

**Daily Routine Fitness**  
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**Meal Planner For: [{Template, Detox Veggie, 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
<b>Breakfast - hard boiled egg and fresh fruit</b>						
1.00	1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
2.00	each	Egg - boiled white only	7.00	0.60	0.00	34.00
1.00	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
0.50	1 cup, diced	Pineapple, raw, all varieties	0.42	10.17	0.09	38.75
2.00	1 tablespoon	Seeds, flaxseed	4.39	6.93	10.12	128.16
<b>Totals:</b>			<b>20.10</b>	<b>32.10</b>	<b>16.22</b>	<b>340.33</b>
<b>AM Snack - enjoy trail mix as a healthy snack</b>						
0.25	ounce(s)	Melba Toast, Wheat, Unsalted	0.17	0.92	0.00	4.17
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
<b>Totals:</b>			<b>4.84</b>	<b>16.34</b>	<b>9.95</b>	<b>161.03</b>
<b>Lunch - lg salad and fresh veggies</b>						
3.00	1 spear, large (7-1/4" to 8-1/2")	Asparagus, raw	1.32	2.33	0.07	12.00
1.00	0.5 cup, chopped or diced	Broccoli, raw	1.24	2.92	0.16	14.96
1.00	cup	Milk, Almond	2.00	10.00	2.00	70.00
1.00	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
1.00	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
<b>Totals:</b>			<b>16.88</b>	<b>46.59</b>	<b>4.36</b>	<b>273.16</b>
<b>PM Snack - enjoy veggie mix as a healthy snack</b>						
2.00	medium	Balance Bar Honey Peanut	28.00	44.00	12.00	400.00
1.00	each	Celery - raw stalk trimmed	0.50	2.00	0.00	10.00
0.50	1 cup	Parsley, fresh	0.89	1.90	0.24	10.80
<b>Totals:</b>			<b>29.39</b>	<b>47.90</b>	<b>12.24</b>	<b>420.80</b>
<b>Dinner - lg salad and fresh veggies</b>						
4.00	1 spear, medium (5-1/4" to 7"	Asparagus, raw	1.41	2.48	0.08	12.80
2.00	0.5 cup, chopped or diced	Broccoli, raw	2.48	5.84	0.33	29.92
1.00	1 wedge yields	Lemon juice, raw	0.02	0.41	0.01	1.32
0.50	table spoon	Olive oil - pure	0.00	0.00	7.00	65.00
1.00	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
1.00	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
4.00	ounce(s)	Tofu - soybean curd cake	9.20	2.00	5.60	88.00
<b>Totals:</b>			<b>25.43</b>	<b>42.08</b>	<b>15.14</b>	<b>373.24</b>
<b>Actual Totals for Day 10/6/2009:</b>			<b>96.65</b>	<b>185.01</b>	<b>57.91</b>	<b>1568.56</b>
<b>Actual % of Total Calories:</b>			<b>23.46</b>	<b>44.91</b>	<b>31.63</b>	

**DAY # 2**  
10/7/2009

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - eggs and fresh grapefruit</b>						
3.00	each	Egg Whites - scrambled/boiled	10.50	0.90	0.00	51.00
1.00	each	Egg whole w/ yolk	6.70	1.30	7.30	100.00
0.50	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	46.00
<b>Totals:</b>			<b>17.80</b>	<b>14.10</b>	<b>7.40</b>	<b>197.00</b>
<b>AM Snack - enjoy trail mix as a healthy snack</b>						
0.33	ounce(s)	Melba Toast, Wheat, Unsalted	0.22	1.21	0.00	5.50
25.00	1 almond	Nuts, almonds	5.30	5.42	12.36	143.75
1.00	1 miniature box (.5 oz)	Raisins, seedless	0.43	11.09	0.06	41.86
<b>Totals:</b>			<b>5.95</b>	<b>17.71</b>	<b>12.42</b>	<b>191.11</b>
<b>Lunch - lg salad and brown rice</b>						
3.00	1 spear, medium (5-1/4" to 7"	Asparagus, raw	1.06	1.86	0.06	9.60
2.00	ounce(s)	Black beans - boiled	4.50	13.44	0.30	76.00
1.00	cup	Brown Rice - cooked	4.90	49.70	1.20	232.00
1.00	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
<b>Totals:</b>			<b>13.06</b>	<b>84.00</b>	<b>2.36</b>	<b>415.60</b>
<b>PM Snack - enjoy veggie mix as a healthy snack</b>						
2.00	medium	Balance Bar Honey Peanut	28.00	44.00	12.00	400.00
1.00	each	Celery - raw stalk trimmed	0.50	2.00	0.00	10.00
0.50	1 cup	Parsley, fresh	0.89	1.90	0.24	10.80
<b>Totals:</b>			<b>29.39</b>	<b>47.90</b>	<b>12.24</b>	<b>420.80</b>
<b>Dinner - lentils and fresh spinach</b>						
2.00	spear	Broccoli	10.00	8.00	2.00	80.00
1.00	table spoon	Garlic powder	1.40	6.10	0.10	28.00
0.50	cup	Lentil - boiled	8.90	19.90	0.40	115.00
1.00	table spoon	Onion - chopped	0.10	0.90	0.00	4.00
1.00	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
1.00	small	Tomato - sm. w/peel, 2.5" diam.	1.00	5.70	0.40	26.00
<b>Totals:</b>			<b>31.12</b>	<b>52.94</b>	<b>4.23</b>	<b>331.20</b>
<b>Actual Totals for Day 10/7/2009:</b>			<b>97.33</b>	<b>216.66</b>	<b>38.64</b>	<b>1555.71</b>
<b>Actual % of Total Calories:</b>			<b>24.28</b>	<b>54.04</b>	<b>21.69</b>	

