

**Daily Routine Fitness**  
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**Meal Planner For: [{Template, Detox Veggie, Men - 1600 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 - scramble eggs together if desired</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 banana and almonds as a healthy snack</b> |                                   |  |               |               |              |                |
| 1.00  | 1 large (8" to 8-7/8" long)       | Bananas, raw                           | 1.48          | 31.06         | 0.45         | 121.04         |
| 10.00   | 1 almond                          | Nuts, almonds                          | 2.12          | 2.17          | 4.94         | 57.50          |
| <b>Totals:</b>  |                                   |  | <b>3.60</b>   | <b>33.23</b>  | <b>5.39</b>  | <b>178.54</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 - almond butter spread o rice cake</b>            |                                   |  |               |               |              |                |
| 2.00  | table spoon                       | Almond Butter                          | 4.00          | 6.00          | 18.00        | 202.00         |
| 2.00  | each                              | Rice cake - plain, unsalted, Quaker    | 1.60          | 14.40         | 0.60         | 70.00          |
| <b>Totals:</b>  |                                   |  | <b>5.60</b>   | <b>20.40</b>  | <b>18.60</b> | <b>272.00</b>  |
| <b>Dinner - fish roughy and lg salad</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          |
| 2.00  | 3 oz                              | Fish, roughy, orange, cooked, dry heat | 38.49         | 0.00          | 1.53         | 178.50         |
| 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          |
| <b>Totals:</b>  |                                   |  | <b>54.72</b>  | <b>40.08</b>  | <b>11.07</b> | <b>463.74</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 10/6/2009:</b>                       |                                   |  | <b>132.30</b> | <b>230.30</b> | <b>69.88</b> | <b>2018.57</b> |
| <b>Actual % of Total Calories:</b>                            |                                   |  | <b>25.45</b>  | <b>44.30</b>  | <b>30.25</b> |                |

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

| Qty   | Measure                 | Description   | Protein(gm)  | Carbs(gm)     | Fats(gm)     | Calories       |
|---|-------------------------|---|--------------|---------------|--------------|----------------|
| <b>Breakfast - Egg whites can be boiled or scrambled</b>  |                         |   |              |               |              |                |
| 0.50  | 1 cup                   | Blueberries, raw  | 0.54         | 10.51         | 0.24         | 41.33          |
| 5.00  | each                    | Egg - boiled white only                                 | 17.50        | 1.50          | 0.00         | 85.00          |
| 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>21.34</b> | <b>28.22</b>  | <b>5.80</b>  | <b>243.53</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 - almond butter spread on rice cake</b>       |                         |   |              |               |              |                |
| 3.00  | table spoon             | Almond Butter   | 6.00         | 9.00          | 27.00        | 303.00         |
| 2.00  | each                    | Rice cake - plain, unsalted, Quaker                     | 1.60         | 14.40         | 0.60         | 70.00          |
| <b>Totals:</b>  |                         |   | <b>7.60</b>  | <b>23.40</b>  | <b>27.60</b> | <b>373.00</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>Evening 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>Actual Totals for Day 10/7/2009:</b>                   |                         |   | <b>69.99</b> | <b>189.06</b> | <b>62.91</b> | <b>1554.77</b> |
| <b>Actual % of Total Calories:</b>                        |                         |   | <b>17.47</b> | <b>47.19</b>  | <b>35.34</b> |                |

