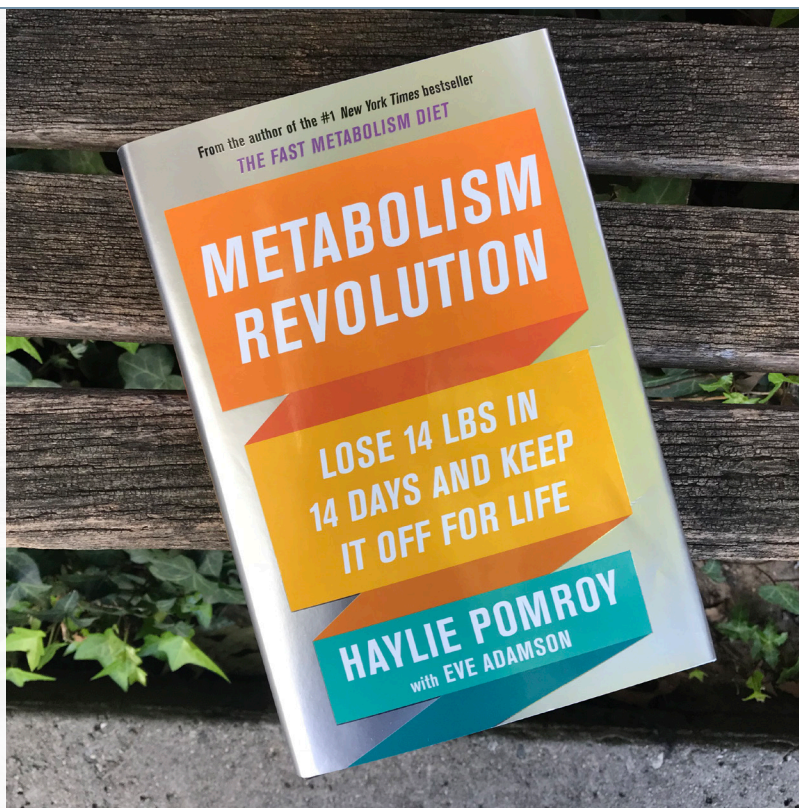




**HAYLIE  
POMROY**  
HayliePomroy.com

# 10 TIPS, 10 RECIPES FOR RAPID WEIGHT LOSS

Companion Guide to *Metabolism Revolution*







**WAIT!**

Before you do anything,  
go to my website and  
**BECOME A MEMBER TODAY!**



You will find delicious  
recipes, super simple meal  
maps, access to our private  
Facebook page, and more!

Get a FREE month trial of my  
Membership Program  
Use coupon code: **joinmefree**

# INDEX

- 4-5 10 Tips to Rapid Weight Loss
- 10 Recipes for Rapid Weight Loss
  - 6 Savory Oats - Breakfast Part 1
  - 8 Breakfast Salad – Breakfast Part 2
  - 10 One-Pan Tropical Chicken - Lunch Part 1
  - 12 Pineapple Cucumber Salad with Sea Bass – Lunch Part 1
  - 14 Tuna-Stuffed Avocado – Lunch Part 2
  - 16 Spicy Tips – Lunch Part 2
  - 18 Lemon-Basil Pork Chops with Wild Rice – Dinner Part 1
  - 20 Cajun Shrimp and Black Beans – Dinner Part 1
  - 22 Rainbow Chicken and Veggies – Dinner Part 2
  - 24 Spaghetti Squash Stir-Fry – Dinner Part 2

# 10 TIPS TO RAPID WEIGHT LOSS

## 1. Eat 35 Times Per Week

Eat 5 times per day (a total of 35 meals and snacks per week). To stoke your metabolic fire and burn away fat at the rapid pace we are going for during the next 14 days, it is essential to eat often. You must keep kindling that fire. Do not skip any meals or snacks.

