

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 |