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

| Qty   | Measure                           | Description  | Protein(gm)  | Carbs(gm)     | Fats(gm)     | Calories       |
|---|-----------------------------------|--|--------------|---------------|--------------|----------------|
| <b>Breakfast - scramble eggs together if desired</b>          |                                   |  |              |               |              |                |
| 1.00  | 1 cup                             | Blackberries, raw                                  | 2.00         | 13.84         | 0.71         | 61.92          |
| 5.00  | each                              | Egg - boiled white only                            | 17.50        | 1.50          | 0.00         | 85.00          |
| 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>25.95</b> | <b>28.69</b>  | <b>1.57</b>  | <b>218.32</b>  |
| <b>AM Snack - almond butter spread on banana</b>              |                                   |  |              |               |              |                |
| 2.00  | table spoon                       | Almond Butter                                      | 4.00         | 6.00          | 18.00        | 202.00         |
| 1.00  | 1 large (8" to 8-7/8" long)       | Bananas, raw                                       | 1.48         | 31.06         | 0.45         | 121.04         |
| <b>Totals:</b>  |                                   |  | <b>5.48</b>  | <b>37.06</b>  | <b>18.45</b> | <b>323.04</b>  |
| <b>Lunch - lg salad and 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 grapes and cashews as a healthy snack</b> |                                   |  |              |               |              |                |
| 25.00   | each                              | Grapes - American                                  | 0.50         | 10.25         | 0.00         | 50.00          |
| 1.00  | 1 oz                              | Nuts, cashew nuts, dry roasted, without salt added | 4.34         | 9.27          | 13.14        | 162.73         |
| <b>Totals:</b>  |                                   |  | <b>4.84</b>  | <b>19.52</b>  | <b>13.14</b> | <b>212.73</b>  |
| <b>Dinner - lg salad and 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>Evening Snack - 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>Actual Totals for Day 10/8/2009:</b>                       |                                   |  | <b>81.21</b> | <b>188.21</b> | <b>59.24</b> | <b>1515.70</b> |
| <b>Actual % of Total Calories:</b>                            |                                   |  | <b>20.17</b> | <b>46.74</b>  | <b>33.10</b> |                |

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

| Qty   | Measure                           | Description                            | Protein(gm)   | Carbs(gm)     | Fats(gm)     | Calories       |
|---|-----------------------------------|--|---------------|---------------|--------------|----------------|
| <b>Breakfast - scramble eggs together if desired</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          |
| 1.00  | 1 cup, diced                      | Pineapple, raw, all varieties          | 0.84          | 20.34         | 0.19         | 77.50          |
| 1.00  | 1 tablespoon                      | Seeds, flaxseed                        | 2.19          | 3.47          | 5.06         | 64.08          |
| <b>Totals:</b>  |                                   |  | <b>18.32</b>  | <b>38.80</b>  | <b>11.26</b> | <b>315.00</b>  |
| <b>AM 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          |
| 1.00  | ounce(s)                          | Melba Toast, Wheat, Unsalted           | 0.67          | 3.67          | 0.00         | 16.67          |
| <b>Totals:</b>  |                                   |  | <b>1.78</b>   | <b>20.48</b>  | <b>0.21</b>  | <b>82.82</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 - almond butter spread on rice cake</b>             |                                   |  |               |               |              |                |
| 2.00  | table spoon                       | Almond Butter                          | 4.00          | 6.00          | 18.00        | 202.00         |
| 2.00  | each                              | Rice cake - plain, unsalted, Quaker    | 1.60          | 14.40         | 0.60         | 70.00          |
| <b>Totals:</b>  |                                   |  | <b>5.60</b>   | <b>20.40</b>  | <b>18.60</b> | <b>272.00</b>  |
| <b>Dinner - fish roughy and lg salad</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          |
| 2.00  | 3 oz                              | Fish, roughy, orange, cooked, dry heat | 38.49         | 0.00          | 1.53         | 178.50         |
| 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          |
| <b>Totals:</b>  |                                   |  | <b>54.72</b>  | <b>40.08</b>  | <b>11.07</b> | <b>463.74</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 10/9/2009:</b>                         |                                   |  | <b>126.70</b> | <b>214.25</b> | <b>57.74</b> | <b>1827.52</b> |
| <b>Actual % of Total Calories:</b>                              |                                   |  | <b>26.91</b>  | <b>45.50</b>  | <b>27.59</b> |                |

