

Daily Routine Fitness
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Meal Planner For: [{Template, Detox Fruit, Men - 1600 Calories}]
For the Date Range: 11/1/2009 to 11/14/2009

DAY # 1
11/1/2009

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Mixed Berries and a Boiled Egg White						
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
1.00	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
1.00	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals:			13.52	27.12	1.16	163.93
AM Snack - Dehydrated Apricots and Almonds with a Cup of Tea						
1.00	1 cup	Apricots, dehydrated (low-moisture), sulfured, stewed	4.81	81.22	0.60	313.74
10.00	1 almond	Nuts, almonds	2.12	2.17	4.94	57.50
1.00	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals:			6.93	84.10	5.54	373.61
Lunch - Mix Items together for a Salad						
1.00	each	Apple - medium with peel	0.30	21.00	0.50	81.00
1.00	each	Banana - med 8"	1.20	26.70	0.60	105.00
6.00	1 cup, shredded	Lettuce, red leaf, raw	2.23	3.80	0.37	26.88
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:			6.93	63.96	6.53	336.96
PM Snack - Wasa Crackers and Egg Whites						
6.00	each	Egg Whites - scrambled/boiled	21.00	1.80	0.00	102.00
1.00	each	Wasa Crackers, light rye	1.00	7.00	0.00	30.00
Totals:			22.00	8.80	0.00	132.00
Dinner - Veggie Salad with Walnuts and Cranberries Mixed						
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
2.00	table spoon	Olive oil - pure	0.00	0.00	28.00	260.00
1.00	cup	Pizza, cheese and veggies	8.00	23.00	3.00	153.00
Totals:			8.69	59.61	31.55	552.87
Actual Totals for Day 11/1/2009:			58.07	243.60	44.78	1559.37
Actual % of Total Calories:			14.43	60.53	25.04	

DAY # 2
11/2/2009

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Boiled Egg White with a Side of Cantaloupe						
3.00	each	Egg - boiled white only	10.50	0.90	0.00	51.00
1.00	1 cup, balls	Melons, cantaloupe, raw	1.49	14.44	0.34	60.18
1.00	1 cup (8 fl oz)	Tea, herb, other than chamomile, brewed	0.00	0.47	0.00	2.37
1.00	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
Totals:			11.99	15.82	0.34	113.55
AM Snack - Peaches and Almonds						
20.00	1 almond	Nuts, almonds	4.24	4.33	9.88	115.00
1.00	1 cup slices	Peaches, raw	1.55	16.22	0.42	66.30
1.00	1 tablespoon, whole	Seeds, flaxseed	1.83	2.89	4.22	53.40
1.00	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals:			7.62	24.15	14.53	237.07
Lunch - Mixed Spinach and Fruit Salad						
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
1.00	slice	Pineapple - fresh, slice approx 3.5"	0.30	10.40	0.40	41.00
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:			18.69	84.00	16.70	500.16
PM Snack - Raw Beets and American Grapes						
5.00	1 beet (2" dia)	Beets, raw	6.60	39.20	0.70	176.30
10.00	each	Grapes - American	0.20	4.10	0.10	20.00
Totals:			6.80	43.30	0.80	196.30
Dinner - Juices can be Mixed Together						
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
Evening Snack - Spread Almond Butter on a Plain Rice Cake						
2.00	table spoon	Almond Butter	4.00	6.00	18.00	202.00
1.00	each	Rice cake - plain, unsalted, Quaker	0.80	7.20	0.30	35.00
Totals:			4.80	13.20	18.30	237.00
Actual Totals for Day 11/2/2009:			51.58	254.45	51.71	1585.96
Actual % of Total Calories:			12.21	60.24	27.54	

