



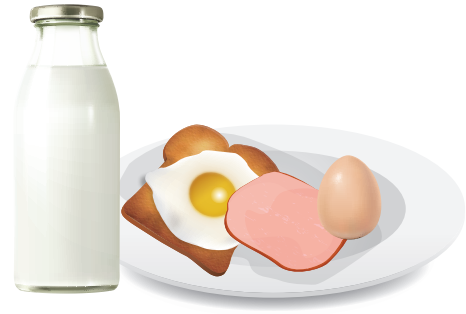
Weight
Management
System

Your fitness goals are just a few drops away!

Ezfit Sample Meal Plans:

Breakfast Samples:

- 2 eggs +
- 1 slice of ham +
- 1 slice of sprouted grain toast +
- 1 cup non-fat milk or unsweetened almond milk or unsweetened coconut milk



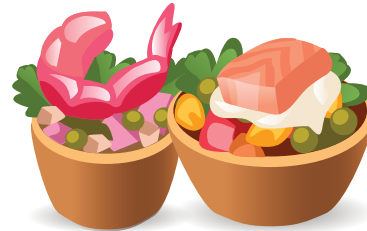
Snack Samples (Optional):

- Apple +
- 1 small handful of almonds (raw or slightly salted or roasted) or
- Non fat or low fat and non-sugar yogurt + fruit of your choice



Lunch Samples:

- Any green salad with healthy dressing (vinaigrette and olive oil) +
- with salmon, tuna, or shrimp or chicken breast



Snack Samples (Optional):

- Apple +
- 1 small handful of almonds (raw or slightly salted or roasted) or
- Non fat or low fat and free-sugar yogurt + fruit of your choice or
- ½ low-carb protein bar



Dinner Samples:

- Steak 6-8 oz seasoned with black pepper and salt with stir fry vegetables or green salad or
- Baked or pan seared scallop or fish (e.g. salmon steak or fillet) with stir fry vegetables or
- Roast beef 6-8 oz with vegetables or
- Skinny chicken and vegetable soup



Q: How to measure your protein portion?

A: Approximately the size of your palm



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