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

| Qty  | Measure                        | Description  | Protein(gm)  | Carbs(gm)     | Fats(gm)     | Calories       |
|--|--------------------------------|--|--------------|---------------|--------------|----------------|
| <b>Breakfast - scramble eggs together if desired</b>             |                                |  |              |               |              |                |
| 0.50   | each                           | Apple - medium with peel                                 | 0.15         | 10.50         | 0.25         | 40.50          |
| 1.00   | 1 cup                          | Blackberries, raw  | 2.00         | 13.84         | 0.71         | 61.92          |
| 5.00   | each                           | Egg Whites - scrambled/boiled                            | 17.50        | 1.50          | 0.00         | 85.00          |
| 1.00   | 1 tablespoon                   | Seeds, flaxseed  | 2.19         | 3.47          | 5.06         | 64.08          |
| <b>Totals:</b>   |                                |  | <b>21.85</b> | <b>29.30</b>  | <b>6.01</b>  | <b>251.50</b>  |
| <b>AM Snack - almond butter spread on rice cake</b>              |                                |  |              |               |              |                |
| 2.00   | table spoon                    | Almond Butter  | 4.00         | 6.00          | 18.00        | 202.00         |
| 2.00   | each                           | Rice cake - plain, unsalted, Quaker                      | 1.60         | 14.40         | 0.60         | 70.00          |
| <b>Totals:</b>   |                                |  | <b>5.60</b>  | <b>20.40</b>  | <b>18.60</b> | <b>272.00</b>  |
| <b>Lunch - lg salad, lentils, 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         |
| 1.00   | cup                            | Lentil - boiled  | 17.80        | 39.80         | 0.80         | 230.00         |
| 1.00   | large                          | Salad - lrg. garden w/tomato & onion                     | 2.60         | 19.00         | 0.80         | 98.00          |
| <b>Totals:</b>   |                                |  | <b>28.91</b> | <b>89.51</b>  | <b>3.26</b>  | <b>493.60</b>  |
| <b>PM Snack - enjoy walnuts and cherries as a healthy snack</b>  |                                |  |              |               |              |                |
| 15.00  | 1 cherry                       | Cherries, sweet, raw                                     | 1.11         | 16.81         | 0.21         | 66.15          |
| 1.00   | ounce(s)                       | Melba Toast, Wheat, Unsalted                             | 0.67         | 3.67          | 0.00         | 16.67          |
| <b>Totals:</b>   |                                |  | <b>1.78</b>  | <b>20.48</b>  | <b>0.21</b>  | <b>82.82</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          |
| 0.25   | 1 cup                          | Beans, black, mature seeds, cooked, boiled, without salt | 3.81         | 10.20         | 0.23         | 56.76          |
| 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>7.88</b>  | <b>35.08</b>  | <b>10.03</b> | <b>252.10</b>  |
| <b>Evening Snack - fresh plum and almonds as a healthy snack</b> |                                |  |              |               |              |                |
| 10.00  | 1 almond                       | Nuts, almonds  | 2.12         | 2.17          | 4.94         | 57.50          |
| 1.00   | each                           | Plum - fresh, 2.25" diam                                 | 0.50         | 8.60          | 0.40         | 36.00          |
| <b>Totals:</b>   |                                |  | <b>2.62</b>  | <b>10.77</b>  | <b>5.34</b>  | <b>93.50</b>   |
| <b>Actual Totals for Day 10/10/2009:</b>                         |                                |  | <b>68.63</b> | <b>205.54</b> | <b>43.45</b> | <b>1445.52</b> |
| <b>Actual % of Total Calories:</b>                               |                                |  | <b>18.45</b> | <b>55.26</b>  | <b>26.29</b> |                |

