

Be Renewed Gut Restoration



Example Sample Day (for days 1-30)

This sample plan does not need to be followed precisely but serves as an example of how you may want to time your activities, supplements, and meals throughout the day.

Upon Waking

- Supplements included in program
- Make Lemon Water
 - 16 oz. warm to hot spring water
 - 1/4 tsp. sea salt
 - 1/2 a lemon
 - 1 tsp.-1 Tbsp. apple cider vinegar (optional)
- Go for a morning walk or try this 10 min. yoga <http://bitly.ws/dHwy>
- Internal exercises to stimulate digestion (pages 18-19 of manual)

Breakfast 7:30-8 AM

- 1-2 Foundation (optional supplement)
- 1 Super Digest (optional supplement)
- Hot Tea **OR** Dark Roast Yerba Mate
- 1/2 -1 cup of fruit
- 4-6 oz. protein
- 1 cup of veggies
- 1 Tbsp. healthy fat

Lunch 11:30 AM or 12 PM

- 1 Super Digest (optional supplement)
- 4-6 oz. protein
- 1-2 cups of veggies
- 1 TBS. of healthy fat

Snack 2:30-3 PM

- 2 BeLively (optional supplement)
- 2 BeVivacious (optional supplement)
- Hot herbal tea
- 1/2 – 1 cup of fruit **OR** 6 oz. coconut yogurt **OR** 8 oz. bone broth

Relaxation 3:30-5 PM

- 30 minutes of relaxation somewhere in this time frame if possible.
 - https://bit.ly/LG_digestion
 - https://bit.ly/LG_2
 - https://bit.ly/LG_3
 - You could also do any 432hz music, the calm app, brainsync.com, headspace.com

Dinner 6-6:30 PM

- 1-2 Foundation (optional supplement)
- 1 Super Digest (optional supplement)
- 4-6 oz. protein
- 1-2 cups of veggies
- 1 TBS. healthy fat

15-20 minutes After Dinner

- Go for a walk for 20-30 minutes to help with digestion (optional)
- Yoga poses (page 17 of manual)

Before bed

- Bedtime Drink 8-9 PM (tastes like hot apple cider)
 - 8-10 oz. hot Chamomile herbal tea
 - 1 Tbsp. MCT Oil* (blend with a frothier into the tea)
 - 1 pinch of cinnamon
 - 1 pinch of nutmeg
 - 1 TBS. apple cider vinegar
 - Squirt of stevia if needed (stir in all the above ingredients into tea)
- 2 BeRegular at bedtime (optional supplement)

*We recommended the use of MCT Oil in the evening with the purpose of stabilizing blood sugar during time of sleep. It is advised that our Pro Plus and Soothe Stress creams be used in combination with this eating plan in order to achieve maximum results. Please see your Stay Balanced paperwork for proper dosing.