**DAY # 3**  
10/8/2009

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - eggs and fresh fruit mix</b>						
1.00	each	Apple - medium with peel	0.30	21.00	0.50	81.00
1.00	1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
3.00	each	Egg Whites - scrambled/boiled	10.50	0.90	0.00	51.00
1.00	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
<b>Totals:</b>			<b>15.00</b>	<b>39.20</b>	<b>6.26</b>	<b>258.00</b>
<b>AM Snack - enjoy fresh plum and almonds</b>						
15.00	1 almond	Nuts, almonds	3.18	3.25	7.41	86.25
1.00	each	Plum - fresh, 2.25" diam	0.50	8.60	0.40	36.00
<b>Totals:</b>			<b>3.68</b>	<b>11.85</b>	<b>7.81</b>	<b>122.25</b>
<b>Lunch - lg salad and brown rice</b>						
3.00	1 spear, medium (5-1/4" to 7"	Asparagus, raw	1.06	1.86	0.06	9.60
1.00	spear	Broccoli	5.00	4.00	1.00	40.00
0.50	cup	Brown Rice - cooked	2.45	24.85	0.60	116.00
0.50	cup	Lentil - boiled	8.90	19.90	0.40	115.00
1.00	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
<b>Totals:</b>			<b>20.01</b>	<b>69.61</b>	<b>2.86</b>	<b>378.60</b>
<b>PM Snack - walnuts and fresh cherries as a healthy snack</b>						
15.00	1 cherry	Cherries, sweet, raw	1.11	16.81	0.21	66.15
0.50	ounce(s)	Melba Toast, Wheat, Unsalted	0.33	1.83	0.00	8.33
<b>Totals:</b>			<b>1.45</b>	<b>18.64</b>	<b>0.21</b>	<b>74.48</b>
<b>Dinner - salad and black beans</b>						
0.33	1 fruit without skin and seeds	Avocados, raw, California	1.12	4.93	8.80	95.34
2.00	ounce(s)	Black beans - boiled	4.50	13.44	0.30	76.00
1.00	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
1.00	small	Tomato - sm. w/peel, 2.5" diam.	1.00	5.70	0.40	26.00
<b>Totals:</b>			<b>8.57</b>	<b>38.32</b>	<b>10.10</b>	<b>271.34</b>
<b>Actual Totals for Day 10/8/2009:</b>			<b>48.70</b>	<b>177.63</b>	<b>27.24</b>	<b>1104.67</b>
<b>Actual % of Total Calories:</b>			<b>16.93</b>	<b>61.76</b>	<b>21.31</b>	

**DAY # 4**  
10/9/2009

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - eggs and fresh fruit mix</b>						
0.50	1 cup	Blueberries, raw	0.54	10.51	0.24	41.33
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
1.00	1 cup, sliced	Strawberries, raw	1.11	12.75	0.50	53.12
<b>Totals:</b>			<b>14.34</b>	<b>27.62</b>	<b>5.80</b>	<b>209.53</b>
<b>AM Snack - spread almond butter on apple</b>						
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
<b>Totals:</b>			<b>2.30</b>	<b>24.00</b>	<b>9.50</b>	<b>182.00</b>
<b>Lunch - lentils and veggies</b>						
0.25	1 cup flowerets	Broccoli, flower clusters, raw	0.53	0.93	0.06	4.97
3.00	medium	Carrots - baby, raw	0.00	0.00	0.00	12.00
0.50	1 cup	Grapefruit juice, white, raw	0.62	11.36	0.12	48.16
1.00	cup	Lentil - boiled	17.80	39.80	0.80	230.00
1.00	1 leaf	Spinach, raw	0.29	0.36	0.04	2.30
1.00	1 cup, sliced	Strawberries, raw	1.11	12.75	0.50	53.12
0.50	1/2 cup	tomato, diced	0.00	2.00	0.00	9.50
<b>Totals:</b>			<b>20.34</b>	<b>67.20</b>	<b>1.52</b>	<b>360.06</b>
<b>PM Snack - enjoy trail mix as a healthy snack</b>						
0.25	ounce(s)	Melba Toast, Wheat, Unsalted	0.17	0.92	0.00	4.17
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
<b>Totals:</b>			<b>4.84</b>	<b>16.34</b>	<b>9.95</b>	<b>161.03</b>
<b>Dinner - kidney beans and veggies</b>						
0.25	1 cup	Beans, kidney, all types, mature seeds, cooked, boiled,	3.84	10.09	0.22	56.20
0.50	table spoon	Olive oil - pure	0.00	0.00	7.00	65.00
1.00	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
1.00	1 cup (8 fl oz)	Tea, herb, chamomile, brewed	0.00	0.47	0.00	2.37
1.00	1/2 cup	tomato, diced	0.00	4.00	0.00	19.00
1.00	1/2 cup	zucchini, boiled, drained	0.00	3.00	0.00	14.40
<b>Totals:</b>			<b>13.56</b>	<b>29.91</b>	<b>8.55</b>	<b>235.17</b>
<b>Actual Totals for Day 10/9/2009:</b>			<b>55.39</b>	<b>165.06</b>	<b>35.31</b>	<b>1147.77</b>
<b>Actual % of Total Calories:</b>			<b>18.47</b>	<b>55.04</b>	<b>26.49</b>	

