

	A.M Supplements	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	A.M Supplements
Day 1	2 Capsules Metabolism Multi	Oatmeal Fruit Smoothie	Apple Slices with Cinnamon	Vegetarian Lentil Chili and Peaches	Orange	Sweet Potato and Broccoli Saute	2 Capsules Metabolism Multi
Day 2	2 Capsules Metabolism Multi	Oatmeal with Peaches and Cinnamon	Berries	Sweet Potato and Broccoli Saute and an Apple	Orange	Vegetable Curry	2 Capsules Metabolism Multi
Day 3	2 Capsules Metabolism Multi	Spinach and Mushroom Scramble	“Margarita” Edamame	Edamame Chopped Confetti Salad	Peppery Tofu Jerky	Tempeh Vegetable Stew	2 Capsules Metabolism Multi
Day 4	2 Capsules Metabolism Multi	Southwestern Breakfast Stir-Fry	Peppery Tofu Jerky	Tempeh Vegetable Stew	“Margarita” Edamame	Steakhouse Salad	2 Capsules Metabolism Multi
Day 5	2 Capsules Metabolism Multi	Cashew Quinoa Hot Cereal	Almond Butter and Celery Sticks	Vegetable Curry with Sliced Almonds and Peaches	Creamy Guacamole with Red Bell Pepper Strips	Vegetarian Lentil Chili with Avocado	2 Capsules Metabolism Multi
Day 6	2 Capsules Metabolism Multi	Black Bean And Tomato Toast	Hummus with Red Bell Pepper Strips	Ultimate Greek Salad and Berries	Cashews and Cucumber Slices	Sweet Potato Shepherd’s Pie	2 Capsules Metabolism Multi
Day 7	2 Capsules Metabolism Multi	Oatmeal with Cashews and Berries	Almonds and Carrot Sticks	Ultimate Greek Salad and Berries	Hummus and Cucumber Slices	Eggplant Stew	2 Capsules Metabolism Multi

* All recipes can be found on HayliePomroy.com

7-Day Fast Metabolism Diet Vegan Grocery List

Quantities are the minimum you'll need for the 7 days. But feel free to stock up!

DRY GOODS

- Steel cut oats, 1 1/4 cups
Old fashioned are fine if you can't find steel cut
- Quinoa, 1/3 cup
- Brown rice, 1.5 cups
- Sprouted-grain bread, 1 slice
Check your store's gluten-free section, sometimes in the freezer section
- Lentils, 2 cups
- Organic vegetable broth, (3) 32-oz. boxes
- Raw almonds, 1/2 cup
- Raw cashews 1/2 cup
- Raw almond butter, 2 tablespoons
- Canned black beans, (2) 15-oz. cans
- Canned garbanzo beans, (4) 15-oz. cans
- Canned white beans, (2) 15-oz. cans
- Tomato paste, (2) 6-oz. cans
- Peperoncini, 1 jar
- Kalamata olive, 1/3 cup

FROZEN

- Frozen mixed berries, 6 cups
- Frozen peaches, 3 cups
- Shelled edamame (soy beans), 1 1/2 cups

REFRIGERATED

- Unsweetened almond milk or Coconut milk, 1/2 cup
- Hummus, 2/3 cup
- Plain soy tempeh, 8 oz.
- Plain extra-firm tofu, 20 oz.

FRESH HERBS

- Cilantro, 1 small bunch
- Garlic, 2 heads

FRESH FRUIT

- Apples, 2
- Oranges, 2
- Limes, 2
- Lemons, 2

VEGETABLES

- Mushrooms, 8 oz.
- Yellow onions, 5
- Red onions, 3
- Spinach, 1 lb.
- Cucumbers, 5
- Tomatoes, 8
- Avocados, 3
- Green cabbage, 1 small head
- Red bell peppers, 4
- Orange bell pepper, 1
- Green onions, 1 bunch
- Broccoli florets, 2 lbs.
- Kale, 1 small bunch
- Celery, 1 bunch
- Sweet potatoes, 4 large plus 4 medium
- Green beans, 1 lb. 5 oz.
- Cauliflower, 1 lb.
- Eggplant, 1 medium
- Leeks, 3 oz.
- Carrots, 1 lb.
- Hatch green chili, 1
- Roma tomatoes, 5

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DRIED SPICES/CONDIMENTS

- Sea salt
- Black pepper
- Cinnamon
- Red pepper flakes
- Cumin
- Chili powder
- Onion powder
- Oregano
- Basil
- Curry powder
- Celery seed
- Thyme
- Liquid smoke
- Bay leaf
- Basil
- Turmeric
- Coconut vinegar
- Grapeseed oil or Olive oil is also fine
- Tamari
- Coconut aminos
- Balsamic vinegar
- Safflower mayo
- Xylitol or Stevia
- Red wine vinegar

SHOPPING NOTES:

Don't like a particular veggie or fruit?

You can substitute with another phase-specific item.

You might want to pick up extra veggies for snacking.

We've given minimum ingredient quantities to make a week's worth of recipes (you'll often have some leftovers). When no quantity is listed, assume that a standard container will contain plenty of the ingredient.

For a few items, like almond butter, you only need a couple of tablespoons. You could substitute a different snack, or choose a different nut butter.

For stevia or xylitol. You don't have to buy both – you can choose one or the other and substitute in recipes. 1 tsp of xylitol is equivalent to about 1/8 tsp. of stevia.