



## 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	Shroom Coffee	Vanilla Matcha Latte	Shroom Coffee
BREAKFAST	← Mint Cacao →		
MID-MORNING BEVERAGE	Deep Cleaning	Glow	Slender Greens
LUNCH	Upbeet Vegan Cheeseburger Wrap	Seasonal Salad	Rainbow Salad
SNACK	Superfood Cookie Chocolate Chip	Berry Sunflower Butter Bar	Cookie Double Chocolate
DINNER	Vegan Caesar	Burrito Bowl	Macro Bowl

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