

	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	Kale-Lemon Ginger Smoothie	Steakhouse Salad	Veggies with Creamy Herb Dressing	3-Pepper Egg White Souffle	2 Capsules Metabolism Multi
Day 4	2 Capsules Metabolism Multi	Southwestern Breakfast Stir-Fry	Veggies with Creamy Herb Dressing	Steakhouse Salad	Kale-Lemon Ginger Smoothie	3-Pepper Egg White Souffle	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	Spinach- Mushroom Omelet	Hummus with Red Bell Pepper Strips	Ultimate Greek Salad and Peaches	Cashews and Cucumber Slices	Sweet Potato Shepherd's Pie	2 Capsules Metabolism Multi
Day 7	2 Capsules Metabolism Multi	Egg and Toast with Tomato and Red Onion	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 Vegetarian 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 cup
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
- Lentils, 2 cups
- Organic vegetable broth, (2) 32-oz. boxes
- Raw almonds, 1/2 cup
- Raw cashews, 1/2 cup
- Raw almond butter, 2 tablespoons
- Canned black beans, (1) 15-oz. cans
- Canned garbanzo beans, (3) 15-oz. cans
- Canned white beans, (2) 15-oz. cans
- Tomato paste, (2) 6-oz. cans
- Kalamata olive, 1/3 cup
- Peperoncini, 1 jar

FROZEN

- Frozen mixed berries, 4 cups
- Frozen peaches, 5 cups

REFRIGERATED

- Eggs, 1 dozen
- Egg whites, 2 dozen
- 1/2 cup liquid egg whites
- Unsweetened almond milk or Coconut
- Hummus, 2/3 cup

FRESH HERBS

- Cilantro, 1 small bunch
- Garlic, 2 heads
- Ginger, 2 inch piece

FRESH FRUIT

- Apples, 2
- Oranges, 2
- Limes, 1
- Lemons, 6
- Grapefruit, 1

VEGETABLES

- Mushrooms, 12 oz.
- Yellow onions, 5
- Red onions, 3
- Spinach, 1 lb.
- Cucumbers, 5 large
- Tomatoes, 8
- Avocados, 3
- Green cabbage, 1/2 cup diced
- Hatch green chilies, 1
or Anaheim, or other mild
chile pepper
- Red bell peppers, 7
- Yellow bell peppers, 1
- Green bell peppers, 1
- Green onions, 1 bunch
- Broccoli florets, 18 oz.
- Kale, 1 large bunch
- Celery, 1 bunch
- Sweet potatoes, 4 large plus
4 medium
- Green beans, 1 lb. 5 oz.
- Cauliflower, 1 lb.
- Eggplant, 1 medium
- Jalapeno pepper, 1
- Carrots, 1 lb.
- Roma tomatoes 5
- Asparagus, 4oz.

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DRIED SPICES/CONDIMENTS

- Sea salt
- Black pepper
- Cinnamon
- Red pepper flakes
- Cumin
- Chili powder
- Paprika
- Cayenne pepper
- Oregano
- Basil
- Coconut vinegar
- Grapeseed oil or Olive oil is also fine
- Tamari
- Coconut aminos
- Balsamic vinegar
- Safflower mayo
- Curry powder
- Onion powder
- Celery seed
- Dill
- Thyme
- 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.