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Preparation For Day 5 of the Metabolism Revolution Challenge!

Limitations live only in our minds. But if we use our imaginations, our possibilities become limitless. —Jamie Paolinetti

The possibilities are endless. You can take back your health if you keep going! Imagine what you want, and use that as motivation to keep pushing forward. Do you want to lose weight, get off prescription medication, or lower your cholesterol? Remember why you started!

You're almost done with week 1 and I'm so proud of you! What's on the menu for day 5?

Let's dive into our fifth day of incredible food! Note that each recipe serves one. If you're cooking for a family, make the necessary adjustments.

Notice that I've repeated the recipes. I've done this because it saves time and money. You're free to swap the days around or swap out proteins as long as they fall into the proper Part.

If you're following Meal Map A:

- Triple the recipe for the **Breakfast Bacon Collard Wrap**, you will be eating it for breakfast Friday, Saturday, and Sunday.
- Double the recipe for the **Shrimp Salad**, you will be eating it for lunch Friday and Sunday
- Double the recipe for the **Spaghetti Squash Stir-Fry**, you will be eating it for dinner Friday and Sunday

If you're following Meal Maps B or C:

- Double the recipe for the **Shrimp Salad**, you will be eating it for lunch Friday and Sunday
- Double the recipe for the **Spaghetti Squash Stir Fry**, you will be eating it for dinner Friday and Sunday

Standard Menu - Meal Map A

Breakfast: Breakfast Bacon Collard Wrap*

Snack: Apple with Almond Butter

Lunch: Shrimp Salad*

Snack: Hummus with Celery

Dinner: Spaghetti Squash Stir-Fry*

Water: Half your body weight in ounces of spring water (for example, a 180-pound person would drink 90 ounces)

Standard Menu - Meal Maps B & C

Breakfast: Breakfast Bacon Collard Wrap*

Snack: Jerky with Raw Nuts*

Lunch: Shrimp Salad*

Snack: Hummus with Celery

Dinner: Spaghetti Squash Stir-Fry*

Water: Half your body weight in ounces of spring water (for example, a 180-pound person would drink 90 ounces)

Super Simple Menu - Meal Map A

Breakfast: Metabolism Shake

Snack: Apple with Almond Butter

Lunch: Metabolism Shake

Snack: Hummus with Celery

Dinner: Spaghetti Squash Stir-Fry*

Water: Half your body weight in ounces of spring water (for example, a 180-pound person would drink 90 ounces)

*If you don't eat any animal products, you any substitute any Vegetarian Protein from the Metabolism Revolution Food List in your book.

Super Simple Menu - Meal Maps B & C

Breakfast: Metabolism Shake

Snack: Jerky with Raw Nuts*

Lunch: Metabolism Shake

Snack: Hummus with Celery

Dinner: Spaghetti Squash Stir-Fry*

Water: Half your body weight in ounces of spring water (for example, a 180-pound person would drink 90 ounces)

*If you don't eat any animal products, you any substitute any Vegetarian Protein from the Metabolism Revolution Food List in your book.

EXERCISE

Meal Map A Recommended Exercise

Cardio: 3 or 4 times per week.

Metabolic Intervention Exercises: Minimum of 1 time per week.

Meal Map B Recommended Exercise

Cardio: 2 or 3 times per week.

Weights: 1 time per week.

Metabolic Intervention Exercises: Minimum of 1 time per week.

Meal Map C Recommended Exercise

Cardio: 2 or 3 times per week.

Weights: 2 times per week.

Metabolic Intervention Exercises: Minimum of 2 times per week.

RESOURCES

In case you missed anything, the [Challenge Resource Page](#) is where to go for all of your challenge resources. All of the printable Meal Maps, daily emails, and calls from me are stored in one place for you!

JOIN THE CONVERSATION

Have any questions? Please post your questions on the [Private Facebook Group](#). If you haven't requested access to this valuable Member resource, [do that now!](#) My team and I are here to answer your questions. Also, if you know an answer to a question from someone in the group, don't be afraid to chime in!



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