

The image shows three glass bowls of soup arranged on a white surface. The bowl on the left contains a vibrant orange soup, likely carrot or tomato-based, garnished with fresh green herbs and a sprig of purple onion. The middle bowl contains a light green soup, possibly cauliflower or pea soup, garnished with small green microgreens. The bowl on the right contains a vegetable soup with visible shredded carrots, white bean sprouts, and other vegetables. The text 'URBAN REMEDY' is overlaid in the center in a bold, black, sans-serif font.

# URBAN REMEDY

## WARMING SOUP CLEANSE

### *During your cleanse*

- Begin each morning with a glass of warm water with lemon.
- Listen to your body and eat when you feel hungry.
- **Instructions:** warm 2-4 cups of Lemony Greens Soup for breakfast, Cauli-Dal Soup for lunch, Carrot Avo Soup for dinner, and snacks as needed throughout the day. If you are feeling extra hungry add a tablespoon of coconut oil to your soup. This will help you feel full longer.
- Alcohol and caffeine should not be consumed.

# WARMING SOUP CLEANSE

## 1 LEMONY GREENS SOUP

A detoxifying, mineral-rich green soup made with low-glycemic celery root blended with fresh celery, parsley, spinach, broccoli, swiss chard, chickpea miso, and lemon juice. Supports cleansing, healthy digestion, and balances the body.

## 2 CAULI-DAL SOUP

This guilt-free, creamy cauliflower-based soup is dairy, grain, and gluten-free. Rich and soothing, the Cauli-Dal combines warming spices to support healthy digestion. The perfect meal on a cold day or night.

## 3 CARROT AVO SOUP

A hearty raw soup blend of carrot juice, avocado, lemon juice, ginger juice, garlic, basil, mint, and cayenne pepper, loaded with vitamins A & C that's great for a hot or cold meal.

For a list of post-cleanse tips, visit [urbanremedy.com/how-to-cleanse](https://www.urbanremedy.com/how-to-cleanse)

Please call **1.855.UR.JUICE** or e-mail [connect@urbanremedy.com](mailto:connect@urbanremedy.com) should you need support or have any questions.