## 2. Eat Within 30 Minutes of Waking

Eat within 30 minutes of waking. This is no time to skip breakfast, or you douse your metabolic fire at the beginning of your day. Even if you must swap a snack with breakfast in order to get out the door in time, eat something right away. After 30 minutes, you have already depressed your metabolic fire and you will have a harder time getting it going again.

## 3. Eat Every 2 to 4 Hours

Eat every 2 to 4 hours (except, obviously, when you are sleeping). In some of my other books, I say not to go longer than 3 to 4 hours, but eating every 2 hours is just fine and a good way to keep your metabolism burning. Never go longer than 4 hours without a meal or snack when you are awake, or your metabolic fire will begin to die down. This is extremely important.

## 4. Make the 14-Day Commitment

Stay on the plan for 14 days. If you see big results after one week, don't get satisfied and quit. You need to do the entire 14 days for the weight to get off and stay off. When you lose weight quickly at the beginning, you need to solidify those results. If your weight is stubborn, you may also find that you lose most of it in the second half. You need 14 solid days of repair to get the job done, and get it done right.

## 5. Stick to Your Split

Your assigned Meal Map in Metabolism Revolution has a 4/3 or 3/4 split, with one style of eating for the first part of the week, and a different style of eating for the second half. This split is specifically for the purpose of fueling rapid weight loss, so don't stray from it.

## 6. Drink Half Your Body Weight in Ounces of Water Every Day

When you lose weight quickly, your body is shedding fat, fluid, and metabolic waste. Help that process along and stay hydrated by getting in the habit of drinking half your body weight in ounces of spring water daily. For example, if you weigh 180 pounds, you would drink 90 ounces of water. I like to fill up a jug with my water for the day and pour glasses from that until it's gone, but whatever way works for you is great.

# 10 TIPS TO RAPID WEIGHT LOSS CONT.

## 7. Eat Organic Whenever Possible

I understand that organic food isn't always available or affordable, so I don't absolutely require it. However, whenever you can, keep the pesticides and pharmaceuticals out of your food by eating organic, especially when it comes to meat, and vegetables or fruits that you eat with the skin. These agricultural chemicals are metabolic disruptors. When your liver must focus on processing toxins (not just food chemicals but also environmental pollution, alcohol, and pharmaceuticals), it can't focus on processing fat. Organic food and a clean environment make your liver's job easier, and weight loss faster.

## 8. Don't Eat Off-Plan

The foods I've chosen for you are specifically designed to get the weight off fast, so stick to the food list in Metabolism Revolution. If you are tempted to ask me, "But Haylie, can I have X, Y, or Z?" then just assume the answer is, "Not for the next 14 days." You can, however, swap like items with other items on the list—fruit for fruit, vegetable for vegetable, protein for protein, etc. For instance, if you don't like asparagus but you love cucumber, you can swap those in equal portions. But don't swap for something that isn't on the list, like tomatoes or jicama. Those are off the list for the next 14 days for good reason, even though they are on some of the food lists in some of my other plans. Each plan has specific goals, so don't eat off-plan.

## 9. Choose Your 14 Days Wisely

Before you jump into the plan, you'll need to pull out your calendar and find a 14-day period where you don't have a lot of super stressful things going on. Don't do it when you are moving, or sending the last child off to college, or starting a new job. Don't do it when you are going to be on vacation, or you have a lot of high-intensity work stuff happening. But, don't put it off either. Life is full of stressful times, and you can't ever avoid them completely. Just do your best.

## 10. Choose a Start Date

Also, consider your starting day. Many of my clients like to start on Monday, just because it makes sense to them to start at the beginning of the week. Then you will end on a Sunday and in two weeks from this Monday, you'll feel like a whole new you. But starting on Monday isn't required. You could start on any day of the week. Planning is everything.