**DAY # 5**  
10/10/2009

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - eggs and spinach</b>						
1.00	1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
2.00	each	Egg - boiled white only	7.00	0.60	0.00	34.00
1.00	table spoon	Onion - chopped	0.10	0.90	0.00	4.00
1.00	1 cup	Spinach, cooked, boiled, drained, without salt	5.35	6.75	0.47	41.40
1.00	small	Tomato - sm. w/peel, 2.5" diam.	1.00	5.70	0.40	26.00
<b>Totals:</b>			<b>15.45</b>	<b>27.79</b>	<b>1.57</b>	<b>167.32</b>
<b>AM Snack - spread almond butter on apple</b>						
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
<b>Totals:</b>			<b>2.30</b>	<b>24.00</b>	<b>9.50</b>	<b>182.00</b>
<b>Lunch - lg salad and fresh veggies</b>						
3.00	1 spear, large (7-1/4" to 8-1/2")	Asparagus, raw	1.32	2.33	0.07	12.00
2.00	0.5 cup, chopped or diced	Broccoli, raw	2.48	5.84	0.33	29.92
1.00	cup	Milk, Almond	2.00	10.00	2.00	70.00
1.00	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
1.00	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
<b>Totals:</b>			<b>18.13</b>	<b>49.51</b>	<b>4.52</b>	<b>288.12</b>
<b>PM Snack - enjoy fresh plum and cashews as a healthy snack</b>						
1.00	1 oz	Nuts, cashew nuts, dry roasted, without salt added	4.34	9.27	13.14	162.73
1.00	each	Plum - fresh, 2.25" diam	0.50	8.60	0.40	36.00
<b>Totals:</b>			<b>4.84</b>	<b>17.87</b>	<b>13.54</b>	<b>198.73</b>
<b>Dinner - lg salad and fresh veggies</b>						
4.00	1 spear, medium (5-1/4" to 7")	Asparagus, raw	1.41	2.48	0.08	12.80
2.00	0.5 cup, chopped or diced	Broccoli, raw	2.48	5.84	0.33	29.92
1.00	1 wedge yields	Lemon juice, raw	0.02	0.41	0.01	1.32
0.50	table spoon	Olive oil - pure	0.00	0.00	7.00	65.00
1.00	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
1.00	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
3.00	ounce(s)	Tofu - soybean curd cake	6.90	1.50	4.20	66.00
<b>Totals:</b>			<b>23.13</b>	<b>41.58</b>	<b>13.74</b>	<b>351.24</b>
<b>Actual Totals for Day 10/10/2009:</b>			<b>63.85</b>	<b>160.75</b>	<b>42.88</b>	<b>1187.41</b>
<b>Actual % of Total Calories:</b>			<b>19.89</b>	<b>50.07</b>	<b>30.05</b>	

