	Grapes, Concord	0.00	7.50	0.00	31.00
1.00	1 cup (8 fl oz)	Tea, herb, chamomile, brewed	0.00	0.47	0.00	2.37
Totals:			5.30	37.97	13.50	274.37
Actual Totals for Day 10/8/2009:			36.28	168.14	34.89	1064.78
Actual % of Total Calories:			12.82	59.43	27.75	

DAY # 4
10/9/2009

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Egg and cereal with fruit						
0.50	1 cup	Blueberries, raw	0.54	10.51	0.24	41.33
0.50	1 cup	Cereals ready-to-eat, corn flakes, low sodium	0.96	11.10	0.04	49.88
3.00	each	Egg - boiled white only	10.50	0.90	0.00	51.00
1.00	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
Totals:			14.19	25.97	5.34	206.28
AM Snack - Apple and cashews						
1.00	each	Apple - medium with peel	0.30	21.00	0.50	81.00
0.75	ounce(s)	Cashews - roasted, lightly salted Planters	3.75	6.75	9.75	120.00
1.00	each	Turkey, Italian Style-Trader Joes	6.00	0.50	0.00	30.00
Totals:			10.05	28.25	10.25	231.00
Lunch - Grapefruit with nuts						
0.50	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	46.00
25.00	1 almond	Nuts, almonds	5.30	5.42	12.36	143.75
Totals:			5.90	17.32	12.46	189.75
PM Snack - Mixed nuts						
0.50	ounce(s)	Melba Toast, Wheat, Unsalted	0.33	1.83	0.00	8.33
20.00	1 almond	Nuts, almonds	4.24	4.33	9.88	115.00
1.00	1 miniature box (.5 oz)	Raisins, seedless	0.43	11.09	0.06	41.86
1.00	each	Turkey, Italian Style-Trader Joes	6.00	0.50	0.00	30.00
Totals:			11.01	17.75	9.95	195.19
Dinner - Egg and fruits						
1.00	each	Apple - medium with peel	0.30	21.00	0.50	81.00
3.00	each	Egg - boiled white only	10.50	0.90	0.00	51.00
1.00	cup	Grapes, Concord	0.00	15.00	0.00	62.00
1.00	1 cup (8 fl oz)	Tea, herb, chamomile, brewed	0.00	0.47	0.00	2.37
Totals:			10.80	37.37	0.50	196.37
Actual Totals for Day 10/9/2009:			51.96	126.66	38.49	1018.59
Actual % of Total Calories:			19.59	47.76	32.65	

DAY # 5
10/10/2009

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Egg and berries						
1.00	1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
3.00	each	Egg - boiled white only	10.50	0.90	0.00	51.00
0.50	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
1.00	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals:			13.01	21.29	0.93	139.61
AM Snack - Apricots with nuts						
0.50	1 cup	Apricots, dehydrated (low-moisture), sulfured, stewed	2.40	40.61	0.30	156.87
20.00	1 almond	Nuts, almonds	4.24	4.33	9.88	115.00
1.00	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals:			6.65	45.66	10.18	274.24
Lunch - Apple salad with nuts						
1.00	each	Apple - medium with peel	0.30	21.00	0.50	81.00
1.00	table spoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
1.00	1 cup, shredded	Lettuce, red leaf, raw	0.37	0.63	0.06	4.48
10.00	1 almond	Nuts, almonds	2.12	2.17	4.94	57.50
0.50	table spoon	Olive oil - pure	0.00	0.00	7.00	65.00
1.00	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
Totals:			4.99	29.27	17.56	282.06
PM Snack - Egg whites with crackers						
2.00	each	Egg Whites - scrambled/boiled	7.00	0.60	0.00	34.00
2.00	each	Wasa Crackers, light rye	2.00	14.00	0.00	60.00
Totals:			9.00	14.60	0.00	94.00
Dinner - Cranberry salad with nuts						
1.00	0.333 cup	Cranberries, dried, sweetened	0.03	32.94	0.55	123.20
1.00	ounce(s)	Melba Toast, Wheat, Unsalted	0.67	3.67	0.00	16.67
1.00	table spoon	Olive oil - pure	0.00	0.00	14.00	130.00
1.00	cup	Pizza, cheese and veggies	8.00	23.00	3.00	153.00
Totals:			8.69	59.61	17.55	422.87
Actual Totals for Day 10/10/2009:			42.34	170.42	46.23	1212.78
Actual % of Total Calories:			13.37	53.80	32.83	