In Good Health,



# 10 RECIPES FOR RAPID WEIGHT LOSS

## Savory Oats - Breakfast Part 1 | Serves 1

| INGREDIENTS                          | MEAL MAP A   | MEAL MAP B   | MEAL MAP C   |
|--------------------------------------|--------------|--------------|--------------|
| Old-Fashioned Oats*                  | 1/4 Cup      | 1/4 Cup      | 1/4 Cup      |
| Fresh Thyme Sprig                    | 1            | 1            | 1            |
| Sea Salt                             | Pinch        | Pinch        | Pinch        |
| Eggs**                               | 2            | 2            | 2            |
| Mushrooms                            | 1 Cup Sliced | 2 Cup Sliced | 2 Cup Sliced |
| Baby Spinach                         | 1 Cup        | 1 Cup        | 1 Cup        |
| Red Pepper Flakes                    | Pinch        | Pinch        | Pinch        |
| Apple, Cored And Sliced              | 1            | 1            | 1            |
| Turkey Bacon,** Nitrate-Free, Cooked | None         | None         | 4 Slices     |

1. Cook the oats according to the package instructions. Reduce the heat to low to keep the oats at a bare simmer. Add the thyme sprig and salt, stir, and cover. Leave undisturbed for at least 5 minutes, or until cooked to your desired consistency.
2. While the oatmeal is cooking, poach or fry the eggs in a nonstick pan (don't use oil), and saute the mushrooms and spinach in a little water.
3. Remove the oatmeal from the heat, remove the thyme sprig, and spoon the oats in a bowl.
4. Top the oats with the eggs, mushrooms, and spinach. Garnish with the red pepper flakes and serves with apple slices and, for Meal Map C only, turkey bacon.

\*If you don't eat any grain, you may substitute any non-grain complex carb from the Metabolism Revolution Food List in your book.

\*\*If you don't eat any animal products, you any substitute any Vegetarian Protein from the Metabolism Revolution Food List in your book.





**Savory Oats - Breakfast Part 1** | Serves 1

## Breakfast Salad – Breakfast Part 2 | Serves 1

| INGREDIENTS                | MEAL MAP A | MEAL MAP B | MEAL MAP C |
|----------------------------|------------|------------|------------|
| Mixed greens               | 2 cups     | 2 cups     | 4 cups     |
| Red onion, diced           | 1/4 cup    | 1/4 cup    | 1/4 cup    |
| Avocado, sliced            | None       | 1/4        | 1/4        |
| Smoked salmon*             | 2 ounces   | 4 ounces   | 4 ounces   |
| Poached egg*               | 1          | 2          | 2          |
| Sea salt and ground pepper | To taste   | To taste   | To taste   |
| Paprika                    | Dash       | Dash       | Dash       |
| Mixed Berries              | 1 cup      | None       | None       |

1. On a large plate, lay the mixed greens, onion, and avocado, if following Meal Maps B and C. Place the smoked salmon around the plate.

2. Top with the poached egg(s). Season with salt and pepper to taste and sprinkle with the paprika. For Meal Map A, serve with mixed berries on the side.

\*If you don't eat any animal products, you can substitute any Vegetarian Protein from the Metabolism Revolution Food List in your book.





**Breakfast Salad – Breakfast Part 2** | Serves 1



## One-Pan Tropical Chicken - Lunch Part 1 | Serves 1

| INGREDIENTS                | MEAL MAP A     | MEAL MAP B     | MEAL MAP C     |
|----------------------------|----------------|----------------|----------------|
| Thyme, dried               | 1/2 tablespoon | 1/2 tablespoon | 1/2 tablespoon |
| Allspice                   | 1/2 tablespoon | 1/2 tablespoon | 1/2 tablespoon |
| Sea salt                   | 1/4 teaspoon   | 1/4 teaspoon   | 1/4 teaspoon   |
| Ground pepper              | 1/4 teaspoon   | 1/4 teaspoon   | 1/4 teaspoon   |
| Garlic powder              | 1/4 tablespoon | 1/4 tablespoon | 1/4 tablespoon |
| Cinnamon                   | 1/4 teaspoon   | 1/4 teaspoon   | 1/4 teaspoon   |
| Chicken breast*            | 4 ounces       | 4 ounces       | 4 ounces       |
| Red bell pepper, chunks    | 1 cup          | 1 cup          | 1 cup          |
| Yellow bell pepper, chunks | 1 cup          | 1 cup          | 1 cup          |
| Red onion, diced           | 1 cup          | 1 cup          | 1 cup          |
| Zucchini, small pieces     | 1 cup          | 1 cup          | 1 cup          |
| Mango, chunks              | 1 cup          | 1 cup          | 2 cups         |

