

# Be Renewed Continuation

## **SUPPLEMENTS SCHEDULE**



**Intesti-Mend:**  
**4 capsules/day**

*Intesti-Mend* is a whole food providing IgG and colostrum polypeptides. It also supplies protein, immune factors, growth factors, vitamins and minerals to ensure health and vitality naturally.\*



**Curcumin Complex:**  
**2 capsules/day**

*Curcumin Complex* has properties that may help reduce gut permeability.\* It does this by contracting the proteins of the intestinal lining, squeezing the cells closer together which helps in the integrity of its tight junctures.\* Through this mechanism it can tend to modulate gut barrier function which promotes overall gut health by helping in the composition and diversity of the gut bacteria.\*



**Vital-D:**  
**5 drops/day**

*Vital-D* plays an important role in the modulation of the immune system, crucial to healing the gut.\*



**Flora Plus:**  
**1 capsule/day**

*Flora Plus* supports the re-population and growth of friendly bacteria in the gut to balance bad bacteria/yeast as well as maintain overall digestive health.\*

**BeBalanced Hormone Weight Loss Centers**

800.361.8060 | [www.bebalancedcenters.com](http://www.bebalancedcenters.com)

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

# SHOPPING LIST

## Protein:

*4-6 oz. 3x's/day*

Beef, Buffalo,  
Venison, Veal  
Turkey, Chicken breast  
Uncured Bacon\* and  
Sausage\*

All Wild Caught Fish  
Lobster, Scallops,  
Shrimp, Crab (non-  
imitation)

\*No more than 2-3 times  
per week.

## Fruit:

*2 servings/day*

All Melon (1/2 cup)  
Apple (medium)  
Avocado (1/2)  
Banana (green  
turning yellow)  
Blackberries (1 cup)  
Blueberries (1 cup)  
Grapefruit (1/2 a large)  
Grapes (1/2 cup)  
Kiwi (1/2 cup)  
Orange (medium or 2  
clementine)  
Peaches (1/2 a medium)  
Pears (medium)  
Raspberries (1 cup)  
Strawberries (1 cup)

## Veggies:

*4-6 cups/day*

Asparagus  
Broccoli  
Cabbage  
Brussels Sprouts  
Sweet Potatoes  
Sauerkraut  
Cauliflower  
Celery  
Cucumber  
Lettuce  
Onion  
Radish  
Spinach  
Kale  
Olives  
Zucchini  
Spaghetti Squash

## Healthy Fats:

*2-4 Tbsp./day*

Avocado Oil  
Coconut Oil  
Olive Oil  
MCT Oil

## Seasonings:

*Organic Suggested*

No fruit-based and  
seed-based spices  
are allowed. Please  
be sure to check for  
fillers or any sugar as  
sugar is not allowed.

Basil Leaf  
Bay Leaf  
Chamomile  
Chervil  
Chives  
Cilantro  
Cinnamon  
Cloves  
Curry Leaf  
Dill Weed  
Fennel Leaf  
Fenugreek Leaves  
Galangal  
Garlic  
Ginger  
Horseradish  
Kaffir Lime Leaf  
Lavender  
Lemon Balm  
Lemongrass  
Mace  
Marjoram Leaf  
Onion Powder  
Oregano Leaf

Parsley  
Peppermint  
Rosemary  
Saffron  
Sage  
Savory Leaf  
Sea Salt  
Shallots  
Spearmint  
Tarragon  
Thyme  
Truffle Salt  
Turmeric  
Vanilla (alcohol-free)  
Wasabi (additive-free)

## Beverages:

Water (spring,  
distilled, or reverse  
osmosis)  
Green Tea  
White Tea  
Herbal Teas  
Dandy Tea  
Buddha Tea Dark  
Roast Yerba Mate  
(coffee substitute)  
Coconut Milk  
Kombucha drinks  
Kefir soda water

## Sweeteners:

If possible, we  
recommend that you  
avoid sweetener all  
together. However, if  
you choose to use it,  
we suggest using the  
lowest amount possible.  
Stevia (limit to two  
drops/serving, maximum  
of 6 drops per day)

Raw Maple Syrup or  
Honey (limit to 1 Tbsp.  
per day)

## Extras:

Coconut Milk Kefir  
Coconut Milk Yogurt  
Bone Broth