

URBAN REMEDY

FOOD IS HEALING

METTA-MORPHOSIS PROGRAM (3 DAY)

Congratulations on taking a step towards more optimal health! Below are guidelines for Metta-Morphosis. We believe the more you can incorporate the lifestyle aspects, the more you will get out of the program. We are grateful to have you on this journey. Please reach out with any questions.

Upon wakening have a glass of warm water with a squeeze of lemon to stimulate metabolism and stimulate digestion. Because you are 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.

When you start to feel hungry have your first green juice with the detox tincture.

Around 2-3 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 shot to increase metabolism and reduce inflammation.

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 you metabolism or an extra squeeze of lemon if you like.

Who doesn't like a sweet treat? We have an antioxidant-rich, creamy, naturally sweet cashew milk to calm and nourish you before bed.

For questions or comments log into our Facebook group page at www.facebook.com/groups/590565524485668/

SAMPLE DAILY SCHEDULE*

	DAY 1	DAY 2	DAY 3
UPON WAKENING	Glass of warm water + ½ of a squeezed lemon		
	Morning Meditation		
BREAKFAST	Glow + Detox Tincture	Slender Greens + Detox Tincture	Glow + Detox Tincture
	Movement Video		
MID-MORNING BEVERAGE	Deep Cleaning + De-Stress Tincture	Dynamo with Probiotics + De-Stress Tincture	Deep Cleaning + De-Stress Tincture
LUNCH	Mediterranean Herb Salad	Veggie Chopped Salad	Umeboshi Sushi Salad
	Daily Inspirational Video		
SNACK	Inflam-alleve	Endurance	Hydration
AFTERNOON TEA	Herbal Slimming Tea	Herbal Slimming Tea	Herbal Slimming Tea
DINNER	Veggie Pho Soup	Lemony Greens Soup	Raw Carrot Soup
BEFORE BED	Blue Magic Milk	Vanilla Cashew Nut Milk	Blue Magic Milk
	Guided Meditation		

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