

	A.M Supplements	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	A.M Supplements
Day 1	2 Capsules Metabolism Multi	G: F:	F:	P: V: F: G:	F:	P: V: G:	2 Capsules Metabolism Multi
Day 2	2 Capsules Metabolism Multi	G: F:	F:	P: V: F: G:	F:	P: V: G:	2 Capsules Metabolism Multi
Day 3	2 Capsules Metabolism Multi	P: V:	P: V:	P: V:	P: V:	P: V:	2 Capsules Metabolism Multi
Day 4	2 Capsules Metabolism Multi	P: V:	P: V:	P: V:	P: V:	P: V:	2 Capsules Metabolism Multi
Day 5	2 Capsules Metabolism Multi	P: V: F: G: HF:	V: HF:	P: V: F: HF:	V: HF:	P: V: HF: G (optional):	2 Capsules Metabolism Multi
Day 6	2 Capsules Metabolism Multi	P: V: F: G: HF:	V: HF:	P: V: F: HF:	V: HF:	P: V: HF: G (optional):	2 Capsules Metabolism Multi
Day 7	2 Capsules Metabolism Multi	P: V: F: G: HF:	V: HF:	P: V: F: HF:	V: HF:	P: V: HF: G (optional):	2 Capsules Metabolism Multi

* All recipes can be found on HayliePomroy.com

KEY: Grain = G, Fruit = F, Protein = P, Veggie = V, Healthy Fat: HF

www.HayliePomroy.com