



# URBAN REMEDY

## IMMUNE BUNDLE

### *Directions*

- Each day, enjoy a cold pressed juice with added immune tincture, soup and crackers, and a Booster Shot.
- Depending on how you feel, some will enjoy a light breakfast like fruit and a handful of nuts or oatmeal with juice and tincture.
- Enjoy half of the soup and crackers for lunch and the other half for dinner. Take the Booster shot as a pick-me-up or afternoon snack.
- Feel free to mix and match items to fit into your schedule and level of hunger.

## 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](https://urbanremedy.com/how-to-cleanse) for tips.

SAMPLE MEAL PLAN	DAY 1	DAY 2	DAY 3
MORNING	Happy Belly + Immuno Tincture	Cold Crusher + Immuno Tincture	Deep Cleaning + Immuno Tincture
LUNCH	Cauli-Dal Soup (2-4 cups) + Veggie Crackers (1/2 Bag)	Lemony Greens Soup (2-4 cups) + Carrot Curry Crackers (1/2 Bag)	Carrot Avo Soup (2-4 cups) + Veggie Crackers (1/2 Bag)
AFTERNOON SHOT	←————— Booster Shot —————→		
EVENING	←————— Enjoy the other half of your soup or supplement with your own light dinner. —————→		

Please call **1.855.UR.JUICE** or e-mail [connect@urbanremedy.com](mailto:connect@urbanremedy.com) should you need support or have any questions.