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

| Qty  | Measure                           | Description                            | Protein(gm)   | Carbs(gm)     | Fats(gm)     | Calories       |
|--|-----------------------------------|--|---------------|---------------|--------------|----------------|
| <b>Breakfast - scramble eggs together if desired</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          |
| 1.00   | 1 cup, diced                      | Pineapple, raw, all varieties          | 0.84          | 20.34         | 0.19         | 77.50          |
| 2.00   | 1 tablespoon                      | Seeds, flaxseed                        | 4.39          | 6.93          | 10.12        | 128.16         |
| <b>Totals:</b>   |                                   |  | <b>20.52</b>  | <b>42.27</b>  | <b>16.31</b> | <b>379.08</b>  |
| <b>AM Snack - grapes and rice cake as a healthy snack</b>        |                                   |  |               |               |              |                |
| 1.00   | cup                               | Grapes, Concord                        | 0.00          | 15.00         | 0.00         | 62.00          |
| 1.00   | each                              | Rice cake - plain, unsalted, Quaker    | 0.80          | 7.20          | 0.30         | 35.00          |
| <b>Totals:</b>   |                                   |  | <b>0.80</b>   | <b>22.20</b>  | <b>0.30</b>  | <b>97.00</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          |
| 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 - almond butter on rice cake</b>                     |                                   |  |               |               |              |                |
| 2.00   | table spoon                       | Almond Butter                          | 4.00          | 6.00          | 18.00        | 202.00         |
| 2.00   | each                              | Rice cake - plain, unsalted, Quaker    | 1.60          | 14.40         | 0.60         | 70.00          |
| <b>Totals:</b>   |                                   |  | <b>5.60</b>   | <b>20.40</b>  | <b>18.60</b> | <b>272.00</b>  |
| <b>Dinner - fish roughy and lg salad</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          |
| 2.00   | 3 oz                              | Fish, roughy, orange, cooked, dry heat | 38.49         | 0.00          | 1.53         | 178.50         |
| 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          |
| <b>Totals:</b>   |                                   |  | <b>54.72</b>  | <b>40.08</b>  | <b>11.07</b> | <b>463.74</b>  |
| <b>Evening Snack - fresh plum and almonds 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>Actual Totals for Day 10/11/2009:</b>                         |                                   |  | <b>102.21</b> | <b>183.39</b> | <b>58.46</b> | <b>1607.23</b> |
| <b>Actual % of Total Calories:</b>                               |                                   |  | <b>24.50</b>  | <b>43.96</b>  | <b>31.53</b> |                |

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

| Qty  | Measure                       | Description  | Protein(gm)   | Carbs(gm)     | Fats(gm)     | Calories       |
|--|-------------------------------|--|---------------|---------------|--------------|----------------|
| <b>Breakfast - scramble eggs together if desired</b>     |                               |  |               |               |              |                |
| 5.00   | each                          | Egg Whites - scrambled/boiled                            | 17.50         | 1.50          | 0.00         | 85.00          |
| 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>24.80</b>  | <b>14.70</b>  | <b>7.40</b>  | <b>231.00</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           |
| 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>4.89</b>   | <b>16.63</b>  | <b>9.95</b>  | <b>162.36</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           |
| 0.50   | 1 cup                         | Beans, black, mature seeds, cooked, boiled, without salt | 7.62          | 20.39         | 0.46         | 113.52         |
| 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>16.18</b>  | <b>90.95</b>  | <b>2.52</b>  | <b>453.12</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 - lentils and 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>Evening Snack - almond butter spread on rice cake</b> |                               |  |               |               |              |                |
| 3.00   | table spoon                   | Almond Butter  | 6.00          | 9.00          | 27.00        | 303.00         |
| 2.00   | each                          | Rice cake - plain, unsalted, Quaker                      | 1.60          | 14.40         | 0.60         | 70.00          |
| <b>Totals:</b>   |                               |  | <b>7.60</b>   | <b>23.40</b>  | <b>27.60</b> | <b>373.00</b>  |
| <b>Actual Totals for Day 10/12/2009:</b>                 |                               |  | <b>113.98</b> | <b>246.52</b> | <b>63.93</b> | <b>1971.48</b> |
| <b>Actual % of Total Calories:</b>                       |                               |  | <b>22.60</b>  | <b>48.88</b>  | <b>28.52</b> |                |

