



URBAN REMEDY

METABOLISM MEAL PLAN

Plan Tips

- Start your morning with ½ of a lemon squeezed into a glass of warm water. Eight (8oz) glasses of water are recommended daily.
- If you are doing strenuous exercise and need to eat more, please choose anti-inflammatory foods like avocado, coconut oil, berries, apples, almonds, sprouts, celery and greens.

Post Plan

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

MEAL	DAY 1	DAY 2	DAY 3
BREAKFAST	← Slender Greens →		
MID-MORNING BEVERAGE	Strawberry Hibiscus Rose	Chlorophyll Refresh	Turmeric Boost
LUNCH	Rainbow Salad	Mediterranean Bowl	Rainbow Salad
SNACK	Carrot Curry Crackers (1/2 bag)	Carrot Curry Crackers (1/2 bag)	Veggie Crackers
DINNER	Seasonal Salad	Rainbow Salad	Vegan Caesar
LATE-NIGHT BEVERAGE	← Glow →		

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