DAY # 3

11/3/2009

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Eggs with Mixed 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
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
1.00	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
Totals:			22.41	31.18	13.52	325.64
AM Snack - American Grapes with Almonds						
10.00	each	Grapes - American	0.20	4.10	0.10	20.00
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:			5.50	10.23	12.46	166.12
Lunch - Dehydrated Prunes and Dried 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 - Beets as a Healthy Snack						
6.00	1 beet (2" dia)	Beets, raw	7.92	47.04	0.84	211.56
Totals:			7.92	47.04	0.84	211.56
Dinner - Apple Slices with Concord Grapes and Cashews						
1.00	each	Apple - medium with peel	0.30	21.00	0.50	81.00
2.00	ounce(s)	Cashews - roasted, lightly salted Planters	10.00	18.00	26.00	320.00
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:			10.30	54.47	26.50	465.37
Actual Totals for Day 11/3/2009:			50.25	229.74	53.98	1501.76
Actual % of Total Calories:			12.52	57.23	30.26	

DAY # 4
11/4/2009

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Blueberries can be Mixed with Cereal						
1.00	1 cup	Blueberries, raw	1.07	21.01	0.48	82.65
1.00	1 cup	Cereals ready-to-eat, corn flakes, low sodium	1.93	22.20	0.07	99.75
1.00	each	Egg - boiled white only	3.50	0.30	0.00	17.00
1.00	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
Totals:			8.69	46.98	5.61	263.48
AM Snack - Apple Slices with Cashews and a Cleansing Beverage						
1.00	each	Apple - medium with peel	0.30	21.00	0.50	81.00
2.00	ounce(s)	Cashews - roasted, lightly salted Planters	10.00	18.00	26.00	320.00
1.00	each	Turkey, Italian Style-Trader Joes	6.00	0.50	0.00	30.00
Totals:			16.30	39.50	26.50	431.00
Lunch - Grapefruit and Almonds						
1.00	each	Grapefruit - pink or red 4" diam.	1.20	23.80	0.20	92.00
20.00	1 almond	Nuts, almonds	4.24	4.33	9.88	115.00
Totals:			5.44	28.13	10.08	207.00
PM Snack - Raisins and Mixed Nuts with a Cleansing Beverage						
1.00	ounce(s)	Melba Toast, Wheat, Unsalted	0.67	3.67	0.00	16.67
10.00	1 almond	Nuts, almonds	2.12	2.17	4.94	57.50
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:			9.22	17.42	5.01	146.03
Dinner - Boiled Egg Whites with an Apple and Concord Grapes						
1.00	each	Apple - medium with peel	0.30	21.00	0.50	81.00
5.00	each	Egg - boiled white only	17.50	1.50	0.00	85.00
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:			17.80	37.97	0.50	230.37
Evening Snack - Plain Rice Cake						
2.00	each	Rice cake - plain, unsalted, Quaker	1.60	14.40	0.60	70.00
Totals:			1.60	14.40	0.60	70.00
Actual Totals for Day 11/4/2009:			59.06	184.40	48.30	1347.88
Actual % of Total Calories:			16.77	52.37	30.86	

DAY # 5
11/5/2009

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Boiled Egg Whites with a Side of Mixed 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
1.00	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
1.00	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals:			13.52	27.12	1.16	163.93
AM Snack - Dehydrated Apricots and Almonds with a Cup of Tea						
1.00	1 cup	Apricots, dehydrated (low-moisture), sulfured, stewed	4.81	81.22	0.60	313.74
10.00	1 almond	Nuts, almonds	2.12	2.17	4.94	57.50
1.00	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals:			6.93	84.10	5.54	373.61
Lunch - Mix All Items Together for a Healthy 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
5.00	1 cup, shredded	Lettuce, red leaf, raw	1.86	3.16	0.31	22.40
5.00	1 almond	Nuts, almonds	1.06	1.08	2.47	28.75
1.00	table spoon	Olive oil - pure	0.00	0.00	14.00	130.00
2.00	1 tablespoon	Seeds, flaxseed	4.39	6.93	10.12	128.16
Totals:			7.61	34.18	27.40	400.31
PM Snack - Wasa Crackers and Egg Whites						
6.00	each	Egg Whites - scrambled/boiled	21.00	1.80	0.00	102.00
2.00	each	Wasa Crackers, light rye	2.00	14.00	0.00	60.00
Totals:			23.00	15.80	0.00	162.00
Dinner - Mix all Items for a 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
Evening Snack - Plain Rice Cake						
2.00	each	Rice cake - plain, unsalted, Quaker	1.60	14.40	0.60	70.00
Totals:			1.60	14.40	0.60	70.00
Actual Totals for Day 11/5/2009:			61.35	235.21	52.25	1592.72
Actual % of Total Calories:			14.82	56.80	28.39	