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

| Qty  | Measure                           | Description                            | Protein(gm)   | Carbs(gm)     | Fats(gm)     | Calories       |
|--|-----------------------------------|--|---------------|---------------|--------------|----------------|
| <b>Breakfast - scramble eggs together if desired</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 - almonds and banana as a healthy snack</b>    |                                   |  |               |               |              |                |
| 1.00   | 1 large (8" to 8-7/8" long)       | Bananas, raw                           | 1.48          | 31.06         | 0.45         | 121.04         |
| 10.00  | 1 almond                          | Nuts, almonds                          | 2.12          | 2.17          | 4.94         | 57.50          |
| <b>Totals:</b>   |                                   |  | <b>3.60</b>   | <b>33.23</b>  | <b>5.39</b>  | <b>178.54</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 - almond butter spread on rice cake</b>        |                                   |  |               |               |              |                |
| 2.00   | table spoon                       | Almond Butter                          | 4.00          | 6.00          | 18.00        | 202.00         |
| 2.00   | each                              | Rice cake - plain, unsalted, Quaker    | 1.60          | 14.40         | 0.60         | 70.00          |
| <b>Totals:</b>   |                                   |  | <b>5.60</b>   | <b>20.40</b>  | <b>18.60</b> | <b>272.00</b>  |
| <b>Dinner - fish roughy and lg salad</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          |
| 2.00   | 3 oz                              | Fish, roughy, orange, cooked, dry heat | 38.49         | 0.00          | 1.53         | 178.50         |
| 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          |
| <b>Totals:</b>   |                                   |  | <b>54.72</b>  | <b>40.08</b>  | <b>11.07</b> | <b>463.74</b>  |
| <b>Evening Snack - fresh 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 10/13/2009:</b>                   |                                   |  | <b>132.30</b> | <b>230.30</b> | <b>69.88</b> | <b>2018.57</b> |
| <b>Actual % of Total Calories:</b>                         |                                   |  | <b>25.45</b>  | <b>44.30</b>  | <b>30.25</b> |                |



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

| Qty   | Measure                 | Description   | Protein(gm)  | Carbs(gm)     | Fats(gm)     | Calories       |
|---|-------------------------|---|--------------|---------------|--------------|----------------|
| <b>Breakfast - Egg whites can be boiled or scrambled</b>  |                         |   |              |               |              |                |
| 0.50  | 1 cup                   | Blueberries, raw  | 0.54         | 10.51         | 0.24         | 41.33          |
| 5.00  | each                    | Egg - boiled white only                                 | 17.50        | 1.50          | 0.00         | 85.00          |
| 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>21.34</b> | <b>28.22</b>  | <b>5.80</b>  | <b>243.53</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 w/fresh fruit and veggie mix</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 - almond butter spread on rice cake</b>       |                         |   |              |               |              |                |
| 3.00  | table spoon             | Almond Butter   | 6.00         | 9.00          | 27.00        | 303.00         |
| 2.00  | each                    | Rice cake - plain, unsalted, Quaker                     | 1.60         | 14.40         | 0.60         | 70.00          |
| <b>Totals:</b>  |                         |   | <b>7.60</b>  | <b>23.40</b>  | <b>27.60</b> | <b>373.00</b>  |
| <b>Dinner - kidney beans abd spinach</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>Evening 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>Actual Totals for Day 10/14/2009:</b>                  |                         |   | <b>69.99</b> | <b>189.06</b> | <b>62.91</b> | <b>1554.77</b> |
| <b>Actual % of Total Calories:</b>                        |                         |   | <b>17.47</b> | <b>47.19</b>  | <b>35.34</b> |                |

