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## Preparation For Day 6 of the Metabolism Revolution Challenge!

*Certain things catch your eye, but pursue only those that capture the heart. —Ancient Indian Proverb*

Something about Metabolism Revolution captured your heart, and it makes me so happy that you're here. This plan is near and dear to my heart, and I'm thrilled you've given me the chance to be your virtual nutritionist.

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**Let's dive into our sixth 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 Maps B or C:**

- Double the recipe for the **Stuffed Pepper Breakfast**, you will be eating it for breakfast Saturday and Sunday

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### Standard Menu - Meal Map A

**Breakfast:** Breakfast Collard Wrap\*

**Snack:** Apple with Almond Butter

**Lunch:** Kale Skillet

**Snack:** Hummus with Celery

**Dinner:** Nutty Chicken\*

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

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### Standard Menu - Meal Maps B & C

**Breakfast:** Stuffed Pepper Breakfast\*

**Snack:** Jerky with Raw Nuts\*

**Lunch:** Kale Skillet

**Snack:** Hummus with Celery

**Dinner:** Nutty Chicken\*

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

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### Super Simple Menu - Meal Map A

**Breakfast:** Metabolism Shake

**Snack:** Apple with Almond Butter

**Lunch:** Metabolism Shake

**Snack:** Hummus with Celery

**Dinner:** Nutty Chicken\*

**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 can substitute any Vegetarian Protein from the Metabolism Revolution Food List in your book.

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## Super Simple Menu - Meal Maps B & C

**Breakfast:** Metabolism Shake

**Snack:** Jerky with Raw Nuts\*

**Lunch:** Metabolism Shake

**Snack:** Hummus with Celery

**Dinner:** Nutty Chicken\*

**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 can substitute any Vegetarian Protein from the Metabolism Revolution Food List in your book.

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## 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.

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## 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!

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## 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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