1. Preheat the oven to 425° F. Line a baking sheet with parchment paper.
2. In a small bowl, stir together the thyme, allspice, salt, black pepper, garlic powder, cinnamon. In a medium bowl, toss the chicken with 1 tablespoon of the spice mixture. Make sure it is evenly coated, then arrange the chicken on the prepared baking sheet. In a large bowl, toss the bell peppers, onion and zucchini with the remaining spice mixture.
3. Bake the chicken for 10 minutes, then remove the pan from the oven and flip the chicken. Arrange the seasoned vegetables on the pan with the chicken and bake for 15 minutes more.
4. Remove from the oven and let the chicken rest for 5 minutes. Serve the chicken and veggies with the mango alongside.

\*If you don't eat any animal products, you can substitute any Vegetarian Protein from the Metabolism Revolution Food List in your book.



**One-Pan Tropical Chicken - Lunch Part 1** | Serves 1



## Pineapple Cucumber Salad with Sea Bass – Lunch Part 1 | Serves 1

| INGREDIENTS               | MEAL MAP A    | MEAL MAP B    | MEAL MAP C    |
|---------------------------|---------------|---------------|---------------|
| Pineapple, chunks         | 1 cup         | 1 cup         | 2 cups        |
| Cucumber, sliced          | 1 cup         | 1 cup         | 1 cup         |
| lime, zest and juice      | 1/2           | 1/2           | 1/2           |
| Cilantro, freshly chopped | 2 tablespoons | 2 tablespoons | 2 tablespoons |
| Sea bass*                 | 4 ounces      | 4 ounces      | 4 ounces      |
| Sea salt                  | 1/2 teaspoon  | 1/2 teaspoon  | 1/2 teaspoon  |
| Ground pepper             | 1/2 teaspoon  | 1/2 teaspoon  | 1/2 teaspoon  |
| Paprika                   | 1/2 teaspoon  | 1/2 teaspoon  | 1/2 teaspoon  |
| Mixed greens              | 3 cups        | 3 cups        | 3 cups        |

1. Preheat the broiler to high with the oven rack 6 to 8 inches from the heat.
2. In a medium bowl, combine the pineapple, cucumbers, lime zest, lime juice, and cilantro. Season with salt and pepper. Toss lightly to distribute the lime zest and juice evenly. If not serving immediately, cover and refrigerate until ready to serve.
3. Season the bass with the salt, pepper, and paprika. Place the fish on the baking sheet. Broil until the flesh is opaque and flakes easily with a fork, 10 to 12 minutes.
4. Serve the sea bass over the mixed greens, topped with the pineapple-cucumber salad.

\*If you don't eat any animal products, you can substitute any Vegetarian Protein from the Metabolism Revolution Food List in your book.



**Pineapple Cucumber Salad with Sea Bass – Lunch Part 1 | Serves 1**



## Tuna-Stuffed Avocado – Lunch Part 2 | Serves 1

| INGREDIENTS                    | MEAL MAP A   | MEAL MAP B   | MEAL MAP C    |
|--------------------------------|--------------|--------------|---------------|
| Avocado, small                 | 1/2          | 1/2          | 1/2           |
| Tuna, in water, drained*       | 4 ounces     | 4 ounces     | 8 ounces      |
| Red bell pepper, diced         | 1/4 cup      | 1/4 cup      | 1/2 cup       |
| Jalapeno, minced               | 1 tablespoon | 1 tablespoon | 2 tablespoons |
| Cilantro, fresh, chopped       | 1/4 cup      | 1/4 cup      | 1/2 cup       |
| Lime juice                     | 1 tablespoon | 1 tablespoon | 2 tablespoons |
| Sea salt and ground pepper     | To taste     | To taste     | To taste      |
| Cucumber, sliced               | 1/2 cup      | 1 cup        | 1 cup         |
| Celery, sticks                 | 3 stalks     | 4 stalks     | 4 stalks      |
| Medium carrot, cut into sticks | None         | 1            | 1             |