**DAY # 6**  
10/11/2009

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - eggs and fresh fruit mix</b>						
0.50	1 cup	Blackberries, raw	1.00	6.92	0.35	30.96
2.00	each	Egg - boiled white only	7.00	0.60	0.00	34.00
1.00	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
0.50	1 cup, diced	Pineapple, raw, all varieties	0.42	10.17	0.09	38.75
1.50	1 tablespoon	Seeds, flaxseed	3.29	5.20	7.59	96.12
<b>Totals:</b>			<b>18.00</b>	<b>23.45</b>	<b>13.34</b>	<b>277.33</b>
<b>AM Snack - walnuts and fresh cheery mix</b>						
10.00	1 cherry	Cherries, sweet, raw	0.74	11.21	0.14	44.10
1.00	ounce(s)	Melba Toast, Wheat, Unsalted	0.67	3.67	0.00	16.67
<b>Totals:</b>			<b>1.41</b>	<b>14.87</b>	<b>0.14</b>	<b>60.77</b>
<b>Lunch - lg salad and fresh veggies</b>						
3.00	1 spear, large (7-1/4" to 8-1/2")	Asparagus, raw	1.32	2.33	0.07	12.00
1.00	0.5 cup, chopped or diced	Broccoli, raw	1.24	2.92	0.16	14.96
1.00	cup	Milk, Almond	2.00	10.00	2.00	70.00
1.00	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
1.00	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
<b>Totals:</b>			<b>16.88</b>	<b>46.59</b>	<b>4.36</b>	<b>273.16</b>
<b>PM Snack - enjoy veggie mix as a healthy snack</b>						
2.00	medium	Balance Bar Honey Peanut	28.00	44.00	12.00	400.00
1.00	each	Celery - raw stalk trimmed	0.50	2.00	0.00	10.00
0.50	1 cup	Parsley, fresh	0.89	1.90	0.24	10.80
<b>Totals:</b>			<b>29.39</b>	<b>47.90</b>	<b>12.24</b>	<b>420.80</b>
<b>Dinner - lg salad and fresh veggies</b>						
4.00	1 spear, medium (5-1/4" to 7"	Asparagus, raw	1.41	2.48	0.08	12.80
2.00	0.5 cup, chopped or diced	Broccoli, raw	2.48	5.84	0.33	29.92
1.00	1 wedge yields	Lemon juice, raw	0.02	0.41	0.01	1.32
0.50	table spoon	Olive oil - pure	0.00	0.00	7.00	65.00
1.00	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
1.00	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
4.00	ounce(s)	Tofu - soybean curd cake	9.20	2.00	5.60	88.00
<b>Totals:</b>			<b>25.43</b>	<b>42.08</b>	<b>15.14</b>	<b>373.24</b>
<b>Actual Totals for Day 10/11/2009:</b>			<b>91.12</b>	<b>174.89</b>	<b>45.22</b>	<b>1405.30</b>
<b>Actual % of Total Calories:</b>			<b>24.78</b>	<b>47.56</b>	<b>27.67</b>	

**DAY # 7**  
10/12/2009

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - eggs and fresh fruit mix</b>						
0.50	1 cup	Blackberries, raw	1.00	6.92	0.35	30.96
1.00	each	Egg - boiled white only	3.50	0.30	0.00	17.00
1.00	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
0.50	1 cup, diced	Pineapple, raw, all varieties	0.42	10.17	0.09	38.75
1.00	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
<b>Totals:</b>			<b>13.40</b>	<b>21.41</b>	<b>10.81</b>	<b>228.29</b>
<b>AM Snack - enjoy trail mix as a healthy snack</b>						
0.25	ounce(s)	Melba Toast, Wheat, Unsalted	0.17	0.92	0.00	4.17
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
<b>Totals:</b>			<b>2.72</b>	<b>14.17</b>	<b>5.01</b>	<b>103.53</b>
<b>Lunch - lg salad and fresh veggies</b>						
3.00	1 spear, large (7-1/4" to 8-1/2")	Asparagus, raw	1.32	2.33	0.07	12.00
1.00	0.5 cup, chopped or diced	Broccoli, raw	1.24	2.92	0.16	14.96
2.00	cup	Milk, Almond	4.00	20.00	4.00	140.00
1.00	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
1.00	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
<b>Totals:</b>			<b>18.88</b>	<b>56.59</b>	<b>6.36</b>	<b>343.16</b>
<b>PM Snack - enjoy veggie mix as a healthy snack</b>						
2.00	medium	Balance Bar Honey Peanut	28.00	44.00	12.00	400.00
1.00	each	Celery - raw stalk trimmed	0.50	2.00	0.00	10.00
0.50	1 cup	Parsley, fresh	0.89	1.90	0.24	10.80
<b>Totals:</b>			<b>29.39</b>	<b>47.90</b>	<b>12.24</b>	<b>420.80</b>
<b>Dinner - lg salad and fresh veggies</b>						
4.00	1 spear, medium (5-1/4" to 7"	Asparagus, raw	1.41	2.48	0.08	12.80
2.00	0.5 cup, chopped or diced	Broccoli, raw	2.48	5.84	0.33	29.92
1.00	1 wedge yields	Lemon juice, raw	0.02	0.41	0.01	1.32
0.50	table spoon	Olive oil - pure	0.00	0.00	7.00	65.00
1.00	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
1.00	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
4.00	ounce(s)	Tofu - soybean curd cake	9.20	2.00	5.60	88.00
<b>Totals:</b>			<b>25.43</b>	<b>42.08</b>	<b>15.14</b>	<b>373.24</b>
<b>Evening Snack - enjoy veggie mix as a healthy snack</b>						
2.00	medium	Balance Bar Honey Peanut	28.00	44.00	12.00	400.00
1.00	each	Celery - raw stalk trimmed	0.50	2.00	0.00	10.00
0.50	1 cup	Parsley, fresh	0.89	1.90	0.24	10.80
<b>Totals:</b>			<b>29.39</b>	<b>47.90</b>	<b>12.24</b>	<b>420.80</b>
<b>Actual Totals for Day 10/12/2009:</b>			<b>119.22</b>	<b>230.05</b>	<b>61.79</b>	<b>1889.82</b>
<b>Actual % of Total Calories:</b>			<b>24.42</b>	<b>47.11</b>	<b>28.47</b>	