DAY # 6
11/6/2009

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Boiled Egg Whites with a Side of Mixed 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
1.00	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
1.00	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals:			13.52	27.12	1.16	163.93
AM Snack - Dehydrated Apricots and Almonds with a Cup of Tea						
1.00	1 cup	Apricots, dehydrated (low-moisture), sulfured, stewed	4.81	81.22	0.60	313.74
1.00	1 almond	Nuts, almonds	0.21	0.22	0.49	5.75
1.00	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals:			5.02	82.15	1.09	321.86
Lunch - Mix All Items Together for a Healthy 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
1.00	table spoon	Olive oil - pure	0.00	0.00	14.00	130.00
2.00	1 tablespoon	Seeds, flaxseed	4.39	6.93	10.12	128.16
1.00	cup	Strawberries	1.00	9.00	0.00	60.00
Totals:			6.06	39.56	24.68	413.64
PM Snack - Wasa Crackers and Egg Whites						
6.00	each	Egg Whites - scrambled/boiled	21.00	1.80	0.00	102.00
1.00	each	Wasa Crackers, light rye	1.00	7.00	0.00	30.00
Totals:			22.00	8.80	0.00	132.00
Dinner - Mix all Items for a 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
Evening Snack - Plain Rice Cake						
2.00	each	Rice cake - plain, unsalted, Quaker	1.60	14.40	0.60	70.00
Totals:			1.60	14.40	0.60	70.00
Actual Totals for Day 11/6/2009:			56.89	231.65	45.08	1524.30
Actual % of Total Calories:			14.59	59.40	26.01	

DAY # 7
11/7/2009

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Eggs with Mixed Berries						
1.00	1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
1.00	each	Egg - boiled white only	3.50	0.30	0.00	17.00
2.00	each	Egg whole w/ yolk	13.40	2.60	14.60	200.00
1.00	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
Totals:			19.92	28.41	15.76	327.56
AM Snack - American Grapes with Almonds and a Cup of Tea						
10.00	each	Grapes - American	0.20	4.10	0.10	20.00
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:			4.44	9.15	9.98	137.37
Lunch - Mix all Items for a Salad						
1.00	1 cup, shredded	Lettuce, green leaf, raw	0.49	1.03	0.05	5.40
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	1 cup	Prunes, dehydrated (low-moisture), stewed	3.44	83.16	0.67	316.40
Totals:			4.60	87.86	14.73	468.47
PM Snack - Apple Slices Dipped in Almond Butter						
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 - Mix all Items for a Salad						
1.00	table spoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
1.00	ounce(s)	Cashews - roasted, lightly salted Planters	5.00	9.00	13.00	160.00
1.00	cup	Grapes, Concord	0.00	15.00	0.00	62.00
4.00	0.5 cup, shredded	Lettuce, cos or romaine, raw	1.38	3.68	0.34	19.04
1.00	1 cup (8 fl oz)	Tea, herb, chamomile, brewed	0.00	0.47	0.00	2.37
Totals:			6.38	30.16	13.34	253.41
Evening Snack - Plain Rice Cake						
2.00	each	Rice cake - plain, unsalted, Quaker	1.60	14.40	0.60	70.00
Totals:			1.60	14.40	0.60	70.00
Actual Totals for Day 11/7/2009:			39.24	193.98	63.91	1438.81
Actual % of Total Calories:			10.41	51.45	38.14	

