



# URBAN REMEDY

## CINDY CRAWFORD'S ESSENTIALS

### *Here's why you'll love it:*

Use this collection as all the complete nutrition you need for 3 full days or as Cindy does, spread these items throughout the week as you choose. With great tasting grab-and-go healthy essentials at your fingertips, it's easier to look and feel your best.

- It's easy grab-and-go nutrition
- It works with your busy lifestyle
- It's made with the best plant-made ingredients
- It's all organic, non-GMO
- It allows the flexibility to plan with and around your life

### *Post Plan*

- To support a healthy body, we recommend seeking out foods with anti-inflammatory properties. Visit [urbanremedy.com/how-to-cleanse](https://urbanremedy.com/how-to-cleanse) for tips.

*Here is a suggested schedule.*

MEAL	DAY 1	DAY 2	DAY 3
UPON AWAKENING	← Drink a glass of warm water with ½ of a squeezed lemon. →		
EARLY-MORNING BEVERAGE	Cold Brew Energy	Matcha Mint	Cold Brew Energy
BREAKFAST	← Mint Cacao Chip →		
MID-MORNING BEVERAGE	Deep Cleaning	Glow	Slender Greens
LUNCH	Upbeet Vegan Cheeseburger Wrap	Eggplant Bacon Chop	Rainbow Salad
SNACK	Veggie Crackers	Carrot Curry Crackers	Carrot Curry Crackers
DINNER	Vegan Caesar	Burrito Bowl	Macro Bowl

Meal Plans may change throughout the year without notice to include special seasonal items and new Urban Remedy products.

Please call **1.855.UR.JUICE** or e-mail **connect@urbanremedy.com** should you need support or have any questions.