



URBAN REMEDY

KATE UPTON MEAL PLAN

Thank you so much for ordering the Kate Upton Meal Plan! Everyone always asks how I stay healthy while I'm constantly travelling and on-the-go... and my answer is Urban Remedy! We've created this menu together to be a comprehensive, delicious and satisfying plan with all of my favorite items. It's not about crash dieting, fads or restricting yourself from any groups of foods. It's about balance and creating a healthy, sustainable lifestyle.

Just as important as healthy eating, finding a workout routine that can fit into your busy lifestyle is key to staying strong, confident and happy. If you haven't already, I encourage you to try my 12-week program, Strong4Me Fitness, at [Strong4MeFitness.com](https://www.Strong4MeFitness.com). It's the perfect supplement to your meal plan!

I hope you enjoy!!

Kate Upton
XX

STRONG4
Me
FITNESS

FLIP 

Plan Tips • Eight (8oz) glasses of water are recommended daily • Listen to your body and eat when hungry

MEAL	DAY 1	DAY 2	DAY 3
BREAKFAST	Java Shake	Mint Cacao Chip	Green Berry
MID-MORNING JUICE	Slender Greens	Glow	Happy Belly
LUNCH	Kale Ginger Salad	Rainbow Salad	Macro Bowl
AFTERNOON SNACK	Berry Sunflower Bar	Matcha Energy Bar	Golden Turmeric Bar
DINNER	The Vegan Caesar	Soba Noodle Bowl	Burrito Bowl

Incorporate these shots during your daily workouts, as follows:

PRE-WORKOUT SHOT	<p style="text-align: center;">SUPERFRUIT C</p> <p style="text-align: center;">A pre-workout shot to boost endurance/energy/stamina (Drink within 1 hour of exercising)</p>
MID-WORKOUT SHOT	<p style="text-align: center;">CLEAN GREEN REFRESH</p> <p style="text-align: center;">A mid-workout drink to support proper hydration</p>
POST-WORKOUT SHOT	<p style="text-align: center;">TURMERIC-RELIEVE</p> <p style="text-align: center;">A post-workout shot for recovery</p>

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