



URBAN REMEDY

KATE UPTON MEAL PLAN

Thank you so much for ordering the Kate Upton Meal Plan! Everyone always asks how I stay healthy while I'm constantly travelling and on-the-go... and my answer is Urban Remedy! We've created this menu together to be a comprehensive, delicious and satisfying plan with all of my favorite items. It's not about crash dieting, fads or restricting yourself from any groups of foods. It's about balance and creating a healthy, sustainable lifestyle.

Just as important as healthy eating, finding a workout routine that can fit into your busy lifestyle is key to staying strong, confident and happy. If you haven't already, I encourage you to try my 12-week program, Strong4Me Fitness, at [Strong4MeFitness.com](https://www.Strong4MeFitness.com). It's the perfect supplement to your meal plan!

I hope you enjoy!!

Kate Upton
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Plan Tips • Eight (8oz) glasses of water are recommended daily • Listen to your body and eat when hungry

MEAL	DAY 1	DAY 2	DAY 3
BREAKFAST	Java Shake	Mint Cacao Chip	Green Berry
MID-MORNING JUICE	Slender Greens	Glow	Happy Belly
LUNCH	Seasonal Salad + Organic Chicken	Rainbow Salad + Organic Chicken	Macro Bowl + Organic Chicken
AFTERNOON SNACK	Carrot Curry Crackers (1/2 Bag)	Cacao Chip Protein Bar	Carrot Curry Crackers (1/2 Bag)
DINNER	Vegan Caesar Salad	Soba Noodle Bowl	Mediterranean Bowl

Incorporate these shots during your daily workouts, as follows:

PRE-WORKOUT SHOT	<p style="text-align: center;">SUPERFRUIT C</p> <p style="text-align: center;">A pre-workout shot to boost endurance/energy/stamina (Drink within 1 hour of exercising)</p>
MID-WORKOUT HYDRATION	<p style="text-align: center;">CHLOROPHYLL REFRESH</p> <p style="text-align: center;">A mid-workout drink to support proper hydration</p>
POST-WORKOUT SHOT	<p style="text-align: center;">TURMERIC-RELIEVE</p> <p style="text-align: center;">A post-workout shot for recovery</p>

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