



URBAN REMEDY

ANTI-INFLAMMATION MEAL PLAN

What is Inflammation?

Inflammation is the body's natural response to injury and irritants. The traditional American diet is full of inflammatory foods (i.e. high fat, high sugar, processed, full of preservatives, artificial sweeteners), which can lead to obesity, diabetes, stroke, and heart disease. Over 40 years ago, it was recommended that people eat a low-fat diet, which led to the increase in sugar for taste and flavor. Over the years, there has been a remarkable rise in all inflammatory diseases (heart disease, stroke, cancer, diabetes) directly linked to these high sugar, high processed foods and low fat diets. Eating foods in their natural state (fresh veggies, fruits, seeds, grass-fed meats, organic poultry, herbs) all naturally have anti-inflammatory properties. We use ingredients like fresh juiced turmeric, organic veggies, cold pressed low-glycemic green juices, and cacao-rich dessert, all free of dairy and grains.

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.

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	Mind Body Omega	Chocolate Banana	Green Berry
MID-MORNING BEVERAGE	Turmeric-Relieve	Turmeric-Relieve	Turmeric-Relieve
LUNCH	The Vegan Caesar	Seasonal Rolls	Rainbow Salad
AFTERNOON BEVERAGE	Glow	Slender Greens	Happy Belly
DINNER	Soba Noodles	Seasonal Salad	Macro Bowl
DESSERT	Raw Cacao Mousse	Raw Cacao Mousse	Raw Cacao Mousse

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