

10-DAY FAST METABOLISM CLEANSE

Sample Meal Map

* All recipes noted can be found on HayliePomroy.com

AN ACTUAL CLIENT'S CLEANSE

UNLIMITED VEGGIES

| | Breakfast | Snack | Lunch | Snack | Dinner | At a Glance |
|--------------------------|---|---|--|---|--|---------------------------------|
| Day 1 |  | 1/2 CUP BLUEBERRIES & 1/2 CUP CARROTS |  | 1 APPLE & 1/2 CUP CELERY STICKS | CHILI (FREEZE LEFTOVERS FOR FUTURE USE) | 2 SHAKES 1 MEAL 2 SNACKS |
| Day 2 |  | 1/2 CUP BLUEBERRIES & 1/2 CUP CARROTS |  | 1 APPLE & 1/2 CUP CELERY STICKS | CHICKEN & BROCCOLI BOWL | 2 SHAKES 1 MEAL 2 SNACKS |
| Day 3 |  | 1/2 CUP BLUEBERRIES & 1/2 CUP CARROTS |  |  | TURKEY SOUP (FREEZE LEFTOVERS FOR FUTURE USE) | 3 SHAKES 1 MEAL 1 SNACK |
| Day 4 |  |  | LEFTOVER CHILI |  |  | 4 SHAKES 1 MEAL |
| Days 5, 6 & 7 |  |  |  |  |  | 5 SHAKES (UNLIMITED VEGGIES) |
| Day 8 |  |  |  |  | LEFTOVER TURKEY SOUP WITH PUMPKIN SEEDS | 4 SHAKES 1 MEAL |
| Day 9 |  |  |  | 2 TABLESPOONS RAW ALMOND BUTTER & 1/2 CUP CELERY | BROWN RICE FUSILLI WITH OLIVES | 3 SHAKES 1 MEAL 1 SNACK |
| Day 10 |  | 1/2 AVOCADO & 1/2 CUP SLICED BELL PEPPER |  | 2 TABLESPOONS RAW ALMOND BUTTER & 1/2 CUP CELERY | SHRIMP & ASPARAGUS STIR FRY | 2 SHAKES 1 MEAL 2 SNACKS |