DAY # 6
10/11/2009

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Egg with berries						
1.00	1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
3.00	each	Egg - boiled white only	10.50	0.90	0.00	51.00
0.50	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
1.00	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals:			13.01	21.29	0.93	139.61
AM Snack - Apricots with nuts						
0.50	1 cup	Apricots, dehydrated (low-moisture), sulfured, stewed	2.40	40.61	0.30	156.87
20.00	1 almond	Nuts, almonds	4.24	4.33	9.88	115.00
1.00	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals:			6.65	45.66	10.18	274.24
Lunch - Apple salad with seeds and berries						
1.00	each	Apple - medium with peel	0.30	21.00	0.50	81.00
1.00	table spoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
1.00	1 cup, shredded	Lettuce, red leaf, raw	0.37	0.63	0.06	4.48
0.50	table spoon	Olive oil - pure	0.00	0.00	7.00	65.00
1.00	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
1.00	cup	Strawberries	1.00	9.00	0.00	60.00
Totals:			3.87	36.10	12.62	284.56
PM Snack - Egg whites with crackers						
3.00	each	Egg Whites - scrambled/boiled	10.50	0.90	0.00	51.00
2.00	each	Wasa Crackers, light rye	2.00	14.00	0.00	60.00
Totals:			12.50	14.90	0.00	111.00
Dinner - Cranberry walnut salad						
1.00	0.333 cup	Cranberries, dried, sweetened	0.03	32.94	0.55	123.20
1.00	ounce(s)	Melba Toast, Wheat, Unsalted	0.67	3.67	0.00	16.67
1.00	table spoon	Olive oil - pure	0.00	0.00	14.00	130.00
1.00	cup	Pizza, cheese and veggies	8.00	23.00	3.00	153.00
Totals:			8.69	59.61	17.55	422.87
Actual Totals for Day 10/11/2009:			44.72	177.55	41.29	1232.28
Actual % of Total Calories:			14.19	56.34	29.47	

DAY # 7
10/12/2009

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Egg with berries						
0.50	1 cup	Blackberries, raw	1.00	6.92	0.35	30.96
3.00	each	Egg - boiled white only	10.50	0.90	0.00	51.00
1.00	each	Egg whole w/ yolk	6.70	1.30	7.30	100.00
0.25	1 cup, halves	Strawberries, raw	0.25	2.92	0.11	12.16
Totals:			18.46	12.04	7.77	194.12
AM Snack - Grapes with nuts						
20.00	each	Grapes - American	0.40	8.20	0.20	40.00
25.00	1 almond	Nuts, almonds	5.30	5.42	12.36	143.75
1.00	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals:			5.71	14.33	12.55	186.12
Lunch - Walnut prune salad						
2.00	1 cup, shredded	Lettuce, green leaf, raw	0.98	2.07	0.11	10.80
0.50	ounce(s)	Melba Toast, Wheat, Unsalted	0.33	1.83	0.00	8.33
0.50	table spoon	Olive oil - pure	0.00	0.00	7.00	65.00
1.00	1 cup	Prunes, dehydrated (low-moisture), stewed	3.44	83.16	0.67	316.40
Totals:			4.76	87.06	7.78	400.53
PM Snack - Almond butter dip with apple						
1.00	table spoon	Almond Butter	2.00	3.00	9.00	101.00
1.00	each	Apple - medium with peel	0.30	21.00	0.50	81.00
Totals:			2.30	24.00	9.50	182.00
Dinner - Juicy grapes and cashew salad						
1.00	table spoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
0.50	ounce(s)	Cashews - roasted, lightly salted Planters	2.50	4.50	6.50	80.00
1.00	cup	Grapes, Concord	0.00	15.00	0.00	62.00
2.00	0.5 cup, shredded	Lettuce, cos or romaine, raw	0.69	1.84	0.17	9.52
1.00	1 cup (8 fl oz)	Tea, herb, chamomile, brewed	0.00	0.47	0.00	2.37
Totals:			3.19	23.82	6.67	163.89
Actual Totals for Day 10/12/2009:			34.41	161.24	44.27	1126.66
Actual % of Total Calories:			11.65	54.61	33.74	

