



URBAN REMEDY

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 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	Cacao Mocha	Matcha Au Lait	Cacao Mocha
BREAKFAST	← Mint Cacao Chip →		
MID-MORNING BEVERAGE	Deep Cleaning	Glow	Slender Greens
LUNCH	Upbeet Vegan Cheeseburger Wrap	Thai Veggie Noodles	Rainbow Salad
SNACK	Spicy Lemon Almonds	Sweet Potato Hummus & Veggies	Spicy Lemon Almonds
DINNER	Green Tea Leaf Salad	Seasonal Arugula Salad	Macro Bowl

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