

	A.M Supplements	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	A.M Supplements
Day 1	2 Capsules Metabolism Multi	Oatmeal Fruit Smoothie	Apple Slices with Cinnamon	Turkey 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	Chicken Sausage with Brown-Rice Fusilli	2 Capsules Metabolism Multi
Day 3	2 Capsules Metabolism Multi	Spinach and Mushroom Scramble	Garden Meatballs	Lemon Mustard Pepper Chicken	Red Pepper Stuffed with Crunchy Tuna Salad	Spicy Red-Pepper Fish with Lemon- Garlic Kale	2 Capsules Metabolism Multi
Day 4	2 Capsules Metabolism Multi	Southwestern Breakfast Stir-Fry	Turkey Bacon and Cucumbers	Leftover Lettuce Cups: Chicken with Cucumbers, Onion and Lemon	Leftover Chicken Breast and Pickle Spears	Garden Meatball Salad	2 Capsules Metabolism Multi
Day 5	2 Capsules Metabolism Multi	Cashew Quinoa Hot Cereal	Almond Butter and Celery Sticks	Turkey Burger with Sweet Potatoes and Peaches	Creamy Guacamole with Red Bell Pepper Strips	Turkey Chili with Avocado	2 Capsules Metabolism Multi
Day 6	2 Capsules Metabolism Multi	Spinach- Mushroom Omelet	Hummus with Red Bell Pepper Strips	Turkey Burger Salad with Almonds and Peaches	Cashews and Cucumber Slices	Chicken Fajita Chili Bowl	2 Capsules Metabolism Multi
Day 7	2 Capsules Metabolism Multi	Egg and Toast with Tomato and Red Onion	Almonds and Carrot Sticks	Chicken Fajita Chili Bowl and Berries	Hummus with Cucumber Slices	Eggplant Stew	2 Capsules Metabolism Multi

* All recipes can be found on HayliePomroy.com

7-Day Fast Metabolism Diet 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
- Sprouted-grain bread, 1 slice
- Sprouted-grain bread crumbs, 1/2 cup
(or make your own)
- Organic vegetable broth 32-oz. box or Organic chicken broth 32-oz. box
Feel free to use chicken broth and veggie broth interchangeably – you only need one or the other
- Raw almonds, 1/2 cup
- Raw cashews, 1/2 cup
- Brown rice fusilli, 8 oz.
- Raw almond butter, 2 tablespoons
- Canned black beans, 15-oz. can
- Canned garbanzo beans, (2) 15-oz. cans
- Canned kidney beans, 15-oz. can
- Canned white beans, (2) 15-oz. cans
- Canned pinto beans, 15-oz. can
- Canned adzuki beans or lentils, 15-oz. can
Can't find adzuki? Buy one more can black beans
- Canned crushed tomatoes, 32-oz. can
- Tomato paste, 6-oz. can
- Green chilies (canned), (2) 7-oz. cans
- Dill pickle spears
- Wild rice, 3/4 cup (optional)

FROZEN

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

REFRIGERATED

- Eggs, 2
- Egg whites, 4
- Unsweetened almond milk or Coconut milk
- Hummus, 2/3 cup

ANIMAL PROTEIN

- Turkey bacon, 6 oz.
- Lean ground beef, 1 1/4 lbs.
- Lean ground turkey, 3 lbs.
- Chicken breast, 3 lbs.
- Cod, haddock, or dory, 6-oz. fillet
- Chicken sausage, 16 oz.
- Canned tuna (water-packed), 3-oz. can

FRESH FRUIT

- Apples, 2
- Oranges, 2
- Lime, 1
- Lemons, 4

VEGETABLES

- Mushrooms, 16 oz.
- Yellow onions, 4
- Red onions, 2
- Spinach, 10 oz.
- Romaine lettuce, 1 head
- Cucumbers, 6
- Tomatoes, 4
- Avocados, 6
- Zucchini, 6 small
- Green Cabbage, 1 small head
- Hatch green chilies, 1 or Anaheim, or other mild chile pepper
- Red bell peppers, 5
- Yellow bell peppers, 2
- Orange bell peppers, 2
- Green bell peppers, 2
- Green onions, 1 bunch
- Broccoli florets, 2lbs.
- Kale, 1 bunch
- Celery, 1 bunch
- Sweet potatoes, 2 large plus 4 medium
- Cauliflower, 1 lb.
- Eggplant, 1 medium
- Mixed Greens, 2 cups
- Carrots, 2

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FRESH HERBS

- Cilantro, 1 small bunch
- Dill, 1 small bunch
- Garlic, 1 head
- Rosemary, 1 small bunch

DRIED SPICES/CONDIMENTS

- Sea salt
- Black pepper
- Cinnamon
- Red pepper flakes
- Chili powder
- Oregano
- Basil
- Celery seed
- Coconut vinegar
- Coconut oil
- Grapeseed oil or Olive oil is also fine
- Tamari
- Coconut aminos
- Dijon mustard, 1 cup
- Safflower mayo
- Xylitol or Stevia
- Chile paste

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.