1. Scoop out some of the avocado from the pitted area to widen the “bowl.” Set the halves aside. Place the scooped avocado in a medium bowl and mash it with a fork. Add the tuna, bell pepper, jalapeno, cilantro, and lime juice and stir until well combined.

2. Scoop the tuna mixture into the avocado halves. Season with salt and black pepper. Serve with sliced cucumber, celery sticks, and for Meal Maps B and C, carrot sticks.

\*If you don’t eat any animal products, you can substitute any Vegetarian Protein from the Metabolism Revolution Food List in your book.





**Tuna-Stuffed Avocado – Lunch Part 2 | Serves 1**

## Spicy Tips – Lunch Part 2 | Serves 1

| INGREDIENTS                | MEAL MAP A   | MEAL MAP B   | MEAL MAP C   |
|----------------------------|--------------|--------------|--------------|
| Olive oil                  | 1 tablespoon | 1 tablespoon | 1 tablespoon |
| Smoked paprika             | 1/4 teaspoon | 1/4 teaspoon | 1/4 teaspoon |
| Garlic, minced             | 1/4 teaspoon | 1/4 teaspoon | 1/4 teaspoon |
| Cayenne pepper             | Dash         | Dash         | Dash         |
| Sea salt and ground pepper | To taste     | To taste     | To taste     |
| Steak, of choice*          | 4 ounces     | 4 ounces     | 8 ounces     |
| Asparagus                  | 1 cup        | 2 cups       | 2 cups       |
| Broccoli florets           | 1 cup        | 2 cups       | 2 cups       |

1. In a large zip-top freezer bag, combine the oil, paprika, garlic, cayenne, and salt and black pepper to taste. Add the steak, seal and shake the bag to coat the meat fully. Set aside to marinate for 30 minutes to 2 hours.

2. Meanwhile, fill a large pot with 1 inch of water and set a steamer basket inside. Bring the water to a simmer. Add the asparagus and broccoli to the steamer basket, cover, and steam until tender-crisp.

3. Preheat the broiler.

4. Drain the steak and discard the marinade. Place the steak on a large baking sheet and broil for 4 to 8 minutes, or until cooked to the desired doneness.

5. Serve the steak with the steamed asparagus and broccoli florets.

\*If you don't eat any animal products, you can substitute any Vegetarian Protein from the Metabolism Revolution Food List in your book.





**Spicy Tips – Lunch Part 2** | Serves 1



## Lemon-Basil Pork Chops with Wild Rice – Dinner Part 1 | Serves 1

| INGREDIENTS                | MEAL MAP A     | MEAL MAP B     | MEAL MAP C       |
|----------------------------|----------------|----------------|------------------|
| Basil, fresh, minced       | 1/4 cup        | 1/4 cup        | 1/2 cup          |
| Garlic, minced             | 3/4 tablespoon | 3/4 tablespoon | 1 1/4 tablespoon |
| Lemon juice                | 3/4 tablespoon | 3/4 tablespoon | 1 1/4 tablespoon |
| Sea salt                   | 1/4 teaspoon   | 1/4 teaspoon   | 1/2 teaspoon     |
| Ground pepper              | 1/8 teaspoon   | 1/8 teaspoon   | 1/4 teaspoon     |
| Pork loin chop, thick cut* | 4 ounces       | 4 ounces       | 8 ounces         |
| Wild rice, cooked          | 1/2 cup        | 1/2 cup        | 1/2 cup          |
| Asparagus, steamed         | 2 cups         | 4 cups         | 4 cups           |
| Lemon juice                | To taste       | To taste       | To taste         |

1. In a small bowl, combine the basil, garlic, lemon juice, salt, and pepper and mix well. Coat both sides of the pork chops with the mixture and let sit for 20 minutes. Steam the asparagus in a steamer or steamer basket over boiling water for about 5 minutes, or until crisp-tender and bright green.