DAY # 8
10/13/2009

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Egg with berries						
1.00	1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
3.00	each	Egg - boiled white only	10.50	0.90	0.00	51.00
0.50	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
1.00	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals:			13.01	21.29	0.93	139.61
AM Snack - Apricot with nuts						
0.50	1 cup	Apricots, dehydrated (low-moisture), sulfured, stewed	2.40	40.61	0.30	156.87
20.00	1 almond	Nuts, almonds	4.24	4.33	9.88	115.00
1.00	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals:			6.65	45.66	10.18	274.24
Lunch - Fruit salad						
0.50	each	Apple - medium with peel	0.15	10.50	0.25	40.50
1.00	each	Banana - med 8"	1.20	26.70	0.60	105.00
1.00	1 cup, shredded	Lettuce, red leaf, raw	0.37	0.63	0.06	4.48
1.00	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
1.00	cup	Strawberries	1.00	9.00	0.00	60.00
Totals:			4.92	50.30	5.97	274.06
PM Snack - Egg whites with crackers						
1.00	each	Egg Whites - scrambled/boiled	3.50	0.30	0.00	17.00
2.00	each	Wasa Crackers, light rye	2.00	14.00	0.00	60.00
Totals:			5.50	14.30	0.00	77.00
Dinner - Walnut cranberry salad						
1.00	0.333 cup	Cranberries, dried, sweetened	0.03	32.94	0.55	123.20
1.00	ounce(s)	Melba Toast, Wheat, Unsalted	0.67	3.67	0.00	16.67
1.00	table spoon	Olive oil - pure	0.00	0.00	14.00	130.00
1.00	cup	Pizza, cheese and veggies	8.00	23.00	3.00	153.00
Totals:			8.69	59.61	17.55	422.87
Actual Totals for Day 10/13/2009:			38.77	191.15	34.64	1187.78
Actual % of Total Calories:			12.59	62.09	25.31	

DAY # 9
10/14/2009

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Egg with melons						
2.00	each	Egg - boiled white only	7.00	0.60	0.00	34.00
2.00	1 cup, balls	Melons, cantaloupe, raw	2.97	28.89	0.67	120.36
1.00	1 cup (8 fl oz)	Tea, herb, other than chamomile, brewed	0.00	0.47	0.00	2.37
16.00	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
Totals:			9.97	29.96	0.67	156.73
AM Snack - Peaches and nuts						
20.00	1 almond	Nuts, almonds	4.24	4.33	9.88	115.00
0.50	1 cup slices	Peaches, raw	0.77	8.11	0.21	33.15
1.00	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals:			5.02	13.15	10.10	150.52
Lunch - Fruit salad with seeds and spinach						
1.00	1 cup, sliced	Mangos, raw	1.35	24.72	0.63	99.00
1.00	medium	Papaya - medium, raw, 3.5" diam.	1.90	29.80	0.40	119.00
2.00	slice	Pineapple - fresh, slice approx 3.5"	0.60	20.80	0.80	82.00
1.00	1 oz	Seeds, sunflower seed kernels, dry roasted, without salt	5.41	6.74	13.94	162.96
1.00	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
Totals:			18.99	94.40	17.10	541.16
PM Snack - Beets with grapes						
2.00	1 beet (2" dia)	Beets, raw	2.64	15.68	0.28	70.52
10.00	each	Grapes - American	0.20	4.10	0.10	20.00
Totals:			2.84	19.78	0.38	90.52
Dinner - Fruit juices and plum						
1.00	1 cup	Apple juice, canned or bottled, unsweetened, with added	0.25	28.02	0.32	114.08
1.00	1 cup	Grape juice, canned or bottled, unsweetened, without	0.94	37.37	0.33	151.80
1.00	1/2 cup	Ice cubes	0.00	0.00	0.00	0.00
1.00	each	Plum - fresh, 2.25" diam	0.50	8.60	0.40	36.00
Totals:			1.68	73.99	1.05	301.88
Actual Totals for Day 10/14/2009:			38.51	231.28	29.30	1240.81
Actual % of Total Calories:			11.47	68.89	19.64	

DAY # 10
10/15/2009

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Egg and berries						
0.50	1 cup	Blackberries, raw	1.00	6.92	0.35	30.96
3.00	each	Egg - boiled white only	10.50	0.90	0.00	51.00
1.00	each	Egg whole w/ yolk	6.70	1.30	7.30	100.00
1.00	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
0.25	1 cup, halves	Strawberries, raw	0.25	2.92	0.11	12.16
Totals:			20.65	15.50	12.83	258.20
AM Snack - Grapes with nuts						
20.00	each	Grapes - American	0.40	8.20	0.20	40.00
15.00	1 almond	Nuts, almonds	3.18	3.25	7.41	86.25
1.00	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals:			3.58	12.16	7.61	128.62
Lunch - Prunes with walnut snack						
1.00	ounce(s)	Melba Toast, Wheat, Unsalted	0.67	3.67	0.00	16.67
1.00	1 cup	Prunes, dehydrated (low-moisture), stewed	3.44	83.16	0.67	316.40
Totals:			4.11	86.83	0.67	333.07
PM Snack - Raw refreshing beets						
2.00	1 beet (2" dia)	Beets, raw	2.64	15.68	0.28	70.52
Totals:			2.64	15.68	0.28	70.52
Dinner - Fruits with nuts						
1.00	each	Apple - medium with peel	0.30	21.00	0.50	81.00
1.00	ounce(s)	Cashews - roasted, lightly salted Planters	5.00	9.00	13.00	160.00
0.50	cup	Grapes, Concord	0.00	7.50	0.00	31.00
1.00	1 cup (8 fl oz)	Tea, herb, chamomile, brewed	0.00	0.47	0.00	2.37
Totals:			5.30	37.97	13.50	274.37
Actual Totals for Day 10/15/2009:			36.28	168.14	34.89	1064.78
Actual % of Total Calories:			12.82	59.43	27.75	

