

A glass of green juice and a bowl of fresh vegetables.

URBAN REMEDY

METTA-MORPHOSIS

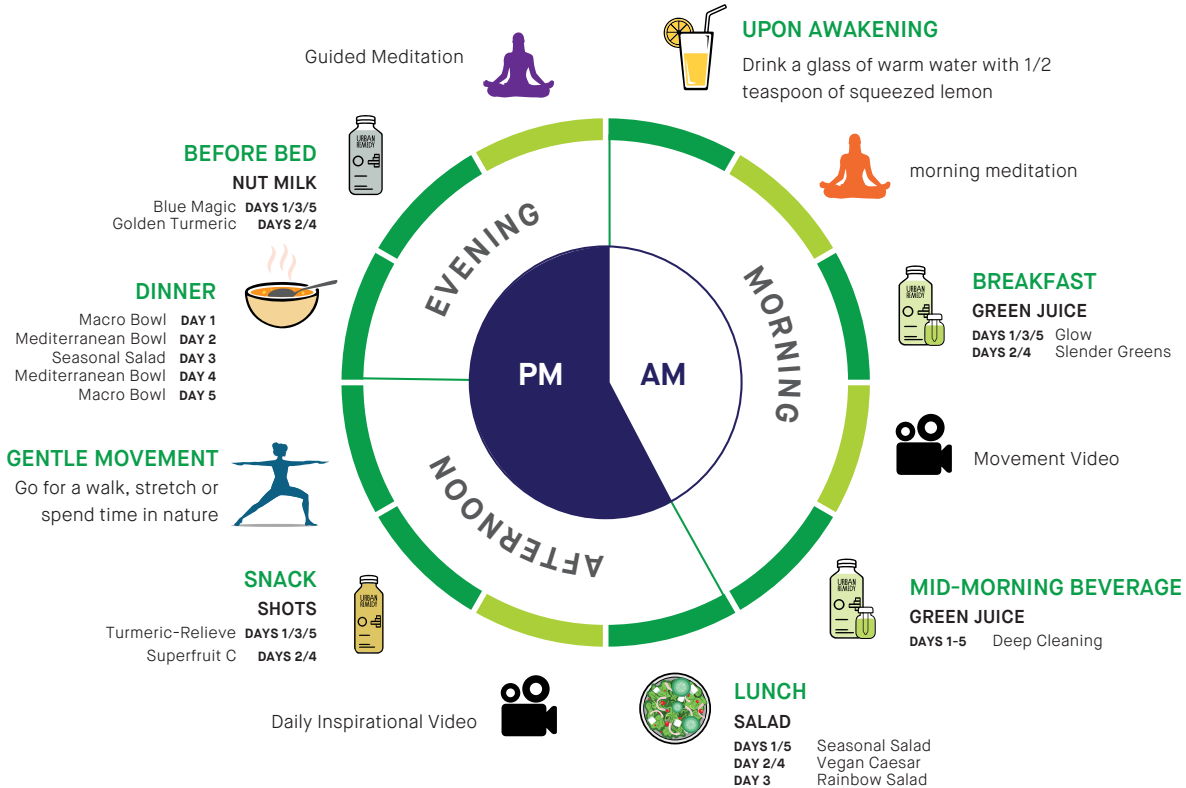
(5 DAY)

Plan Tips

- Upon awakening, have a glass of warm water with a squeeze of lemon.
- Carve out extra time in the morning for meditation, movement, video, and journaling
- When you start to feel hungry, have your first green juice. By only having green juices until noon, you are extending the cleansing process.
- Around 2 hours later when you feel hungry again, have your next green juice. A delicious lunch is right around the corner. You've got this!!
- Thoroughly enjoy 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 for a boost.
- Tonight, enjoy a heartier dinner. Feel free to warm your macro bowl by sautéing a few minutes in a skillet.
- Who doesn't like a sweet treat? We have an antioxidant-rich, creamy, naturally sweet cashew milk to calm and nourish you before bed.

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