**DAY # 8**  
10/13/2009

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - eggs and fresh fruit mix</b>						
1.00	each	Apple - medium with peel	0.30	21.00	0.50	81.00
1.00	1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
3.00	each	Egg Whites - scrambled/boiled	10.50	0.90	0.00	51.00
1.00	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
<b>Totals:</b>			<b>15.00</b>	<b>39.20</b>	<b>6.26</b>	<b>258.00</b>
<b>AM Snack - enjoy almonds and fresh plum as a healthy snack</b>						
15.00	1 almond	Nuts, almonds	3.18	3.25	7.41	86.25
1.00	each	Plum - fresh, 2.25" diam	0.50	8.60	0.40	36.00
<b>Totals:</b>			<b>3.68</b>	<b>11.85</b>	<b>7.81</b>	<b>122.25</b>
<b>Lunch - lg salad and brown rice</b>						
3.00	1 spear, medium (5-1/4" to 7"	Asparagus, raw	1.06	1.86	0.06	9.60
1.00	spear	Broccoli	5.00	4.00	1.00	40.00
0.50	cup	Brown Rice - cooked	2.45	24.85	0.60	116.00
0.50	cup	Lentil - boiled	8.90	19.90	0.40	115.00
1.00	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
<b>Totals:</b>			<b>20.01</b>	<b>69.61</b>	<b>2.86</b>	<b>378.60</b>
<b>Dinner - salad and black beans</b>						
0.33	1 fruit without skin and seeds	Avocados, raw, California	1.12	4.93	8.80	95.34
2.00	ounce(s)	Black beans - boiled	4.50	13.44	0.30	76.00
1.00	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
1.00	small	Tomato - sm. w/peel, 2.5" diam.	1.00	5.70	0.40	26.00
<b>Totals:</b>			<b>8.57</b>	<b>38.32</b>	<b>10.10</b>	<b>271.34</b>
<b>Actual Totals for Day 10/13/2009:</b>			<b>47.25</b>	<b>158.99</b>	<b>27.03</b>	<b>1030.19</b>
<b>Actual % of Total Calories:</b>			<b>17.69</b>	<b>59.53</b>	<b>22.77</b>	



**DAY # 9**  
10/14/2009

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - eggs and fresh veggies</b>						
1.00	1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
2.00	each	Egg - boiled white only	7.00	0.60	0.00	34.00
1.00	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
0.50	1 cup, diced	Pineapple, raw, all varieties	0.42	10.17	0.09	38.75
2.00	1 tablespoon	Seeds, flaxseed	4.39	6.93	10.12	128.16
<b>Totals:</b>			<b>20.10</b>	<b>32.10</b>	<b>16.22</b>	<b>340.33</b>
<b>AM Snack - enjoy trail mix as a healthy snack</b>						
0.25	ounce(s)	Melba Toast, Wheat, Unsalted	0.17	0.92	0.00	4.17
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
<b>Totals:</b>			<b>4.84</b>	<b>16.34</b>	<b>9.95</b>	<b>161.03</b>
<b>Lunch - lg salad and fresh veggies</b>						
3.00	1 spear, large (7-1/4" to 8-1/2")	Asparagus, raw	1.32	2.33	0.07	12.00
1.00	0.5 cup, chopped or diced	Broccoli, raw	1.24	2.92	0.16	14.96
1.00	cup	Milk, Almond	2.00	10.00	2.00	70.00
1.00	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
1.00	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
<b>Totals:</b>			<b>16.88</b>	<b>46.59</b>	<b>4.36</b>	<b>273.16</b>
<b>PM Snack - enjoy veggie mix as a healthy snack</b>						
2.00	medium	Balance Bar Honey Peanut	28.00	44.00	12.00	400.00
1.00	each	Celery - raw stalk trimmed	0.50	2.00	0.00	10.00
0.50	1 cup	Parsley, fresh	0.89	1.90	0.24	10.80
<b>Totals:</b>			<b>29.39</b>	<b>47.90</b>	<b>12.24</b>	<b>420.80</b>
<b>Dinner - lg salad and fresh veggies</b>						
4.00	1 spear, medium (5-1/4" to 7"	Asparagus, raw	1.41	2.48	0.08	12.80
2.00	0.5 cup, chopped or diced	Broccoli, raw	2.48	5.84	0.33	29.92
1.00	1 wedge yields	Lemon juice, raw	0.02	0.41	0.01	1.32
0.50	table spoon	Olive oil - pure	0.00	0.00	7.00	65.00
1.00	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
1.00	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
4.00	ounce(s)	Tofu - soybean curd cake	9.20	2.00	5.60	88.00
<b>Totals:</b>			<b>25.43</b>	<b>42.08</b>	<b>15.14</b>	<b>373.24</b>
<b>Actual Totals for Day 10/14/2009:</b>			<b>96.65</b>	<b>185.01</b>	<b>57.91</b>	<b>1568.56</b>
<b>Actual % of Total Calories:</b>			<b>23.46</b>	<b>44.91</b>	<b>31.63</b>	

