

	A.M Supplements	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	A.M Supplements
Day 1	2 Capsules Metabolism Multi	Phase 1 Shake	Apple Slices with Cinnamon	Vegetarian Lentil Chili and Peaches	Phase 1 Shake	Sweet Potato and Broccoli Saute	2 Capsules Metabolism Multi
Day 2	2 Capsules Metabolism Multi	Phase 1 Shake	Berries	Sweet Potato and Broccoli Saute and an Apple	Phase 1 Shake	Vegetable Curry	2 Capsules Metabolism Multi
Day 3	2 Capsules Metabolism Multi	Phase 2 Shake	Kale-Lemon Ginger Smoothie	Steakhouse Salad	Phase 2 Shake	3-Pepper Egg White Souffle	2 Capsules Metabolism Multi
Day 4	2 Capsules Metabolism Multi	Phase 2 Shake	Veggies with Creamy Herb Dressing	Steakhouse Salad	Phase 2 Shake	3-Pepper Egg White Souffle	2 Capsules Metabolism Multi
Day 5	2 Capsules Metabolism Multi	Phase 3 Shake	Almond Butter and Celery Sticks	Vegetable Curry with Sliced Almonds and Peaches	Phase 3 Shake	Vegetarian Lentil Chili with Avocado	2 Capsules Metabolism Multi
Day 6	2 Capsules Metabolism Multi	Phase 3 Shake	Hummus with Red Bell Pepper Strips	Ultimate Greek Salad and Peaches	Phase 3 Shake	Sweet Potato Shepherd's Pie	2 Capsules Metabolism Multi
Day 7	2 Capsules Metabolism Multi	Phase 3 Shake	Almonds and Carrot Sticks	Ultimate Greek Salad and Berries	Phase 3 Shake	Eggplant Stew	2 Capsules Metabolism Multi

* All recipes can be found on HayliePomroy.com

7-Day FMD Vegetarian Super Simple Grocery List

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

DRY GOODS

- Quinoa, 1/3 cup
- Brown rice, 1.5 cups
- Lentils, 2 cups
- Organic vegetable broth, (2) 32-oz. boxes
- Raw almonds, 1/2 cup
- Raw almond butter, 2 tablespoons
- Canned black beans, (1) 15-oz. cans
- Canned garbanzo beans, (4) 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, 3 cups
- Frozen peaches, 3 cups

REFRIGERATED

- Egg whites, 2 dozen
- 1/4 cup liquid egg whites
- Unsweetened almond milk or Coconut, 1/2 cup
- Hummus, 1/3 cup

FRESH HERBS

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

FRESH FRUIT

- Apples, 2
- Lemons, 5

VEGETABLES

- Mushrooms, 12 oz.
- Yellow onions, 5
- Red onions, 3
- Spinach, 10 oz.
- Cucumbers, 5 large
- Tomatoes, 6
- Avocados, 3
- Red bell peppers, 4
- 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
- Carrots, 1 lb.
- Roma tomatoes 5
- Asparagus, 4oz.

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.

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
- Curry powder
- Onion powder
- Celery seed
- Thyme
- Xylitol or Stevia
- Red wine vinegar