

Free Foods Eat as many items from these categories as needed to create a feeling of fullness.

Vegetables	Portion
Alfalfa Sprouts	2-4 oz
Arugula	2-4 oz
Bean Sprouts	2-4 oz
String Beans	2-4 oz
Broccoli	2-4 oz
Brussel Sprouts	2-4 oz
Cabbage	2-4 oz
Carrots	2-4 oz
Cauliflower	2-4 oz
Celery	2-4 oz
Cilantro	2-4 oz
Kale	2-4 oz
Cucumber	2-4 oz
Garlic	1 Clove
Lettuce	2-4 oz
Mushrooms	2-4 oz
Mustard Greens	2-4 oz
Olives	2-4 oz
Onions	2-4 oz
Snow Peas	2-4 oz
Radish	2-4 oz
Spinach	2-4 oz
Swiss Chard	2-4 oz
Zucchini	2-4 oz
Water Cress	2-4 oz
Sweet Potato / Yam	½ Potato

Dairy Alternatives	Portion
Almond Milk	6-8 oz
Rice Milk	4-6 oz
Almond Cheese	2 oz
Rice Cheese	2 oz

Fruits	Portion
Cantaloupe	4 oz
Grapefruit	4 oz
Honey Dew Melon	4 oz
Lemon	4 oz
Watermelon	4 oz
Blackberries	4 oz
Blueberries	4 oz
Raspberries	4 oz
Strawberries	4 oz
Apple	1 medium
Pear	1 medium
Figs - fresh	3-5 figs
Prunes - dried	3-5 prunes
Mangos - fresh / dried	3 pieces

Misc.	Portion
Coffee - decaf / half-caf	1 Cup/day
Black Tea - unsweetened	2 Cups/day
Ice Tea - unsweetened	2 Cups/day
Green Tea - unsweetened	3 + Cups/day
Mineral Water - unsweetened	3 Cups/day
Soda Water - unsweetened	3 Cups/day
Honey	½ Tbsp
Stevia	½ Tbsp
Agave Nectar	½ Tbsp

Starch / Grains	Portion
Rice (white / brown)	½ Cup
Brown Rice Tortillas	1 tortilla
Rice Crackers	2-3 crackers
Gluten-free Bread	1 slice
Quinoa	½ Cup
Ezekiel Bread	1 slice
Brown Rice Pasta	½ Cup cooked
Steel Cut Oats	1 Cup

Protein	Portion
Turkey - breast / bacon	2 slices
Eggs	2 eggs
Beef - ground / steak	2-4 oz
Chicken - breast	2-4 oz
Lamb	2-4 oz
Salmon	2-4 oz
Tuna	2-4 oz
Whitefish	2-4 oz
Halibut	2-4 oz
Cod	2-4 oz
Red Snapper	2-4 oz
Shrimp	2-4 oz
Tofu	2-4 oz
Black Beans	2-4 oz
Pinto Beans	2-4 oz
Red Beans	2-4 oz
Soy Beans - Edamame	2-4 oz
Lentils	2-4 oz

Fats	Portion
Olive Oil	1 Tbsp
Omega-3 Oil	1 Tbsp
Flax Oil	1 Tbsp
Coconut Oil	1 Tbsp
Avocado	½ Avocado
Almonds - raw / unsalted	2 oz
Cashews - raw / unsalted	2 oz
Pecans - raw / unsalted	2 oz
Walnuts - raw / unsalted	2 oz
Almond Butter	1 Tbsp
Cashew Butter	1 Tbsp

Visit www.bioticsresearch.com for recipes and shopping lists

These recommendations are on a per meal basis, not a per day basis.
Select no more than one item per category per meal.