



Weight
Management
System

Your fitness goals are just a few drops away!

EzFit Food List - So Easy to Choose!

Fruits:

- ♻️ Apricots
- ♻️ Blackberries
- ♻️ Blackcurrant
- ♻️ Cantaloupe
- ♻️ Grapefruit
- ♻️ Guava
- ♻️ Honeydew
- ♻️ Lemons
(as lemon water)
- ♻️ Melon
- ♻️ Peaches
- ♻️ Plums
- ♻️ Raspberries
- ♻️ Rhubarb
- ♻️ Strawberries
- ♻️ Tangerines
- ♻️ Watermelon

Vegetables:

- ♻️ All green leaves
(spinach, lettuce, chard, bok choy etc)
- ♻️ Artichokes
- ♻️ Asparagus
- ♻️ Bell Peppers
- ♻️ Broccoli
- ♻️ Brussel Sprouts
- ♻️ Carrots
- ♻️ Cauliflower
- ♻️ Celery
- ♻️ Cucumber
- ♻️ Mushrooms
- ♻️ Radishes
- ♻️ Summer Squash
- ♻️ Tomatoes
- ♻️ Zucchini

Meat / Protein:

- ♻️ Chicken
- ♻️ Beef
- ♻️ Lean Pork
- ♻️ Turkey
- ♻️ Lamb
- ♻️ Fish
- ♻️ Seafood
- ♻️ Eggs
- ♻️ Tofu
- ♻️ Quinoa



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