DAY # 8
11/8/2009

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Eggs with Mixed 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
1.00	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
1.00	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals:			13.52	27.12	1.16	163.93
AM Snack - Dehydrated Apricots with Almonds and a Cup of Tea						
1.00	1 cup	Apricots, dehydrated (low-moisture), sulfured, stewed	4.81	81.22	0.60	313.74
10.00	1 almond	Nuts, almonds	2.12	2.17	4.94	57.50
1.00	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals:			6.93	84.10	5.54	373.61
Lunch - Mixed Fruit Salad						
1.00	each	Apple - medium with peel	0.30	21.00	0.50	81.00
1.00	each	Banana - med 8"	1.20	26.70	0.60	105.00
6.00	1 cup, shredded	Lettuce, red leaf, raw	2.23	3.80	0.37	26.88
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:			6.93	63.96	6.53	336.96
PM Snack - Wasa Crackers with Egg Whites						
6.00	each	Egg Whites - scrambled/boiled	21.00	1.80	0.00	102.00
1.00	each	Wasa Crackers, light rye	1.00	7.00	0.00	30.00
Totals:			22.00	8.80	0.00	132.00
Dinner - Mix all Items for a 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
2.00	table spoon	Olive oil - pure	0.00	0.00	28.00	260.00
1.00	cup	Pizza, cheese and veggies	8.00	23.00	3.00	153.00
Totals:			8.69	59.61	31.55	552.87
Actual Totals for Day 11/8/2009:			58.07	243.60	44.78	1559.37
Actual % of Total Calories:			14.43	60.53	25.04	

DAY # 9
11/9/2009

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast						
3.00	each	Egg - boiled white only	10.50	0.90	0.00	51.00
1.00	1 cup, balls	Melons, cantaloupe, raw	1.49	14.44	0.34	60.18
1.00	1 cup (8 fl oz)	Tea, herb, other than chamomile, brewed	0.00	0.47	0.00	2.37
1.00	fluid ounce(s)	water, arrowhead	0.00	0.00	0.00	0.00
Totals:			11.99	15.82	0.34	113.55
AM Snack - Top Peaches with Flaxseed and a Side of Almonds						
20.00	1 almond	Nuts, almonds	4.24	4.33	9.88	115.00
1.00	1 cup slices	Peaches, raw	1.55	16.22	0.42	66.30
1.00	1 tablespoon, whole	Seeds, flaxseed	1.83	2.89	4.22	53.40
1.00	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals:			7.62	24.15	14.53	237.07
Lunch - Mixed Spinach Salad						
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
1.00	slice	Pineapple - fresh, slice approx 3.5"	0.30	10.40	0.40	41.00
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:			18.69	84.00	16.70	500.16
PM Snack - Raw Beets and American Grapes						
5.00	1 beet (2" dia)	Beets, raw	6.60	39.20	0.70	176.30
10.00	each	Grapes - American	0.20	4.10	0.10	20.00
Totals:			6.80	43.30	0.80	196.30
Dinner - Mix Juices Together						
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
Evening Snack - Spread Almond Butter on a Plain Rice Cake						
2.00	table spoon	Almond Butter	4.00	6.00	18.00	202.00
1.00	each	Rice cake - plain, unsalted, Quaker	0.80	7.20	0.30	35.00
Totals:			4.80	13.20	18.30	237.00
Actual Totals for Day 11/9/2009:			51.58	254.45	51.71	1585.96
Actual % of Total Calories:			12.21	60.24	27.54	

