

## Biomimetic Health System Food List

### Vegetables

Pick 2 Servings Per Meal / No more than two in one meal

Name	Serving Size
Asparagus (cooked)	1 cup
Banana Peppers	1 cup
Bell Peppers (Red, Green, Yellow)	1 cup
Broccoli	1 cup
Brussel Sprouts	1 cup
Cabbage	1 cup
Cauliflower	1 cup
Celery	1 cup
Chard	1 cup
Chicory	1 cup
Cucumber	1 cup
Dill Pickles	1 cup
Fennel	1 cup
Greens (Collard, Mustard, Turnip)	1 cup
Green Beans	1 cup
Jalapeno	1 cup
Lettuce (Iceberg, Green Leaf, Etc.)	1 cup
Onion (All Types)	1 cup
Parsley	1 cup
Radish (Red)	1 cup
Spinach	1 cup
Squash	1 cup
Tomato	1 cup
Zucchini	1 cup

2 Vegetables per meal

**Dairy & Gluten** - All dairy must be eliminated. A gluten free diet during this program is also suggested.

**Coconut Oil** is composed of approximately 66% medium-chain triglycerides and can be used sparingly in cooking.

## Fruits

Pick 2 Servings Per Day as Snacks



Name	Serving Size
Apple	Medium
Strawberry	20 Medium
Grapefruit (Pink or Red)	1/2 Large
Blueberry	1 Cup
Blackberry	1 Cup
Raspberry	1 Cup
Honeydew Melon	1 Cup
Watermelon	1 Cup
Cantaloupe	1 Cup

2 servings per day

## Meats

Pick 2 Servings Per Day / No more than one per meal / To be weighed raw

Name	Serving Size
Lean Ground Beef	3.5 oz.
Cube Steak	3.5 oz.
Sirloin Tip Side Steak	3.5 oz.
Top Round Steak	3.5 oz.
Tri-Tip	3.5 oz.
Chicken	3.5 oz.
Turkey	3.5 oz.



## Biomimetic Health System Food List cont.

### Fish

Pick 2 Servings Per Day / No more than one per meal / To be weighed raw

Name	Serving Size
Cat Fish	3.5 oz.
Cod	3.5 oz.
Flounder	3.5 oz.
Haddock	3.5 oz.
Halibut	3.5 oz.
Lemon Sole	3.5 oz.
Ling	3.5 oz.
Monk Fish	3.5 oz.
Parrot Fish	3.5 oz.
Pollack	3.5 oz.
Pomfret	3.5 oz.
Red & Grey Mullet	3.5 oz.
Red Fish	3.5 oz.
Red Snapper	3.5 oz.
Rock Salmon/Dogfish	3.5 oz.
Rohu	3.5 oz.
Sea Bass	3.5 oz.
Shark	3.5 oz.
Tilapia	3.5 oz.
Whiting	3.5 oz.

### Seafood

Pick 2 Servings Per Day / No more than one per meal / To be weighed raw

Name	Serving Size
Shrimp	3.5 oz.
Lobster	3.5 oz.
Crab Meat	3.5 oz.
Albacore Tuna	3.5 oz.

2 - 3.5 oz servings Protein per day

# Biomimetic Health System

## "Mobile App Patch" Diet

Day 1	Breakfast	Snack	Lunch	Snack	Dinner
	1 Pure Protein 1 - 2 Cups Coffee** (optional)	20 medium Strawberries	3.5 oz. Ground Beef 1 cup Green Beans 1 cup Salad Greens Fat-free Dressing	1 Cup Blueberries	3.5 oz. Chicken Breast 1 cup Cauliflower 1 cup Broccoli
Day 2	Breakfast	Snack	Lunch	Snack	Dinner
	½ Cup Egg Beaters 1 - 2 Cups Coffee** (optional)	1 cup Raspberries	3.5 oz. Turkey Breast 1 Cup Broccoli 1 Cup Green Beans	20 medium Strawberries	3.5 oz. Top Sirloin Spinach Salad w/ Purple Onion Fat-free Dressing
Day 3	Breakfast	Snack	Lunch	Snack	Dinner
	Pure Protein	1 Cup Blueberries	3.5 oz. Chicken Breast 10 Cherry Tomatoes 1 Cup Salad Greens Fat-free Dressing	1 Cup Cantaloupe	3.5 oz. Tilapia 1 Cup Brussel Sprouts 1 Cup Green Beans
Day 4	Breakfast	Snack	Lunch	Snack	Dinner
	½ Cup Egg Whites 2 Cups Coffee** (optional)	20 medium Strawberries	3.5 oz. Turkey Breast 1 Cup Green Beans 1 Cup Salad Greens Fat-free Dressing	1 Small Apple	3.5 oz. Top Sirloin Spinach Salad w/Onion 1 Cup Cauliflower Fat-free Dressing
Day 5	Breakfast	Snack	Lunch	Snack	Dinner
	½ Cup Egg Beaters 2 Cups coffee' (optional)	1 Cup Blueberries	3.5 oz. Tilapia 1 Cup Salad Greens 1 Cup Cucumbers Fat-free Dressing	1 cup Cantaloupe	3.5 oz. Ground Beef 1 Cup Broccoli 1 Cup Green Beans
Day 6	Breakfast	Snack	Lunch	Snack	Dinner
	½ Cup Egg Whites 2 Cups Coffee** (optional)	1 Medium Apple	3.5 oz. Ground Turkey 1 Cup Broccoli 1 Cup Brussel Sprouts	1 Cup Raspberries	3.5 oz. Top Sirloin Spinach Salad 1 Cup Green Beans Fat-Free Dressing
Day 7	Breakfast	Snack	Lunch	Snack	Dinner
	Pure Protein	1 Cup Raspberries	3.5 oz. Tilapia 1 Cup Green Beans 1 Cup Cauliflower	1 Small Apple	3.5 oz. Top Sirloin Spinach Salad 10 Cherry Tomatoes Fat-Free Dressing