2. Heat a grill to medium or heat a grill pan over medium heat.

3. Grill the chops over direct heat for 5 to 6 minutes per side, or until the internal temperature reaches 145° F. Let rest for 5 minutes.

4. Serve with wild rice and steamed asparagus alongside. Season with salt and pepper and drizzle with lemon juice.

\*If you don't eat any animal products, you can substitute any Vegetarian Protein from the Metabolism Revolution Food List in your book.





**Lemon-Basil Pork Chops with Wild Rice – Dinner Part 1 | Serves 1**



## Cajun Shrimp and Black Beans – Dinner Part 1 | Serves 1

| INGREDIENTS                | MEAL MAP A   | MEAL MAP B   | MEAL MAP C     |
|----------------------------|--------------|--------------|----------------|
| Shrimp, medium, raw*       | 4 ounces     | 4 ounces     | 8 ounces       |
| Cajun seasoning            | 1/4 teaspoon | 1/4 teaspoon | 1/2 teaspoon   |
| Ground pepper              | 1/8 teaspoon | 1/8 teaspoon | 1/2 teaspoon   |
| Chili powder               | 3/4 teaspoon | 3/4 teaspoon | 1 1/4 teaspoon |
| Onion powder               | 3/4 teaspoon | 3/4 teaspoon | 1 1/4 teaspoon |
| Cumin, ground              | 1/4 teaspoon | 1/4 teaspoon | 1/2 teaspoon   |
| Smoked paprika             | 3/4 teaspoon | 3/4 teaspoon | 1 1/2 teaspoon |
| Black beans, cooked        | 1/2 cup      | 1/2 cup      | 1/2 cup        |
| Cauliflower florets        | 2 cups       | 4 cups       | 4 cups         |
| Lime, juiced               | 1/2          | 1/2          | 1/2            |
| Cilantro, chopped          | To taste     | To taste     | To taste       |
| Sea salt and ground pepper | To taste     | To taste     | To taste       |

1. Preheat the oven to 450° F. Line a baking sheet with parchment paper.
2. In a large bowl, combine the Cajun seasoning, pepper, chili powder, onion powder, cumin, and paprika and mix well. Add the shrimp and coat evenly.
3. Spread the seasoned shrimp in an even layer on the prepared baking sheet. Bake for 10-12 minutes. Remove from the oven, squeeze the lime juice over the entire pan, and sprinkle with cilantro, salt, and pepper.
4. While the shrimp is cooking, steam the cauliflower florets in a steamer or steamer basket over boiling water for about 5 minutes, or until crisp-tender.
5. Serve the shrimp with warmed black beans and cauliflower florets.

\*If you don't eat any animal products, you can substitute any Vegetarian Protein from the Metabolism Revolution Food List in your book.



**Cajun Shrimp and Black Beans – Dinner Part 1 | Serves 1**



## Rainbow Chicken and Veggies – Dinner Part 2 | Serves 1

| INGREDIENTS                                     | MEAL MAP A    | MEAL MAP B    | MEAL MAP C    |
|---|---------------|---------------|---------------|
| Chicken breast, chopped*                        | 4 ounces      | 4 ounces      | 8 ounces      |
| Bell pepper, chopped<br>(red, yellow or orange) | 3/4 cup       | 1 1/4 cups    | 1 1/4 cups    |
| Red onion, chopped                              | 1/4           | 1/2           | 1/2           |
| Zucchini, chopped                               | 1/2 cup       | 1 cup         | 1 cup         |
| Broccoli florets                                | 3/4 cup       | 1 1/4 cup     | 1 1/4 cup     |
| Olive oil                                       | 2 tablespoons | 2 tablespoons | 2 tablespoons |
| Sea salt  | 1/4 teaspoon  | 1/2 teaspoon  | 1/2 teaspoon  |
| Ground pepper                                   | 1/4 teaspoon  | 1/2 teaspoon  | 1/2 teaspoon  |
| Italian seasoning                               | 1/2 teaspoon  | 1 teaspoon    | 1 teaspoon    |
| Paprika   | 1/8 teaspoon  | 1/4 teaspoon  | 1/4 teaspoon  |