DAY # 10
11/10/2009

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Eggs with Mixed 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
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
1.00	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
Totals:			22.41	31.18	13.52	325.64
AM Snack - American Grapes with Almonds and a Cup of Tea						
10.00	each	Grapes - American	0.20	4.10	0.10	20.00
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:			5.50	10.23	12.46	166.12
Lunch - Dehydrated Prunes and 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						
6.00	1 beet (2" dia)	Beets, raw	7.92	47.04	0.84	211.56
Totals:			7.92	47.04	0.84	211.56
Dinner - Mixed Fruit and Cashews with a Cup of Tea						
1.00	each	Apple - medium with peel	0.30	21.00	0.50	81.00
2.00	ounce(s)	Cashews - roasted, lightly salted Planters	10.00	18.00	26.00	320.00
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:			10.30	54.47	26.50	465.37
Actual Totals for Day 11/10/2009:			50.25	229.74	53.98	1501.76
Actual % of Total Calories:			12.52	57.23	30.26	

DAY # 11
11/11/2009

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Mix Blueberries in to Cereal and Top with Flaxseed						
1.00	1 cup	Blueberries, raw	1.07	21.01	0.48	82.65
1.00	1 cup	Cereals ready-to-eat, corn flakes, low sodium	1.93	22.20	0.07	99.75
1.00	each	Egg - boiled white only	3.50	0.30	0.00	17.00
1.00	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
Totals:			8.69	46.98	5.61	263.48
AM Snack - Apples and Cashews with a Cleansing Beverage						
1.00	each	Apple - medium with peel	0.30	21.00	0.50	81.00
2.00	ounce(s)	Cashews - roasted, lightly salted Planters	10.00	18.00	26.00	320.00
1.00	each	Turkey, Italian Style-Trader Joes	6.00	0.50	0.00	30.00
Totals:			16.30	39.50	26.50	431.00
Lunch - Grapefruit and Almonds						
1.00	each	Grapefruit - pink or red 4" diam.	1.20	23.80	0.20	92.00
20.00	1 almond	Nuts, almonds	4.24	4.33	9.88	115.00
Totals:			5.44	28.13	10.08	207.00
PM Snack - Mix Raisins and Nuts						
1.00	ounce(s)	Melba Toast, Wheat, Unsalted	0.67	3.67	0.00	16.67
10.00	1 almond	Nuts, almonds	2.12	2.17	4.94	57.50
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:			9.22	17.42	5.01	146.03
Dinner						
1.00	each	Apple - medium with peel	0.30	21.00	0.50	81.00
5.00	each	Egg - boiled white only	17.50	1.50	0.00	85.00
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:			17.80	37.97	0.50	230.37
Evening Snack - Plain Rice Cake						
2.00	each	Rice cake - plain, unsalted, Quaker	1.60	14.40	0.60	70.00
Totals:			1.60	14.40	0.60	70.00
Actual Totals for Day 11/11/2009:			59.06	184.40	48.30	1347.88
Actual % of Total Calories:			16.77	52.37	30.86	

DAY # 12
11/12/2009

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Boiled Egg Whites and a Cup of Tea						
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
1.00	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
1.00	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals:			13.52	27.12	1.16	163.93
AM Snack - Dehydrated Apricots with Almonds and a Cup of Tea						
1.00	1 cup	Apricots, dehydrated (low-moisture), sulfured, stewed	4.81	81.22	0.60	313.74
10.00	1 almond	Nuts, almonds	2.12	2.17	4.94	57.50
1.00	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals:			6.93	84.10	5.54	373.61
Lunch - Mix all Items for a 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
5.00	1 cup, shredded	Lettuce, red leaf, raw	1.86	3.16	0.31	22.40
5.00	1 almond	Nuts, almonds	1.06	1.08	2.47	28.75
1.00	table spoon	Olive oil - pure	0.00	0.00	14.00	130.00
2.00	1 tablespoon	Seeds, flaxseed	4.39	6.93	10.12	128.16
Totals:			7.61	34.18	27.40	400.31
PM Snack - Wasa Crackers and Egg Whites						
6.00	each	Egg Whites - scrambled/boiled	21.00	1.80	0.00	102.00
2.00	each	Wasa Crackers, light rye	2.00	14.00	0.00	60.00
Totals:			23.00	15.80	0.00	162.00
Dinner - Mix all Items for a 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
Evening Snack - Plain Rice Cake						
2.00	each	Rice cake - plain, unsalted, Quaker	1.60	14.40	0.60	70.00
Totals:			1.60	14.40	0.60	70.00
Actual Totals for Day 11/12/2009:			61.35	235.21	52.25	1592.72
Actual % of Total Calories:			14.82	56.80	28.39	