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

| Qty  | Measure                           | Description  | Protein(gm)  | Carbs(gm)     | Fats(gm)     | Calories       |
|--|-----------------------------------|--|--------------|---------------|--------------|----------------|
| <b>Breakfast - scramble eggs together if desired</b>             |                                   |  |              |               |              |                |
| 1.00   | 1 cup                             | Blackberries, raw                                  | 2.00         | 13.84         | 0.71         | 61.92          |
| 5.00   | each                              | Egg - boiled white only                            | 17.50        | 1.50          | 0.00         | 85.00          |
| 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>25.95</b> | <b>28.69</b>  | <b>1.57</b>  | <b>218.32</b>  |
| <b>AM Snack - almond butter spreadon banana</b>                  |                                   |  |              |               |              |                |
| 2.00   | table spoon                       | Almond Butter                                      | 4.00         | 6.00          | 18.00        | 202.00         |
| 1.00   | 1 large (8" to 8-7/8" long)       | Bananas, raw                                       | 1.48         | 31.06         | 0.45         | 121.04         |
| <b>Totals:</b>   |                                   |  | <b>5.48</b>  | <b>37.06</b>  | <b>18.45</b> | <b>323.04</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 - grapes and cashews as a healthy snack</b>          |                                   |  |              |               |              |                |
| 25.00  | each                              | Grapes - American                                  | 0.50         | 10.25         | 0.00         | 50.00          |
| 1.00   | 1 oz                              | Nuts, cashew nuts, dry roasted, without salt added | 4.34         | 9.27          | 13.14        | 162.73         |
| <b>Totals:</b>   |                                   |  | <b>4.84</b>  | <b>19.52</b>  | <b>13.14</b> | <b>212.73</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>Evening Snack - fresh plum and almonds 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>Actual Totals for Day 10/15/2009:</b>                         |                                   |  | <b>81.21</b> | <b>188.21</b> | <b>59.24</b> | <b>1515.70</b> |
| <b>Actual % of Total Calories:</b>                               |                                   |  | <b>20.17</b> | <b>46.74</b>  | <b>33.10</b> |                |

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

| Qty   | Measure                           | Description                            | Protein(gm)   | Carbs(gm)     | Fats(gm)     | Calories       |
|---|-----------------------------------|--|---------------|---------------|--------------|----------------|
| <b>Breakfast - scramble eggs together if desired</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          |
| 1.00  | 1 cup, diced                      | Pineapple, raw, all varieties          | 0.84          | 20.34         | 0.19         | 77.50          |
| 1.00  | 1 tablespoon                      | Seeds, flaxseed                        | 2.19          | 3.47          | 5.06         | 64.08          |
| <b>Totals:</b>  |                                   |  | <b>18.32</b>  | <b>38.80</b>  | <b>11.26</b> | <b>315.00</b>  |
| <b>AM 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          |
| 1.00  | ounce(s)                          | Melba Toast, Wheat, Unsalted           | 0.67          | 3.67          | 0.00         | 16.67          |
| <b>Totals:</b>  |                                   |  | <b>1.78</b>   | <b>20.48</b>  | <b>0.21</b>  | <b>82.82</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 - almond butter spread on rice cake</b>             |                                   |  |               |               |              |                |
| 2.00  | table spoon                       | Almond Butter                          | 4.00          | 6.00          | 18.00        | 202.00         |
| 2.00  | each                              | Rice cake - plain, unsalted, Quaker    | 1.60          | 14.40         | 0.60         | 70.00          |
| <b>Totals:</b>  |                                   |  | <b>5.60</b>   | <b>20.40</b>  | <b>18.60</b> | <b>272.00</b>  |
| <b>Dinner - fish roughy and lg salad</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          |
| 2.00  | 3 oz                              | Fish, roughy, orange, cooked, dry heat | 38.49         | 0.00          | 1.53         | 178.50         |
| 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          |
| <b>Totals:</b>  |                                   |  | <b>54.72</b>  | <b>40.08</b>  | <b>11.07</b> | <b>463.74</b>  |
| <b>Evening Snack - enjoy trail 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 10/16/2009:</b>                        |                                   |  | <b>126.70</b> | <b>214.25</b> | <b>57.74</b> | <b>1827.52</b> |
| <b>Actual % of Total Calories:</b>                              |                                   |  | <b>26.91</b>  | <b>45.50</b>  | <b>27.59</b> |                |