1. Preheat the oven to 500°F.

2. Place the chicken, bell pepper, onion, zucchini, and broccoli in a medium roasting dish or rimmed baking sheet. Add the oil, salt, pepper, Italian seasoning, and paprika. Toss to combine. Bake for 15 minutes, or until the veggies are charred and the chicken is cooked through. Serve.

\*If you don't eat any animal products, you can substitute any Vegetarian Protein from the Metabolism Revolution Food List in your book.



**Rainbow Chicken and Veggies – Dinner Part 2 | Serves 1**



## Spaghetti Squash Stir-Fry – Dinner Part 2 | Serves 1

| INGREDIENTS  | MEAL MAP A    | MEAL MAP B    | MEAL MAP C    |
|--|---------------|---------------|---------------|
| Cooked spaghetti squash                            | 1 cup         | 2 cups        | 2 cups        |
| Olive oil  | 1 tablespoon  | 1 tablespoon  | 1 tablespoon  |
| Chicken breast, chopped into<br>bite-sized pieces* | 4 ounces      | 4 ounces      | 8 ounces      |
| Green beans, halved                                | 1/2 cup       | 1/2 cup       | 1/2 cup       |
| Bell peppers, diced                                | 1/4 cup       | 1/2 cup       | 1/2 cup       |
| Green onions, diced                                | 1/4 cup       | 1/2 cup       | 1/4 cup       |
| Crushed red pepper                                 | Pinch         | Pinch         | Pinch         |
| Zucchini, sliced                                   | 1/4 cup       | 1/2 cup       | 1/2 cup       |
| Sea salt   | 1/4 teaspoon  | 1/2 teaspoon  | 1/2 teaspoon  |
| Parsley  | 1 teaspoon    | 2 teaspoons   | 2 teaspoons   |
| Basil  | 1/4 teaspoon  | 1/2 teaspoon  | 1/2 teaspoon  |
| Sage   | 1/4 teaspoon  | 1/2 teaspoon  | 1/2 teaspoon  |
| Raw cashews, halves or pieces                      | 2 tablespoons | 2 tablespoons | 2 tablespoons |

1. Preheat the oven to 400°F Prick the squash all over with a fork and microwave for 5 minutes to soften it. Cut it in half lengthwise, scoop out the seeds, and put the halves in a baking dish, cut-side down. Add 1 tablespoon water and bake for about 40 minutes, or until the squash is tender. Use a fork to scrape the flesh of the squash into long, thin “noodles.” Put 1 cup for Meal Map A, or 2 cups for Meals Maps B and C, on a plate and set aside. (If you cook the whole spaghetti squash, you will have more than the amount you need for this recipe. You could save the remaining squash to use in another recipe, such as the Spaghetti Squash Frittata in the Metabolism Revolution book.)

2. In a large skillet, heat the oil over medium heat. Add the chicken and green beans, cover, and cook for 3 to 5 minutes. Open the lid and stir. Add the bell pepper, scallions, and red pepper flakes, cover, and cover for 3 to 5 minutes. Open the lid and stir. Add the zucchini, salt, parsley, basil, and sage. Stir to combine the ingredients. Cover and cook until the chicken is cooked through and the vegetables are tender by not mushy, about 8 minutes.

3. To serve, pour the chicken-vegetable mixture over the spaghetti squash and garnish with cashews.

\*If you don’t eat any animal products, you can substitute any Vegetarian Protein from the Metabolism Revolution Food List in your book.



**Spaghetti Squash Stir-Fry – Dinner Part 2** | Serves 1