**DAY # 10**  
10/15/2009

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - eggs and fresh grapefruit</b>						
3.00	each	Egg Whites - scrambled/boiled	10.50	0.90	0.00	51.00
1.00	each	Egg whole w/ yolk	6.70	1.30	7.30	100.00
0.50	each	Grapefruit - pink or red 4" diam.	0.60	11.90	0.10	46.00
<b>Totals:</b>			<b>17.80</b>	<b>14.10</b>	<b>7.40</b>	<b>197.00</b>
<b>AM Snack - enjoy trail mix as a healthy snack</b>						
0.33	ounce(s)	Melba Toast, Wheat, Unsalted	0.22	1.21	0.00	5.50
25.00	1 almond	Nuts, almonds	5.30	5.42	12.36	143.75
1.00	1 miniature box (.5 oz)	Raisins, seedless	0.43	11.09	0.06	41.86
<b>Totals:</b>			<b>5.95</b>	<b>17.71</b>	<b>12.42</b>	<b>191.11</b>
<b>Lunch - lg salad and black beans</b>						
3.00	1 spear, medium (5-1/4" to 7"	Asparagus, raw	1.06	1.86	0.06	9.60
2.00	ounce(s)	Black beans - boiled	4.50	13.44	0.30	76.00
1.00	cup	Brown Rice - cooked	4.90	49.70	1.20	232.00
1.00	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
<b>Totals:</b>			<b>13.06</b>	<b>84.00</b>	<b>2.36</b>	<b>415.60</b>
<b>PM Snack - enjoy veggie mix as a healthy snack</b>						
2.00	medium	Balance Bar Honey Peanut	28.00	44.00	12.00	400.00
1.00	each	Celery - raw stalk trimmed	0.50	2.00	0.00	10.00
0.50	1 cup	Parsley, fresh	0.89	1.90	0.24	10.80
<b>Totals:</b>			<b>29.39</b>	<b>47.90</b>	<b>12.24</b>	<b>420.80</b>
<b>Dinner - lentils and fresh veggies</b>						
2.00	spear	Broccoli	10.00	8.00	2.00	80.00
1.00	table spoon	Garlic powder	1.40	6.10	0.10	28.00
0.50	cup	Lentil - boiled	8.90	19.90	0.40	115.00
1.00	table spoon	Onion - chopped	0.10	0.90	0.00	4.00
1.00	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
1.00	small	Tomato - sm. w/peel, 2.5" diam.	1.00	5.70	0.40	26.00
<b>Totals:</b>			<b>31.12</b>	<b>52.94</b>	<b>4.23</b>	<b>331.20</b>
<b>Actual Totals for Day 10/15/2009:</b>			<b>97.33</b>	<b>216.66</b>	<b>38.64</b>	<b>1555.71</b>
<b>Actual % of Total Calories:</b>			<b>24.28</b>	<b>54.04</b>	<b>21.69</b>	

**DAY # 11**  
10/16/2009

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - eggs and fresh fruit mix</b>						
1.00	each	Apple - medium with peel	0.30	21.00	0.50	81.00
1.00	1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
3.00	each	Egg Whites - scrambled/boiled	10.50	0.90	0.00	51.00
1.00	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
<b>Totals:</b>			<b>15.00</b>	<b>39.20</b>	<b>6.26</b>	<b>258.00</b>
<b>AM Snack - enjoy almonds and fresh plum</b>						
15.00	1 almond	Nuts, almonds	3.18	3.25	7.41	86.25
1.00	each	Plum - fresh, 2.25" diam	0.50	8.60	0.40	36.00
<b>Totals:</b>			<b>3.68</b>	<b>11.85</b>	<b>7.81</b>	<b>122.25</b>
<b>Lunch - lg salad and lentils</b>						
3.00	1 spear, medium (5-1/4" to 7"	Asparagus, raw	1.06	1.86	0.06	9.60
1.00	spear	Broccoli	5.00	4.00	1.00	40.00
0.50	cup	Brown Rice - cooked	2.45	24.85	0.60	116.00
0.50	cup	Lentil - boiled	8.90	19.90	0.40	115.00
1.00	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
<b>Totals:</b>			<b>20.01</b>	<b>69.61</b>	<b>2.86</b>	<b>378.60</b>
<b>PM Snack - walnuts and fresh cherries</b>						
15.00	1 cherry	Cherries, sweet, raw	1.11	16.81	0.21	66.15
0.50	ounce(s)	Melba Toast, Wheat, Unsalted	0.33	1.83	0.00	8.33
<b>Totals:</b>			<b>1.45</b>	<b>18.64</b>	<b>0.21</b>	<b>74.48</b>
<b>Dinner - md salad and black beans</b>						
0.33	1 fruit without skin and seeds	Avocados, raw, California	1.12	4.93	8.80	95.34
2.00	ounce(s)	Black beans - boiled	4.50	13.44	0.30	76.00
1.00	medium	Salad - med. garden w/tomato, onion	1.95	14.25	0.60	74.00
1.00	small	Tomato - sm. w/peel, 2.5" diam.	1.00	5.70	0.40	26.00
<b>Totals:</b>			<b>8.57</b>	<b>38.32</b>	<b>10.10</b>	<b>271.34</b>
<b>Actual Totals for Day 10/16/2009:</b>			<b>48.70</b>	<b>177.63</b>	<b>27.24</b>	<b>1104.67</b>
<b>Actual % of Total Calories:</b>			<b>16.93</b>	<b>61.76</b>	<b>21.31</b>	