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

| Qty  | Measure                        | Description  | Protein(gm)  | Carbs(gm)     | Fats(gm)     | Calories       |
|--|--------------------------------|--|--------------|---------------|--------------|----------------|
| <b>Breakfast - scramble eggs together if desired</b>             |                                |  |              |               |              |                |
| 0.50   | each                           | Apple - medium with peel                                 | 0.15         | 10.50         | 0.25         | 40.50          |
| 1.00   | 1 cup                          | Blackberries, raw  | 2.00         | 13.84         | 0.71         | 61.92          |
| 5.00   | each                           | Egg Whites - scrambled/boiled                            | 17.50        | 1.50          | 0.00         | 85.00          |
| 1.00   | 1 tablespoon                   | Seeds, flaxseed  | 2.19         | 3.47          | 5.06         | 64.08          |
| <b>Totals:</b>   |                                |  | <b>21.85</b> | <b>29.30</b>  | <b>6.01</b>  | <b>251.50</b>  |
| <b>AM Snack - almond butter spread on rice cake</b>              |                                |  |              |               |              |                |
| 2.00   | table spoon                    | Almond Butter  | 4.00         | 6.00          | 18.00        | 202.00         |
| 2.00   | each                           | Rice cake - plain, unsalted, Quaker                      | 1.60         | 14.40         | 0.60         | 70.00          |
| <b>Totals:</b>   |                                |  | <b>5.60</b>  | <b>20.40</b>  | <b>18.60</b> | <b>272.00</b>  |
| <b>Lunch - lentils 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         |
| 1.00   | cup                            | Lentil - boiled  | 17.80        | 39.80         | 0.80         | 230.00         |
| 1.00   | large                          | Salad - lrg. garden w/tomato & onion                     | 2.60         | 19.00         | 0.80         | 98.00          |
| <b>Totals:</b>   |                                |  | <b>28.91</b> | <b>89.51</b>  | <b>3.26</b>  | <b>493.60</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          |
| 1.00   | ounce(s)                       | Melba Toast, Wheat, Unsalted                             | 0.67         | 3.67          | 0.00         | 16.67          |
| <b>Totals:</b>   |                                |  | <b>1.78</b>  | <b>20.48</b>  | <b>0.21</b>  | <b>82.82</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          |
| 0.25   | 1 cup                          | Beans, black, mature seeds, cooked, boiled, without salt | 3.81         | 10.20         | 0.23         | 56.76          |
| 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>7.88</b>  | <b>35.08</b>  | <b>10.03</b> | <b>252.10</b>  |
| <b>Evening Snack - fresh plum and almonds as a healthy snack</b> |                                |  |              |               |              |                |
| 10.00  | 1 almond                       | Nuts, almonds  | 2.12         | 2.17          | 4.94         | 57.50          |
| 1.00   | each                           | Plum - fresh, 2.25" diam                                 | 0.50         | 8.60          | 0.40         | 36.00          |
| <b>Totals:</b>   |                                |  | <b>2.62</b>  | <b>10.77</b>  | <b>5.34</b>  | <b>93.50</b>   |
| <b>Actual Totals for Day 10/17/2009:</b>                         |                                |  | <b>68.63</b> | <b>205.54</b> | <b>43.45</b> | <b>1445.52</b> |
| <b>Actual % of Total Calories:</b>                               |                                |  | <b>18.45</b> | <b>55.26</b>  | <b>26.29</b> |                |

