



URBAN REMEDY

METABOLISM MEAL PLAN

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.
- Add Tinctures to your beverages according to the plan on the next page.
- If you are doing strenuous exercise and need to eat more, please choose anti-inflammatory foods like avocado, coconut oil, berries, apples, almonds, sprouts, celery and greens.
- Savor our evening medicinal tea to reduce bloating, strengthen digestion and reduce hunger before bedtime.

Post Plan

- To support a healthy body, we recommend seeking out foods with anti-inflammatory properties. Visit urbanremedy.com/how-to-cleanse for tips.

MEAL	DAY 1	DAY 2	DAY 3
UPON AWAKENING	Herbal Slimming Tea Bag brewed in hot water		
BREAKFAST	Slender Greens + Diet Tincture		
MID-MORNING BEVERAGE	Açaí Cayenne + Diet Tincture	Chlorophyll Refresh + Diet Tincture	Turmeric Boost + Diet Tincture
LUNCH	Rainbow Salad	Purple Power Salad	Rainbow Salad
SNACK	Sour Cream & Chive Zucchini Chips	Carrot Curry Crackers (1/2 bag)	Spicy Lemon Almonds
DINNER	Sun Kissed Spaghetti	Tahini Bowl	Sun Kissed Spaghetti
LATE-NIGHT BEVERAGE	Glow		
BEFORE BED	Herbal Slimming Tea Bag brewed in hot water		

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