**DAY # 12**  
10/17/2009

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - eggs and fresh fruit mix</b>						
0.50	1 cup	Blueberries, raw	0.54	10.51	0.24	41.33
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
1.00	1 cup, sliced	Strawberries, raw	1.11	12.75	0.50	53.12
<b>Totals:</b>			<b>14.34</b>	<b>27.62</b>	<b>5.80</b>	<b>209.53</b>
<b>AM Snack - almond butter spread on apple</b>						
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
<b>Totals:</b>			<b>2.30</b>	<b>24.00</b>	<b>9.50</b>	<b>182.00</b>
<b>Lunch - lentils and fresh veggies</b>						
0.25	1 cup flowerets	Broccoli, flower clusters, raw	0.53	0.93	0.06	4.97
3.00	medium	Carrots - baby, raw	0.00	0.00	0.00	12.00
0.50	1 cup	Grapefruit juice, white, raw	0.62	11.36	0.12	48.16
1.00	cup	Lentil - boiled	17.80	39.80	0.80	230.00
1.00	1 leaf	Spinach, raw	0.29	0.36	0.04	2.30
1.00	1 cup, sliced	Strawberries, raw	1.11	12.75	0.50	53.12
0.50	1/2 cup	tomato, diced	0.00	2.00	0.00	9.50
<b>Totals:</b>			<b>20.34</b>	<b>67.20</b>	<b>1.52</b>	<b>360.06</b>
<b>PM Snack - enjoy trail mix as healthy snack</b>						
0.25	ounce(s)	Melba Toast, Wheat, Unsalted	0.17	0.92	0.00	4.17
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
<b>Totals:</b>			<b>4.84</b>	<b>16.34</b>	<b>9.95</b>	<b>161.03</b>
<b>Dinner - kidney beans and veggies</b>						
0.25	1 cup	Beans, kidney, all types, mature seeds, cooked, boiled,	3.84	10.09	0.22	56.20
0.50	table spoon	Olive oil - pure	0.00	0.00	7.00	65.00
1.00	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
1.00	1 cup (8 fl oz)	Tea, herb, chamomile, brewed	0.00	0.47	0.00	2.37
1.00	1/2 cup	tomato, diced	0.00	4.00	0.00	19.00
1.00	1/2 cup	zucchini, boiled, drained	0.00	3.00	0.00	14.40
<b>Totals:</b>			<b>13.56</b>	<b>29.91</b>	<b>8.55</b>	<b>235.17</b>
<b>Actual Totals for Day 10/17/2009:</b>			<b>55.39</b>	<b>165.06</b>	<b>35.31</b>	<b>1147.77</b>
<b>Actual % of Total Calories:</b>			<b>18.47</b>	<b>55.04</b>	<b>26.49</b>	

