



URBAN REMEDY

BRIDAL 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.
- Enjoy our delicious Herbal Slimming tea made with Chinese herbs that strengthen digestion, reduce bloat and curb appetite. Steep 1 tea bag in 1 cup of hot water for 10 minutes and enjoy 15 minutes before meals.
- Add Tinctures to your beverages according to the plan on the next page.

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
UPON AWAKENING	Herbal Slimming Tea Bag brewed in hot water		
BREAKFAST	Glow + Diet Tincture		
MID-MORNING BEVERAGE	Time Machine + Youth Tincture + Diet Tincture		
LUNCH	The Vegan Caesar	Chinese Noodle Salad	Rainbow Salad
AFTERNOON SNACK	Spicy Lemon Almonds + Slender Greens + Youth Tincture + Diet Tincture		
DINNER	Green Tea Leaf Salad	Zen Salad	Cauli-Dal Soup (2-4 cups)
BEFORE BED	Herbal Slimming Tea Bag brewed in hot water		

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