DAY # 11
10/16/2009

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Cereal with egg and fruit						
0.50	1 cup	Blueberries, raw	0.54	10.51	0.24	41.33
0.50	1 cup	Cereals ready-to-eat, corn flakes, low sodium	0.96	11.10	0.04	49.88
3.00	each	Egg - boiled white only	10.50	0.90	0.00	51.00
1.00	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
Totals:			14.19	25.97	5.34	206.28
AM Snack - Apple and cashews						
1.00	each	Apple - medium with peel	0.30	21.00	0.50	81.00
0.75	ounce(s)	Cashews - roasted, lightly salted Planters	3.75	6.75	9.75	120.00
1.00	each	Turkey, Italian Style-Trader Joes	6.00	0.50	0.00	30.00
Totals:			10.05	28.25	10.25	231.00
Lunch - Grapefruit with nuts						
0.50	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	46.00
25.00	1 almond	Nuts, almonds	5.30	5.42	12.36	143.75
Totals:			5.90	17.32	12.46	189.75
PM Snack - Mixed nuts with raisins						
0.50	ounce(s)	Melba Toast, Wheat, Unsalted	0.33	1.83	0.00	8.33
20.00	1 almond	Nuts, almonds	4.24	4.33	9.88	115.00
1.00	1 miniature box (.5 oz)	Raisins, seedless	0.43	11.09	0.06	41.86
1.00	each	Turkey, Italian Style-Trader Joes	6.00	0.50	0.00	30.00
Totals:			11.01	17.75	9.95	195.19
Dinner - Egg with fruit						
1.00	each	Apple - medium with peel	0.30	21.00	0.50	81.00
3.00	each	Egg - boiled white only	10.50	0.90	0.00	51.00
1.00	cup	Grapes, Concord	0.00	15.00	0.00	62.00
1.00	1 cup (8 fl oz)	Tea, herb, chamomile, brewed	0.00	0.47	0.00	2.37
Totals:			10.80	37.37	0.50	196.37
Actual Totals for Day 10/16/2009:			51.96	126.66	38.49	1018.59
Actual % of Total Calories:			19.59	47.76	32.65	

DAY # 12
10/17/2009

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Egg with berries						
1.00	1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
3.00	each	Egg - boiled white only	10.50	0.90	0.00	51.00
0.50	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
1.00	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals:			13.01	21.29	0.93	139.61
AM Snack - Apricot with nuts						
0.50	1 cup	Apricots, dehydrated (low-moisture), sulfured, stewed	2.40	40.61	0.30	156.87
20.00	1 almond	Nuts, almonds	4.24	4.33	9.88	115.00
1.00	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals:			6.65	45.66	10.18	274.24
Lunch - Apple nut salad						
1.00	each	Apple - medium with peel	0.30	21.00	0.50	81.00
1.00	table spoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
1.00	1 cup, shredded	Lettuce, red leaf, raw	0.37	0.63	0.06	4.48
10.00	1 almond	Nuts, almonds	2.12	2.17	4.94	57.50
0.50	table spoon	Olive oil - pure	0.00	0.00	7.00	65.00
1.00	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
Totals:			4.99	29.27	17.56	282.06
PM Snack - Egg whites with crackers						
2.00	each	Egg Whites - scrambled/boiled	7.00	0.60	0.00	34.00
2.00	each	Wasa Crackers, light rye	2.00	14.00	0.00	60.00
Totals:			9.00	14.60	0.00	94.00
Dinner - Cranberry walnut salad						
1.00	0.333 cup	Cranberries, dried, sweetened	0.03	32.94	0.55	123.20
1.00	ounce(s)	Melba Toast, Wheat, Unsalted	0.67	3.67	0.00	16.67
1.00	table spoon	Olive oil - pure	0.00	0.00	14.00	130.00
1.00	cup	Pizza, cheese and veggies	8.00	23.00	3.00	153.00
Totals:			8.69	59.61	17.55	422.87
Actual Totals for Day 10/17/2009:			42.34	170.42	46.23	1212.78
Actual % of Total Calories:			13.37	53.80	32.83	

