

QUESTIONS?

call us at 1.855.90JUICE

email us at info@theurbanjuicer.com

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 @theurbanjuicer

The Urban Juicer believes in sourcing local products and ingredients whenever possible. In rare instances we may substitute ingredients when items are not available or cost prohibitive. Therefore, we reserve the right to substitute.

IMPORTANT! Proper refrigeration is **ESSENTIAL** for your juice and bone broths. Make sure you put them in the fridge ASAP if you don't plan to drink immediately.

NOTICE: The Urban Juicer is not a medical doctor. The Urban Juicer is not licensed to practice medicine or give medical advice. Please consult a physician regarding medical questions before undertaking a new dietary regime.

DISCLAIMER: It is advisable to seek professional [medical] advice prior to initiating any new regimen. The Urban Juicer is not a medical organization. The Urban Juicer (employees and/or staff) cannot give any medical advice or diagnosis. Any/all information garnered from The Urban Juicer shall not be interpreted as a substitute for medical advice or a Doctor's consultation, evaluation, or treatment.

the
perfect
duo

HOT + COLD



heal + seal your gut

why cleanse?

press your body's reset button

Cleansing is like pushing a mental and physical reset button for your body. Cleansing provides you with the vitamins, minerals, and nutrients needed for your body to heal and rebuild. As your body repairs itself, you will experience enhanced mental clarity and increased energy; two of cleansing's greatest benefits.

rest & repair your digestive system

Your intestine is easily injured by toxic foods, certain medications, and stress. Cleansing allows your stomach to work less, creating an easier digestive process as well as providing your liver a much needed break from detoxifying harmful molecules.

start craving healthier foods

Cleansing provides your body with nutrition while consuming less calories than a normal diet. The cleansing process re-trains your body to crave the foods it needs and will help you achieve your long-term goals for healthy eating.

identify your body's weaknesses

By cutting out dairy, meat, wheat, gluten, and fermented foods, your juice cleanse can help you identify which foods could be causing you to suffer from a lack of energy, stomach aches, bloating, and other digestive issues.

shed weight & boost energy

When you cleanse you will naturally lose some weight due to a lower calorie count, controlled cravings, and an improved sense of energy. Your body will be filled with more robust, beneficial nutrients than ever before. Most people experience a prolonged burst of energy and clarity that won't leave you crashing a few hours later like most caffeinated drinks.

the ultimate detoxification

Cleansing can help to heal cells and reduce physical ailments by supplying your body with the best resources to fight off common chronic symptoms like headaches, congestion, and bloating. The anti-oxidants and anti-inflammatories found in plant-supplied nutrients offer your body the support it needs for optimal detoxification!

ready. set. go.

ready!

Start the day off with a glass of warm water. Consider adding lemon or apple cider vinegar to help stimulate your liver and begin the cleansing process before your first sip of juice.

set!

Keep up with your juice and broth schedule. Four juices and four servings of bone broth may seem like a lot, but drinking every 2-2.5 hours will keep your blood sugar from spiking. Even if you don't feel hungry, try not to skip your servings!

go!

Now you're ready to nourish your body! We suggest you drink your juices and bone broth in the following order – but feel free to do what feels right for you.

7am	Lemon-Aid
9 am	The Well Being
10 am	The Wake Up Call
12 pm	8oz Remedy Bone Broth
3 pm	8oz Remedy Bone Broth
5 pm	8oz Remedy Bone Broth
7 pm	8oz Remedy Bone Broth
8 pm	The Liver Lover



during your cleanse

during your cleanse...



rest!

Relax, think of the cleanse as an exercise in itself. It's important not to be sedentary, but take it easy. Take a walk or a light jog, but don't go crazy.



pamper!

Throughout the cleanse, your body is getting rid of toxic waste. Doing things like exfoliating your skin and taking warm baths will help remove dead skin cells and open your pores for a healthier, brighter glow.



hydrate!

Remember to stay hydrated! Keep a water bottle handy at all times. A good rule of thumb is to drink one ounce of water per pound that you weigh.



cheat!

Sticking to juice and bone broth alone is tough, so don't be too hard on yourself. If you need to cheat, keep it simple by eating raw vegetables or soaked almonds. You can also add grass fed butter, ghee or coconut oil to your bone broth servings.



assist!

Listen to your body, sometimes it needs a little help. For support, take herbal laxatives or a whole food probiotic.

meet your bone broth

nutrients!

All of Remedy's bone broths contain 20 grams of protein per 8 ounce cup! Where you find bone broth protein, you also find gut healing amino acids. Take a look at what is in every sip you take...



Collagen delivers hair, skin and nail support



Glutamine restores the integrity of your intestinal wall and enhances your immune system



Proline reduces cellulite (especially when paired with Vitamin C) and regenerates cartilage and growth tissue and is vital to joint health



Glycine aids in digestion and is key to reversing acid reflux



Arginine promotes human growth hormones, which boosts metabolism and assists with weight loss



natural!

All poultry ingredients used are all natural and pasture-raised. All beef ingredients are 100% grass-fed and pasture-raised. Almost all other ingredients are organic, including the shiitake mushrooms used in the vegan broth.



sip!

It's time to take that first sip. Get your serving ready in a mug, heat to 145-160 degrees and enjoy your delicious, savory broth. If your goal is not weight loss, add 1 tbsp of grass fed butter or ghee to each serving.

meet your juices

The Urban Juicer's raw, cold pressed juices each have 2.5lbs of fresh fruit and veggies and are jammed packed with vitamins, minerals, phytonutrients and anti-inflammatory qualities. Don't be surprised if your energy is increased, your gut works more efficiently and your immune system is boosted. It's time to meet your juices!



1

activate!

kickstart your day with a drink that will alkalize and detox your body



2

nourish!

who says you can't drink your breakfast? get your full day of greens in one nutrient dense bottle



3

energize!

stay fueled and alert with this antioxidant packed formula



4

detoxify!

finish out your day with a powerhouse of detoxifying vitamins and antioxidants

bone broth care

store it!

Remedy's bone broths are delivered frozen. Keep frozen or consume with seven days of refrigeration.

thaw it!

If you pop a container of frozen bone broth into a bowl of warm water for about a minute, it will thaw enough to be removed from the container. Place frozen broth in microwave-safe container or on the stove. These containers are BPA-free and microwave-safe, but we don't recommend using plastic in microwaves when other materials are available. It will also thaw in the refrigerator in about 24 hours!

keep it!

Refrigerate unused broth and consume within seven days.

cleanse after care

day 1

breakfast

green smoothie

lunch

quinoa salad

snack

rice cakes with
almond butter and
chia seeds

dinner

vegetable stir-fry
over brown rice

day 2

breakfast

chia bowl with
berry medley
and granola

lunch

strawberry and
spinach smoothie +
hemp protein

snack

carrots with
hummus

dinner

spring mix salad
with roasted potatoes,
topped with roasted
walnuts

day 3

breakfast

greek yogurt with
fruit and granola

lunch

mediterranean wrap
with fruit and carrots

snack

popcorn and/or
bananas with
almond butter

dinner

spinach and goat
cheese stuffed
chicken on a bed of
roasted asparagus

Be kind to your digestive system after your cleanse by starting with small, light meals.
Stick to raw foods for a day or so and then slowly reintroduce dairy, fish and meat if you'd like.
This meal plan is a suggestion so feel free to adjust as needed.