



URBAN REMEDY

METTA-MORPHOSIS

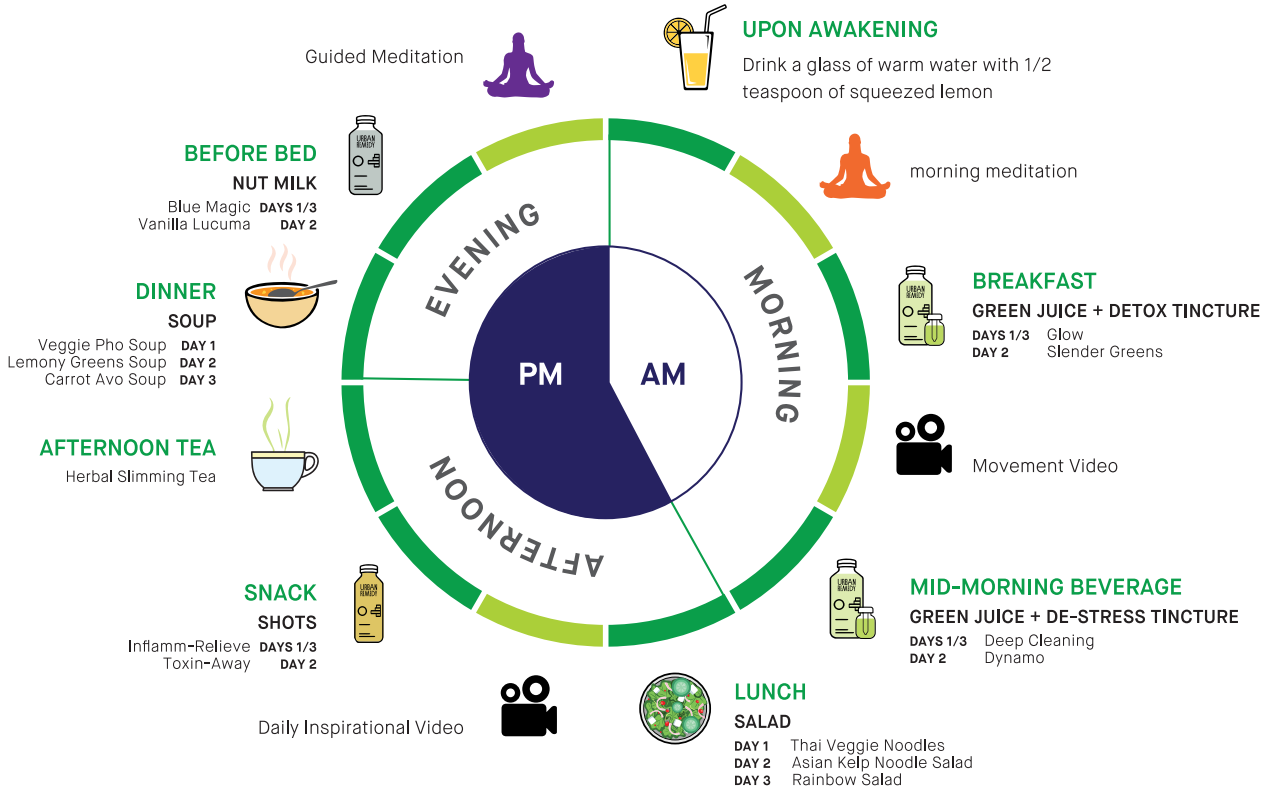
(3 DAY)

Plan Tips

- Upon waking up, have a glass of warm water with a squeeze of lemon to stimulate metabolism and digestion.
- Carve out extra time in the morning for meditation, movement, video, and journaling
- When you start to feel hungry have your first green juice with the detox tincture. By only having green juices until noon, you are normalizing your insulin and leptin sensitivity, which lowers hunger levels, increases cellular energy, and burns fat more efficiently.
- Around 2 hours later when you feel hungry again, have your next green juice with the de-stress tincture. A delicious lunch is right around the corner. You've got this!!
- Enjoy your salad at lunch. Savor it, chew well and enjoy every bite.
- Be sure to drink enough water throughout the day. Right when you feel like you need a pick me up, we've got your back. A wellness shot to increase metabolism, reduce inflammation, and pull out toxins.
- Savor our afternoon medicinal tea to reduce bloating, strengthen digestion and reduce hunger. Dinner is on its way.
- Tonight, enjoy our warm nourishing soup. Feel free to spice it up with a little cayenne to stimulate your metabolism or an extra squeeze of lemon.
- Who doesn't like a sweet treat? We have an antioxidant-rich, creamy, naturally sweet cashew milk to calm and nourish you before bed.

3-DAY PROGRAM

**Here is a sample day but feel free to incorporate the lifestyle components as they fit your daily routine.*



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