DAY # 13
10/18/2009

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Egg with berries						
1.00	1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
3.00	each	Egg - boiled white only	10.50	0.90	0.00	51.00
0.50	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
1.00	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals:			13.01	21.29	0.93	139.61
AM Snack - Apricot with nuts						
0.50	1 cup	Apricots, dehydrated (low-moisture), sulfured, stewed	2.40	40.61	0.30	156.87
20.00	1 almond	Nuts, almonds	4.24	4.33	9.88	115.00
1.00	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals:			6.65	45.66	10.18	274.24
Lunch - Salad with fruit						
1.00	each	Apple - medium with peel	0.30	21.00	0.50	81.00
1.00	table spoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
1.00	1 cup, shredded	Lettuce, red leaf, raw	0.37	0.63	0.06	4.48
0.50	table spoon	Olive oil - pure	0.00	0.00	7.00	65.00
1.00	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
1.00	cup	Strawberries	1.00	9.00	0.00	60.00
Totals:			3.87	36.10	12.62	284.56
PM Snack - Egg whites with crackers						
3.00	each	Egg Whites - scrambled/boiled	10.50	0.90	0.00	51.00
2.00	each	Wasa Crackers, light rye	2.00	14.00	0.00	60.00
Totals:			12.50	14.90	0.00	111.00
Dinner - Cranberry walnut salad						
1.00	0.333 cup	Cranberries, dried, sweetened	0.03	32.94	0.55	123.20
1.00	ounce(s)	Melba Toast, Wheat, Unsalted	0.67	3.67	0.00	16.67
1.00	table spoon	Olive oil - pure	0.00	0.00	14.00	130.00
1.00	cup	Pizza, cheese and veggies	8.00	23.00	3.00	153.00
Totals:			8.69	59.61	17.55	422.87
Actual Totals for Day 10/18/2009:			44.72	177.55	41.29	1232.28
Actual % of Total Calories:			14.19	56.34	29.47	

DAY # 14
10/19/2009

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Egg with berries						
0.50	1 cup	Blackberries, raw	1.00	6.92	0.35	30.96
3.00	each	Egg - boiled white only	10.50	0.90	0.00	51.00
1.00	each	Egg whole w/ yolk	6.70	1.30	7.30	100.00
0.25	1 cup, halves	Strawberries, raw	0.25	2.92	0.11	12.16
Totals:			18.46	12.04	7.77	194.12
AM Snack - Grapes with nuts						
20.00	each	Grapes - American	0.40	8.20	0.20	40.00
25.00	1 almond	Nuts, almonds	5.30	5.42	12.36	143.75
1.00	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals:			5.71	14.33	12.55	186.12
Lunch - Walnut salad with prunes						
2.00	1 cup, shredded	Lettuce, green leaf, raw	0.98	2.07	0.11	10.80
0.50	ounce(s)	Melba Toast, Wheat, Unsalted	0.33	1.83	0.00	8.33
0.50	table spoon	Olive oil - pure	0.00	0.00	7.00	65.00
1.00	1 cup	Prunes, dehydrated (low-moisture), stewed	3.44	83.16	0.67	316.40
Totals:			4.76	87.06	7.78	400.53
PM Snack - Almond butter dip with apple						
1.00	table spoon	Almond Butter	2.00	3.00	9.00	101.00
1.00	each	Apple - medium with peel	0.30	21.00	0.50	81.00
Totals:			2.30	24.00	9.50	182.00
Dinner - Salad with nuts and fruit						
1.00	table spoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
0.50	ounce(s)	Cashews - roasted, lightly salted Planters	2.50	4.50	6.50	80.00
1.00	cup	Grapes, Concord	0.00	15.00	0.00	62.00
2.00	0.5 cup, shredded	Lettuce, cos or romaine, raw	0.69	1.84	0.17	9.52
1.00	1 cup (8 fl oz)	Tea, herb, chamomile, brewed	0.00	0.47	0.00	2.37
Totals:			3.19	23.82	6.67	163.89
Actual Totals for Day 10/19/2009:			34.41	161.24	44.27	1126.66
Actual % of Total Calories:			11.65	54.61	33.74	

Important Notes

- * If you have a medical condition, please consult with your doctor before following this meal plan.
- * According to the American Heart Association you should drink ten 8-ounce glasses of water per day for optimal health.
- * Any suggested nutritional supplements are not intended to replace the nutritional equivalence of real food items and are not necessarily recommended by any designing Registered Dietitian, software publisher and/or any related parties.