



# URBAN REMEDY

## KETO MEAL PLAN

### *Plan Tips*

- Start your morning with a glass of warm water with lemon.
- Stay hydrated. Drink 8 glasses of filtered water throughout the day.
- Add 1 tsp of MCT oil to your morning lemonade. If you drink coffee you can add the MCT oil to brewed organic coffee and blend in a blender for a creamy treat (no sugar though!). Around lunch time you can drizzle another 1 tsp on your salad or in your soup for dinner. At the beginning, the MCT oil can stimulate a bowel movement, so start slow. You'll want to increase over the 3 days of your program to 1 Tbsp per day.
- Limit yourself to light exercise like walks, yoga, and stretching. Your energy levels may change during this program, so pay attention to what your body needs.

## Post Plan

- It's time to stick to your new eating habits. Take this opportunity to incorporate healthier dietary and lifestyle choices to be the best you.
- You can test your urine, blood or breath to see if you are in ketosis.
- To stay in ketosis, you can count your daily net carbs by looking at total carbs and subtracting the fiber to calculate the total net carbs. Everyone is different, but a range of 25-80g net carbs daily is a good place to start. You must also test yourself so you can see if you are on the lower or higher end based on your body type and activity level.
- Listen to your body. Continue to take the time to relax and ease into strenuous, sweat-inducing workouts.

*Each day is 40g net carbs or less including breakfast, lunch, dinner and a snack.*

MEAL	DAY 1	DAY 2	DAY 3
BREAKFAST	2 Eggs + Refresh	2 Eggs + Refresh	2 Eggs + Refresh
LUNCH	Zen Salad + Chicken	Rainbow Salad + Chicken	Rainbow Salad + Salmon
SNACK	Matcha Energy Bar	Spicy Lemon Almonds	Spicy Lemon Almonds
DINNER	Cauli-Dal Soup (2 cups) + Salmon + Boost	Zen Salad + Salmon + Time Machine	Cauli-Dal Soup (2 cups) + Chicken + Boost
MCT OIL	1 tsp - 1 Tbsp per day	1 tsp - 1 Tbsp per day	1 tsp - 1 Tbsp per day

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