



PREPARATION FOR DAY 4 OF THE 7-DAY FAST METABOLISM DIET CHALLENGE

This will be our second day of Phase 2 this week. Some people say it's their favorite Phase! For those who struggle, remember it's just two days. Doubling down on vegetables, adding lots of spices and herbs, and adding lemon to your water and meals helps.

If you need a break from the savory tastes on this phase, try making a Lemon-Lime Slushy. Sip this cooling treat at any time during Phase 2.

If you haven't downloaded your FREE Drinks and Desserts ebook yet, I want you to log in and go to your Member Dashboard, and click on Digital Library. You'll see a ton of FREE ebooks just for Members. Remember, pleasure stimulates the metabolism, so go ahead and eat dessert! Don't forget, if you haven't joined our Member Support Facebook Group, request to join now!

TOMORROW, DAY 4 RECIPES & TIPS

We'll be re-imagining leftovers today, so it's a lighter cooking day. But don't shortchange your veggies. You're re-using protein, but add plenty of fresh green vegetables to your meals and snacks.

Your [Quick Start Guide](#) is loaded with food options! and the [Resource page](#) has everything you will need.

Make sure you are getting the support you need from your [FMD Challenge Facebook](#) page as well. Doing this 7 Days together will give you the lift you deserve.

TOMORROWS, DAY 4 EXERCISE

If you didn't do your weight or resistance exercise yesterday, then include it today.

It doesn't matter how strong you are, or what size you are: The point is to activate those large muscle groups and work on building strength and muscle tone.

You don't need to own weights. You've got plenty of them around the house. Do bicep curls holding cans of beans. Try some shallow squats while holding a small stack of books. Do modified push-ups against a wall: Just face a wall and extend your arms until your palms are flat, fingers pointing up. Walk your feet back about a foot. Then bend your elbows and lean into the wall, pressing up again to return.

As always, if you have physical limitations or injuries, consult your physician or physical therapist on what you can safely do. It's better to do a few easy moves than do too much.

BODY BONUS: There are so many little ways to aid detoxification in the body. Herbal teas are one easy way to help move them along. Dandelion-root tea, in particular, is excellent.

Dandelion contains unique substances called sesquiterpene lactones, along with antioxidants. Together, they support the stimulation of blood circulation and help support the pancreas and liver detoxification.

Dandelion root can also be a mild diuretic, helping move food and nutrients through your system. It's also believed to help stimulate the production of bile in the gallbladder, promoting the breakdown of fats.

You can find dandelion-root tea in health-food stores, or in most grocery stores with a large selection of herbal teas.

As always, consult your physician before using herbal supplements or teas, since any supplement can interfere with medications you may be taking. Ask your doctor especially if you are taking blood pressure medications, or are being treated for depression. Those on blood thinners and those who have diabetes should also consult a physician before adding dandelion-root tea.

Watch my video of us make this [Phase 2 Lemon Cake!](#) It is Super Simple and a must...



NEXT EMAIL UP PREP FOR DAY 5

Day 5 marks the beginning of Phase 3, our big fat-burning days. Here's where we let out all the culinary stops! We'll also be creatively using some leftovers from Phase 1, adding in healthy fats.

Prepare yourself for Guacamole!

In Good Health,

A handwritten signature in blue ink that reads "Haylie Pomroy". The signature is stylized and cursive.



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