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

| Qty  | Measure                           | Description                            | Protein(gm)   | Carbs(gm)     | Fats(gm)     | Calories       |
|--|-----------------------------------|--|---------------|---------------|--------------|----------------|
| <b>Breakfast - scramble eggs together if desired</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          |
| 1.00   | 1 cup, diced                      | Pineapple, raw, all varieties          | 0.84          | 20.34         | 0.19         | 77.50          |
| 2.00   | 1 tablespoon                      | Seeds, flaxseed                        | 4.39          | 6.93          | 10.12        | 128.16         |
| <b>Totals:</b>   |                                   |  | <b>20.52</b>  | <b>42.27</b>  | <b>16.31</b> | <b>379.08</b>  |
| <b>AM Snack - grapes and rice cake as a healthy snack</b>        |                                   |  |               |               |              |                |
| 1.00   | cup                               | Grapes, Concord                        | 0.00          | 15.00         | 0.00         | 62.00          |
| 1.00   | each                              | Rice cake - plain, unsalted, Quaker    | 0.80          | 7.20          | 0.30         | 35.00          |
| <b>Totals:</b>   |                                   |  | <b>0.80</b>   | <b>22.20</b>  | <b>0.30</b>  | <b>97.00</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          |
| 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 - almond butter spread and rice cake</b>             |                                   |  |               |               |              |                |
| 2.00   | table spoon                       | Almond Butter                          | 4.00          | 6.00          | 18.00        | 202.00         |
| 2.00   | each                              | Rice cake - plain, unsalted, Quaker    | 1.60          | 14.40         | 0.60         | 70.00          |
| <b>Totals:</b>   |                                   |  | <b>5.60</b>   | <b>20.40</b>  | <b>18.60</b> | <b>272.00</b>  |
| <b>Dinner - fish roughy and lg salad</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          |
| 2.00   | 3 oz                              | Fish, roughy, orange, cooked, dry heat | 38.49         | 0.00          | 1.53         | 178.50         |
| 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          |
| <b>Totals:</b>   |                                   |  | <b>54.72</b>  | <b>40.08</b>  | <b>11.07</b> | <b>463.74</b>  |
| <b>Evening Snack - fresh plum and almonds 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>Actual Totals for Day 10/18/2009:</b>                         |                                   |  | <b>102.21</b> | <b>183.39</b> | <b>58.46</b> | <b>1607.23</b> |
| <b>Actual % of Total Calories:</b>                               |                                   |  | <b>24.50</b>  | <b>43.96</b>  | <b>31.53</b> |                |

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

| Qty   | Measure                       | Description  | Protein(gm)   | Carbs(gm)     | Fats(gm)     | Calories       |
|---|-------------------------------|--|---------------|---------------|--------------|----------------|
| <b>Breakfast - scramble eggs together if desired</b>  |                               |  |               |               |              |                |
| 5.00  | each                          | Egg Whites - scrambled/boiled                            | 17.50         | 1.50          | 0.00         | 85.00          |
| 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>24.80</b>  | <b>14.70</b>  | <b>7.40</b>  | <b>231.00</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           |
| 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>4.89</b>   | <b>16.63</b>  | <b>9.95</b>  | <b>162.36</b>  |
| <b>Lunch - lg salad and brwon rice</b>                |                               |  |               |               |              |                |
| 3.00  | 1 spear, medium (5-1/4" to 7" | Asparagus, raw   | 1.06          | 1.86          | 0.06         | 9.60           |
| 0.50  | 1 cup                         | Beans, black, mature seeds, cooked, boiled, without salt | 7.62          | 20.39         | 0.46         | 113.52         |
| 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>16.18</b>  | <b>90.95</b>  | <b>2.52</b>  | <b>453.12</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 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>Evening Snack - almond butter and rice cake</b>    |                               |  |               |               |              |                |
| 3.00  | table spoon                   | Almond Butter  | 6.00          | 9.00          | 27.00        | 303.00         |
| 2.00  | each                          | Rice cake - plain, unsalted, Quaker                      | 1.60          | 14.40         | 0.60         | 70.00          |
| <b>Totals:</b>  |                               |  | <b>7.60</b>   | <b>23.40</b>  | <b>27.60</b> | <b>373.00</b>  |
| <b>Actual Totals for Day 10/19/2009:</b>              |                               |  | <b>113.98</b> | <b>246.52</b> | <b>63.93</b> | <b>1971.48</b> |
| <b>Actual % of Total Calories:</b>                    |                               |  | <b>22.60</b>  | <b>48.88</b>  | <b>28.52</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.