DAY # 13
11/13/2009

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Boiled Egg Whites and a Cup of Tea						
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
1.00	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
1.00	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals:			13.52	27.12	1.16	163.93
AM Snack - Dehydrated Apricots and Almonds with a Cup of Tea						
1.00	1 cup	Apricots, dehydrated (low-moisture), sulfured, stewed	4.81	81.22	0.60	313.74
1.00	1 almond	Nuts, almonds	0.21	0.22	0.49	5.75
1.00	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
Totals:			5.02	82.15	1.09	321.86
Lunch - Mix all Items for a 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
1.00	table spoon	Olive oil - pure	0.00	0.00	14.00	130.00
2.00	1 tablespoon	Seeds, flaxseed	4.39	6.93	10.12	128.16
1.00	cup	Strawberries	1.00	9.00	0.00	60.00
Totals:			6.06	39.56	24.68	413.64
PM Snack - Wasa Crackers with Egg Whites						
6.00	each	Egg Whites - scrambled/boiled	21.00	1.80	0.00	102.00
1.00	each	Wasa Crackers, light rye	1.00	7.00	0.00	30.00
Totals:			22.00	8.80	0.00	132.00
Dinner - Mix all Items for a 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
Evening Snack - Plain Rice Cake						
2.00	each	Rice cake - plain, unsalted, Quaker	1.60	14.40	0.60	70.00
Totals:			1.60	14.40	0.60	70.00
Actual Totals for Day 11/13/2009:			56.89	231.65	45.08	1524.30
Actual % of Total Calories:			14.59	59.40	26.01	

DAY # 14
11/14/2009

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Breakfast - Eggs With Mixed Berries						
1.00	1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
1.00	each	Egg - boiled white only	3.50	0.30	0.00	17.00
2.00	each	Egg whole w/ yolk	13.40	2.60	14.60	200.00
1.00	1 cup, halves	Strawberries, raw	1.02	11.67	0.46	48.64
Totals:			19.92	28.41	15.76	327.56
AM Snack - American Grapes with Almonds and a Cup of Tea						
10.00	each	Grapes - American	0.20	4.10	0.10	20.00
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:			4.44	9.15	9.98	137.37
Lunch - Mix all Items for a Salad						
1.00	1 cup, shredded	Lettuce, green leaf, raw	0.49	1.03	0.05	5.40
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	1 cup	Prunes, dehydrated (low-moisture), stewed	3.44	83.16	0.67	316.40
Totals:			4.60	87.86	14.73	468.47
PM Snack - Dip Apple Slices in Almond Butter						
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 - Mix all Items for a Salad						
1.00	table spoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
1.00	ounce(s)	Cashews - roasted, lightly salted Planters	5.00	9.00	13.00	160.00
1.00	cup	Grapes, Concord	0.00	15.00	0.00	62.00
4.00	0.5 cup, shredded	Lettuce, cos or romaine, raw	1.38	3.68	0.34	19.04
1.00	1 cup (8 fl oz)	Tea, herb, chamomile, brewed	0.00	0.47	0.00	2.37
Totals:			6.38	30.16	13.34	253.41
Evening Snack - Plain Rice Cake						
2.00	each	Rice cake - plain, unsalted, Quaker	1.60	14.40	0.60	70.00
Totals:			1.60	14.40	0.60	70.00
Actual Totals for Day 11/14/2009:			39.24	193.98	63.91	1438.81
Actual % of Total Calories:			10.41	51.45	38.14	

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.