**DAY # 13**  
10/18/2009

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - eggs and spinach</b>						
1.00	1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
2.00	each	Egg - boiled white only	7.00	0.60	0.00	34.00
1.00	table spoon	Onion - chopped	0.10	0.90	0.00	4.00
1.00	1 cup	Spinach, cooked, boiled, drained, without salt	5.35	6.75	0.47	41.40
1.00	small	Tomato - sm. w/peel, 2.5" diam.	1.00	5.70	0.40	26.00
<b>Totals:</b>			<b>15.45</b>	<b>27.79</b>	<b>1.57</b>	<b>167.32</b>
<b>AM Snack - almond spread on apple</b>						
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
<b>Totals:</b>			<b>2.30</b>	<b>24.00</b>	<b>9.50</b>	<b>182.00</b>
<b>Lunch - lg salad and fresh veggies</b>						
3.00	1 spear, large (7-1/4" to 8-1/2")	Asparagus, raw	1.32	2.33	0.07	12.00
2.00	0.5 cup, chopped or diced	Broccoli, raw	2.48	5.84	0.33	29.92
1.00	cup	Milk, Almond	2.00	10.00	2.00	70.00
1.00	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
1.00	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
<b>Totals:</b>			<b>18.13</b>	<b>49.51</b>	<b>4.52</b>	<b>288.12</b>
<b>PM Snack - fresh plum and cashews as healthy snack</b>						
1.00	1 oz	Nuts, cashew nuts, dry roasted, without salt added	4.34	9.27	13.14	162.73
1.00	each	Plum - fresh, 2.25" diam	0.50	8.60	0.40	36.00
<b>Totals:</b>			<b>4.84</b>	<b>17.87</b>	<b>13.54</b>	<b>198.73</b>
<b>Dinner - lg salad and fresh veggies</b>						
4.00	1 spear, medium (5-1/4" to 7")	Asparagus, raw	1.41	2.48	0.08	12.80
2.00	0.5 cup, chopped or diced	Broccoli, raw	2.48	5.84	0.33	29.92
1.00	1 wedge yields	Lemon juice, raw	0.02	0.41	0.01	1.32
0.50	table spoon	Olive oil - pure	0.00	0.00	7.00	65.00
1.00	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
1.00	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
3.00	ounce(s)	Tofu - soybean curd cake	6.90	1.50	4.20	66.00
<b>Totals:</b>			<b>23.13</b>	<b>41.58</b>	<b>13.74</b>	<b>351.24</b>
<b>Actual Totals for Day 10/18/2009:</b>			<b>63.85</b>	<b>160.75</b>	<b>42.88</b>	<b>1187.41</b>
<b>Actual % of Total Calories:</b>			<b>19.89</b>	<b>50.07</b>	<b>30.05</b>	

**DAY # 14**  
10/19/2009

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - eggs and fresh fruit mix</b>						
0.50	1 cup	Blackberries, raw	1.00	6.92	0.35	30.96
2.00	each	Egg - boiled white only	7.00	0.60	0.00	34.00
1.00	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
0.50	1 cup, diced	Pineapple, raw, all varieties	0.42	10.17	0.09	38.75
1.50	1 tablespoon	Seeds, flaxseed	3.29	5.20	7.59	96.12
<b>Totals:</b>			<b>18.00</b>	<b>23.45</b>	<b>13.34</b>	<b>277.33</b>
<b>AM Snack - walnuts and fresh cherries as a healthy snack</b>						
10.00	1 cherry	Cherries, sweet, raw	0.74	11.21	0.14	44.10
1.00	ounce(s)	Melba Toast, Wheat, Unsalted	0.67	3.67	0.00	16.67
<b>Totals:</b>			<b>1.41</b>	<b>14.87</b>	<b>0.14</b>	<b>60.77</b>
<b>Lunch - lg salad and fresh veggies</b>						
3.00	1 spear, large (7-1/4" to 8-1/2")	Asparagus, raw	1.32	2.33	0.07	12.00
1.00	0.5 cup, chopped or diced	Broccoli, raw	1.24	2.92	0.16	14.96
1.00	cup	Milk, Almond	2.00	10.00	2.00	70.00
1.00	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
1.00	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
<b>Totals:</b>			<b>16.88</b>	<b>46.59</b>	<b>4.36</b>	<b>273.16</b>
<b>PM Snack - enjoy veggies mix as a healthy snack</b>						
2.00	medium	Balance Bar Honey Peanut	28.00	44.00	12.00	400.00
1.00	each	Celery - raw stalk trimmed	0.50	2.00	0.00	10.00
0.50	1 cup	Parsley, fresh	0.89	1.90	0.24	10.80
<b>Totals:</b>			<b>29.39</b>	<b>47.90</b>	<b>12.24</b>	<b>420.80</b>
<b>Dinner - lg salad and fresh veggies</b>						
4.00	1 spear, medium (5-1/4" to 7"	Asparagus, raw	1.41	2.48	0.08	12.80
2.00	0.5 cup, chopped or diced	Broccoli, raw	2.48	5.84	0.33	29.92
1.00	1 wedge yields	Lemon juice, raw	0.02	0.41	0.01	1.32
0.50	table spoon	Olive oil - pure	0.00	0.00	7.00	65.00
1.00	large	Salad - lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
1.00	1 bunch	Spinach, raw	9.72	12.34	1.33	78.20
4.00	ounce(s)	Tofu - soybean curd cake	9.20	2.00	5.60	88.00
<b>Totals:</b>			<b>25.43</b>	<b>42.08</b>	<b>15.14</b>	<b>373.24</b>
<b>Actual Totals for Day 10/19/2009:</b>			<b>91.12</b>	<b>174.89</b>	<b>45.22</b>	<b>1405.30</b>
<b>Actual % of Total Calories:</b>			<b>24.78</b>	<b>47.56</b>	<b>27.67</b>	

**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.