URBAN REMEDY

FOOD IS HEALING

METABOLISM MEAL PLAN

About this meal plan

The Metabolism Meal Plan delivers 3 days of balanced, low-glycemic, plant-based nutrition to support healthy weight and energy levels.

Plan tips

- Start your morning with a glass of warm water with ½ of a lemon squeezed into the water. Eight (8oz) glasses of water are recommended daily.
- If you are doing strenuous exercise and need to eat more, please choose anti-inflammatory foods. Visit www.urbanremedy.com/anti-inflammatory to see the full list.
- Enjoy our delicious Herbal Slimming tea made with Chinese herbs that strengthen digestion, reduce bloat and curb appetite. Steep 1 tea bag in 1 cup of hot water for 10 minutes and enjoy 15 minutes before meals.
- Add Tinctures to your beverages according to the plan below.

Post-plan

- To support a healthy body, we recommend seeking out foods with anti-inflammatory properties. Visit www.urbanremedy.com/anti-inflammatory to see the full list.

Please give us a call at 1.855.UR.JUICE or send an e-mail to connect@urbanremedy.com should you need support or have any questions. Please consult your physician if you have any medical conditions.

	DAY 1	DAY 2	DAY 3
UPON AWAKENING	Herbal Slimming Tea Bag brewed in hot water		
BREAKFAST	Slender Greens + Diet Tincture		
MID-MORNING BEVERAGE	Time Machine + Diet Tincture	Refresh + Diet Tincture	Boost + Diet Tincture
LUNCH	Veggie Chopped Salad	Lemony Greens Soup (1/2 jar)	Rainbow Salad
SNACK	Sweet Potato Hummus & Veggies	Carrot Curry Crackers (1/2 bag)	Spicy Lemon Almonds
DINNER	Veggie Pho Soup (full jar)	Umeboshi Salad	Lemony Greens Soup (1/2 jar)
LATE-NIGHT BEVERAGE	Glow		
BEFORE BED	Herbal Slimming Tea Bag brewed in hot water		

One day is approximately 950 calories